

Llais Y Pentref — Village Voice



Medi 2012



September 2012

Croeso i Llais Y Pentref Pwllglas — Welcome to Pwllglas Village Voice

Roedd pentrefwyr Efenechtyd a Phwllglas yn eisiau siop a roedden nhw hefyd eisiau cylchlythyr. Bydd siop yn agor yn fuan ac mae'r cylchlythyr yma.

The villagers of Efenechtyd and Pwllglas wanted a shop, they also wanted a newsletter. Your shop is opening soon, your newsletter is here.

Mae'n debygol y bydd **Siop Gymunedol Pwllglas** yn agor ei drysau erbyn y Nadolig. Dylai'r broses o ddewis adeiladwr ddigwydd yn fuan gan fod gofyn am gynigion i wneud y gwaith fod mewn llaw cyn pen y mis. Mae'n ymddangos yn bell yn ôl rŵan ers i ni ddeall y bydden yn colli ymweliadau'r siop deithiol ac ers i ni ddechrau meddwl am agor ein siop ein hunain. Cynhaliwyd cyfarfodydd, casglwyd syniadau, bu'n rhaid llenwi myrdd o ffurflenni ac erbyn hyn rydym yn gwybod cymaint â phwyllgor yr Olympics am Gronfa'r Loteri. Cawsom ein cynghori a'n hysbrydoli; buom drwy gyfnodau o fod yn obeithiol ac o gael ein gwrrthod, yn ddryslyd a phenderfynol ond byth yn ddigalon. Daethom o hyd i arian ar gyfer adeiladu, dodrefnu, stoc, ac ar gyfer system EPOS. Gallwn hyd yn oed fforddio cael rheolwr am flwyddyn.

Canlyniad yr holl waith caled fydd cael darpariaeth eang o nwyddau sylfaenol, cynnrych lleol a rhai nwyddau mwy neilltuol reit ar stepen y drws. Bydd ein Co-op Bwyd yn eich galluogi chi i gael bocsied o ffrwythau a llysiau bob wythnos;



gallwch alw i mewn i gael paned, defnyddio'r wê neu i godi copi o'r cylchlythyr hwn.

Siop Gymunedol Pwllglas should be open in time for Christmas. The building specification went to

tender on September 10th. In another month, we will have received the bids and decided on a builder. It seems so long now since we knew that we would lose the mobile shop visits and started out on our long journey to have a village shop of our own. We held meetings, collected opinions, completed forms and

know more about lottery funding than the Olympic committee. We were advised, inspired, optimistic, rejected, confused, determined, but never dejected. We found funds for building, funds for fittings, funds for stock and funds for an EPOS system. We can even have manager for a year.

Now our hard work will soon see a wide range of basic products, local produce and some specialities right on the doorstep. Our Food Co-op will enable you to get a fruit and veg box every week, and you'll even have somewhere to come for a coffee, use the Internet or pick up this newsletter.



Golygyddol

Croeso i argraffiad cyntaf y cylchlythyr ar gyfer pentrefi Pwllglas ac Efenechtyd. Gobeithio eich bod yn hoffi'r enw, 'Llais y Pentref'. Ein prif nod ydy codi ymwybyddiaeth y

gymuned am ddigwyddiadau lleol, boed hynny yn Neuadd y Pentref, yn y Siop Gymunedol; wedi ei drefnu gan Bwyllgor y Gymuned, yr Heddlu, pwylgor Rhieni ac Athrawon Ysgol Llanfair, Eglwys Sant Mihangel neu Gapel y Rhiw ayyb.

Roedd digwyddiadau fel y Brecwast Mawr a'r Cawl Mawr yn hynod o boblogaidd gyda nifer fawr yn cefnogi

ac yn cael cyfle i sgwrsio â chymdogion nad oedden nhw wedi eu gweld ers tro. Codwyd £532.40 a £309 yn sgil y digwyddiadau hyn. Noson ddifyr o adloniant oedd Noson Elvis pryd cafwyd dawnsio, swper blasus, gwobrâu arbennig yn ogystal â'r canu. Ar ddiwedd y noson hon cyflwynwyd siec am £48,000 i'r gronfa – am ymdrech anhygoel gan bawb a fu'n gweithio mor ddiflino.

Gobeithiwn y byddwch yn mwynhau'r arlwyr sydd gennym ar eich cyfer yn y cyhoeddiad hwn. Byddem yn croesawu cyfraniadau gennych chi ar gyfer y cyhoeddiad nesaf. Beth amdani? Os oes gennych rywbech ar werth neu os ydych eisiau unrhyw beth, anfonwch yr hysbyseb atom a thalwch pan rydych yn y siop.

Rydym yn byw mewn lle mor fendigedig ac mae hi mor braf cael bod yn rhan o gymuned mor fendigedig.

~ Wendy Curran Diolch i CFIW a DVSC am nawdd.

Gweledigaeth Sharon—Sharon's Vision

Dyma dipyn o gefndir diddorol Sharon Newell (Braunton gynt) sy'n arwain y prosiect i ail-sefydlu siop y pentref.

Bu William Dickey, colofnydd cymdeithasol *Llais y Pentref*, am sgwrs dros baned efo Sharon yn ddiweddar.

O ble daethoch chi'n wreiddiol?

“Cymraes ydw i. Ces fy ngeni ym Mae Colwyn yn 1967 a magwyd fi ar fferm laeth yn Eglwysbach, yn Nyffryn Conwy, ger Gerddi Bodnant. Roedd fy nain yn ferch i yrrwr car Arglwydd Aberconwy a bu fy nhaid, Charles Braunston, yn arddwr dan hyfforddiant yng Ngerddi Bodnant cyn yr Ail Ryfel Byd.

