



Welcome to the 2015 Spring Edition

Now firmly established as the hub and heart of our community, Siop Pwllglas celebrated its 2nd birthday on the day of the solar eclipse with birthday cake on offer! Over the last 12 months the shop has won 3 major awards - Welsh Village Shop Of The Year 2013 Silver Award, The Plunkett Foundation Better Communities Award UK and The Daily Post Business Awards Community Category. It's nice to have all our hard work and service to the community acknowledged. We welcomed our **new staff** Gill Pierce and Rhian Jones onto the team plus **new volunteers** taking our active volunteer number up to 17. Siop Pwllglas needs more volunteers so please pop in to find out how you can help. Volunteers and staff met socially outside of work hours with garden parties, meals out and the option to attend training courses. Volunteers can give anytime from 2 hrs per week to a weekend shift every 8 weeks.

Additional ways you can make a big difference: Plastic bags - high st, supermarket we need them all please. Its nice to be able to save a customer 5p by using recycled bags. Purchase a Siop Pwllglas lottery number. Two draws per month is our aim to cover our rent costs so 98 numbers need to be sold. £6 would secure your favourite number for 1 draw for 6 months. ***If yours is the bonus ball drawn you win £25.*** Books for our book boxes - shop & hall: Reuse your egg box. Return your local honey jars: Tell us how the shop can help you? Join the village newsletter team. **Support the Shop by simply buying your weekly basic items such as milk and eggs.** This would really help secure the shops long term future if we all did this!



Solar Panels: In order to be more energy efficient at the village hall and to reduce financial overheads at the shop, we are busy working on the Solar Panel Project.

Plastic Milk Tops: As you may have read in the Denbighshire Free Press recently the tonne of plastic tops you have kindly collected went off to local Bodelwydden recycling company Plastecowood. The team at Plastecowood have developed a unique and carefully guarded formula to recycle plastic normally destined for landfill into wood looking material. Their range of products include garden fence panels, decking, picnic tables, bird boxes, horse jump poles, raised bed boxes, post and rails and styles. All their products are water proof and maintenance free. The company have kindly offered to recycle our plastic tops into 3 wooden style planters. The planters will be designed by Siop Pwllglas director and landscape gardener Dickon Wort. Anyone wishing to help with providing plants, bulbs or soil for the new planters would be greatly appreciated. They will be on show in front of the village hall very soon. We are continuing to collect tops and hope to use the next tonne to fund a local cause!

Local Produce Range Increased: The shop stocks many products made locally including honey, breads, cakes, ice cream, yogurts, butter, cheese, marmalades and jams. Plants, compost and local seasonal produce are popular spring editions! Our cooked meats, pies/deli items and raw meats including bacon, sausages, stewing beef and chicken fillets are supplied by Dafydd Roberts who is a local farmer and runs the family butchers in Denbigh. One of our best sellers are Catrins fresh large eggs. At £1.40 for large half dozen eggs they beat other shops on quality and price. Our Welsh milk is popular with customers both for its quality and for the peace of mind as welsh dairy farmers are paid a higher fairer price for their milk compared to supermarkets. We have a large selection of greeting cards including a fabulous range by Pwllglas resident Shelly Awbrey.



Coed Cil-y-groeslwyd Nature Reserve here in Pwllglas is celebrating its 50th anniversary! Owned by The North Wales Wildlife Trust since 1964, this site is home to the rare Limestone Woundwort which is the county flower of Denbighshire. This plant is extremely rare and is only found here in Pwllglas and two other sites in Wales. The reserve boasts a breathtaking Yew woodland which again is unique to Denbighshire with spring flowers of Welsh daffodils, blue bells, summer orchids and fungi. The Siop Pwllglas team together with reserve manager Graham Berry are busy planning a super event to

mark the 50th anniversary and to raise awareness of this site for **June 13th** with the Wildlife Trust exhibition trailer and refreshments based at the shop with guided walks up to the reserve where there will be activities for all the family. There may also be an open air church service at the reserve followed by a guided walk.

<http://www.northwaleswildlifetrust.org.uk/reserves/coed-cilygroeslwyd>

Efenechtyd Community Council

The Council now has a website. www.efenechtyd.org.uk. On the website you will find details of your local community councillors, a map of the Council area, details of council meetings and information about the area. On the Your Council / Council meetings page the minutes of the Council are available to view. If you have any matters you wish to raise with the Council there is a contact link to the Clerk on the Contact page. If you have any **photographs** of the area that could be included on the Gallery page please contact the Clerk. If you have a business within the Community Council area and wish to have your contact details on the Local Businesses link again please contact the Clerk. The website also gives details of the **Village Hall facilities**, hire charges and contact details for enquiries or bookings. The minutes of the Village Hall Committee are also available to view. At a recent meeting the Council made financial donations to Pwllglas Village Hall, Pwllglas Eisteddfod, Rhiw C.M.Chapel, Bontuchel C.M. Chapel, Siop Pwllglas, Llanfair D.C. School and St Michael's Church Efenechtyd.



