



CYLCHLYTHYR RHUTHUN

RHIFYN 130, EBRILL 2026



Neges gan ein Cadeirydd



Annwyl ffrindiau,
Ar yr adeg hon o'r flwyddyn, wrth i ni symud o Ddydd Gŵyl Dewi a thua'r Pasg, roeddwn i'n meddwl am arwyddocâd y ddau i bawb ac yn enwedig i aelodau u3a. Mae Dewi Sant yn enwog am ei ostyngedd rwydd a'i dosturi a bathodd y dywediad, 'Gwnewch y pethau bach mewn bywyd.' Mae gan y Pasg, er ei fod bellach yn ddathliad Cristnogol yn bennaf, wreiddiau paganaidd, gan ddathlu aileni, adnewyddu a dechreuadau newydd - felly symbolaeth yr Wy Pasg. I ni yn u3a mae gennym, os dewiswn, y cyfle i gael dechreuadau newydd ar ffurf rhoi cynnig ar weithgareddau newydd yn unrhyw un o'r 35 neu fwy o grwpiau gweithgaredd sydd gennym ar hyn o bryd; neu efallai cael syniad ar gyfer grŵp newydd? Gallem hefyd 'wneud peth bach' ac efallai gwahodd ffrind a allai fwynhau un o'r gweithgaredd.

Yn y dyfodol agos mae eich Pwyllgor yn gobeithio dewis rhai digwyddiadau newydd i roi cynnig arnynt, yn seiliedig ar eich awgrymiadau - felly cadwch lygad ar y gofod hwn! Yn y cyfamser, rwyf fi a'r Pwyllgor yn dymuno Pasg plaserus i chi! Nawr os esgusodwch fi, mae'n rhaid i mi fynd i ffeindio fy wy Pasg. Dwi i wedi ei roi yn rhywle...

Mike van der Eijk

Grŵp Cerdded Bryniau

Mae Jill Marson yn adrodd:



The route took the group past the Berwyn Slate Quarry and down to Oernant.

Photo: Janet Jenkins

Fe wnaethon ni gyfarfod ar gyfer ein taith gerdded bryniau ym mis Mawrth ym Maes Parcio Gwyrdd Llantysilio ychydig y tu allan i Llangollen ar ddiwrnod eithaf tywyll. Aeth deg ohonom heibio Rhaeadr y Bedol ac yna dechrau dringo, i fyny Mynydd Llantysilio. Bron yn syth gwelsom y byddai golygfeydd godidog o Ddyffryn Dyfrdwy ar ddiwrnod gwell. Ar ôl cyrraedd copa'r bryn (er nad mor uchel â'r Ponderosa), aeth ein llwybr â ni heibio chwarel Lechi Berwyn ac i lawr i Oernant (y tro mawr ar ffordd Bwlch y Bedol). Yna dilynol

lwybr trwy goedwigoedd, lle bu coed a gwmpodd ar draws y llwybr yn creu ras ffos! Ar ôl mynd trwy gaeau

RUTHIN NEWSLETTER

ISSUE 130, APRIL 2026



Message from our Chair



Dear friends,
At this time of year, as we move beyond St. David's day and head into Easter, I was thinking about the significance of both for everyone and particularly for u3a members.

St David is famed for his humility and compassion and coined the maxim, 'Do the little things in life.' Easter, while now predominantly a Christian celebration, has pagan roots, both celebrating rebirth, renewal and new beginnings - hence the symbolism of the Easter Egg. For us in u3a we have, if we choose, the opportunity to have new beginnings in the form of trying new activities in any of the 35 or so activity groups we currently have; or perhaps having an idea for a new group? We could also 'do a little thing' and perhaps invite a friend who might enjoy a particular activity?

In the near future your Committee hopes to be selecting some new events to try, based upon your suggestions - so watch this space! In the meantime myself and the Committee wish you an enjoyable Easter! Now if you'll excuse me I have to go and find my Easter egg. I put it down somewhere...

Mike van der Eijk

Hillwalking Group

Jill Marson reports:



Pausing for a group portrait after reaching a minor road.

Photo: Moyra Baldwin

We met for our March hillwalk at Llantysilio Green Car Park just outside Llangollen on a rather murky day. Ten of us headed past the Horseshoe Falls and then started climbing, up Llantysilio Mountain. Almost immediately we could see that on a better day there would be splendid views of the Dee Valley. Having

cyrhaeddom ffordd fach - dechrau dringfa arall a barhaodd ar lethrau bryniau agored. Erbyn hyn roedd y tywydd wedi clirio a gallem weld ar draws i Grib Eglwyseg.

Ar ol aros am ginio gan wybod, er mwyn cyrraedd ein targed sef Llwybr Clawdd Offa ar hyd y grib, bod yn rhaid i ni fynd i lawr i'r dyffryn ac i fyny'r ochr arall. Felly ar ôl ein seibiant i lawr â ni drwy goedwigoedd - unwaith eto'n gorfod ymarfer ein sgiliau dawnio limbo o dan foncyffion coed oedd ar draws y llwybr. Yna daeth ein dringfa olaf - wrth edrych ar y proffil olrhain wedyn, gallem weld y gellid galw hwn yn Daith Gerdded y Tair Copa! Dilyn y Llwybr Dwyreiniol yn ôl tuag at Langollen, lle gallem weld y rhan fwyaf o'r llwybr yr oeddem wedi'i gerdded yn gynharach yn y dydd, yna dilyn llwybr i Abaty Glyn y Groes, a mwynhau te a chacennau yn Ystafell De Fferm yr Abaty, cyn mynd yn ôl at ein ceir. Bu'n daith anodd, o bron i 11 milltir, ond cytunodd pawb iddo fod yn ddiwrnod da.

Am ragor o wybodaeth, anfonwch e-bost at jillandraymond@tiscali.co.uk

Cerdded Lefel Isel

Cyrhaeddodd y cyfraniad hwn yn rhy hwyr ar gyfer rhifyn y mis diwethaf. Mae Margaret Phillips yn adrodd:



Heavy rains meant the River Dee was in full flow.

Photo: Margaret Phillips

Profodd y daith gerdded lefel isel ym mis Chwefror o Langollen i Bontcysyllte i fod yn un boblogaidd, er gwaethaf y tywydd gwael. Wel, roedd hi'n ddydd Gwener y 13eg! Cerddodd un ar hugain ohonom y 4.7 milltir ar hyd llwybr tynnu'r gamlas, gan basio golygfeydd trawiadol o'r Ddyfrdwy yn llawn llif ar y dechrau. Gwelsom lawer o eirlysiau ac, yn rhyfeddol am yr adeg o'r flwyddyn, rhywfaint o friallu gwair. Bywiogwyd y daith gerdded gan gwis cryptig, yr oedd yr atebion iddo i gyd yn enwau cychod cul a oedd wedi'u hangori ar hyd y llwybr. Yn ffodus, roeddent i gyd yno, ac er na chafodd yr un ohonom farciau llawn, cafodd yr enillwyr siocled blasus fel gwobr. Ar ôl mwynhau cinio yn Ystafelloedd Te'r Capel, dychwelodd sawl aelod i Langollen ar fws, gan ddefnyddio ein pasys teithio yn hapus, tra bod eraill wedi rhannu ceir a gadael un ym mhob pen. Diolch yn fawr i Peter Ryder am wneud yr holl drefniadau, gwirio amserlenni'r bysiau, gosod y cwis, darparu'r gwobrau ac, wrth gwrs, arwain y daith gerdded. Bydd ein taith gerdded ym mis Mawrth hefyd ar ddydd Gwener y 13eg o ardal y Waun tuag at Langollen.