“Ffermwr oedd fy nhad, John, ac athrawes yn yr ysgol gynradd leol yng Nglan Conwy oedd fy mam. Oddi yno, es i i'r ysgol uwchradd yn Llanrwst. Er nad oeddwn yn academig, roeddwn wrth fy modd efo chwaraeon a gweithgareddau awyr agored fel cyfeiriannu, canŵio, gwersylla, hoci (capten y tîm), pêl-rwyd, taflu picell a maen a rhedeg y 400 m.”

Ac wedi gadael yr ysgol?

“Gadewais yr ysgol yn un-ar-bymtheg oed â'm bryd ar weithio gyda cheffylau, felly ces hyfforddiant am ddwy flynedd mewn coleg addysg bellach yn Newark, Swydd Nottingham. Wedi cymhwysyo, ces swydd ger Lucca yn Nhuscany fel gofalwraig i ddau o blant a chwe cheffyl. Y manteision oedd y grawnwin, yr olewydd, y proscuitto, pasta, y gwin a'r haul!

Felly, pam dod yn nôl?

“Dychwelais i Brydain yn 24 oed a chyda fy mhartner ar y pryd, dechreuais fusnes cludo pobl efo ceffyl a throl o westai i'r eglwys yng Ngretna Green. Roedd pethau'n mynd yn dda ond yn 27 oed a chyda phlentyn bach, Alex, i feddwl amdano, dychwelais i Gonwy a mynd yn gael gradd mewn hanes yn y Brifysgol ym Mangor.



Sharon Newell née Braunton, who is leading the project to re-establish our Pwllglas village community shop has made quite a journey on the way to settling here.

William Dickey, the *Village Voice* society columnist recently met Sharon for a chat over a cup of tea. **Sharon, where did you originally come from?**

“I am Welsh. I was born in Colwyn Bay in 1967 and brought up on a dairy farm in Eglwysbach in the Conwy valley, near Bodnant Gardens. My grandmother was the daughter of Lord Aberconway's chauffeur and my grandfather, Charles Braunton had been an apprentice gardener at Bodnant before the 2nd World War.

“Dad John farmed and Mum taught in our local primary school in Glan Conwy. I then went on to the secondary at Llanrwst. Although not very academic, I loved sports and outdoor pursuits including orienteering, canoeing, camping, hockey (as team captain), netball, javelin, shotput and the 400m.”

And after leaving school?

“I left school at 16 and was passionate about horses, so I trained for two years as a riding instructor at a college of further education in Newark, Nottinghamshire. After qualifying I took a job near Lucca in Tuscany where I was employed as a nanny to two children and six horses. The benefits included grapes, olives, prosciutto, pasta, wine and sunshine!”

So what brought you back?

“I returned to Britain aged 24 and with my then partner established a business providing horse-drawn coaches from hotels to the church in Gretna Green. Business was brisk but aged 27 and with a baby son, Alex, to think of, we sold the business and I returned to Conwy and obtained a degree in History at Bangor University. I had



Editorial

Welcome to our first newsletter for the villages of Pwllglas and Efenechtyd. Hope you like the name of Village Voice! Our main aim is to achieve community awareness and

inclusion of all that is happening around us, be it forthcoming events in the Village Hall, Community Shop, Community Council, Police, Ysgol Llanfair PTA, St Michael's Church and Rhiw Chapel.

We hope to bring you news from Pwllglas Golf Club, local businesses, neighbours and local celebrations.

Events like the Big Breakfast and Big Soup were extremely popular and well-attended, providing a great

planned to teach, but one day in Denbigh I decided it would be more fun to help restore the town centre. I bought a shop built *circa* 1690 and fixed it up to sell gifts. In 1999 I joined the business group restoring the town centre, work which lasted for 10 years. Since 2004 I have worked as Radio Wales local community reporter, championing the area, its people and its events. In April 2004 I met Glyn and 6 months later we were married.”



So, you are now settled in Pwllglas, what brought you here?

“Glyn owned the woods behind the house on the hill in Pwllglas and wanted to live here. Bill and Brenda Breedon planned to leave and so we bought the house and moved in. Our son Charlie was born four weeks later. My Mum, Anne also lives on the hill with us.”

What do you like about Pwllglas?

“The people, living in the countryside, the wonderful views, the morning sunrise and moon above the rocks.”

Why did you decide to lead a project to re-establish the village shop?

“I am passionate about taking an active role in community affairs. I enjoy rural life and I don't like to see village traditions dying. As I have a retail background, the shop project offered a challenge which I believed could succeed.”

How far advanced is the project now?

“We have several weeks of building and groundwork to complete. We have raised enough money for this and to pay a manager for the first year. The enthusiasm of our committee, team members and locals for this project is amazing. People are dedicated, reliable and committed and all involved have skills which contribute to the team effort. We plan to open the shop later this autumn.”

Who would you like to invite to open the shop?

“In my dreams: Colin Firth; dressed as Mr. Darcy.

“In reality: The youngest and oldest members of our village community and — of course, all those in between!”

venue for meeting and talking to neighbours not seen for a while. The Elvis evening gave us a great night of entertainment, dancing, a delicious supper and magnificent prizes. The Big Breakfast raised £532.40 and the Big Soup £309. At the end of the Elvis night we saw a cheque for £48,000 — what a great effort from all concerned. We hope you enjoy reading the articles in this issue and send us your contributions for the next one.

We aim to publish four times a year and will be able to offer advertising space to cover our costs at £60 per page, £30 half page, £15 quarter and £8 for 1/8. If you've something for sale or wanted, send us the advert and make a donation when you are in the shop.

We live in such a beautiful place and it is good to be part of such a wonderful community. ~ Wendy Curran
Thanks to CFIW and DVSC who fund our first year.