Golf Club News The 2015 golfing seasoning is now upon us. The incoming captains, Gwyn Jones & Laura King held their 'Drive In's' at the beginning of February and we wish them every success for the year ahead. The club welcomes golfers of all abilities either as members or visitors. Located above the village of Pwllglas you can enjoy the panoramic views of the local area whilst tackling the undulating holes on our well maintained course. Junior coaching currently takes place at the Llanfrwog driving range on a Monday

evening and is led by Golf Professional, Anthony Middleton. The sessions will move to the club when the clocks change. All welcome. Please get in touch if you need more information. There will also be beginners' sessions for adults and those wishing to return to the game commencing in April. More details to follow. The Gents have their first friendly match at Vale of Llangollen at the end of March and the Ladies travel to Harlech after Easter for their first league match of the season. Two of our Ladies are into the second round of the national Daily Mail Foursomes event and Brenda Roberts will be representing both the club and Team GB at the World Transplant Games in August which are being held in Argentina. For more information, you can see our website at www.ruthinpwllglas.co.uk telephone 01244 702296 or see our Facebook page.

NEWS FROM YOUR PARISH CHURCH.

2014 was a busy year for the parishioners and Parochial Church Council of St Michael All Angels. Rev Richard Carter was taken ill in January, and we were saddened by the loss of a dear friend, Mr Vincent Copack, who had been Churchwarden for many years. Without Rev Richard, some services were of the D.I.Y.



kind, but a small team of Lay Readers, and Rev Russell Owen, though retired, led many services for us. The PCC decided to improve the churchyard in a safe, environment friendly way. With help from The North Wales Wildlife Trust, a management plan was put in place. We began by setting aside a conservation area. The veteran Yew trees are in need of care and attention, and an expert has been consulted. As the Yews are a protected species, planning permission has been sought for the necessary pruning. Bird and Bat boxes have been erected in the churchyard. Volunteers joined a scything and grass management workshop, and propose to scythe the grass in future for the benefit of both people and wildlife.

Other events included the Five Parishes Walking Weekend, in which friends and families from Efenectyd, Llanellidan, Llanfair D.C., Clocaenog, and Cyffylliog rambled their way from church to church, with picnic lunches, on a very pleasant weekend. **Don't miss this years walking weekend planned for 16th and 17th August 2015.** Everyone is welcome to come along. <http://www.llanfairparishes.info/>



On The Feast of St Michael, or Gwylmabsant, we welcomed visitors to the popular *Open Doors* event. Not only did they enjoy visiting our ancient church, but also the traditional Stone Throwing competition. St Michael is one of only a handful of churches which still has the original *feat stone*, and keeps the tradition alive. A delicious tea was provided by ladies of the parish. ***The St Michael's Quiz Evening*** took place in Pwllglas village hall in November. Mike Cryne was the question master, and there

were seven teams. After a close fought contest, the winners were Team Siop Pwllglas. Ty Gobaith received a cheque for £126.00. Plans for a spring quiz are underway and monies raised will help fund our local Community First Responder Mr Eamon Morris to update his life saving equipment. ***Bursaries*** were presented to two members of the



community residing within the parish boundary. It gave us great pleasure to award Mrs Elin Lloyd £300 to help her fund new mums pilates class with a crèche for their babies. Mr Dafydd Parry received a Student's bursary of £100. Local students from the Parish of Efenechtyd attending college or university are welcome to apply for a bursary to help with costs of books, equipment. Please write to the PCC secretary, Mrs Anne Windebank, Bryn Hyfryd, Pwllglas, Ruthin LL15 2PE. Finally, our two charities in 2014 were Save the Family, and Ty Gobaith receiving collections from the well attended Harvest Festival and Carols by Candlelight. *Anne Windebank* <https://www.facebook.com/LlanfairDCgroupofchurches>

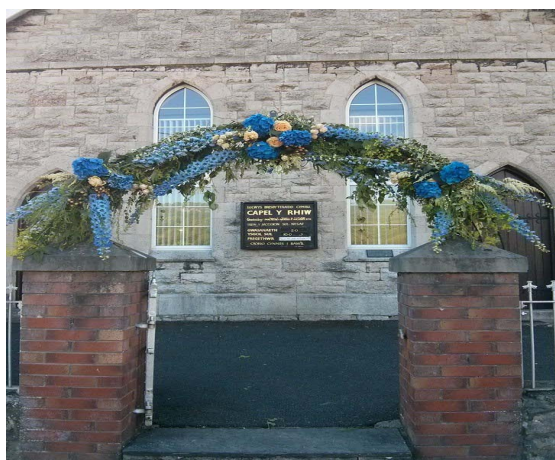
YSGOL LLANFAIR DC SCHOOL



It's difficult to believe that its Easter and the final term of the school year is nearly upon us. Ysgol Llanfair has had a busy year once again and has enjoyed numerous visits, workshops and activities within the school as well as in the wider community. The school's numbers are still on the increase, with 94 full time pupils and 15 nursery children attending every afternoon. I'm sure that you will be aware of the County's modernising education programme and the exciting plans for Ysgol Llanfair's future. Ysgol Llanfair is closely linked to the local community and we have had many opportunities during the year to take part in a variety of activities such as Pwllglas Eisteddfod, Llanfair Sports, events in Ruthin Library and with Ruthin Rotary, entertaining community groups such as the elderly in Trem y