Mae Helen James bellach yn adrodd ar daith gerdded mis Mawrth:

reached the top of the hill (although not as high as the Ponderosa), our route took us past Berwyn Slate quarry and down to Oernant (the big bend on the Horseshoe Pass road). Then we followed a path through woods, where fallen trees across the path made it into a steeplechase! After going through fields we reached a minor road - the beginning of another climb which continued onto open hillsides. By now the weather had cleared and we could see across to the Eglwyseg Ridge.

We stopped for lunch knowing that to reach our target of the Offa's Dyke Path along the ridge, we had to go down into the valley and up the other side. So after our break we descended through woods - once again having to practice our limbo dancing skills under tree trunks crossing the path. Then came our final climb of the day - looking at the tracking profile afterwards, we could see that this could be called the Three Peaks Walk! We followed the ODP back towards Llangollen, from which we could see most of the route we had walked earlier in the day, then took a path to Valle Crucis Abbey, where we enjoyed tea and, in some cases, cakes at the Abbey Farm Tearoom, before heading back to our cars. It had been a tough walk, of nearly 11 miles, but everyone agreed it was a good day.

For more information, please email jillandraymond@tiscali.co.uk

Low Level Walking

This contribution arrived too late for last month's issue. Margaret Phillips reports:

The February low level walk from Llangollen to Pontcysyllte proved to be a popular one, despite the poor weather. Well, it was Friday 13th! Twenty one of us walked the 4.7 miles along the canal towpath, passing by impressive views of the Dee in full flow at the start. We saw lots of snowdrops and, amazingly for the time of year, some cowslips. The walk was enlivened by a cryptic quiz, the answers to which were all names of narrowboats moored



February fill-dyke weather accompanied the walk along the Llangollen canal.

Photo: Margaret Phillips

along the route. Fortunately, they were all there, and although none of us got full marks, the winners still got some delicious chocolate as a prize. After enjoying lunch in the Chapel Tea Rooms, several members returned to Llangollen by bus, happily using our travel passes, while others had shared cars and left one at each end. Many thanks to Peter Ryder for making all the arrangements, checking out the bus timetables,

Ar ddiwrnod sych, oer, cychwynnodd un ar ddeg o gerddwyr o Gaffi Wylfa yn y Waun am 10am, gan ddilyn llwybr a ddaeth allan wrth giatiau godidog Castell y Waun. Esboniodd Des yn fyr fod y rhain wedi'u gwneud yn gynnar yn y 1800au gan y brodyr Davies o Felin Puleston ger Wrecsam, a wnaeth giatiau Eglwys San Pedr Rhuthun hefyd, ymhlith eraill.

Ar ôl mynd i mewn i dir Castell y Waun a dringo'n ysgafn i fyny'r allt trwy goetir, fe wnaethon ni gerdded o amgylch muriau'r castell, croesi cwpl o gaeau ac ymuno â llwybr Clawdd Offa, gan ddilyn ffordd a llwybrau troed caeau i ddod allan ar yr A5. Gan groesi'r ffordd, fe wnaethon ni ymuno â Chamlas Llangollen a cherdded ar hyd y llwybr tynnu yn ôl i'r Waun, gan fynd drwy dau dwnnel hir ar y ffordd. Daeth cinio yng Nghaffi Wylfa â bore dymunol a thaith gerdded 6.5 milltir i ben, gyda'r fantais ychwanegol mai dim ond pan gyrhaeddod ni'r caffi y dechreuodd y glaw.

Gall unrhyw un sydd â diddordeb mewn ymuno â ni gysylltu â Margaret ar mgtphillips15@gmail.com am fanylion.

Cerddwyr Cŵn gyda Bagiau Cefn

Adroddiad Sylvia Maxted:

Gan gychwyn ar ddiwrnod heulog godidog, fe gychwynnon ni ar ein taith gerdded o Faes Parcio Corwen ar gyfer ein taith gerdded ym mis Mawrth. Aeth y daith gerdded hawdd i gymedrol â ni ar hyd yr hen drac rheilffordd a'r lonydd i gopa hen gaer fryn Corwen, Caer Drewyn. Cawsom olygfeydd 360 gradd ysblennydd am filltiroedd ac roedd yn werth y ddringo ar ddiwrnod clir. Roedd y cŵn wedi blino'n lân pan gyrhaeddod ni uchafbwynt ein taith gerdded, a ddilynwyd gan fwyd a lluniaeth yng nghaffi 'Yum Yum's'. Rhoddir clod i'r holl gŵn a oedd yn ymddwyn yn eithriadol o dda. Byddai Meggie yn dweud, "Oedden fe roedden ni, er ein bod ni'n cael ein poenydio gan arogl deniadol bacwn a selsig; cael ein clymu wrth goes bwrdd a disgwyl iddyn nhw eistedd yn llonydd!" Rhaid sôn am Alma a Buddy sydd bellach yn ôl ar y bwrdd ac yn gallu ymuno â ni eto ar gyfer cerdded ac



*The Backpack Dogwalkers reached the top of Caer Drewyn above Corwen.
Photo: Maria Lucas.*

anturiaethau cymdeithasol. Gall cynlluniau ar gyfer teithiau yn y dyfodol gynnwys taith trên; ymweliad â chae ymarfer corff cŵn; ystwythder er mwyn hwyl; pryd o fwyd mewn

setting the quiz, providing the prizes and, of course, leading the walk. Our March walk will also be on Friday 13th from the Chirk area towards Llangollen.

Helen James now reports on the March walk:



Inside Chirk Castle. Photo: kindly passer-by

On a dry, cool day eleven walkers started from Caffi Wylfa in Chirk at 10am, following a track which came out by the magnificent gates of Chirk Castle. Des briefly explained that these had been made in the early 1800's by the Davies brothers of Felin Puleston near Wrexham, who also made the Ruthin St Peter's Church gates, among others.

After entering the grounds of Chirk Castle and climbing gently uphill through woodland, we skirted the castle walls, crossed a couple of fields and joined the Offa's Dyke path, following a road and field footpaths to emerge at the A5. Crossing the road we joined the Llangollen Canal and walked along the towpath back to Chirk, negotiating two long tunnels en route. Lunch at Caffi Wylfa concluded a pleasant morning and a 6.5 mile walk, with the added bonus that the rain only started when we reached the café.

Anyone interested in joining us can contact Margaret on mgtphillips15@gmail.com for details.

Backpack Dogwalkers

Sylvia Maxted reports:

Setting out on a glorious sunny day we started our walk from Corwen Car Park for our March walk. An easy to moderate walk took us along the old railway track and lanes to the summit of Corwen's old hill fort, Caer Drewyn. We had spectacular 360 degree views for miles and it was well worth the climb on a clear day. The dogs were worn out when we culminated our walk, which was followed by food and refreshments at 'Yum Yum's' café. Credit is given to all dogs who were exceptionally well behaved. Meggie would say, "Yes we were, albeit tormented by the alluring smell of bacon and sausages; being tethered to a table leg and expected to sit still!" Mention must be given to Alma and Buddy who are now back on board and able to join us again for walking and social adventures. Plans for future excursions may incorporate a train journey; visit to a dog exercise paddock; agility for fun; meal at pub. I have one space available if anyone is interested in

tafarn. Mae gen i un lle ar gael os oes gan unrhyw un ddi-ddordeb mewn ymuno â ni.
Am wybodaeth, cysylltwch â Sylvia ar 07717 460704.

Cadair Wthio gyda Chŵn

Mae Jean Leith yn adrodd:



A previous canine stroll at Loggerheads Country Park.

