



CYLCHLYTHYR RHUTHUN

RHIFYN 134, AWST 2026

Neges gan ein Cadeirydd



Annwyl ffrindiau,
Yn y Cylchlythyr diwethaf, soniais am y tywydd poeth, heb feddwl erioed, erbyn i'r un nesaf ddod, y byddem yn profi tywydd tebyg, a hyd yn oed yn edrych ymlaen at ddiferyn o law, yn fuan. Yn ffodus, mae'r rhagolygon ar gyfer 22 Awst, pan fydd Sioe Flodau Rhuthun yn digwydd, yn debygol o fod yn braf ac yn ddymunol. Bydd gennym gazebo yno, felly galwch heibio i ddweud helo. Fel cymhelliant ychwanegol, y llynedd roedd wrth ymyl stondin jin yn rhoi samplau am ddim gyda chymysgwyr!

Fydda i ddim gyda chi am ychydig gan fod angen i mi gymryd 'seibiant' i ddelio â rhai materion meddygol. Rwy'n eich gadael yn nwylo galluog Phil Webb (Is-gadeirydd) a'r Pwyllgor. Rwy'n gobeithio llwyddo i gael rhywfaint o bresenoldeb mewn pethau ond am y tro mae'n well dweud y byddaf yn absennol tan hysbysiad pellach.

Mae'n galonogol iawn bod yr aelod newydd Brenda Forth a Wendy Owens meddwl am Grŵp Crefftiau, a gobeithio y bydd y fenter newydd hon yn cael cefnogaeth dda. Gall unrhyw un sydd â diddordeb gysylltu â Wendy neu Brenda (gweler adroddiad Wendy tua diwedd y Cylchlythyr hwn). Cofiwch, os oes gennych ddiddordeb yr ydych chi'n meddwl y gallai eraill ei rannu, peidiwch ag oedi cyn gweld a oes eraill a allai ymuno â chi. Gallai Mark Thatcher, ein Cyswllt Grwpiau (mark_thatcher@hotmail.com) eich helpu i gymryd y camau cychwynnol a'r datblygiad wedi hynny. Nid oes rhaid i chi fod yn arbenigwr i ddechrau grŵp!

Am y tro, mwynhewch yr haf - a'r glaw pan ddaw! Edrychaf ymlaen at eich gweld chi i gyd rywbryd ar ôl i'r Cyfarfodydd Cyffredinol ailddechrau ym mis Medi.

Mike van der Eijk

Grŵp Cerdded Bryniau

Mae Jill Marson yn adrodd:

Mae'r grŵp cerdded brynau wedi cael dwy daith gerdded dda ers i mi ysgrifennu adroddiad diwethaf ar



RUTHIN NEWSLETTER

ISSUE 134, AUGUST 2026

Message from our Chair



Dear friends,
In the last Newsletter I commented upon the hot weather, never thinking that by the time this next one came round, we would be experiencing similar weather, and even looking forward to a drop of rain, which should arrive soon. Fortunately

the prediction for 22nd of August, when the Ruthin Flower Show takes place, is set to be fine and pleasant. We will have a gazebo there, so please pop in and say hello. As an added incentive, last year it was next to a gin stall giving free samples with mixers! I won't be with you for a while as I need to take a 'sabbatical' to deal with some medical issues. I leave you in the capable hands of Phil Webb (Vice Chair) and the Committee. I hope to manage some attendance at things but for the moment it's better to say I will be absent until further notice.

It's very heartening that new member Brenda Forth and Wendy Owens are looking to get a Craft Group going, and I hope this new venture is well supported. Anyone interested can contact Wendy or Brenda (see Wendy's report towards the end of this Newsletter). Remember that if you have an interest which you think others might share, don't be shy about seeing if there are others who might like to join you. Mark Thatcher, our Groups Liaison (mark_thatcher@hotmail.com) could help you take the initial steps and development thereafter. You don't have to be an expert to start a group!

For now, enjoy the summer - and the rain when it comes! I will look forward to seeing you all at some point after General Meetings resume in September.

Mike van der Eijk

Hillwalking Group

Jill Marson reports:



The hillwalking group has had two good walks since I last wrote a report for the newsletter - a holiday abroad has intervened. In June ten members started from the centre of Llan Ffestiniog on a circular route led by Janet. For the greater

part of the route we followed the Snowdonia Slate trail, starting along the beautiful Ceunant Cynfal - a National Nature Reserve alongside the River Cynfal - walking through a wooded gorge with waterfalls below. We then headed through Cwm Cynfal before





Above Blaenau Ffestiniog in June. Photo: Janet Jenkins.

gyfer y cylchlythyr - mae gwyliau dramor wedi torri ar draws. Ym mis Mehefin, dechreuodd deg aelod o ganol Llan Ffestiniog ar lwybr cylchol dan arweiniad Janet. Am y rhan fwyaf o'r llwybr, dilynnon ni lwybr Llechi Eryri, gan ddechrau ar hyd Ceunant Cynfal hardd - Gwarchodfa Natur Genedlaethol ar hyd Afon Cynfal - gan gerdded trwy geunant goediog gyda rhaeadrau islaw. Yna, aethon ni trwy Gwm Cynfal cyn dringo allan heibio Rhaeadr y Cwm - cyfres o raeadrau uchel, a oedd yn ysblennydd - cyn y gwres diweddar. Ar ôl dod ar draws dafad â'i phen wedi'i sownd mewn ffens, galwyd tîm achub defaid U3A Rhuthun i weithredu am y tro cyntaf eleni!