Foel, carol singing in Llysfasi Christmas Fair, St David's Day Coffee Morning, Pwllglas WI etc. We are pleased to be supporting Siop Pwllglas through the 'fruit and vegetable co-op' where staff members order fruit or veg bags weekly from the shop and the School Council members are then responsible for sharing the produce into bags. We wish Pwllglas Community Shop every success. *Mrs Llinos Hughes, Headteacher.*

NEWS FROM 'Y RHIW' UNITED CHURCH.



During December, 2014, the Chapel's Ladies Choir and Bethan Parry took part in the District Advent Service at Rhewl Chapel. The children's Christmas service was excellent and based on the Dr. Who series with references to the first Christmas in the First World War trenches in 1914. Menai Williams and Jan Roberts were responsible for organising the Chapel Society's (Cymdeithas Pwllglas) service which turned out to be a very worthy service. One Sunday in January, a new and experimental Family Service was held at 11.15a.m. with our minister officiating. A similar service was also held in March. On Saturday, January 24th, a successful Coffee Morning was held at the chapel vestry in aid of the Ebola Fund.

On the first Sunday in February, rather late this year, the New Year Prayer Meeting was held and during the service we were reminded, through vivid computer pictures, of the release of prisoners from the Auschwitz concentration camp 70 years ago. During the month, three new members were welcomed to the chapel, - Emrys and Rhoswen Ellis and Catherine Jones. Elinor Rogers decided to retire as one of the chapel organists and we will miss her. Thanks Elinor. **Cymdeithas Pwllglas.** (Chapel and Village Society) In January a very interesting Quiz was organised by Morfudd and Menna Jones with 3 teams competing; in February a similar programme to Question Time was held with George Edwards, John Kerfoot Jones and Grisial Llywelyn as members of the panel facing very challenging questions. In March, the society's term ended with a Buffet Supper held at the Village Hall followed by performances by the singer and National winner, Meirion Jones, Llangynhafal. *Elwyn A. Jones.*



YSGOL LLANFAIR DC Anodd credu bod gwyliau'r Pasg ar y gorwel a bod tymor olaf ein blwyddyn ysgol yn agosau. Mae ysgol Llanfair wedi cael blwyddyn brysur eto eleni ac wedi mwynhau amrywiol weithgareddau, ymweliadau a gweithdai o fewn yr ysgol, yn y gymuned a thu hwnt. Mae'r ysgol yn parhau i ffynnu o ran niferoedd, gyda 94 o blant yma llawn amser, a 15 o blant meithrin yn mynychu bob prynhawn. Mae'n siwr eich bod yn ymwybodol o raglen moderneiddio addysg Sir Ddinbych a bod newidiadau cyffrous yn y cynlluniau ar gyfer Ysgol Llanfair. Mae cyswllt agos rhwng

yr ysgol a'r gymuned leol a chawsom lawer o gyfleoedd yn ystod y flwyddyn i gymryd rhan mewn gweithgareddau cymunedol ee Eisteddfod Pwllglas, mabolgampau Llanfair, digwyddiadau yn Llyfrgell Rhuthun, Rotari Rhuthun, diddori'r henoed yn Nhrem y Foel, canu carolau yn Ffair Llysfasi, Bore Coffi Gŵyl Dewi, diddori Sefydliad y Merched ym Mhwllglas ayyb Rydym yn falch o gael cefnogi Siop Pwllglas trwy gynllun y 'co-op ffrwythau a llysiau,' lle mae cyfle i'r staff archebu bag ffrwythau neu llysiau'n wythnosol o'r siop a bydd y Cyngor Ysgol yn gyfrifol am rannu'r cynnyrch i fagiau. Dymunwn bob llwyddiant i Siop Gymunedol Pwllglas.