Photo: Jean Leith

Mae'r Grŵp "Linc di lonc gyda Chŵn (dewisol)" yn ail-lansio! Yr amseru mwyaf poblogaidd ar hyn o bryd yw cychwyn am 1pm ar ddydd lau olaf y mis, gan gerdded am hyd at 1 awr a 15 munud ar dir cymharol wastad heb gamfeydd, gyda stop mewn caffi i orffen os dymunir. Efallai y bydd lifftiau ar gael. Rydym yn tueddu i gadw amser teithio yn is, ond yn ystyried teithiau achlysurol o hyd at 50 munud bob ffordd ar gyfer lleoedd neu ddigwyddiadau arbennig. Os hoffech ymuno â ni neu gael gwybod mwy, anfonwch e-bost at jeanleith@hotmail.co.uk

Grŵp Beicio

Adroddiad gan Des James

Hwre! Cynhaliwyd y daith feicio ym mis Mawrth mewn heulwen llachar. Roedd hi'n oer i ddechrau yn Rhuthun ond cynhesodd yn fuan, yn enwedig wrth i ni ddringo'r 'Silff' tuag at Llandegla. Roedd deg ohonom ar y daith i gyd. Trowyd i'r dde ar ddiwedd y Silff i groesi'r A525 a mynd allan i Dafarn Dywyrch lle trowyd i'r dde i ddilyn y lôn heibio i glwb y glider. Ymhellach ymlaen trowyd i'r chwith i basio Graig Escapes ac yna i'r dde i lôn anwastad iawn yn arwain at y ffordd i Llyfasi. Daeth tro i'r chwith cyn Llyfasi â ni allan ar yr A525 ychydig lathenni o Lanbenwch sef ein lle aros i ginio. Aeth y llwybr yn ôl â ni trwy Bentre Celyn a Graigfechan. Roedd yn 20 milltir o heulwen hyfryd gyda golygfeydd godidog a lonydd yn llawn blodau'r gwanwyn. Pwy all ddyuno mwy?

Am fanylion am reidiau neu i gael eich cynnwys yn ein rhestr bostio, cysylltwch â Des James yn



James and Helen on a cycle ride in bright sunshine!

Photo: Des James

joining us.

For information, please contact Sylvia on 07717 460704.

Strollers with Canines

Jean Leith reports:

The "Strollers with (optional) Canines" Group is relaunching! The most popular timing at present is starting out at 1 pm on the last Thursday of the month, strolling for up to 1hr 15 minutes on fairly flat terrain without stiles, with a cafe stop to finish if wished. Lifts may be available. We tend to keep travel time lower, but consider occasional trips of up to 50 minutes each way for special places or events. If you'd like to join us or find out more, please email jeanleith@hotmail.co.uk

Cycle Group

Des James reports



Straight out of a painting by J.M.W. Turner, the riders pause in the bucolic landscape. Photo (digitally altered): Des James

Hurrah! The March cycle ride took place in bright sunshine. It was cool to start with in Ruthin but soon warmed up, especially as we climbed the 'Shelf' towards Llandegla. There were ten of us in total on the ride. We turned right at the end of the Shelf to cross the A525 and head out to Dafarn Dywyrch where we turned right to follow the lane past the glider club. Further on we turned left to pass Graig Escapes and then right onto a very bumpy lane leading to the road to Llyfasi. A left turn before Llyfasi brought us out on the A525 a few yards from Llanbenwch which was our lunch stop. The route back took us via Pentre Celyn and Graigfechan. It was 20 miles of lovely sunshine with splendid views and lanes full of spring flowers. Who could want more?

For details of rides or to be included in our mailing list, contact Des James at desjames@btconnect.com.

Dawnsio Llinell

Mae Ro Jones yn adrodd:

Mae'r grŵp Dawnsio Llinell yn mynd o nerth i nerth, gyda dawnsfeydd newydd yn cael eu cyflwyno bob ychydig wythnosau. Daeth yr aelodau diweddaraf i mewn ychydig cyn i'r grŵp gyrraedd ei gapasiti, a dechreuwyd rhestr aros. Gan gyfarfod fel arfer bob dydd Mercher o 11am i 12 canol dydd yn Neuadd Bentref Llanfair, mae'r grŵp yn cymryd seibiant am bythefnos cyntaf mis Ebrill, gan ailgychwyn ar Ebrill 15fed.

Am ragor o wybodaeth am y rhestr aros, cysylltwch â: rojones8@aol.com



Friends Sophie and Helen are the latest members of the Line Dancing Group - and of our u3a.

Photo: Peter Lund

Daareg a Byw'n Gynaliadwy (adroddiad ar y cyd)

Mae Mike Baines yn adrodd:

Ar 27 Chwefror, daeth ein dau grŵp ynghyd ar gyfer cyflwyniad am fwyngloddio a'i effeithiau amgylcheddol - pwnc o ddi-ddordeb cyffredin. Rhoddwyd hwn gan Steven Pearce a roddodd gipolwg diddorol i 33 ohonom ar waith ei gwmni, Mine Environmental Management, sydd wedi'i leoli yn Ninbych ac yn darparu gwasanaeth ymgynghori i gwmnïau mwyngloddio ac i grwpiau amgylcheddol a chymunedol ledled y byd, gan wneud ymchwil a rhoi cyngor, yn ymwneud â gweithrediadau mwyngloddio a rheoli gwastraff mewn ffordd mor gynaliadwy â phosibl.

Dechreuodd Steven ei gyflwyniad gydag arddangosfa o wahanol greigiau o werth mwynau gan gynnwys lwmp o fwyn haearn, cynnyrch sydd mewn galw mawr. Rhoddodd ddarlun byw o faint enfawr gweithrediadau mwyn haearn yng Ngorllewin Awstralia mewn ardaloedd lle mae grwpiau cynfrodorol yn byw. Ystyrir mwynglawdd South Flank yma fel y mwyn haearn mwyaf yn y byd ac mae'r contract ar gyfer ei weithredu yn cynnwys darpariaethau rhwymol ar gyfer adfer y safle a rheoli gwastraff dros gyfnod penodol o amser. Mae'r cynllun yn cynnwys adeiladu argae crwn lle gellir storio "tailings" – sef cynhyrchion gwastraff sydd wedi'u malu a'u cymysgu â dŵr i ffurfio slyri - yn ddiogel.

Mae pob gweithrediad mwyngloddio yn arwain at gynhyrchu symiau mawr o "wastraff", sydd yn aml yn dal i gynnwys symiau sylweddol o fwyn mwynau, ond sy'n cael ei ystyried yn aneconomaidd i'w echdynnu. Mewn gwirionedd, gall fod cymaint o fwyn gwerthfawr yn y gwastraff mewn rhai safleoedd ag yn y cynnyrch

Line Dancing



Ro Jones reports:

The Line Dancing group goes from strength to strength, with new dances being introduced every few weeks. The latest members squeezed in just before the group reached capacity, and a waiting list was started. Normally meeting every Wednesday from 11am to 12 noon in Llanfair Village Hall, the group is taking a break for the first two weeks of April, restarting on April 15th.

For more information about the waiting list, contact: rojones8@aol.com

Geology and Sustainable Living (joint report)



Mike Baines reports:

On 27th February our two groups combined for a presentation about mining and its environmental effects - a subject of mutual interest. This was given by Steven Pearce who treated a gathering of 33 of us to a fascinating insight into the work of his company, Mine Environmental Management are based in Denbigh and provide a consultancy service both to mining companies and to environmental and community groups all over the world, doing research and giving advice, relating to mining operations and managing waste in as sustainable way as possible.

Steven started his presentation with a display of various rocks of mineralogical value including a lump of iron ore a very much sought-after product. He gave a vivid picture of the huge size of iron ore operations in Western Australia in areas inhabited by aboriginal groups. South Flank mine here is reckoned to be the biggest iron ore in the world and the contract for its operation includes binding provisions for restoring the site and managing waste over a set time period. The scheme includes building a circular dam where "tailings" - waste products which have



Steven Pearce holds a heavy lump of iron ore.

Photo: Mike Baines



Steven Pearce gave his talk on mining operations to a combined Geology and Sustainable Living audience. Photo: Les Starling

been ground down and mixed with water to form a slurry – can be safely stored.

a ddefnyddiwyd.