Yna, aeth ein llwybr â ni allan i rostir agored i Lyn y Morynion, cronfa ddŵr, lle daethom o hyd i le cysgodol am ginio. Fe barhaon ni ar draws rhostir ar hyd llwybrau aneglur, weithiau'n wlyb dan draed a gyda rhannau twmpathog, yna dringon ni Bryn y Castell lle cawsom ni olygfeydd prydferth i'r gorllewin dros Ddyffryn Ffestiniog a thuag at Eryri. Roedd yna ddringo pellach cyn i ni ddechrau disgyn, gan anelu i lawr Cwm Teigl, lle'r oedd hofrennydd i'w weld yn ymarfer ei hofran am 15 munud da. Ar ôl bron i 7 awr ac ar ôl cerdded dros 10 milltir fe gyrhaeddodd ni i gyd yn ôl i'r dechrau, lle cawsom ni fwynhau lluniaeth yn nhafarn gymunedol Y Pengwern. Diolch yn fawr i Janet am arwain y daith gerdded ac am baratoi trwy wneud sawl rhagchwilad.

Mae Nigel Horrocks bellach yn parhau â'r adroddiad: Fis yn ddiweddarach, ar ddiwrnod heulog godidog ar ddechrau mis Gorffennaf, cychwynnodd chwe aelod o'r grŵp cerdded brynau o Gaffi Siabod yng Nghapel Curig i archwilio Creigiau Gleision, cadwyn o fryniau i'r gogledd/gogledd-ddwyrain o Gapel Curig. Yn allfa o'r Carneddau, datgelodd y diriogaeth hon, nad yw'n cael ei cherdded yn aml, ei bod yn gymysgedd godidog o rostir gwyllt wedi'i orchuddio â grug, dyffrynnoedd ucheldir a chreigiau creigiog yn cynnig golygfeydd ysblennydd o Eryri. Mewn un ergyd gamera yn unig, roedd copaon gweladwy yn amrywio o Foel Siabod i'r Wyddfa, Y Glyderau, Tryfan a'r Garn. Uchafbwynt penodol oedd y boda tinwyn gwrywaidd (â blaen asgell ddu) a welwyd gan Janet ac eraill. Galluogodd yr haul cynnes, yr awel ysgafn a'r seibiannau mynych ni i fwynhau ein harhosfan ginio

climbing out past Rhaeadr y Cwm - a succession of high waterfalls, which were spectacular- prior to the recent heatwaves. Encountering a ewe with its head stuck in a fence the Ruthin U3A sheep rescue team was called into action for the first time this year!

Our route then took us out onto open moorland to Llyn y Morynion, a reservoir, where we found a spot sheltered from the wind to have lunch. We continued across moorland along indistinct paths, sometimes wet underfoot and with tussocky parts, then climbed Bryn y Castell from where we enjoyed beautiful views to the west over the Vale of Ffestiniog and towards Eryri. There was some further climbing before we started to descend, heading down Cwm Teigl, where a helicopter seemed to be practising its hovering for a good 15 minutes. After nearly 7 hours and having walked over 10 miles we all got back to the start, where we were able to enjoy refreshments at Y Pengwern community pub. Many thanks to Janet for leading the walk and for preparing by doing multiple recces.

Nigel Horrocks now continues the report:



Robin, Susie and Janet on Creigiau Gleision in July.

Photo: Nick Ward

A month later, on a glorious sunny day at the beginning of July six members of the hillwalking group set off from Caffi Siabod in Capel Curig to explore Creigiau Gleision, a range of hills to the north/northeast of Capel Curig. An outlier of the Carneddau, this seldom walked territory revealed itself to be a magnificent mélange of wild heather clad moorland, upland valleys and rocky outcrops offering spectacular views of Eryri. In just one camera shot, summits visible ranged from Moel Siabod to Yr Wyddfa, Y Glyderau, Tryfan and Y Garn. A particular highlight was the male (black wing-tipped) hen harrier spotted by Janet et al. The warm sun, gentle breeze and frequent pauses enabled us to enjoy our lunch stop (and for some a quick nap!) at the highest point of the walk.