“Fy mwriad oedd mynd i ddysgu, ond un diwrnod, yn Ninbych, penderfynais y byddai helpu i adnewyddu canol y dref yn fwy o hwyl. Prynais siop, *circa* 1690, a'i haddasu i werthu anrhegion. Yn 1999 ymunais efo'r grŵp busnes oedd am adnewyddu canol y dref, gwaith a barhaodd am ddegawd. Ers 2004, rwyf wedi gweithio fel gohebydd lleol Radio Wales. Cwrddais â Glyn yn Ebrill 2004 a chwe mis yn ddiweddarach, mi briodon ni.”

A rŵan, rydych wedi ymgartrefu ym Mhwllglas. Beth ddaeth â chi yma?

“Glyn oedd pia'r coed y tu ôl i'r tŷ ar y bryn ym Mhwllglas ac roedd o am fyw yma. Roedd Bill a Brenda Breedon yn sôn am symud ac felly prynon ni'r tŷ a symud i mewn. Ganwyd ein mab, Charlie 4 mis yn ddiweddarach. Mae fy mam, Anne, yn byw efo ni.”

Beth ydych chi'n ei hoffi am fyw ym Mhwllglas?

“Y bobl, byw yn y wlad, y golygfeydd bendigedig, y wawr a'r lleuad dros y graig.”

Pam benderfynoch chi arwain prosiect i ail-sefydlu siop yn y pentref?

“Teimlaf yn gryf mewn cymryd rhan yng ngweithgareddau'r gymuned. Rwy'n mwynhau bywyd y wlad ac nid wyf am weld traddodiadau pentrefol yn diflannu. Roedd prosiect y siop yn cynnig her y credwn y gallai lwyddo.”

Beth yw'r sefyllfa erbyn hyn?

“Mae gwaith wythnosau o adeiladu a gwaith maes i'w gwblhau. Mae'r pres yn y coffrau ar gyfer hyn ac ar gyfer rheolwr am y flwyddyn gyntaf. Mae brwd frydedd y pwylgor, aelodau'r tîm a'r gymuned leol tuag at y prosiect yn anhygoel. Mae pobl yn ymroddedig ac yn ddibynadwy ac mae pawb sy'n ymwneud â'r fenter yn meddu ar sgiliau sy'n cyfrannu at waith tîm da. Ein bwriad yw agor y siop yn nes ymlaen yn yr Hydref.”

Pwy hoffech chi ei wahodd i agor y siop?

“Yn fy mreuddwydion: Colin Firth wedi ei wisgo fel Mr Darcy. Go iawn: aelodau ieuengaf ac aelodau hynaf ein cymuned ac wrth gwrs pawb arall rhwng y ddau begwn!”



Diolch Eryl!

Wedi deall y byddem yn colli'r siop symudol gan Siop y Fro Clawddnewydd, daeth criw da i'r cyfarfod cyhoeddus, a drefnais yn y Neuadd, ac aethpwyd ymlaen i feddwl am ffyrdd i agor siop gyffelyb i Siop y Fro ym Mhwllglas. Trwy siarad gyda Susan Hughes, deallwyd fod y Ty Capel yn wag, ond gwelwyd nad oedd y lle yn ddelfrydol, ac y gellid gwneud gwell defnydd o'r ystafell dan y llwyfan. Cafwyd pob cymorth gan Helen Roberts, Cadwyn Clwyd, ond er mwyn i'r prosiect weithio, roedd angen thywun lleol

Dyn y Cwn Mawr

Mae Grayson Walker wedi byw yn Mhwllglas ers 2003. Roedd ganddo ddau gi, Newfoundland a Leonberger. Rŵan mae ganddo gi bach, dall a byddur sy'n 17 oed ac yn methu cerddedd ymhell. Ond welsoch chi fo'n cerdded gyda'r cefyl am ddyddiau? Wel, roedd y cefyl yn cael ei hyfforddi igael ei reidio ac roedd o'n gorfol cerdded i'r ysgol. Erbyn hyn, mae wedi cael ei ddysgu!



Man With Big Dogs

Grayson Walker has lived in Pwllglas since 2003, when he had both a Newfoundland and Leonberger. He still has his little dog, blind and deaf and 17 years old, who

can't walk very far! But where was he going with the horse every day? The horse was learning to be a ridden horse, he had to walk to school.

One week on and now he can be ridden!



i redeg y fenter, a llwyddodd Sharon gael tim at ei gilydd, ac mae'r gweddill yn hanes.

Rhaid canmol eu brwydfrydedd, a byddai'n braf pe byddai pawb gyda'ru hagwedd bositif. Mae'r sibrydion o "wnaiff o ddim gweithio," fel arfer i'w glywed gan bobl sy'n dymuno gweld eu cymunedau gwledig yn methu. Mae'n golygu gwaith caled a disgyblaeth. Dwi'n siarad o brofiad, mae tua 45 o bobl ar gyfartaledd yn cyfarfod yn ddyddiol yn y siop yng Nghlawddnewydd, gan gael sgwrs am yr hyn sy'n digwydd yn yr ardal. Mae'r manteision llawer mwy na phris gostyngol am dorth ~ *Eryl Williams*

Gwnewch **Llais y Pentref** yn eiddo i chi. Anfonwch eich cyfraniadau atom neu ysgrifennwch y golygyddol. Dwedwch beth rydych yn ei wneud beth hoffech ei weld yn digwydd.

Gallwch adael eich cyfraniadau yn y siop neu'n well byth, eu hanfon drwy e-bost at catherine@talkinghorse.co.uk.

Dyddiad cau ar gyfer y cyhoeddriad nesaf – diwedd Tachwedd. Yn y cyfamser, cadwch mewn cysylltiad drwy fynd ar

www.sioppwllglas.co.uk neu ewch ar Webleyfr (Facebook!) www.facebook.com/Siop.Pwllglas

Make the **Village Voice** your own. Send us your contributions or write the editorial. Tell us what you're doing, or what you'd like done.