Mrs Llinos Hughes

Miri Meithrin **Celebrating 18 Years** **of Childcare**

When the first baby and children came through the doors I had six children on the books, now I have 140 children registered on two Day Nursery sites and an

After School and Holiday Club employing 14 members of staff. The last

18 years have been a challenge and a delight. It has been a pleasure to see the the children flourish in the nursery nurtured and cared for by dedicated staff. They are my main strength, chosen not only for their qualifications, but also for their love of working with young children. The nursery provides a wide range of activity trips and these are regular visits from "TWF" Forestry Commission, Healthy Preschool Scheme. All these experiences help to create a fun, safe and stimulating environment for everyone. There has been plenty of fun over the years for children and parents alike. I believe it is important to be part of the community. Visitors are welcome at any time and there are regular social events to encourage a sense of belonging. So here is to another 18 years, my goal is to maintain high standards from developing facilities to food and nutrition, but ultimately developing children for the challenges of the 21st century in a safe environment. Miri Meithrin Pwllglas. Miri Meithrin Llysfasi. After School & Holiday Club. *Mari Roberts, Proprietor.*

WHATS ON AT NEUADD PWLLGLAS: Mondays: 8am - 7am Available To Book. 7pm -8pm Zumba. All welcome. **Tuesdays:** 9.15 - 11.30 Cylch Meithrin/Pre school nursery. Spaces available. Tai Chi 2pm-3pm, 4pm - 6pm Available To Book. 7pm - 9pm Whist. All Welcome. **Wednesdays:** Available to book. **Thursdays** 9.15 - 11.30 Cylch Meithrin/Pre school nursery. Spaces available. Tai Chi 6.30 - 8pm. 8pm - 9pm Ruthin Choir. **Fridays: 9am - 11am Pilates Postnatal,** 7pm - 9pm Line Dancing, all welcome. Weekends available to book. WIFI. Kitchen. **To book a party/meeting/class please call John the caretaker Tel: 07762 722703 . Hire charges start from just £6 per hr. For full details go to <http://www.sioppwllglas.co.uk>.**

The Local Puzzler!



Have you ever thought who puts together those crosswords you find in newspapers and magazines? Well you need to think no longer, because here in Pwllglas lives a man who earns his living compiling crossword puzzles. Our intrepid reporter and former shop worker, Theo Vasmer, went to interview Dafydd Price Jones, Pwllglas.

How long have you lived in Pwllglas? I was born in Bangor and lived there for many years before moving to Pwllglas fourteen years ago. **How did you get started doing crosswords?** I started by solving crosswords and this eventually progressed until I decided to make my own. My first crossword I composed was sent to a magazine called The Listener. The Listener ceased publication in 1991 but the crossword was taken over by The Times newspaper and my crosswords appear in the Saturday newspaper. I also do Welsh Crosswords which feature in the Welsh Language Cultural Magazine called Taliesin.

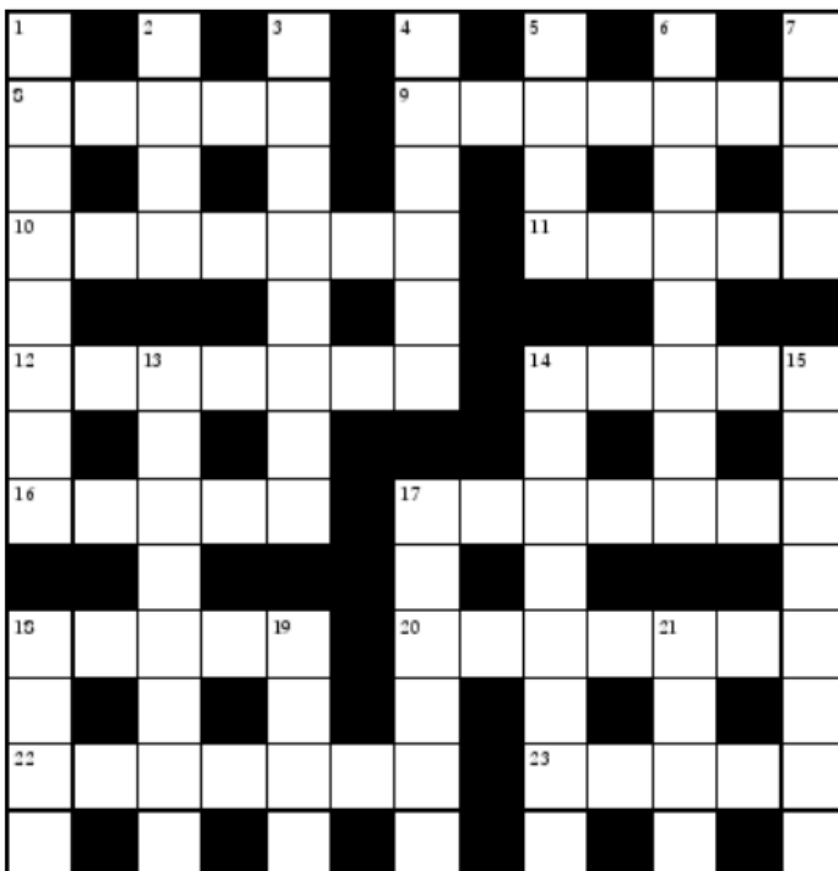
Are there any prizes for solving crosswords? There is a prize for solving The Times crossword but you have to be the first to get all the answers correct. It usually consists of money or a book token. **What are the origins of crosswords?** Crosswords started 102 years ago when a man called Arthur Wynne travelled to the USA from Liverpool and thought up the idea. He went on to have his first crossword published in a New York magazine.