With Llyn Cowlyd way down below to our left we then

(ac i rai gael cyntyn) ar bwynt uchaf y daith gerdded. Gyda Llyn Cowlyd ymhell i lawr islaw i'n chwith, yna aethom ymlaen ar hyd y grib i 'goncro' Creigiau Gleision gan basio'r brigiad cwarts mwyaf anghydawns ac anhygoel ar y ffordd. Yna aeth ein llwybr â ni i lawr ar draws rhostir agored gyda golygfeydd o Landudno - o'n blaenau a Llanrwst - islaw, cyn mynd i lawr trwy'r goedwig i ben Llyn Crafnant. Cyn y daith gerdded olaf i fyny i ben y dyffryn, cafwyd cyntyn byr arall cyn disgyn y cilometrau olaf yn ôl i Gaffi Siabod a chael paned a chacen groesawgar iawn. Diwrnod gwych mewn amgylchoedd godidog a chwmni gwych. Diolch yn fawr iawn i Nigel Horrocks am arwain y daith gerdded - ac am ysgrifennu'r adroddiad hwn.

Am ragor o wybodaeth am y Grŵp Cerdded Bryniau, anfonwch e-bost at jillandraymond@tiscali.co.uk

Grŵp Cerdded Lefel Isel

Mae Margaret Phillips yn adrodd:

Ar Orffennaf 10fed, er gwaethaf y tymereddau uchel, cychwynnodd un ar hugain o gerddwyr dewr, ymroddedig a phenderfynol ar daith gerdded gylchol o Lanferres. Yn ffodus, dim ond 4.3 milltir oedd y daith gerdded, yn fyrrach na'r cyfartaledd ac yn y cysgod yn bennaf. I ddechrau, dilynion ni lwybr i fyny'r allt, gan lwyddo i gyrraedd coetiroedd hardd, naturiol cyn i'r gwres gronni go iawn. Drwy addasu ein cyflymder a stopio am fwy o seibiannau hydradu nag mewn Gêm Cwpan y Byd, roedden ni'n gallu ymlacio a mwynhau tawelwch y coed. Aethom heibio i ogof ddiddorol ei golwg a gwenynen flinedig a gafodd ein help gyda diod a melysion.



Twenty one walkers braved one of the hottest days of the year for a circular trek around Llanferres and Maeshafn.

Photo: Steve Phillips

Daethom allan wrth Maeshafn. Yn anffodus roedd y Miners' Arms ar gau, ond yn fuan aethom i mewn i warchodfa natur Aberduna, lle gwnaethom ni i gyd giwio i frwsio ein hesgidiau. Er ein bod ni'n dal yn y cysgod, roedd gennym ni olygfeydd o'r brynau ar draws y dyffryn. Wrth adael y Warchodfa Natur, croesom gae a dilyn llwybr cysgodol a oedd yn agor allan i ffordd. Ar ôl taith fer, fe wnaethon ni droi i ffordd eto i groesi hen bont a dilyn Afon Alun ychydig drwy Goedwig pistyll. Mwynhaodd y Grŵp y golygfeydd a dyfalu ar yr hen adfeilion cerrig ar ochr draw'r afon. Ai melin neu adeilad chwarel oedd hi? Ar ôl y coed daeth y rhan anodd - taith fer ar ffordd, croesi dau gae

proceeded along the ridge to 'conquer' Creigiau Gleision passing the most incongruous and amazing outcrop of quartz en route. Our route then took us down across open moorland with views of Llandudno - ahead and Llanrwst - below, before heading down through the forest to the head of Llyn Crafnant. Another brief 'nap' preceded the final hike up to the head of the valley before descending the last kilometres back to Caffi Siabod and a very welcome paned and cake. A wonderful day in magnificent surroundings and great company. Thanks very much to Nigel Horrocks for leading the walk - and for writing this report.

For more information about the Hillwalking Group, please email jillandraymond@tiscali.co.uk

Low Level Walking Group

Margaret Phillips reports:



On July 10th, despite soaring temperatures, twenty one brave, dedicated, determined walkers set off on a circular walk from Llanferres. Luckily the walk was a mere 4.3 miles, shorter than average and mostly in the shade. To start, we followed an uphill track, managing to reach beautiful, natural woodlands before the heat really built up. By modifying our pace and stopping for more hydration breaks than a World Cup Match, we were able to relax and enjoy the peace of the woods. We passed an interesting looking cave and an exhausted bee which we tried to assist with a drink and a sweetie.

We came out by Maeshafn. Unfortunately the Miners' Arms was closed, but we soon entered the Aberduna nature reserve, where we all queued up to brush our shoes. Although still in the shade, we had views of the hills across the valley. On leaving the Nature Reserve, we crossed a field and followed a shady track which opened out onto a road. After a short way, we detoured off again to cross an old bridge and follow the River Alun a little way through Cascade Woods. The Group enjoyed the scenery and speculated on the old stone ruins on the far side of the river. Had it been a mill or a quarry building? After the woods came the hard part - a short way on a road, crossing two open fields uphill and walking back through Llanferres in more or less full sun and 29C. We all felt we had earned our lunch in the Druid, washed down with our favourite beverages. Something of a baptism of fire for Ruth R and Nick who were new to the Group. Welcome and hope it didn't put you off! *Anyone interested in joining our group can contact me on mgtphillips15@gmail.com*

Geology Group

Mike Baines and Margaret Phillips report :

July's Geology meeting took us to what has become an annual visit to the wonderful island of Anglesey.