Contributions can be left at the shop, or best of all sent by email to catherine@talkinghorse.co.uk.

Next copy deadline will be in late November. Keep up-to-date until then by going to www.sioppwllglas.co.uk or find us on Facebook here www.facebook.com/Siop.Pwllglas



Thank Eryl!

When we knew we would lose the mobile shop from Siop y Fro Clawddnewydd, I held a well attended open meeting in the Neuadd and then investigated ways to mirror our shop here in Pwllglas. I spoke with Susan Hughes since the chapel house was empty. After investigation it was not an appropriate venue but the empty room under the stage seemed a possible location. Helen Roberts of Cadwyn Clwyd assisted through the process: it was only feasible if

someone local spearheaded the venture and luckily Sharon got a team together and the rest is history. The enthusiasm that they have is to be commended but everyone should have their positive approach. Whispers of "It will not work," usually come from those who want to see our rural communities fail. It will mean hard work and discipline for people to support in a small way. I speak from experience as in Clawddnewydd 45 people on average meet and socialise every day, they talk with each other and learn what goes on. The benefits far outweigh the price of a cheaper loaf. ~ *Eryl Williams*

Mynd i'r Ysgol Fawr

Ddechrau mis Medi, aeth 11 disgylb o flwyddyn 6 Ysgol Llanfair ynghyd â 174 o fechgyn a merched ysgolion cynradd eraill y fro i Ffynhyfryd am y tro cyntaf.

Dyma beth oedd gan Miles Agnew i'w ddweud: "Rwy'n siomedig bod yn rhaid i wyliau'r haf ddod i ben, ond mae'n newid mawr a reit cwl." Roedd Miles yn gynhyrfus wrth feddwl am ei ysgol newydd ac yn edrych ymlaen at gael gwneud dewisiadau pwysig – yn y ffeutur! Doedd dim dewis bwydlen yn Ysgol Llanfair.

Ei fwriad yw cadw'n heini i gael gwared o'r calorïau ychwanegol. Mae wrth ei fod efo pêl-droed ac yn awyddus i ddarganfod tybed ydy rygbi mor arw ag y mae'n ymddangos. Ei argraff cyntaf o'r ysgol: "Mae'n fawr!" Ac mae'n sidro pa mor aml y bydd yn mynd ar goll. Cofia nôl at y Diwrnod Anwytho a dweud ei fod yn dda. Yn y wers Wyddoniaeth cafwyd llawer o ffrwydriadau ac yn Celf cafodd sgwennu ei enw mewn graffiti gyda help arlunydd preswyl.

Edrycha Miles ymlaen at gael perthyn i lawer o glybiau; mae'n chwarae gitar ac yn gobeithio cael ymuno gyda band.

Moving on Up

Eleven year 6 Ysgol Llanfair pupils joined 174 other boys and girls as they all moved up to Ysgol Brynhyfryd.

Miles Agnew described his expectations. "I'm disappointed the summer holidays have to end, but it's a big change and kind of cool." Miles is excited about his new school, and looking forward



Sion Edwards & Miles Agnew

to lots of choices — in the canteen! At Ysgol Llanfair, you can't choose what you eat. Miles plans to work off any extra calories: he loves football and can't wait to see if rugby is as tough as it looks.

First impression of the school, "It's big!" Miles wonders how often he'll get lost. He tells us that the induction day was good: in Science — there were lots of explosions and in Art he wrote his name in graffiti letters, helped by the artist in residence.

Miles is looking forward to joining lots of clubs; he plays the guitar and hopes to join a band.



MABOLGAMPAU

Mabolgampau Olympaidd Pwllglas Olympic Sports Day



Cynhaliwyd mabolgampau ar y cae chwarae yn ystod mis Gorffennaf, gyda lluniaeth hyfryd ac adloniant lleol yn y Neuadd gyda'r hwyr.

Llwyddwyd i godi dros £900 tuag at Apel Eisteddfod Genedlaethol Cymru 2013.

Mae gan Pwllglas ac Efenechtyd darged lleol o £2,000. Dyma lun o rai o'r athletwyr gyrrhaeddodd y brig. Da iawn i athletwyr Pwllglas.

An Olympic themed sports day took place on the playing field in July, with a delicious meal and local entertainment in the Hall during the evening.

We raised over £900 towards the National Eisteddfod 2013 Appeal.

Pwllglas and Efenechtyd have a local target of £2,000.

The photographs show some of the winning athletes on the podium.

Well done to Pwllglas athletes.



EGLWYS UNEDIG Y RHIW CHAPEL

Diolchgarwch y Plant

Cynhelir cyfarfod Diolchgarwch y Plant, Dydd Sul Hydref 21 ain am 2 o'r gloch. Cymerir rhan gan y plant ac fe gawn anerchiad gan Menai Williams. Croeso cynnes i bawb. Bydd Pregeth nos Llun 22, Hydref am 7 o'r gloch gan Parch RW Jones, Wrecsam. Croeso i bawb.

Apel Guatemalia Anfonwyd siec o £635 tuag at Apel Guatemalia. Y mae Guatemalia yn wlad brydferth sy'n enwog am ei hoffi a'i brethyn, ai sy'n ganolbwyt y byd Mayan. Ond y mae hefyd yn wlad o wrthgyferbyniadau, llifogydd a sychder, cyfoeth a thlodi, allforion amaethyddal a phrinder bwyd.

Cofion Anfonwn ein cofion at Wyn Jones, Penbryn Nant a Mrs E Roberts, Eirianfa, y ddau wedi bod yn yr ysbtyt.