Esboniodd Steven yr anawsterau wrth ddiffinio'n union beth a olygir gan gynaliadwyedd, sero net ac economi gylchol - cysyniadau y dylem ni i gyd fod yn ymdrechu i'w cyflawni. Mae cynllun penodol y mae MEM yn ymwneud ag ef mewn mwynglawdd plwm segur, Nant y Mwyn, sy'n cynnwys echdynnu mwynau o ffynonellau dŵr sydd wedi'u llygru gan wastraff o weithgareddau mwyngloddio yn y gorffennol. Trafododd lawer o agweddau eraill ar ei waith a'i gred y gellir defnyddio adnoddau'r ddaear mewn ffordd fwy cynaliadwy. Rydym yn hynod ddiolchgar iddo am ddod o hyd i'r amser (rhwyng ymrwymiadau yn y Ffindir ac Awstralia) i ddod ac oleuo ein cynulleidfia frwdfrydig.

Am ragor o wybodaeth am y Grŵp Byw'n Gynaliadwy, cysylltwch â Carol yn welshwardies@outlook.com

Ar gyfer y Grŵp Daeareg, cysylltwch â mikebaines860@gmail.com

Sbaeneg

Peter Lund yn adrodd:

Dechreuodd y grŵp ei gyfarfodydd ym mis Mawrth gyda thŷ llawn o 8 cyfranogwr, ond heb bresenoldeb ein hyfforddwr a'n mentor *de facto* Jennifer, a oedd yn ôl yn Estepona. Fodd bynnag, fe wnaethom groesawu Carol yn ôl, sydd wedi ein cadw'n wybodus am ei chrwydriadau ledled y byd - ac fe wnaethom baratoi i ddweud *hasta la vista* wrth John, sydd ar fin mentro'n ddewr i Sbaen gyda char llogi ond heb lety wedi'i archebu.

Mae ein fformat nawr yn dechrau gyda thorri'r îa lle rydym yn cymryd ein tro yn dweud rhywbeth yn Sbaeneg, ni waeth pa mor syml, i gael y celloedd llwyd bach i weithio. Yna rydym yn caniatáu amser ar gyfer unrhyw bos, gêm, adroddiad newyddion neu stori y gallai rhywun fod wedi'i chyflwyno, cyn lansio i'r bennod nesaf o "*Storïau Byr yn Sbaeneg*" (Olly Richards, Teach Yourself, £6.47), a gyflwynwyd i ni gan Heather.

Mae rhestr aros bellach ar gyfer aelodau newydd, a gall unrhyw un sydd eisiau cael ei ychwanegu at y rhestr anfon e-bost at peter.lund@btinternet.com

Grŵp Ffilm a Drama

Mae Patricia Lyne yn adrodd:

Cyfarfu'r Grŵp Ffilm a Drama yn Nhŷ Cerrig ar Fawrth 11 i drafod "Our Town", y ddrama a gyfarwyddwyd gan Michael Sheen fel cynhyrchiad cyntaf Theatr Genedlaethol Cymru wedi'i hadfywio. Mae'r ddrama wedi teithio yng Ngogledd a De Cymru, gan orffen y rhediad gydag ymweliad â Kingston ar Tafwys. Roedd aelodau'r grŵp wedi gweld y cynhyrchiad yn Theatr Clwyd, Venue Cymru a hyd yn oed Kingston. Roedd yr holl leoliadau hyn wedi gwerthu allan, gan ddangos arwyddocâd y cynhyrchiad, ac ym mhob un o'r nosweithiau y buom ynddynt cafodd y ddrama ei chyfarch â chymeradwyaeth sefyll ac adolygiadau

All mining operations lead to the generation of large amounts of "waste", which often still incorporates significant amounts of mineral ore, but which is deemed uneconomical to extract. There can in fact be as much valuable ore in the waste at some sites as in the used product.

Steven explained difficulties in defining exactly what is meant by sustainability, net zero and a circular economy - concepts we should all be striving to achieve. A particular scheme MEM is engaged in is at a disused lead mine, Nant y Mwyn, involving extracting minerals from water sources polluted by waste from past mining activities. He covered many other aspects of his work and his belief that earth's resources can be used in a more sustainable way. We are extremely grateful to him for finding the time (in between engagements in Finland and Australia) to come and enlighten our enthusiastic audience.

For more information about the Sustainable Living Group, contact Carol at welshwardies@outlook.com

For the Geology Group, contact mikebaines860@gmail.com

Spanish



Peter Lund reports:

The group began its March meetings with a full house of 8 participants, but missing the presence of our *de facto* coach and mentor Jennifer, who was back in Estepona. We did however welcome back Carol, who has kept us informed about her worldwide wanderings – and we prepared to say *hasta la vista* to John, about to courageously venture off to Spain with a hire car but no booked accommodation.



Carol (second left) back from travels to India and beyond, rejoined the group to find new members at the table.

Photo: Wetherspoon staff

Our format now begins with an ice-breaker in which we take turns saying something in Spanish, no matter how simple, to get the little grey cells working. We then allow time for any puzzle, game, news report or story which someone might have brought in, before launching into the next chapter of "Short Stories in Spanish" (Olly Richards, Teach Yourself, £6.47), introduced to us by Heather.

cadarnhaol iawn.

Ysgrifennwyd "Our Town" gan enillydd Gwobr Pulitzer Thornton Wilder ym 1938, gan ddisgrifio bywyd a marwolaeth mewn tref fach Americanaidd. Felly beth sydd gan hynny i'w wneud â Chymru, gallai rhywun ofyn? Mae'r materion y mae'n delio â nhw yn gyffredinol ac mae'r ddrama wreiddiol wedi'i haddasu gan Michael Sheen trwy lens Gymreig, fel bod enwau lleoedd, strydoedd, capeli a'r gerddoriaeth i gyd yn Gymreig. Canfu rhai o'n haelodau nad oedd yr hybridio hwn yn gwbl gyfforddus. Fodd bynnag, roedden ni'n cytuno bod y safonau cynhyrchu a'r actio o'r radd flaenaf.

Mae'r ddrama'n canolbwyntio ar berthynas gariad rhwng dau gymydog ifanc, George ac Emily, o 1901 i 1913. Mae cast y cymeriadau ym mywyd y dref fach yn mynd â ni o'r act gyntaf llawen i dristwch y drydedd, sydd wedi'i gosod mewn mynwent, lle mae aelodau'r gymuned sydd newydd farw yn trafod eu trawsnewidiad o fywyd i ryw fath o fywyd ar ôl marwolaeth. Crynhowyd y neges mewn adolygiad yn y New Yorker a ddywedodd, "Mae'r ddrama'n ein gadael â theimlad o fendith, a'r gorchymyn aneglur ond amlwg i gyflawni diolchgarwch yn yr hyn sy'n weddill o'n dyddiau ar y ddaear."

Mae'r grŵp Ffilm a Drama fel arfer yn cyfarfod yn Wetherspoons, ond weithiau yng nghartrefi'r aelodau. Rydym yn mwynhau ymweld â'r theatr, y sinema a hefyd gwyllo dramâu ar y teledu, felly mae gennym ddigon o gyfleoedd i wyllo ac yn ddiweddarach drafod ystod eang o gynrychiadau, sy'n ehangu ein gwerthfawrogiad a'n mwynhad o'r darnau. Ein cyfarfod nesaf yw am 4.30pm ar Ebrill 8fed, pan fyddwn yn trafod "The Other Bennett Sister".

Am ragor o wybodaeth, anfonwch e-bost at margaretjones94@sky.com

Grŵp Ysgrifennu Creadigol

Adroddiad Ray Ede:

Unwaith eto, fe wnaethon ni lenwi'r ystafell gyfarfod fach yng Nghanolfan Naylor Leyland ar gyfer ein cyfarfod ym mis Mawrth, pan gychwynnodd y grŵp ei ail ddegawd. I nodi'r achlysur, thema ein hysgrifennu oedd 'Penblwyddi'. Ysbrydolodd farddoniaeth a rhyddiaith a oedd yn cynnwys myfyrdod ar ddychweliad blynyddol y Gwanwyn, atgofion o'r tymor wyna, a stori ysbryd awyrgylchol yng Nghaeredin.