agored i fyny'r allt a cherdded yn ôl drwy Lanferres mewn haul crasboethf wy neu lai yn 29C. Roedden ni i gyd yn teimlo ein bod ni wedi haeddu ein cinio yn y Druid, wedi'i olchi i lawr gyda'n hoff ddioddydd. Rhyw fath o fedydd tân i Ruth R a Nick oedd yn newydd i'r Grŵp. Croeso a gobeithio nad oedd yn eich digalonni! Gall unrhyw un sydd â diddordeb mewn ymuno â'n grŵp gysylltu â mi ar mgtphillips15@gmail.com

Grŵp Daeareg

Mae Mike Baines a Margaret Phillips yn adrodd:

Aeth cyfarfod Daeareg mis Gorffennaf â ni i'r hyn sydd bellach yn ymweliad blynyddol ag ynys ryfeddol Ynys Môn. Roedd y cyfarfod mewn dwy ran, gan ddechrau gydag ymweliad ag Amgueddfa Gwyddoniaeth y Garreg ger pentref Pentraeth, ac yna taith gerdded arfordirol o Foelfre. Roedden ni i gyd wedi ein synnu gan faint yr arddangosfeydd oedd ar ddangos yn yr Amgueddfa.

Mae'n gartref i un o'r casgliadau mwyaf o ffosiliau a mwynau yng Nghymru, ond mae wedi'i leoli mewn man cymharol ynysig.

Creadigaeth

Dave Wilson a'i wraig ydyw, a'i sefydlodd yn yr 1980au ar ôl brwydr hir yn ôl pob golwg gyda'r

Awdurdod

Cynllunio lleol ar

y pryd. Yn wahanol i amgueddfeydd hanes natur eraill, mae hon yn fenter breifat yn gyfan gwbl, wedi'i hadeiladu ar oes o gasglu a masnachu sbesimenau o bob cwr o'r byd.

Cymerodd Dave amser i esbonio rhai o'i arddangosfeydd mwyaf diddorol a oedd yn eang iawn ac yn cynnwys ail-greu maint llawn o deinosoriaid, diorama yn darlunio bywyd yn amser y deinosoriaid, a miloedd o ffosiliau a mwynau trawiadol o bob cwr o'r byd. Mae'r amgueddfa wir yn arddangosfa am ddaeareg ac esblygiad y byd. Gormod i'w weld mewn un diwrnod ac yn werth ymweld ag ef eto.

Yn y prynhawn, cyfarfuom â'r daearegwr Rob Crossley ym Moelfre a'n harweiniodd ar daith gerdded fer ar hyd yr arfordir tuag at Fae Lligwy. Ar Draeth Moelfre, dangoswyd tyllau mewn cerrig mân a chreigiau inni, yn dangos eu bod wedi'u ffurfio gan organebau morol a oedd yn tyllu i mewn i galchfeini. Esboniodd Rob sut y ffurfiwyd y rhan fwyaf o'r



On top of the limestone cliffs near Moelfre.

Photo: Margaret Phillips

The meeting was in two parts starting with a visit to The Stone Science Museum near the village of Pentraeth followed by a coastal walk from Moelfre. We were all amazed with the extent of exhibits on display at the Museum. It houses one of the largest collections of fossils and minerals in Wales yet is located in a relatively isolated spot. It is the creation of Dave Wilson and his wife who set it up in the 1980s after an apparently long battle with the then local Planning Authority. Unlike other natural history museums this one is entirely a private enterprise operation built upon a lifetime of collecting and trading specimens from all over the world.

Dave took time to explain some of his most interesting exhibits which were very wide-ranging and included life sized reconstructions of dinosaurs, a diorama picturing life at the time of the dinosaurs, and literally thousands of stunning fossils and minerals from all over the world. The museum is truly an exhibition about the geology and evolution of the world. Too much to see in one day and well worth another visit. In the afternoon, we met up with geologist Rob Crossley in Moelfre who led us on a short walk along the coast towards Lligwy Bay. On Moelfre Beach, we were shown holes in pebbles and rocks indicating that they were formed by marine organisms which bored into limestones.

Rob explained how most of the local Carboniferous limestone was formed in shallow water and being both fine-grained and very solid, was excellent building material. Sea levels fluctuated over time with some facies being laid down in deeper water or were the results of turbidity currents and these produced narrower strata that were not commercially useful. We were shown examples of half-quarried blocks which still had tool marks on them. At the furthest point of the walk, a wide exposed bedding plane displayed the rounded shapes of brachiopod fossils and corals.

All in all, another excellent outing coming just at the right time as the June heatwave receded.



Dinosaur diorama at the Stone Science Museum near Pentraeth.

Photo: Mike Baines

calchfaen Carbonifferaidd lleol mewn dŵr bas, ac oherwydd ei fod yn raen mân ac yn gadarn iawn, roedd yn ddeunydd adeiladu rhagorol. Amrywiodd lefelau'r môr dros amser, gyda rhai wynebâu'n cael eu gosod mewn dŵr dyfnach neu'n ganlyniad ceryntau tyrfedd, a chynhyrchodd y rhain strata culach nad oeddent yn ddefnyddiol yn fasnachol. Dangoswyd enghreifftiau o flociau hanner-chwarel inni, a oedd â marciau offer arnynt o hyd. Ym mhwynt pellaf y daith gerdded, dangosodd plân gwely eang agored siapiau crwn ffosiliau brachiopod a chwrelau.