Children's Harvest Thanksgiving

The Children's Harvest Thanksgiving is on Sunday, October 21st at 2 pm. The children themselves will be taking part and Menai Williams will give an address. Everyone welcome. The Thanksgiving Sermon will be delivered by Rev RW Jones, Wrexham, at 7 pm, Monday 22 October. All welcome.

Guatemalia **Appeal** We sent a cheque for £ 635 towards the Guatemalia Appeal. Guatemalia is a beautiful country, famous for its coffee and cloth, and is the focus of the Mayan world. But it is also a country of contrasts, floods and droughts, wealth and poverty, agricultural exports and food shortages.

Best Wishes We send our best wishes to Wyn Jones, Penbryn Nant and Mrs E Roberts, Eirianfa, both have been in hospital.

SANT MIHANGEL

A'R HOLL ANGYLION

Gwyl Mab Sant Medi 23

Am 2 o'r gloch defnyddia'r plant yr hen forthwyl hynafol i guro ar ddrws yr eglwys. Ceisient ddeffro'r sant gydag offerynnau cerdd; digon o sŵn a chanu soniarus!

Yn dilyn y gwasanaeth, bydd y plant yn rholio'r hen garreg her o'i 'chartref' yng nghefn yr eglwys yn barod ar gyfer y taflu. Yn yr hen ddyddiau, defnyddid y garreg fawr gron i weld pwy oedd dyn cryfaf y plwyf. Byddai'r cystadleuwyd yn taflu'r garreg, oedd yn pwys 101 pwys, dros eu pennau ar yn ôl. (Peidiwch â meiddio trio gwneud hyn!) Yr un fyddai'n llwyddo i'w thaflu bellaf oedd y pencampwr wrth gwrs. Eleni, byddwn yn croesawu taflwr carreg profiadol arall atom, Alex Roberts, sydd wedi cynnig ymuno yn ein dathliadau.



Mae'n fwriad gennym gynnal cystadleuaeth taflu carreg ar gyfer yr plant ifanc lleol (dan oruchwyliaeth fanwl!) er mwyn eu cynnwys yn yr hen draddodiad. Mae croeso i chi ymuno â ni ar gyfer y gwasanaeth a'r gweithgareddau. Bydd lluniaeth ysgafn ar gael.

ST MICHAEL AND ALL ANGELS

Saint's Day September 23

At St. Michael and All Angels Church, Efenechtyd, we are looking forward to celebrating our patron Saint's Day. Our family service will start at 2pm, the children use the ancient knocker to 'rap' on the church door. They try to 'wake' the saint with musical instruments, plenty of noise and tuneful singing!

Following the service, the children will roll the old challenge stone out of the church ready for the stone throwing. The large round stone, kept at the back of the church, was used in former days to identify the strongest young man in the parish.

The contest, held during the 'wakes', or Saint's Day celebrations, involves throwing the 101 lb boulder backwards over the head. (Please don't be tempted to try this!) The furthest throw determined the village champion, of course. This year, we will be welcoming Alex Roberts, another experienced stone-thrower, who has offered to join our celebrations. We are planning to introduce a junior stone-throwing contest (closely supervised!) so that local children can become involved in this ancient tradition.

Please come and join us for the service and activities. Light refreshments will be served in the churchyard afterwards.



Yn ystod ymweliad y taflwr carreg, Roger Davies yn 2011, llwyddodd i daflu'r garreg yn ei hôl a gweinyd gororchest mny dramatig; ei thaflu ymblaen.



2011 visiting stone-thrower, Roger Davis, achieved a backward throw but treated us to an additional, and more dramatic, forward throw.



Cawl Mawr—BIG SOUP



Efenechtyd Soup Sisters

St Michael's Minestrone

St Mihangel

3

menyn 25 g butter

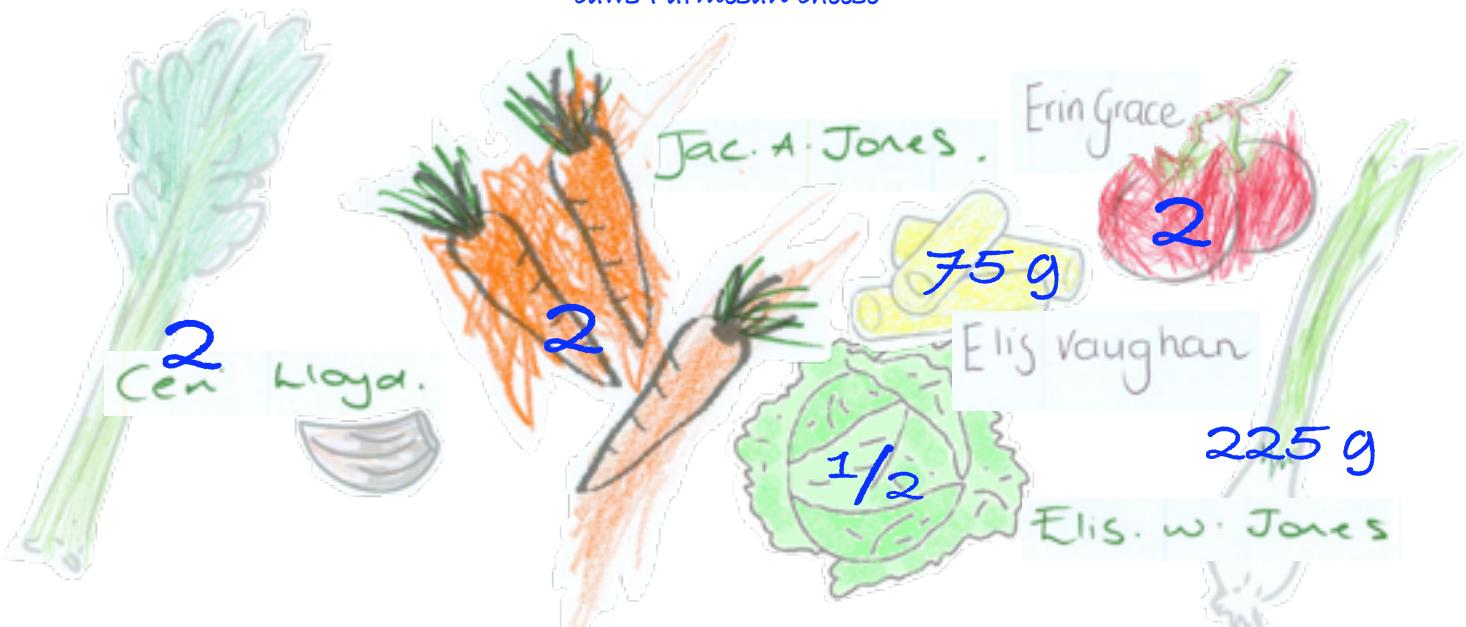
llwy fwrdd o olew olewydd 1 tablespoon olive oil