There is now a waiting list for new members, and anyone wanting to be added to the list can email peter.lund@btinternet.com

Film and Drama Group

Patricia Lyne reports:



The Film and Drama Group met at Ty Cerrig on March 11 to discuss "Our Town", the play directed by Michael Sheen as the first production of the revitalized National Theatre of Wales. The play has toured both North and South Wales, finishing the run with a visit to Kingston on Thames. Group members had seen the production at Theatre Clwyd, Venue Cymru and even Kingston. All these venues had been sold out, demonstrating the significance of the production, and at each of the evenings we attended the play was greeted with a standing ovation and very positive reviews.

"Our Town" was written by Pulitzer Prize winner Thornton Wilder in 1938, describing life and death in an American small town. So what has that to do with Wales one might ask? The issues with which it deals are universal and the original play has been adapted by Michael Sheen through a Welsh lens, so that the names of places, streets, chapels and the music are all Welsh. Some of our members found that this hybridisation was not entirely comfortable. However we were in agreement that the standards of production and the acting were of the highest

The play centres on a love affair between two young neighbours, George and Emily, from 1901 to 1913. The cast of characters in the small town life take us from the joyous first act to the sadness of the third, which is set in a graveyard, where recently deceased members of the community discuss their transition from life to some afterlife. The message was summed up in a New Yorker review which said, "The play leaves us with a sense of blessing, and the unspoken but palpable command to achieve gratitude in what remains of our days on earth"

The Film and Drama group usually meets in Wetherspoons, but sometimes in members' homes. We enjoy visiting the theatre, cinema and also watching dramas on TV, so we have plenty of opportunities to watch and later discuss a wide range of productions, which widens our appreciation and enjoyment of the pieces. Our next meeting is at 4.30pm on April 8th, when we will be discussing "The Other Bennett Sister".

For more information, please email margaretjones94@sky.com



Several members travelled to see the National Theatre of Wales production of Our Town

Clywsom hefyd straeon am gystadleuaeth rhwng brodyr a chwiorydd a dyfodol dystopiaidd. Yn ystod ein hegwyl lluniaeth, fe wnaethon ni fwynhau cacen siocled degfed pen-blwydd blasus (a bobwyd i ni gan Carol) a dangos ein gwerthfawrogiad i Gill Jones am ei gwaith brwdfrydig ac ymroddedig fel cydlynnydd y grŵp sefydlu.

Am wybodaeth am y grŵp hwn, e-bostiwch Ray yn redes.pendene@gmail.com



Gill gets out her phone for a picture of the 10th anniversary cake.

Photo: Hilary Clare

Grŵp Gwerthfawrogi Cerddoriaeth

Sandra Canter yn adrodd

Cafodd y grŵp wledd o gerddoriaeth yr 20fed ganrif, llawer ohoni'n anhysbys i ni ac yn l yn cael ei chlywed anaml mewn neuadd gyngerdd gyffredin. Roedd y cyfansoddwyr yn bennaf yn Brydeinig, yn adnabyddus i'w gilydd a phob un yn llunio ei ddull ei hun o gyfansoddi.

Canolbwyntiodd hanner cyntaf y sesiwn ar y Gân Hwiangerdd, pob un yn osodiad o gerdd. Yn syndod o hawdd ar y glust, clywsom Gân Hwiangerdd Birtwistle o Requiem y Moth. Dilynwyd hyn gan Gân Hwiangerdd Maxwell Davies i Lucy yn dathlu'r plentyn cyntaf i gael ei eni yn Rackwick ar ei annwyl Orkney mewn 32 mlynedd. Yn olaf, clywsom y darn a gyfansoddwyd yn fwyaf diweddar o'r enw Gân Hwiangerdd St. Ita gan Nicola Lefanu, a oedd yn anhysbys i raddau helaeth i'r grŵp ond yn gyfansoddwr toreithiog o 100 o weithiau gan gynnwys 10 opera.

Ar ôl egwyl groesawgar am de a bisgedi, clywsom fwy o waith anhysbys i ni, gan ddechrau gyda Blue upon Blue gan Lumsdaine. Mae hwn yn ddarn arbrolfol sy'n archwilio techneg estynedig y sielo. Dilynwyd hyn gan Dream Carousels gan Anthony Gilbert, wedi'i ysgrifennu ar gyfer ensemble chwythbrennau, darn cyffrous mewn 3 symudiad yn arwain at seiclun a'i ganlyniadau. Yn olaf, clywsom Bumawd Llinynnol gan Dale Roberts a ysgrifennwyd yn 2014, wedi'i ysbrydoli gan nofelau a phaentiadau. Hyrwyddodd hyn ddad fywiog am ysbrydoliaeth a chyfryngau lluosog.

Roedd y sesiwn hon yn arbennig o ddi-ddorol gan fod Bea, a oedd wedi llunio'r detholiad, wedi adnabod rhai o'r cyfansoddwyr hyd yn oed yn cael cinio Nadolig gydag un ohonynt, gan roi cipolwg i ni ar eu personoliaethau a'u ffyrdd o fyw.

Am ragor o wybodaeth, e-bostiwch profcanter@gmail.com

Creative Writing Group

Ray Ede reports:



We once again filled the small meeting room at the Naylor Leyland Centre for our March meeting, when the group entered its second decade. Marking the occasion, the theme for our writing was 'Anniversaries'.

It inspired poetry and prose that included a reflection on the annual return of Spring, memories of the lambing season, and an atmospheric Edinburgh ghost tale. We also heard stories of sibling rivalries and a dystopian future. During our refreshment break we enjoyed a delicious tenth anniversary chocolate cake (baked for us by Carol) and showed our appreciation to Gill Jones for her enthusiastic and dedicated work as founder group co-ordinator.

For information about this group, email Ray at redes.pendene@gmail.com

Music Appreciation Group

Sandra Canter reports

The group was treated to a mixture of 20th century music, much of it unknown to us and rarely heard in the average concert hall. The composers were mostly British, well known to each other and each forging their own approach to composition.



The first half of the session focused on the Lullaby, each one a setting of a poem.

Peter Maxwell Davies (1934-2016) wrote Lullaby for Lucy. Click the link (skip the adverts) to listen

<https://youtu.be/T-INb7KmF28>

Surprisingly easy on the ear, we heard Birtwistle's Lullaby from the Moth Requiem. This was followed by Maxwell Davies' Lullaby for Lucy celebrating the first child to be born at Rackwick on his beloved Orkney in 32 years. Finally, we heard the most recently composed piece titled St. Ita's Lullaby by Nicola Lefanu, who was largely unknown to the group but a prolific composer of 100 works including 10 operas. After a welcome break for tea and biscuits, we heard more work unknown to us, starting with Lumsdaine's Blue upon Blue. This is an experimental piece that explores the extended technique of the cello. Dream Carousels by Anthony Gilbert followed, written for wind ensemble, a rousing piece in 3 movements building up to a cyclone and its aftermath. Lastly, we heard String Quintet by Dale Roberts written in 2014, inspired by novels and paintings. This promoted a lively debate about inspiration and multiple media.