A dweud y gwir, taith ardderchog arall yn dod ar yr amser iawn wrth i don wres mis Mehefin gilio.

Am ragor o wybodaeth am y Grŵp Daeareg, cysylltwch â mikebaines860@gmail.com

Dawnsio Llinell

Rosemary Jones yn adrodd:

Dysgodd Sophie McCafferty a Helen Argent (dau o'n dawnswyr llinell profiadol) ddawns llinell glasurol, draddodiadol i ni o'r enw 'Black Coffee'. Fel arfer, rydyn ni'n dawnsio i 32 cyfrif ac fe wnaeth y ddawns llinell hon godi ein gêm gan ei bod yn ddawns 48 cyfrif wedi'i gosod i'r gân 'Black Coffee' gan y gantores gwlad Lacy J. Dalton. Mae'r ddawns yn cynnwys clapio a chlicio ac mae wedi'i chynllunio i fod yn hwyl ac yn ddiddorol ar bob lefel sgiliau. Rydyn ni'n hoffi her yn ein grŵp ac rwy'n credu ein bod ni wedi llwyddo. Y cyfan sydd ei angen arnom nawr yw coffi Gwyddelig! Diolch i chi Sophie a Helen am rannu eich arbenigedd.

Gellir gwylio ein holl ddawnsfeydd bob wythnos ar YouTube os ydych chi am roi cynnig arni gartref.

Diolch i bawb yn y grŵp am ei wneud mor hwyliog ac am helpu gyda'r ateb i slogan crys-T clasurol 'I Love this Dance! How does it Start?'

Mae'r grŵp yn dechrau eto ym mis Medi. Cael Haf ymlaciol, gorffwysol a hapus. Mwynhewch!

Am ragor o wybodaeth, cysylltwch â: rojones8@aol.com

Pétanque



An evening Pimm's & Ploughman's Supper proved a welcome respite from the hot daytime temperatures.

Photo: Colin Tilley

For more information about the Geology Group, contact mikebaines860@gmail.com

Line Dancing



Rosemary Jones reports:

Sophie McCafferty and Helen Argent (two of our experienced line dancers) taught us a classic, traditional line dance called 'Black Coffee'. We usually dance to 32 counts and this line dance raised our game as it is a 48 count dance set to

the song 'Black Coffee' by country singer Lacy J. Dalton. The dance features claps and clicks and is designed to be fun and engaging at all skill levels. We like a challenge in our group and I think we nailed it.

All we need now is an Irish coffee! Thank you Sophie and Helen for sharing your expertise.

All our dances each week can be viewed on YouTube if you want to have a go at home.

Thank you to everyone in the group for making it so much fun and helping me out with the answer to a classic T-shirt slogan 'I Love this Dance! How does it Start?'

The group starts again in

September. Have a relaxing, restful and happy Summer. Enjoy!

For more information, contact: rojones8@aol.com



Sophie and Helen introduced the longest and most complex dance so far - Black Coffee. Photo: Peter Lund.

Click below for the tutorial:

https://youtu.be/EZWVbicbMzM?si=anF2alqs_w9mWAL9c

Pétanque



Karen Kluiters reports:

Once again, Monday 13th July was too hot to play at 2pm, so the time was changed to a 6pm game, with Karen organising a Pimm's & Ploughman's Supper for £5 each. 20 members rocked up and had a thoroughly delightful evening with food, music (thank you Colin!), good company - and yes, we did play

Pétanque too! The following Monday with temperatures a smidgeon lower and football fever in the air, Karen offered the players sliced orange wedges and iced water to keep them hydrated. Please note this group is full and we have a waiting list.

Mae Karen Kluiters yn adrodd:

Unwaith eto, roedd dydd Llun 13eg Gorffennaf yn rhy boeth i chwarae am 2pm, felly newidiwyd yr amser i gêm am 6pm, gyda Karen yn trefnu Swper Pimm's a Ploughman am £5 yr un. Daeth 20 aelod i fyny a chael noson hyfryd iawn gyda bwyd, cerddoriaeth (diolch Colin!), cwmni da - ac ie, fe wnaethon ni chwarae Pétanque hefyd! Y dydd Llun canlynol gyda thymheredd ychydig yn is a thwymyn pêl-droed yn yr awyr, cynigiodd Karen sleisys oren wedi'u sleisio a dŵr oer i'r chwaraewyr i'w cadw'n hydradol. Sylwch fod y grŵp hwn yn llawn ac mae gennym restr aros. Am wybodaeth am y Grŵp Pétanque, cysylltwch â Karen yn kkk49@hotmail.co.uk

Grŵp Beicio

Mae Des James yn adrodd:



The riders line up on the Greenway during the return from Mickel Trafford to Saltney. Photo: Des James