baewn streaky 50 g streaky bacon

stoc esgyrn ham 1 ½ l ham stock

llwy fwrdd o basil 1 ½ tablespoons basil

piwrî tomato purée, persli parsley, halen & papur salt & pepper,
caws Parmesan cheese



cynheswch 25g o fenyn efo llond llwy fwrdd o olew olewydd, ychwanegwch 50g o facwn brith wedi'i dorri, torrwch nionyn yn fân a'i goginio, yna ychwanegwch foron wedi'u torri, seleri a thomatos. Rhwch gaead a'i goginio'n araf am 20 munud. Tywallwch 1½ peint o stoc asgwrn ham a 1½ llond llwy fwrdd o fasil ffres. Codwch i'r berw a'i fid ferwi am 1 awr efo caead arno.

Ychwanegwch y cennin wedi'u malu'n fân a'r bresych wedi eu malu a macaroni. Coginiwch am ½ awr. Ychwanegwch lond llwy bwdin o biwri tomato a'i goginio am 10 munud. Ychwanegwch 2 llond llwy bwdin o berllys a rhoi halen a phupur a thaenu caws Parmesan drosto cyn ei fwyta.

heat 25 g butter with 1 tablespoon of olive oil, add 50 g chopped streaky bacon, finely chop an onion and cook, then add chopped carrots, celery and tomatoes, cover and sweat for 20 minutes, pour in 1 ½ l ham bone stock and 1 ½ tablespoons freshly torn basil, bring to the boil and simmer covered for 1 hour, add finely chopped leeks and shredded cabbage and macaroni, cook for 30 minutes. Stir in one dessert-spoon of tomato purée, cook for ten minutes, stir in two tablespoons parsley, season with salt & pepper and sprinkle with Parmesan cheese.

rysait nesaf: Broccoli a caws Cymraeg

2

next recipe: Broccoli and Welsh Cheese

YN Y GYMUNED — IN THE COMMUNITY

Oes angen help? — Need help?



Wyau Maes — Free-range Eggs
danfon yn wythnosol
— weekly delivery
Catrin Tyn Celyn ☎ 750122



Mân Swyddi — Odd Jobs
Mr Niggles ☎ 704163



Glanhau Domestig
— Domestic Cleaning
Chris ☎ 07724 615391



Plymwr — Plumber
Mr D Ll Jones ☎ 704743



Glanhau Ceir — Car Valeting
Chris ☎ 07724 615391



Trwsio teledu — TV Repairs
Paul Byrne ☎ 705810 or
0776974652



Trin gwallt Mobile Hair Stylist
Debbie Jones, ☎ 704743

Be' Sydd Ymlaen? — What's On?

Gwyl Mab Sant Mihangel
Efenechtyd
Medi 23 September 14:00



Sant Mihangel Efenechtyd
Swper Diolchgarwch
Harvest Supper
Hydref 3 October 19:00
Cawl yn Yr Hen Reithordy
Soup in The Old Rectory



Llanelidan
Swper Diolchgarwch
Harvest Supper
Hydref 14 October



Eglwys Unedig y Rhiw Chapel
Diolchgarwch
Hydref 21 October 14:00
Hydref 22 October 19:00



Sant Mihangel Efenechtyd
Carolau
Rhagfyr 19 December 19:00
Mins Peis yn Yr Hen Reithordy



Neuadd Pentref — Village Hall

Nos Lun **Zumba** Monday evening

Llogi ☎ 702036 Bookings

Dydd Mawrth **Cylch Meithrin** Tuesday am

Gofalwr ☎ 702577 Caretaker

Ail Dydd Mawrth bob mis **WI** every second Tuesday of the month

Nos Fawrth **Chwist** — Whist Tuesday evening

Nos Fercher **Bowlion Dan Do** — Indoor Bowls Wednesday evening

Dydd Iau **Cylch Meithrin & Ti a Fi** Thursday am

Aelodaeth i Siop Membership

Aelodaeth i Siop yn lansio cyn bo hir — gwyliwch allan am eich gwahoddiad yn y post.

Gall aelodau hysbysebu yma am ddim. Rydym yn cynnig lle i hysbysebu er mwyn talu costau — £60 am dudalen, £30 am ½ tud., £15 am ¼ tud., £8 am 1/8 tud.

Pwllglas Shop Membership launching soon — watch out for your invitation in the post.

Shop Members can advertise their goods here for free. Other advertising rates are based on space: full page £60, half £30 *pro rata*.

Scwter i'r Anabl Mobility Scooter



Electric Mobility 355 XL
heb gael llawer o ddefnydd
little used £250 ono ☎ 705510

Eisiau Dysgu Cymraeg? — Want to Learn Welsh?