How do you go about composing a new crossword? Crosswords usually have a theme. For example I could have composed a crossword on the 100th anniversary of Dylan Thomas' birth and so many of the clues and answers would relate to his poetry and his life. The theme is in the control of the composer so each is unique. Thanks to advances in technology, I can use a computer programme to help me plan a new crossword. But in the past I had to do it all by hand. **How many crosswords have you done up till now?** I have done a good few hundred probably near a thousand for newspapers and magazines over the years. You never know but you may have solved one of my crosswords yourself!

Have a go at this crossword composed especially for Village Voice by Dafydd. A few answers are in Welsh, and those have Welsh clues, and an explanation in English. 3 down is a place name and has cryptic clues in both languages. 15 down is also a place, and the Welsh and English clues are just definitions. See if you can make up a cryptic clue to it in either or both languages. Somebody might buy the writer of the best clue a bottle of wine in 1-7 7.

Some clues have anagrams, or mixtures of the letters of the answers, in them; you'll see something like "mixed up" or "rearranged" in those. Some have the answers hidden in them. Some lead to words that sound like the answer; you'll see something like "we hear" in those, which should put you on your guard. Still others have more than one meaning of the answer. 23 across tells you to use the first letters of some of the words in the clue. By the way, the double Welsh letters (Ch, Dd, Ff, Ng Ll, Ph, Rh, Th) go into one square. The completed crossword available from Siop Pwllglas. Enjoy! Theo Vasmer

1-7 means the white squares along the top. 1-7, 7 or/ neu 19 1-7



ACROSS/AR DRAWS

- 8 Some grope randy Don Giovanni perhaps (5)
 9 Madly, "Oh Basil, get rid of that!" (7)
 10 Contract for a game which can involve contracts (7)
 11 A champagne glass from Amsterdam? (5)
 12 Running late past water which formed overnight, we hear (7)
 14 Curo pawb, ond heb gychwyn rhan o emyn (5) To win in Welsh
 16 Contest for some falsettos (3-2)
 17 A symbol for petrol? (7)
 18 Llysiau wedi troi'n sychlyd a dechrau treulio (5)
 1 down in Welsh
 20 Bohemian Queen's astronomer? (7)
 22 It sounds like yours truly observed a blot on the landscape (7)
 23 Men died near this river in 1916 initially so other men might enter (5)

DOWN/I LAWR

- 1 You can buy these in 1-7 7. Paste too, funnily enough (8)
 2 Erosion caused by river in NE England (4)
 3 Eglwys undod o ryw fath sydd yma ger y Gogarth (8)
 Near the Great Orme Allan, off his head, was knowledgeable, so we're told
 4 This sexual reproductive cell could make you mate, eg (6)
 5 Play a golf stroke to the gallery? (4)
 6 Travelling Rail Erin - or Ryanair? (8)
 7 A place in 1-7 that sells stuff. Posh? That could be arranged (4)
 13 Lord is given sanction (8)
 14 Device that makes seeing fancy legs easy? (8)
 15 Cartref yr eisteddfod ryngwladol (8)
 Home of the international eisteddfod
 17 Lle fyddai'r fan orau i baratoi hwn? O, cegin ryfeddol (3,3)
 21 down in Welsh
 18 Sound of badger heard by this NE river (4)
 19 Mae'n swnio fel 7, a 7 ydyw ym mhentref 1-7
 7 in Welsh at the heart of Cassiopeia (4)
 21 You could eat this meat somewhat flambéed (4)

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Our Very Own Community First Responder - Eamon Morris



As someone who has recently learnt about the amazing and vital First Responder scheme, I thought it a good idea to find out more from our very own Pwllglas based Community First Responder Eamon Morris. Welsh speaking Eamon was born in LLangwm, Corwen but has lived in Pwllglas for the last 15 years. He and wife Jackie have 3 grown up children. Having worked for Ifor Williams Trailers for 20 years he fancied a change and now works for the Highways Dept at DCC. When Eamon is not at his day job, although when I met up with him he was on gritting night duty, he is on call as our local volunteer Community First Responder.

What is a First Responder you may ask? Community First Responder (CFR) volunteers are trained to attend emergency calls received by the ambulance service and provide care until the ambulance arrives. The scheme was originally envisaged for rural areas where emergency medical services response is likely to be delayed beyond the approximate 8–10 minutes during which a cardiac arrest is likely to become irreversible. CFR volunteers like Eamon can arrive at an emergency scene in a matter of minutes, as they are sent to calls in their local area. They are dispatched at the same time as an

ambulance via ambulance control to attend Category A 'immediately life – threatening' calls. These calls can include: cardiac arrest diabetic, emergency, unconscious patient, breathing difficulties or seizures.