Ar fore Gwener heulog hyfryd, cychwynnodd naw beiciwr dewr o Go Outdoors yn Saltney am antur ar hyd afon Dyfrdwy, o amgylch Caer, i Mickel Trafford ar ddiwedd y Llwybr Gwyrdd. Dewisodd dau feiciwr dewr feiciau heb gymorth trydan gan fod y llwybr yn eithaf gwastad. Roedd y daith ar hyd llwybr beicio'r Dyfrdwy yn

ddymunol, gyda gwylanod, mulfrain a hwyaid gwyllt ar ddyfroedd tawel afon Dyfrdwy. Pan gyrhaeddodd ni Gaer ar ddiwedd y llwybr beicio, roedd gwaith ffordd gyda goleuadau traffig a oedd yn ymddangos fel pe baent yn goch yn barhaol. Gwnaeth y dryswch i mi arwain y grŵp i fyny cul-de-sac, ond cywirwyd hyn ac yn fuan roedden ni ar llwybr ceffyl ar gamlas Caer. Ar ôl pellter byr ar y llwybr tynnu, troesom i ffwrdd ar llwybr beicio'r Llwybr Gwyrdd a fyddai'n mynd â ni o amgylch Gogledd Caer i gyrraedd Mickel Trafford a'n cyrchfan, caffi Fferm Meadow Lea. Roedd y daith yn ôl yn groes i hynny ond es i ar goll eto yn y gwaith ffordd. Fodd bynnag, rhoddodd beiciwr a oedd yn dod y ffordd arall gyfarwyddiadau i ni i ailymuno â llwybr beicio'r Dyfrdwy, felly roedd popeth yn iawn. Roedd Afon Dyfrdwy bellach ar ei llawn lif wrth i'r llanw droi ac yn fuan roedden ni'n ôl yn Go Outdoors. Am ragor o wybodaeth am y Grŵp Beicio, cysylltwch



Orange wedges and iced water kept the players hydrated.

Photo: Colin Tilley

For information about the Pétanque Group, please contact Karen at kkk49@hotmail.co.uk

Cycle Group

Des James reports:



On a lovely sunny Friday morning, nine intrepid cyclists set off from Go Outdoors in Saltney for an adventure along the Dee, around Chester, to Mickel Trafford at the end of the Greenway. Two brave riders opted for non electric assisted bikes as the route was fairly flat. The journey along the Dee cycleway was pleasant, with gulls, cormorants and mallards on the calm waters of the Dee. When we arrived in Chester at the end of the cycleway, there were road works with traffic lights which seemed to be permanently on red. The confusion made me lead the group up a cul de sac, but this was corrected and we were soon on the tow path of the Chester canal. After a short distance on the tow path we turned off onto the Greenway cycle route which would take us around the North of Chester to arrive at Mickel Trafford and our destination, Meadow Lea Farm cafe. The journey back was the reverse but I got lost again at the road works. However a cyclist coming the other way gave us directions to rejoin the Dee cycleway, so all was well. The Dee was now in full flow as the tide had turned and we were soon back at Go Outdoors.

For more information about the Cycle Group, please contact desjames@btconnect.com

Backpack Dog Walkers

Sylvia Maxted reports:



This month the group met at Braes Marcio Dog Training Paddock. Fun activities previously planned were adjusted to low key and the session shortened due to hot weather. The session mostly incorporated basic commands, dog tricks and sniff training. For the most part, Meggie just couldn't be bothered, probably due to attending dog training beforehand. Little Wilfred was nearly missed out on a practice run - my fault - blaming the heat!! A lovely cool down and swim for

Cerddwyr Cŵn Cefn

Adroddiadau Sylvia Maxted:

Y mis hwn, cyfarfu'r grŵp ym Mhadoc Hyfforddi Cŵn Braes Marcio. Addaswyd gweithgareddau hwyliog a gynlluniwyd yn flaenorol i fod yn dawel a byrhawyd y sesiwn oherwydd y tywydd poeth. Roedd y sesiwn yn cynnwys gorchmynion sylfaenol, triciau cŵn a hyfforddiant arogl yn bennaf. Am y rhan fwyaf, nid oedd Meggie yn poeni, mae'n debyg oherwydd mynychu hyfforddiant cŵn o'r blaen. Bu bron i Wilfred bach gael ei golli allan ar rediad ymarfer - fy mai i - beio'r gwres!! Dilynwyd hyn gan oeri a nofio hyfryd i'r cŵn o fewn tiroedd 'The Crown Inn' yn Llanfinangel. Dywedodd Meggie - 'Dydw i ddim yn hoffi dŵr oer, ddim yn mynd i'r afon i nofio, mae trochi fy mhawennau yn fwy na digon i mi.' Yna roedd hi'n bryd i berchnogion cŵn gael gorffwys haeddiannol. O fewn yr amgylchoedd heddychlon hyn, fe wnaethon ni eistedd o dan ganopi cysgodol yn mwynhau diodydd oer a chinio (wrth gwrs).