This session was particularly fascinating as Bea, who had put the selection together had known some of the

Grŵp Barddoniaeth

Jean Leith yn adrodd

Mae'r Grŵp Darllen Barddoniaeth er Pleser yn cyfarfod bob dydd Mawrth cyntaf am 2pm yn ystafell gyfarfod fach gyfforddus, gynnes ac awyrog Canolfan Naylor Leyland - lluniaeth yn ystod 'hanner amser', croeso i bawb! Mae cyfle i bob un ohonom ddewis thema ar gyfer casgliad y mis nesaf ac anfon ein dewisiadau i mewn i'n harweinydd grŵp eu casglu a'u dosbarthu. Nid ydym yn ysgrifennu'r cerddi, dim ond eu rhannu yn ystod y sesiwn a'u mwynhau; croesewir cyfansoddiadau'r aelodau eu hunain o bryd i'w gilydd. Mae lle i un neu ddau arall os hoffech ddod i roi cynnig ar ein dull ysgafn.

Am ragor o wybodaeth, e-bostiwrch

jeanleith@hotmail.co.uk

Grŵp Hanes

Mae Bethan Welch yn adrodd:

Cyfarfu'r grŵp ar 16 Mawrth yn Nantclwyd y Dre, pan ddywedodd Margaret wrthym am hanes cynnar yr iaith Saesneg, o'i gwreiddiau Indo-Ewropeaidd, trwy Eingl-Sacsoneg (Hen Saesneg) hyd at ddiwedd Saesneg Canol, tua amser Chaucer. I ddechrau, roedd Saesneg yn iaith ffurfdroedig, gan newid diweddiadau geiriau yn ôl rheolau gramadegol, a chyda geirfa debyg i Hen Almaeneg. Ar ôl 1066, daeth Ffrangeg Normanaidd yn iaith llywodraeth, cyfraith ac addysg, ond parhaodd Hen Saesneg i ffynnu ymhlith y prif boblogaeth. Ar ôl tua 150 mlynedd, dechreuodd



A detail of mural by Ezra Winter illustrating the characters in Chaucer's Canterbury Tales.

yr ieithoedd gymysgu. Cafodd sillafu ei Ffrangegi; daeth rhagddodiaid ac ôl-ddodiaid Ffrangeg yn gyffredin a cholodd y gramadeg lawer o'i ffurfdroadau. Harri V oedd y brenin cyntaf y gwyddys iddo ysgrifennu llythyr yn Saesneg. Erbyn y 1400au, roedd iaith Chaucer yn gyfryw fel y gall y darlennydd modern ei deall, er gydag anhawster. Bydd Margaret yn parhau â'i hanes o'r iaith Saesneg yn ddiweddarach.

Yna parhaodd Eric â'i gyfres ar y Plantagenets. Etifeddodd Edward I ryfel cartref teyrnasiad ei dad. Trechodd y barwniaid ym mrwydr Evesham, yna aeth

composers even having Christmas lunch with one of them, thus giving us an insight into their personalities and lifestyles.

For more information, please email profcanter@gmail.com

Poetry Group



Jean Leith reports

The Poetry Reading for Pleasure Group meets each first Tuesday at 2 pm at Naylor Leyland Centre's comfortable, warm, airy small meeting room - refreshments at 'half time', all welcome! We each have a chance to choose a theme for the next month's collection and send in our choices for our group lead to collate and circulate. We don't write the poems, just share them during the session and enjoy them; members' own compositions are welcomed occasionally. There's room for one or two more if you'd like to come and sample our light-hearted approach.

For more information, email jeanleith@hotmail.co.uk

History Group



Bethan Welch reports:

The group met on the 16th March at Nantclwyd y Dre, when Margaret told us about the early history of the English Language, from its Indo-European roots, through Anglo-Saxon (Old English) to the end of Middle English, about the time of Chaucer. Initially, English was an inflected language, changing the endings of words according to grammatical rules, and with a vocabulary similar to Old German. After 1066, Norman French became the language of government, law and education, but Old English continued to thrive among the main population. After about 150 years, the languages began to blend. Spelling was Frenchified; French prefixes and suffixes became common and the grammar lost many of its inflections. Henry V was the first monarch known to have written a letter in English. By the 1400s, Chaucer's language was such that the modern reader can understand it, albeit with difficulty. Margaret will continue her history of the English language at a later date.

Eric then continued his series on the Plantagenets. Edward I inherited the civil war of his father's reign, defeating the barons at the battle of Evesham, then going out of his way to deal with their grievances with the Statute of Westminster. Edward enquired into the needs of local areas – recorded in the "Hundred Rolls", These were dealt with effectively, securing political calm in England and a measure of goodwill. However, he had wars on several sides; Gascony, Wales and Scotland. After victory in Wales, he built castles and roads to show that Wales belonged to him by feudal right, investing his new born son as Prince

allan o'i ffordd i ddelio â'u cwynion gyda Statud San Steffan. Ymholiodd Edward i anghenion ardaloedd lleol – a gofnodwyd yn y "Hundred Rolls". Ymdriniwyd â'r rhain yn effeithiol, gan sicrhau tawelwch gwleidyddol yn Lloegr a rhywfaint o ewyllys da. Fodd bynnag, cafodd ryfeloedd ar sawl ochr; Gasconi, Cymru a'r Alban. Ar ôl buddugoliaeth yng Nghymru, adeiladodd gestyll a ffyrdd i ddangos bod Cymru yn eiddo iddo trwy hawl ffiwdal, gan arwisgo ei fab newydd-anedig yn Dywysog Cymru. Ar ôl trechu'r Albanwyr yn Dunbar, ildiodd John Balliol ei orsedd i Edward. Arweiniodd William Wallace yr Albanwyr i fuddugoliaeth ym Mhont Stirling; a choronwyd Robert Bruce yn frenin yn Scone. Bu farw Edward ar ei ffordd i'r Gogledd ar gyfer goresgyniad arall, a threchwyd ei fab, Edward II, yn drwm yn Bannockburn.

Y tro nesaf, byddwn yn parhau â'n taith gydag Eric a'r Plantagenets; a bydd Maria yn siarad am y Gyfraith Gyffredin yng Nghymru a Lloegr. Cynhelir y cyfarfod ddydd Llun 19eg Ebrill am 2pm yn Nantclwyd y Dre. Fodd bynnag, mae'r grŵp hwn bellach yn llawn a bydd gennym restr aros. *Cysylltwch â bethanwelch@gmail.com am ragor o wybodaeth.*

Hanes Syniadau

Mae Chris Baldwin yn adrodd:

Y syniad mawr y mis diwethaf oedd Ffeministiaeth, ac roedd gennym raniad cyfartal o rywiau gyda phedwar ar bob ochr, ond wyth personoliaeth wahanol yn gwrthsefyll stereoteipio'n weithredol. Yn unol â hynny, nid oedd unfrydedd llwyr ynghylch a oedd Ffeministiaeth yn syniad da neu a gollodd ei ffordd rywle rhwng Wollstonecraft a de Beauvoir - i gael ei siomi gan weithgareddau Germaine Greer. Ar y llaw arall, credwyd bod benyweidd-dra yn dal i oroesi fel elfen hanfodol o'r diwydiannau harddwch a hysbysebu. A yw agor y farchnad ar gyfer persawr a llawdriniaeth blastig Dynion yn golygu bod cydraddoldeb wedi'i gyflawni? Ni chafodd y patriarchaeth hanesyddol ei chondemnio'n gyffredinol, fel y gellid bod wedi'i ddisgwyl efallai, gyda rhai pwyntiau ynghylch sefydlogrwydd cymdeithasol a diogelwch y cyhoedd yn cael eu gwneud yn dda. Archwiliwyd dioddefaint a dewisiadau bywyd amheus ynghyd â dylanwad cynyddol pornograffi a phuteindra. Awgrymodd un llais perswadiol mai gofynion Ffeministiaeth, a gymerwyd dros ddegawdau gan y nifer o ryddfrydwyr cymdeithasol â bwriadau da sy'n dominyddu ein sefydliadau, oedd yn gyfrifol am y radd bresennol o anhrefn. Roedd cryn dipyn o realaeth fiolegol, fodd bynnag, a mwy nag



Was feminism let down by Germaine Greer?

of Wales. After the defeat of the Scots at Dunbar John Balliol resigned his throne to Edward. William Wallace led the Scots to victory at Stirling Bridge; and Robert Bruce was crowned king at Scone. Edward died on his way North for another invasion, and his son, Edward II, was heavily defeated at Bannockburn.