Eamon has been on duty as our local Vale of Clwyd CFR for the last 8 years and works alongside colleague Tracy Lewis from Ruthin covering an 8 mile radius around Pwllglas. He explains how it all started with his children Alun and Teleri suffering with Asthma at a young age. Several times they were hospitalized with the condition at which point Eamon realised in order to to be a responsible parent and for his own peace of mind he needed to learn some first aid and so went on a course. When his youngest son Sion began playing rugby for Ruthin Juniors, Eamon became know as the “Dad with a bit of first aid knowledge” he says with a smile. This lead on to joining St John Ambulance and receiving a higher level of training. He recalls it was under the watchful eye of the late Mrs Violet Hughes who Eamon recounts was an amazing lady.



Fast forward 10 years and this very modest man tells me he is just one of 3 people from St John Ambulance in North Wales to have passed the highest level of training available. His training enables him to assist with any eventuality from spinal injuries to emergency transport attendance. In addition to his full time job, family commitments and CFR calls, incredibly Eamon can be found on duty as a St John Ambulance first aider as many events including equestrian, football, motocross and the Barmouth sponsored walk. Last year he was on duty at the World Rally Championships Wales stage at Chirk Castle. He added that his hobbies include motor sports so he didn't need asking twice to be on duty at that event.

When attending a call out Eamon explains he will be wearing his high Viz jacket and present his identity card. His “chat up line” would normally be “Hello you've called an ambulance and I am the Community First Responder”. He will tell you that the ambulance is on its way and make the patient feel

at ease or undertake whatever procedure was needed. We went on to talk about his equipment which includes a defibrillator and I was shocked to hear his equipment is funded solely through his own fundraising efforts! He is already concerned about raising the £1,200 needed to replace just one item of his vital equipment.

Eamon would encourage others to get some first aid knowledge. As a **volunteer Community First Responder**, he feels he is giving something worth while back to society and his community. He is naturally a shy man and feels being a First Responder has helped improve his confidence. He is proud of his work helping save lives and so he should be! The Pwllglas area is very lucky to have such a highly trained member of our community willing to give up endless hours every week (he gives much more than the minimum weekly 5 hrs required) to help others in times of need and even life or death situations! If anyone wants any more information or to make a **donation** they can contact Darren via ruthincfr@hotmail.co.uk or our twitter page @VOCCFR.

Sharon Newell

Y Newyddion Diweddaraf o'r Clwb Golff



Mae tymor golffio 2015 ar gyrraedd. Dymunwn bob dymuniad da i'r ddau gapten newydd, Gwyn Jones a Laura King. Mae'r clwb yn croesawu golffwyr o bob safon, yn aelodau neu'n ymwelwyr. Wedi ei leoli uwchben Pwllglas, gallwch fwynhau golygfeydd bendigedig o'r ardal wrth i chi droedio dros y cwrs sy'n cael ei gadw mewn cyflwr da. Cynhelir hyfforddiant i'r rhai iau gan y golffwr proffesiynol, Anthony Middleton yn y maes ymarfer yn Llanfwrog ar nos Lun, tan i'r awr newid, yna byddant yn cael eu cynnal ym Mhwllglas. Croeso i bawb. Cofiwch gysylltu os oes angen mwy o wybodaeth arnoch. Yn mis Ebrill, bydd gwersi i ddechreuwyr ac i'r rheini sydd am ail-ddechrau chwarae. Mwy o wybodaeth yn y man. Bydd cystadleuaeth gyfeillgar gyntaf y dynion yn erbyn Dyffryn Llangollen ddiwedd Mawrth a bydd y merched yn trafailio i Harlech ar gyfer eu cystadleuaeth gyntaf hwy yn y gynghrair ar ôl y

Pasg. Mae dwy o'n merched wedi mynd trwodd i ail rownd cystadleuaeth Pedwarawdau y Daily Mail a bydd Brenda Roberts yn cynrychioli'r clwb a Thîm Prydain yng Ngemau Trawsblaniadau'r Byd yn yr Ariannin yn mis Awst. Am fwy o wybodaeth, ein gwefan yw www.ruthinpwllglas.co.uk. ffôn 01244 702296 neu ewch ar y dudalen facebook.

Dyma gyflwyno i chi Ymatebwr Cyntaf ein cymuned Eamon Morris

Fel rhywun sydd ddim ond newydd ddysgu am waith hollbwysig yr Ymatebwyr Cyntaf, meddyliais y byddai'n syniad da i gael mwy o wybodaeth gan y dyn ei hun. Cymro Cymraeg wedi ei eni yn Llangwm yw Eamon ond mae wedi byw ym Mhwllglas ers 15 mlynedd. Mae ganddo fo a'i wraig Jackie dri o blant wedi tyfu i fyny. Bu Eamon yn gweithio i gwmni Ifor Williams am 20 mlynedd cyn newid cyfeiriad a bellach mae'n gweithio i Adran Ffyrdd CSDd. Pan nad yw'n , mae ar alwad fel ein Hymatebwr Cyntaf gwirfoddol lleol.gweithio

Beth yn union ydy hyn, gofynnwch? Mae gwirfoddolwyr Ymatebwyr Cyntaf y Gymuned wedi eu hyfforddi i ymateb i alwadau brys a geir gan y Gwasanaeth Ambiwylans a rhoi gofal nes i'r ambiwlans gyrraedd.