Mae'r daith nesaf wedi'i chynllunio ar gyfer 20 Awst (trydydd dydd lau'r mis). *Am ragor o wybodaeth, cysylltwch â Sylvia yn sylvia19maxted@gmail.com*

Cyflwyniad i Athroniaeth (Dinbych)

Mae Avril Robarts yn adrodd:

Ym mis Gorffennaf, rhoddodd Avril bapur yn gwneud sylwadau ar bwnc Metaffiseg y mae'r Grŵp wedi bod yn canolbwyntio arno yn ystod y flwyddyn ddiwethaf. Mae rhai athronwyr yn y gorffennol wedi beirniadu astudiaeth metaffiseg fel rhywbeth sy'n rhy haniaethol ac nad yw wedi'i seilio ar brofiad. Fodd bynnag, mae gan y rhan fwyaf o bobl fframwaith metaffisegol anymwybodol, hyd yn oed os ydynt yn credu nad oes ganddynt. Mae ganddynt safbwyntiau am yr hyn sy'n bodoli, yr hyn sy'n bwysig, yr hyn sy'n cyfrif fel gwirionedd, beth yw bywyd dynol, hyd yn oed os yw eu safbwyntiau'n cael eu dal heb feddwl yn ddwfn amdanynt.

Mae rhai pobl, er enghraifft, yn credu bod datganiadau gwyddonol yn anochel yn wir. Mae hyn yn dibynnu ar y farn y gellir mesur popeth, bod gan y rhan fwyaf o bethau achos, bod trefn yn natur a bod modd esbonio popeth. Fodd bynnag, mae athronwyr yn gofyn: beth sy'n gwneud rhywbeth yr hyn ydyw, beth all gael ei newid cyn iddo ddod yn rhywbeth arall. Er enghraifft, beth sy'n gwneud person yr un unigolyn dros amser. A yw person yn fwy nag uned economaidd o effeithlonrwydd a chynhyrchiant o fewn system economaidd? A yw cymdeithas yn fwy na ffenomen drafodion. Pa ran mae creadigrwydd neu gariad yn ei chwarae ym mywyd dynol ac a yw'r rhain yn bwysig?

Metaffiseg gyffredin heddiw yw lleihadaeth. Nid yw ymwybyddiaeth ond gweithred niwronau, nid yw crefydd ond addasiad esblygiadol, ac mae ewyllys

the dogs followed within the grounds of 'The Crown Inn' at Llanfinangel. Meggie said - 'Don't like cold water, not going in the river for a swim, submerging my paws is more than enough for me.' It was then time for dog owners to have a well earned rest. Within these peaceful surroundings we sat underneath a shady canopy indulging in cold drinks and lunch (of course).

Next outing is planned for 20th August (the third Thursday of the month). *For more information, contact Sylvia at sylvia19maxted@gmail.com*

Introduction to Philosophy (Denbigh)

Avril Robarts reports:



In July, Avril gave a paper commenting on the subject of Metaphysics that the Group have been concentrating on during the last year. Some philosophers in the past have criticised the study of metaphysics as being too abstract and not grounded in experience. However most people have an unconscious metaphysical framework, even if they believe they don't. They have views about what exists, what matters, what counts as truth, what human life is about, even if their views are held without thinking deeply about them.

Some people, for instance, think that scientific pronouncements are inevitably true. This depends on the view that everything can be measured, that most things have a cause, that there is order in nature and that everything can be explained. However, philosophers ask: what makes something what it is, what can be changed before it becomes something else. For instance, what makes a person the same individual across time. Is a person more than an economic unit of efficiency and productivity within an economic system? Is society more than a transactional phenomenon. What part do creativity or love play in human life and are these important?

A common metaphysic today is reductionism.

Consciousness is nothing but the action of neurones, religion is nothing but evolutionary adaptation, free will is an illusion. The phrase "nothing but-ery" was coined in the mid 20th century to describe these views. Many people disagree with this. However what can replace it?

For information about this Philosophy Group, please email avril.robarts@bopenworld.com



Robert, Kaye and Tom demonstrate the metaphysics of reductionism through the action of their neurones.

Photo: Roger Rowett

rydd yn rhith. Bathwyd yr ymadrodd "dim byd menynaidd" yng nghanol yr 20fed ganrif i ddisgrifio'r safbwyntiau hyn. Mae llawer o bobl yn anghytuno â hyn. Fodd bynnag, beth all ei ddisodli?