Wlpan beginners starts in Llanfair DC Church Hall on Wednesday September 26, 09.30 – 13.15 and at the Naylor-Leyland Centre on Thursday November 11, 18.00 – 21.00. Details from Eirian Conlon 01352 756080

Popeth Cymraeg beginners Unlimited Learning starts in Ruthin Library on Wednesday September 19, 10.00 — 13.30. The course will meet on two days a week, the second day to be arranged.

For more details see www.popethcymraeg.com or phone 01745 812287

Finest Quality Granite



- Kitchen worktops
- Vanities
- Bath surrounds
- Fireplaces
- Stair treads
- Wall cladding

Marble ● Composite ● Slate ● Limestone

GENUINE PRIDE IN OUR WORK & THE MATERIALS WE SUPPLY.
SUPERB REPUTATION FOR CRAFTSMANSHIP & QUALITY
OVER 99.7 % OF CUSTOMERS WOULD USE US AGAIN.
COMBINED EXPERIENCE IS OVER 80 YEARS
ESTABLISHED SINCE 2001

**0% EASY PAYMENT FINANCE
OPTIONS NOW AVAILABLE***

* subject to status

WIDE RANGE OF OFF CUT MATERIAL AVAILABLE
WE NOW SUPPLY A RANGE OF NATURAL
STONE & COMPOSITE TILES

Tel: **01745 890 888**

Fax: **01745 890 889**

www.g-o-n.co.uk

Bachymbyd Workshop, Ruthin Road,
Llanrhaeadr, Denbighshire LL16 4PE

DE418229 V1



Beicio Euraid — Cycling Gold

Roedd y dasg o gael 27 o athletwyr, beiciau, staff cynorthwyol, cyfarpar meddygol a gwyddonol i'r lle cywir ar y dyddiad cywir ar gyfer y Gemau Olympaidd i gyd wedi ei drefnu o ffermdŷ ym Mhwlglas. Doug Dailey MBE sydd wedi bod yn gwneud hyn ers y 5 Gêmâu Olympaidd diwetha.

Getting 27 athletes, bikes, support staff, medical and scientific equipment to the correct Olympic venue on the right day was all organised from a farmhouse in Pwllglas. For five Olympics, it has been the job of Doug Dailey MBE.

Doug Dailey MBE



Yn 1960, ddeuddeg mlynedd cyn iddo gael ei fedal aur gyntaf am Rasio Ffordd a'i le yng Ngemau Munich, croesodd Doug y Mersi ar ei feic a darganfod Gogledd Cymru. Fel llawer o'i flaen, syrthiodd mewn cariad â'r wlad a'i gwneud yn gartref iddo.

Wedi ymddeol o rasio yn 1986, cafodd swydd fel Hyfforddwyr Seiclo Cenedlaethol a'i synnu o ddeall bod 'sgiliau teipio da' yn rhan o'r swydd ddisgrifiad. Darganfyddodd bod hyfforddwyr hefyd yn 'masseurs' a pheiriannwyr ac yn gwneud unrhyw beth fyddai ei angen i sicrhau bod y seiclwyr yn ennill. Hyfforddiant da i Reolwr Logisteg!

Newidiodd nawdd gan y loteri y byd seiclo. Yn 1996 bu'n rhaid i Chris Hoy a dau arall o'r tîm, ffeindio eu ffordd eu hunain i Foscow i'r Gemau Ewropiaidd, gyda'u beiciau a dim ond un set o olwynion rasio yr un. Y flwyddyn ganlynol daeth Trac Beicio Manceinion a gwyddonwyr chwaraeon yn rhan annatod o rwydwaith mewnol proffesiynol, gyda Rheolwr Logisteg o Bwllglas, i sicrhau bod Seiclo Prydeinig yn digwydd pryd a ble y dylai.

Tasg olaf Doug yng ngemau Llundain 2012 oedd gweld bod y seiclwyr wedi cofrestru, wedi cael bandiau i'w galluogi i gael mynediad a'r label cywir iddynt fod yn y lle cywir ar gyfer Gorymdaith olaf y Gemau Olympaidd. Y diwrnod wedyn roedd yn ei ôl ym Mhwlglas, yn gwneud yn siŵr bod ei dîm yn cyrraedd Maastricht. "Tydi pethau ddim drosodd," meddai Doug. "Dydych chi ddim ond cystal â'ch ras ddiwetha. Gall yr athletwyr gau'r drws ar siom os ydynt yn colli. Maent yn ail-ddechrau drannoeth."

Yn broffesiynol, mae Doug wedi llwyddo i gyflawni ei freuddwydion. Rwan, ei fwriad ydi mwynhau gweithio unwaith eto i adfer ei 14.5 acar o dir i'r safon roedd o ynddo ychydig flynyddoedd yn ôl pan agorwyd y lle i'r cyhoedd fel rhan o'r Cynllun Gerddi Cenedlaethol. Efallai y caiff o fedal aur am ei arddio y flwyddyn nesaf. Gallwch fentro y bydd y blodau a'r llwyni i gyd yn eu lle ac yn blodeuo ar amser.

In 1960, twelve years before Doug Dailey had got his first Road Racing gold medal and his Munich Olympic place, he crossed the Mersey, on the ferry, with his bike and discovered North Wales. Like many Merseyside cyclists, the land he fell in love with became his home.

Retiring from racing in 1986, he got the job as National Cycling Coach: not quite what one might expect of a 'coaching job' when 'good typing skills' were part of the requirements. Doug discovered that 'coaches' were also masseurs and mechanics and did whatever it needed to make cyclists win. Good training for a Logistics Manager!