Dechreuwyd y cynllun ar gyfer ardaloedd gwledig lle byddai'n anodd i ambiwlans fedru cyrraedd o fewn yr 8 – 10 munud tyngedfenol mewn sefyllfa pe bai claf wedi cael trawiad ar y galon. Gall gwirfoddolwyr fel Eamon gyrraedd argyfwng o fewn munudau gan eu bod yn cael eu hanfon i leoliadau yn eu hardal eu hunain. Cânt neges gan yr ystafell reoli ar yr un pryd â'r ambiwlans i ymateb i sefyllfaoedd 'Categori A' sy'n fater o fywyd neu farwolaeth. Gall y rhain gynnwys trawiadau, argyfwng clefyd siwgr, claf yn anymwybodol, problemau anadlu neu strôc. Mae Eamon wedi bod ar ddyledswydd fel



Ymatebwr Cyntaf lleol ers wyth mlynedd bellach ac mae'n cyd-weithio gyda Tracy Lewis o Ruthun yn gyfrifol am dalgylch o fewn wyth milltir i Bwllglas. Eglura bod y cyfan wedi cychwyn gan fod ei blant, Teleri ac Alun wedi dioddef o Asthma o oedran ifanc ac wedi gorfod mynd i'r ysbyty ar lawer achlysur. Penderfynodd Eamon, os oedd am fod yn rhiant cyfrifol ac er mwyn ei dawelwch meddwl ei hun, y byddai'n rhaid iddo gael gwersi Cymorth Cyntaf, a dyna wnaeth o.

Pan ddechreuodd ei fab ieuengaf, Sion, chwarae rygbi dros Ieuenctid Rhuthun, dechreuwyd adnabod Eamon fel 'y tad sy'n gwybod rhywbeth am Gymorth Cyntaf' meddai gyda gwên. Arweiniodd hyn at ymuno gydag Ambiwylans Sant Ioan a derbyn lefel uwch o hyfforddiant dan lygad barcud y ddiweddar Violet Hughes, gwraig oedd yn uchel iawn ei pharch ganddo. Ddeng mlynedd yn ddiweddarach, a dywed y gŵr diymhongar hwn ei fod o yn un o ddim ond tri pherson yng Ngogledd Cymru sydd wedi llwyddo yn yr hyfforddiant uchaf sydd ar gael dan adain Ambiwylans Sant Ioan.

Mae ei hyfforddiant yn ei alluogi i helpu mewn amrywiaeth o ddigwyddiadau o anaf i'r cefn i argyfwng cludiant. Yn ychwanegol at ei swydd bob dydd, ei gyfrifoldebau teuluol a galwadau Ymatebwr Cyntaf, gellir gweld Eamon ar ddyledswydd gydag Ambiwylans Sant Ioan fel Cymhorthydd Cyntaf mewn amrywiol ddigwyddiadau yn cynnwys sioeau ceffylau, gemau pêl-droed, motocross, a thaith nodedig Y Bermo. Llynedd roedd ar ddyledswydd yng Nghastell y Waen yn ystod Pencampwriaeth Ralio'r Byd, Cam Nghymru. Ychwanega fod ei

ddiddordebau'n cynnwys rasio ceir ac nad oedd angen gofyn ddwywaith iddo fod ar ddyledswydd yno! Pan fydd Eamon yn ateb galwad, eglura y bydd yn gwisgo ei siaced 'High Vis' a bydd yn cyflwyno ei gerdyn adnabod. Ei eiriau cyntaf fel arfer fydd, "Helo, dech chi wedi galw am ambiwlans a fi ydy Ymatebwr Cyntaf y Gymuned." Bydd yn dweud bod yr ambiwlans ar ei ffordd a thrio gwneud i'r claf deimlo'n gyfforddus neu wneud beth bynnag fydd ei angen. Aeth ymlaen i siarad am ei offer sy'n cynnwys diffibriliwr a chefais fraw o sylweddoli mai drwy ei ymdrechion codi arian fo ei hun yn unig mae ei offer yn cael ei ariannu. Mae'n dechrau poeni'n barod am orfod codi £1,200 ar gyfer adnewyddu un darn o offer angenrheidiol yn unig. Byddai Eamon yn argymhell eraill i gael rhywfaint o wybodaeth Cymorth Cyntaf. Fel gwirfoddolwr gyda'r Ymatebwyr Cyntaf teimla ei fod yn rhoi rhywbeth gwerth chweil yn ôl i'r gymdeithas ac i'w gymuned. Wrth natur, mae'n ddyn swil a theimla bod ei waith gyda'r Ymatebwyr Cyntaf wedi gwella ei hyder. Mae'n falch o'r gwaith a wna yn helpu i achub bywydau – a dylai fod hefyd. Mae ardal Pwllglas yn hynod lwcus o fod â rhywun sydd wedi cael hyfforddiant mor arbenigol ac un sy'n fodlon rhoi oriau o waith gwirfoddol bob wythnos (llawer mwy na'r 5 awr sy'n ofynnol) i helpu eraill mewn angen ac weithiau mewn sefyllfaoedd o fywyd neu farwolaeth.