Next time, we will continue our journey with Eric and the Plantagenets; and Maria will talk about the Common Law in Wales and England. The meeting will be on Monday 19th April at 2pm in Nantclwyd y Dre. However, this group is now full and we will have a waiting list. *Please contact bethanwelch@gmail.com for further information.*

History of Ideas

Chris Baldwin reports:



The big idea last month was Feminism, and we had an even split of genders with four on each side, but eight different personalities actively resisting stereotyping. Accordingly there wasn't complete unanimity about whether Feminism was a good idea or whether it lost its way somewhere between Wollstonecraft and de Beauvoir - to be let down by the activities of Germaine Greer. Femininity, on the other hand, was thought to still survive as a vital component of the beauty and advertising industries. Does the opening up of the market for Men's perfume and plastic surgery mean that equality has been achieved? The historical patriarchy was not universally condemned, as perhaps might have been expected, with some points regarding social stability and public safety being well made. Victimhood and dubious life choices were explored along with the increased influence of pornography and prostitution. One persuasive voice suggested that the demands of Feminism, taken up over decades by the many well-meaning social liberals dominating our institutions, were responsible for the present degree of anarchy. There was a fair bit of biological realism, however, and more than a little anecdotal reminiscence which softened the inevitable degree of rigidity in our views. With age comes certainty! So no conclusion here, which is not our usual result. Next month, *citoyens*, we are doing Revolution.

For more information, email moyrachris@gmail.com

Introduction to Philosophy (Denbigh)

Avril Roberts reports:

This month the subject was Causation. A very controversial subject, and a very difficult one to pin down. Well done Gill for being willing to tackle it! The main problem seems to be that events can have multiple causes, not all of them obvious. Sometimes, all the causes are in place and the expected event doesn't occur. Or, as is the case with many scientific discoveries, such as the discovery of the micro waves

ychydig o atgofion anecdotaidd a feddalodd y graddau anochel o anhyblygedd yn ein barn. Gyda henaint daw sicrwydd! Felly dim casgliad yma, nad yw'n ganlyniad arferol i ni. Y mis nesaf, ddinasyddion, byddwn yn gwneud Chwyldro.

Am ragor o wybodaeth, e-bostiwrch
moyrachris@gmail.com

Cyflwyniad i Athroniaeth (Dinbych)

Avril Roberts yn adrodd:

Y mis hwn, Achosiaeth oedd y pwnc. Pwnc dadleuol



Gill presents her thoughts on Causation. Photo: Avril Roberts

iawn, ac un anodd iawn i'w nodi'n fanwl. Da iawn Gill am fod yn barod i fynd i'r afael ag ef! Ymddengys mai'r brif broblem yw y gall digwyddiadau gael sawl achos, nid pob un ohonynt yn amlwg. Weithiau, mae'r holl achosion yn eu lle ac nid yw'r digwyddiad disgwylidig yn digwydd. Neu, fel sy'n wir gyda llawer o

ddarganfyddiadau gwyddonol, fel darganfod y microdonnau o ddechrau'r Bydysawd, mae gwyddonwyr mewn gwirionedd yn chwilio am rywbeth arall.

A yw canu'r ceiliog ychydig cyn codiad haul yn achosi i'r haul godi? Mae un peth yn digwydd yn anochel cyn, ac yn cyhoeddi, y llall. Yna mae achos cydberthynas nid achosiaeth. Yn Awstralia, mae cynnydd mewn gwerthiant hufen iâ ar y traeth bob amser yn digwydd gyda chynnydd mewn ymosodiadau siarcod ar nofwyr. Pam mae hyn?

Mae llawer o athronwyr trwy'r oesoedd wedi ystyried y pwnc hwn. Mae'r dull Gwyddonol yn seiliedig arno. Rydym ni, fel bodau dynol, yn cynnal ein bywydau yn ôl y dybiaeth bod effeithiau'n dilyn achosion, fel arall ni allem ddod o hyd i ffordd i wneud na bod yn unrhyw beth. A yw hyn yn golygu bod popeth yn anochel? Byddai hyn yn benderfyniaeth a byddai'n achosi anhrefn i'r system Cyfiawnder Troseddol pe na bai gan neb ddewis yn eu gweithredoedd. Y mis nesaf byddwn yn ystyried "Beth yw person?"

Disgwylwch i wreichion hedfan yn y drafodaeth! Am ragor o wybodaeth, e-bostiwrch
avril.robarts@gmail.com

Cyfarfod Cyffredinol

Cynhaliwyd Cyfarfod Cyffredinol mis Mawrth ar ddiwrnod olaf y mis, ac felly roedd yn gyfle i lawer dalu eu tanysgrifiadau 2026-27 wrth y bwrdd yn y cefn. Y siaradwr oedd Richard Boyle, a roddodd sgwrs ddiddorol a manwl am suddo'r RMS Titanic, a rôl ddadleuol Bruce Ismay, cadeirydd y White Star Line.

from the beginning of the Universe, scientists are actually looking for something else.

Does the crowing of the cock just before sunrise, cause the sun to rise? One thing occurs inevitably before, and announces, the other. Then there is the case of correlation not being causation. In Australia, an increase in ice cream sales at the beach always occurs with an increase in shark attacks on swimmers. Why is this?

Many philosophers through the ages have considered this subject. The Scientific method is based on it. We, as humans conduct our life according to the



Jenny and Robert discuss cause and effect. Photo: Avril Roberts

assumption that effects follow causes, otherwise we couldn't find a way to do or be anything. Does this mean that everything is inevitable. This would be determinism and would wreak havoc with the Criminal Justice system if no one had any choice in their actions.

Next month we will be considering "What is a person" Expect sparks to fly in the discussion!

For more information, please email
avril.robarts@gmail.com

General Meeting

The March General Meeting took place on the last day



Richard Boyle gave a talk on fascinating talk about the sinking of the Titanic and the role of Bruce Ismay, chair of the White Star Line. Photo: Peter Lund

of the month, and so was an opportunity for many to pay their 2026-27 subscriptions at the table at the back. The speaker was Richard Boyle, who gave a fascinating and detailed talk about the sinking of the RMS Titanic, and the controversial role of Bruce Ismay, chair of the White Star Line

This month's General Meeting is on Tuesday 28th April

Mae Cyfarfod Cyffredinol y mis hwn ar ddydd Mawrth 28 Ebrill, sef, fel bob amser, ddydd Mawrth olaf y mis. Y siaradwr fydd Malcolm Ingham, awdur llwyddiannus, cyn Brif Geidwad, Swyddog Bywyd Gwyllt, a thyst arbenigol i Dîm Troseddau Gwledig Heddlu Gogledd Cymru. Bydd Malcolm yn rhoi sgwrs â darluniau cyfoethog o'r enw *Creaduriaid Gardd Bywyd Gwyllt a Thu Hwnt*. Dyma ein Cyfarfod Cyffredinol olaf yng Nghlwb Rygbi am ychydig, gan y bydd gwaith adeiladu yno'n dechrau'n fuan. Mae'r drysau'n agor am 10am; mae'r sgwrs yn dechrau am 10.30. Gall aelodau ddod ag unrhyw ffrind a allai fod yn ystyried ymuno â'n u3a.



Malcolm Ingham will talk about his work with wildlife protection.