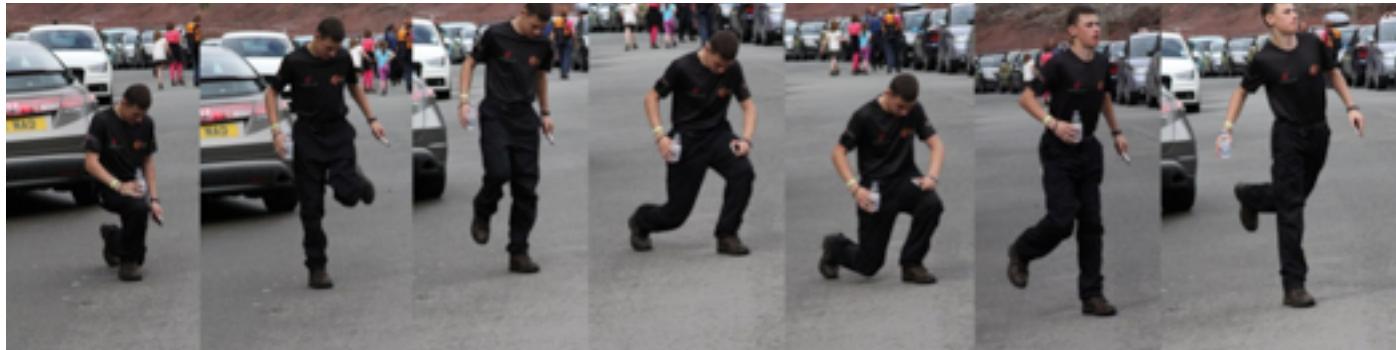
Lottery funding changed the cycling landscape. In 1996 Chris Hoy and two team-mates had to make their own way, with their own bikes and only one set of race wheels each, to Moscow for the European finals. The next year, Manchester Velodrome and sports scientists suddenly became an essential part of a professional infrastructure, with a Logistics Manager from Pwllglas, to ensure British Cycling all happened when and where it should.

Doug's final task at London 2012 was to see cyclists signed in, issued with the wristbands that got them through security and then labelled so that they reached the right float for the Olympic parade. Next day, he was back in Pwllglas; making sure his team got to Maastricht. "It's not all over," Doug said, "You're only as good as your last race. The athletes can draw a line under disappointment, if they lose. They start again tomorrow."

Professionally Doug has done everything he ever wanted, so he intends to enjoy getting his 14.5 acres of hillside in Pwllglas back to the shape it was in when it was opened to the public as part of the National Gardens Scheme. Perhaps he'll get a gold medal for his gardening next year: you can be certain he'll have all the flowers, trees and shrubs just where they should be, and blooming right on time.

Caraf Fy Milltir Sgwar — I Love Where I Live

y pethau y mae pobl ifanc yn ei wneud y dyddiau hyn — the things young people do these days



*Mi gymerodd dipyn o amser i Osh gyrraedd Aberhonddu pan oedd o'n cerdded fel hyn ...
It took a while for Osh to reach Brecon seeing as he was walking like this ...*

Ambiwlans Awyr Cymru

Cerddwn Ymlaen oedd taith gerdded Rhys Meirion o Abertawe i Gaernafon i gefnogi apêl Ambiwlans Awyr Cymru. Aeth ei fab, Osian Meirion gyda fo. Diwornod 1: y camau cyntaf yn Abertawe ac mae'n pistillio bwrw. Diwornod 8: y diwedd yng Nghaerafon. Llongyfarchiadau i Osian ar lwyddo yn ei arholiadau TGAU a phob hwyl yn y chweched! Mae'r 'grand total' rwan yn £47,006!

Wales Air Ambulance

Cerddwn Ymlaen is a 200-mile charity walk lead by Rhys Meirion in aid of the Wales Air Ambulance's 'Leap Into Action' appeal. Day 1: the first steps in Swansea and it's pouring down. Day 8 ended in Caernarfon: congratulations to Osian Meirion, who received the great news that he'd passed all of his GCSEs and will be entering 6th form in September! The grand total to date: £47,006!

Clwb Golff Pwllglas Golf Club

Marathon Golff 72 twll Capten yr Ieuenciad



Yn ddiweddar cymerodd Jack Cooledge, Capten yr Ieuenciad ac Anthony Middleton, Arbenigwr y Clwb, ran mewn Marathon Golff 72 twll a barhaodd drwy'r dydd o 6 y bore tan 6 y nos heb stopio ddim ond i gael cinio. Codwyd £700, diolch i'ch cefnogaeth parod chi, a gaiff ei ddefnyddio i hybu Adran yr Ieuenciad. Mae croeso bob amser i aelodau newydd a chynigir hyfforddiant, fydd yn ail-ddechrau y mis hwn. Am fanylion, cysylltwch â Joan Beesley ar 01745 890465. Ddydd Sadwrn, Awst 11, trefnodd y Capten, Mike Whear, Gystadleuaeth Olympaidd. Ar bob llain gwelwyd fflagiau arbennig. Yn ystod y barbeciw wedyn, gwelwyd Torch Olympaidd – wel fflachlamp fawr- i gadw naws y dathliadau. Peidwich ag anghofio y gwelir golff yn un o'r cystadlaethau yn y Gemau nesaf, felly "Dechreuwch ymarfer rwan!"

Junior Captain's 72 hole Golf Marathon

Junior Captain, Jack Cooledge and Club Professional, Anthony Middleton, recently took part in a 72 hole golf marathon. Starting at 6 am, they played until 12 noon and took a break for lunch. They continued in the afternoon for another five hours and thanks to your valuable support raised £700 which will help to run the Junior Section. New members are always welcome and there is coaching available. Team coaching starts again this month. For details please contact Joan Beesley on 01745 890465.

On Saturday August 11, Mr Captain, Mike Whear also ran an Olympics Competition, with all the greens sporting special flags. An Olympic Torch — well large flashlight — helped players enjoy the celebrations at the barbecue held after the competition. Don't forget golf will be in the next Olympic Games, all budding hopefuls 'Start Training Now'.