Sharon Newell

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MIRI MEITHRIN. Dathlu Deunaw Mlynedd o Ofalu am Blant. Pan ddaeth y babi a'r plant cyntaf drwy ddrws Miri Meithrin ddeunaw mlynedd yn ôl, roedd gen i chwe phlentyn ar y llyfrau. Erbyn hyn, mae gen i 140 o blant wedi eu cofrestru, dau safle Miri Meithrin, Clwb ar ôl Ysgol a Chlwb Gwyliau a bellach rwy'n cyflogi 14 aelod o staff. Mae'r deunaw mlynedd diwethaf wedi bod yn her ac yn foddhad. Mae hi wedi bod yn bleser gweld y plant yn blodeuo yn y Feithrinfa dan ofal y staff ymroddedig. Y rhain yw fy nghryfder, wedi eu dewis, nid yn unig oherwydd eu cymwysterau, ond hefyd oherwydd eu hoffter o weithio efo plant bach. Mae'r Feithrinfa yn cynnig amrywiol dripiâu gweithgaredd a cheir ymweliadau cyson gan 'TWF' Cynllun Byw'n Iach Cyn-ysgol y Comisiwn Goedwigaeth. Mae'r holl brofiadau hyn yn helpu i greu amgylchedd hwyllog, diogel a chyffrous i bawb.



Dros y blynyddoedd mae llawer o hwyl wedi ei gael gan blant a rhieni. Credaf yn gryf ei bod hi'n bwysig i fusnes lleol fel hwn fod yn rhan o'r gymuned. Rhwir croeso i ymwelwyr unrhyw adeg a threfnir digwyddiadau cymdeithasol yn gyson i gryfhau'r syniad o berthyn. Felly ymlaen rwan at y deunaw mlynedd nesaf. Fy nod yw cadw'r safonau uchel ... o ddatblygu cyfleusterau i fwyd a maeth, ond yn bennaf, paratoi'r plantos am sialensau'r 21 ganrif mewn awyrgylch diogel. Miri Meithrin Pwllglas. Miri Meithrin Llysfasi. Clwb ar ôl Ysgol a Chlwb Gwyliau.



NEWYDDION EGLWYS UNEDIG Y RHIW

Yn ystod mis Rhagfyr, 2014, bu i Gôr Merched y capel a Bethan Parry gymryd rhan yng Ngwasanaeth Adfent Bro Rhuthun yng nghapel Rhewl. Cawsom Wasanaeth Nadolig arbennig gan y plant yn seiliedig ar gyfres Dr. Who gyda chyfeiriadau at y Nadolig cyntaf hwnnw yn ffosydd y Rhyfel Byd Cyntaf yn 1914. Menai Williams a Jan Roberts oedd yn gyfrifol am Wasaneth Nadolig Cymdeithas Pwllglas a chafwyd gwasanaeth amrywiol a bendithiol iawn. Yn Ionawr, cynhaliwyd Gwasanaeth y Teulu am 11.15 y bore, fel arbrawf, dan ofal y Gweinidog a chynhaliwyd gwasanaeth tebyg yn mis Mawrth. Ar y Sadwrn, Ionawr 24, cynhaliwyd Bore Coffi llwyddiannus iawn er budd Cronfa Ebola. Yn nechrau Chwefror cynhaliwyd Cyfarfod Gweddi Dechrau'r Flwyddyn ac fe'n hatgoffwyd am ollwng carcharorion Auschwitz yn rhydd 70 mlynedd yn ôl. Yn ystod y mis croesawyd tri aelod newydd sef

Emrys a Rhoswen Ellis a Catherine Jones. Bu i Elinor Rogers ymddeol fel organyddes y capel. Diolch iddi am ei gwasanaeth. Ddechrau Mawrth, cynhaliwyd Dydd Gweddi Byd-Eang y Chwirydd yn y capel. **Cymdeithas Pwllglas.** Yn Ionawr, cynhaliwyd Cwis diddorol dan ofal Morfudd a Menna Jones; ym mis Chwefror cynhaliwyd Hawl i Holi gyda George Edwards, John Kerfoot Jones a Grisial llywelyn ar y panel yn ateb nifer o gwestiynau heriol iawn. Ym mis Mawrth daeth tymor y Gymdeithas i ben gyda Swper blasus yn y Neuadd a Meirion Jones, Llangynhafal, canwr ac enillydd Cenedlaethol, yn ein difyrru. *Elwyn A. Jones.*