Photo: Daily Post

Newyddion y Pwyllgor

Ymwelodd nifer o aelodau'r Pwyllgor ag Eglwys San Pedr yn Rhuthun i archwilio'r gofod cyfarfod newydd fel lleoliad posibl ar gyfer digwyddiadau a grwpiau u3a. Roedd y safbwyntiau'n gadarnhaol iawn, er bod angen cyhoeddi manylion costau ac argaeledd o hyd. Mae aelodaeth U3A yn cynnwys tanysgrifiad, am ddim i aelodau, i gylchgrawn cenedlaethol u3a Matters. Mynegwyd pryder ynghylch cost y cylchgrawn, sy'n cael ei anfonebu i'r Pwyllgor ac yn cael ei dalu o'n cronfeydd ni. Cytunwyd i gynghori aelodau y gallent ddewis derbyn y fersiwn ddigidol o'r cylchgrawn, a fyddai'n lleihau ein costau rhedeg yn fawr.

Mae ein haelodaeth swyddogol bellach yn 272.

Adnewyddu Aelodaeth



Mae angen adnewyddu tanysgrifiadau U3A bob blwyddyn. Daeth tanysgrifiadau ar gyfer 2026-7 yn ddyledus ar 1 Ebrill ac maent yn parhau ar £15. Heb danysgrifiad gweithredol, byddwch yn colli eich aelodaeth u3a; ni allwch fynychu grwpiau diddordeb, gweithgareddau na chyfarfodydd cyffredinol; ac ni fyddwch yn derbyn y Cylchlythyr misol mwyach. Gellir talu tanysgrifiadau mewn un o 3 ffordd:

which is, as always, the last Tuesday of the month. The speaker will be Malcolm Ingham, successful author, former Head Ranger, Wildlife Officer, and expert witness for the North Wales Police Rural Crime Team. Malcolm promises a richly illustrated talk called *Creatures of a Wildlife Garden and Beyond*. This is our last General Meeting at the Rugby Club for a while, since construction work there will begin soon. Doors open at 10am; the talk starts at 10.30. Members can bring along any friend who may be thinking of joining our u3a.

Committee News

Several Committee members visited St Peter's Church in Ruthin to explore the new meeting space as a possible venue for u3a events and groups. Views were very positive, although details of costs and availability still have to be announced.

U3A membership includes a subscription, free to members, to the national *u3a Matters* magazine. Concern was expressed about the cost of the magazine, which is invoiced to the Committee and paid from our funds. It was agreed to advise members that they could opt to receive the digital version of the magazine, which would greatly reduce our running costs.

Our official membership is now 272.

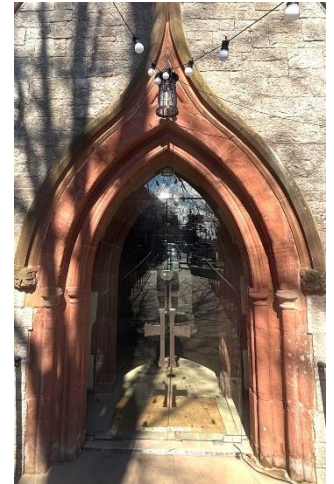
Membership Renewals

U3A subscriptions need to be renewed every year. Subscriptions for 2026-7 fell due on 1 April and remain at £15. Without an active subscription, you lose your u3a membership; cannot attend interest groups, activities or general meetings; and no longer receive the monthly Newsletter. Subscriptions can be paid in one of 3 ways:

Cash: You may pay at any General Meeting. You will need to complete a Renewal Form.

Cheque: Can be paid in the same way as for cash, or via our website using the Online Membership Renewal Form on [Welcome - Ruthin & District](#) (scroll to bottom of web page). Follow the instructions for posting the cheque.

Bank transfer: Use the Online Membership Renewal Form on [Welcome - Ruthin & District](#) (scroll to bottom of web page). If paying by bank transfer for 2 members, you must give the full name of each member as the "Reference" (if there is insufficient space you may need to make 2 separate payments).



The yonic entrance of St Peter's church, probed by Committee members as a possible u3a events venue.

Photo: Peter Lund

Arian Parod: Gallwch dalu mewn unrhyw Gyfarfod Cyffredinol. Bydd angen i chi lenwi Ffurflen Adnewyddu.

Siec: Gellir ei thalu yn yr un modd ag arian parod, neu drwy ein gwefan gan ddefnyddio'r Ffurflen Adnewyddu Aelodaeth Ar-lein ar [Welcome - Ruthin & District](#) (sgroliwch i waelod y dudalen we). Dilynwch y cyfarwyddiadau ar gyfer postio'r siec.

Trosglwyddiad banc: Defnyddiwch y Ffurflen Adnewyddu Aelodaeth Ar-lein ar [Welcome - Ruthin & District](#) (sgroliwch i waelod y dudalen we). Os ydych chi'n talu trwy drosglwyddiad banc ar gyfer 2 aelod, rhaid i chi roi enw llawn pob aelod fel y "Cyfeirnod" (os nad oes digon o le efallai y bydd angen i chi wneud 2 daliad ar wahân). Ni allwn dderbyn Gorchmynion Sefydlog na Debydau Uniongyrchol fel dulliau talu. Rydym yn gwerthfawrogi eich aelodaeth ac nid ydym am eich colli! Os oes angen help arnoch, anfonwch e-bost at David Hislop, Ysgrifennydd Aelodaeth, yn dmhislop@gmail.com

Noson Dawnsio Ceilidh

Mae Phil Webb yn adrodd:

Mynychodd chwe deg o aelodau u3a Ceilidh codi arian llwyddiannus iawn yn neuadd bentref Neuadd Eleanor yn Llanfair D.C. ddydd Gwener 20 Mawrth. Gwelodd y ddawns gyntaf bawb yn dawnsio i'r grŵp rhagorol Mooncoin a'u galwr. Parhaodd y noson gyda'r llawr dawns yn llawn dawnsywyr brwdfrydig.

Am 8pm gweiniwyd pryd o fwyd o salad ham neu quiche a melysion o friwsion amrywiol neu salad ffrwythau ffres a hufenau. Diolch i'r holl aelodau a helpodd i'w sefydlu a darparu'r pasta, saladau tatws, quiches a briwsion. Roeddent yn flasus!

Codwyd £690 tuag at gost y diffibriliwr sydd wedi'i osod yn neuadd y pentref yn ystod y noson.

Cyfraniadau i'r Cylchlythyr

Anfonwch eich straeon a'ch lluniau grŵp ar gyfer rhifyn nesaf (Mai) y Cylchlythyr drwy e-bost cyn 25 Ebrill, at y golygydd yn peter.lund@btinternet.com



Mae grŵp Facebook u3a Rhuthun a'r Cylch yn lle preifat ar-lein i rannu a dilyn ein straeon u3a yn ddiogel. Mae croeso bob amser i unrhyw gyfraniadau a sylwadau gan ein haelodau ac sydd o ddiddordeb i'n haelodau.

We cannot accept Standing Orders or Direct Debits as payment methods.

We value your membership and don't want to lose you! If you need help, please email David Hislop, Membership Secretary, at dmhislop@gmail.com

Ceilidh Dance Night

Phil Webb reports:



The ceilidh band 'Mooncoin' provided the music to the Friday night dance. Photo: Sam Moorcroft

Sixty u3a members attended a very successful fundraising Ceilidh at Neuadd Eleanor village hall in Llanfair D. C. on Friday 20th March. The first dance saw everyone up dancing to the excellent group Mooncoin and their caller. The evening continued with the dance floor full of enthusiastic dancers.

At 8pm a meal was served of a ham or quiche salad and a sweet of various crumbles or fresh fruit salad and creams. Thank you to all of the members who helped set it up and provided the pasta, potato salads, quiches and crumbles. They were delicious!

The evening raised £690 towards the cost of the defibrillator that has been installed at the village hall.

Newsletter Contributions

Please submit your stories and group photos for the next (May) issue of the Newsletter by email before 25th April, to the editor at peter.lund@btinternet.com



The Ruthin & District u3a Facebook group is a private on-line place to safely share and follow our u3a stories. Any contributions and comments by our members and of interest to our members are always welcome.