I gael gwybodaeth am y Grŵp Athroniaeth hwn, anfonwch e-bost at avril.robarts@btopenworld.com

Grŵp Athroniaeth (Rhuthun)

Mae Patricia Lyne yn adrodd:

Cyfarfu'r grŵp Athroniaeth newydd am y tro cyntaf ar Fehefin 1af yn Nhŷ Cerrig pan amlinellodd Avril strwythur arfaethedig ar gyfer y misoedd nesaf. Pwysleisiwyd bod aelodau'r grŵp hwn i gyd yn gymharol newydd i'r pwnc. Nid ydym yn gwneud unrhyw dybiaethau o wybodaeth flaenorol ac rydym yn dysgu gyda'n gilydd wrth i ni archwilio datblygiad athroniaeth y Gorllewin, gan ystyried y cyd-destun ehangach y mae'n digwydd ynddo. Gobeithir y bydd aelodau'r grŵp yn gwneud rhywfaint o'u darllen eu hunain ac yn cyflwyno eu canfyddiadau mewn cyfarfodydd diweddarach, ond nid yw hyn yn orfodol o bell ffordd. Yna cyflwynodd Avril drosolwg o'r athronwyr Cyn-Socrataidd o'r seithfed i ganol y bumed ganrif CC, gan ddangos sut y gwnaeth ehangu masnach a llythrennedd arwain at symudiad graddol o bwyslais o feddwl mytholegol i bryder ynghylch realiti'r byd naturiol a sut mae'n gweithredu. Dangosodd fod llinell amser o athronwyr yn dod yn fwy ystyrlon pan gaiff ei gosod yn erbyn hanes Athen ei hun, gyda llawer o ddatblygiadau athronyddol yn ymatebion uniongyrchol i gynnwrf gwleidyddol, rhyfel, democratiaeth ac ymerodraeth.

Parhaodd y thema hon yn ein hail gyfarfod ym mis Gorffennaf. Penderfynon ni'n ddewr ganolbwyntio ar dad cydnabyddedig y ddisgyblaeth, Socrates. Cadeiriodd Avril y cyfarfod a chyflwynodd Patricia bapur yn seiliedig ar ei darlleniad cyfredol o amgylch ei fywyd a'i feddwl. Profodd hyn i fod yn anoddach nag a ragwelwyd, gan nad oedd Socrates wedi gadael unrhyw ddeunydd ysgrifenedig ac mae'r cyfan a wyddom am ei athroniaeth yn deillio o ysgrifau ei ddilynwyr. Dechreusom trwy adolygu'r hyn a wyddys am ei fywyd, gan roi'r cyd-destun ar gyfer datblygiad ei athroniaeth yn y cyfnod cythryblus a chreulon yr oedd yn byw ynddo ac amgylchiadau ei farwolaeth trwy wenwyn hunan-weinyddedig yn 399 CC yn 71 oed. Nodwyd yn benodol fod Socrates, yn wahanol i'w ragflaenwyr, yn ymwneud â natur dynoliaeth a'r hyn yr oedd yn ei olygu i fyw bywyd da ac ystyriol. Daethom i ben trwy amlinellu prif themâu ei athroniaeth, a ddangosir yn "Ddeialogau" Plato ac yr ydym yn bwriadu ailymweld â nhw yn y cyfarfod nesaf, pan fyddwn yn symud ymlaen at yr athronwyr Groegaidd diweddarach, Plato ac Aristotle.

Nid oes cyfarfod ym mis Awst, y nesaf yw Medi 7fed. *Ar hyn o bryd mae'r grŵp wedi'i danysgrifio'n llawn, ond mae gennym restr aros ac mae croeso cynnes i ffrindiau sydd â diddordeb gysylltu ag Avril neu*

Philosophy Group (Ruthin)

Patricia Lyne reports:



The new Philosophy group met for the first time on June 1st at Ty Cerrig when Avril outlined a proposed structure for the coming months. It was emphasised that members of this group are all relatively new to the subject. We make no assumptions of previous knowledge and are very much learning together as we explore the development of Western philosophy, taking into account the wider context in which it occurs. It is hoped that members of the group will do some of their own reading and present their findings at later meetings, but this by no means obligatory. Avril then presented an overview of the Pre-Socratic philosophers from the seventh to the mid fifth centuries BCE, showing how the expansion of trade and literacy led to a gradual shift of emphasis from mythological thought to a concern with the reality of the natural world and how it operates. She showed that a timeline of philosophers becomes more meaningful when set against the history of Athens itself, with many philosophical developments being direct responses to political upheaval, war, democracy and empire.



The re-launched Ruthin Philosophy Group held its inaugural meeting in June, with its second in July. Photo: Patricia Lyne

This theme was continued in our second meeting in July. We bravely decided to concentrate on the acknowledged father of the discipline, Socrates. Avril chaired the meeting and Patricia presented a paper based on her current reading around his life and thought. This proved to be more difficult than anticipated, as Socrates left no written material and all we know of his philosophy is inferred from the writings of his followers. We began by reviewing what is known about his life, giving the context for the development of his philosophy in the turbulent and brutal period in which he lived and the circumstances of his death by self-administered poison in 399 BCE at the age of 71. We particularly noted that Socrates, unlike his predecessors, was concerned with nature of humanity and what it meant to live a good and considered life. We concluded by outlining the main themes of his philosophy, which are illustrated in

Patricia (patricia.lyne@zen.co.uk)

Hanes Syniadau

Mae Chris Baldwin yn adrodd ar y Syniad o Goddefgarwch:

Pe bai hwn yn ystyriaeth athronyddol o gyfrifoldeb yn unig, byddai'r prif gwestiwn yn ymwneud â damcaniaeth foesegol ac yn gwneud cyfeiriadau trwm at Kant a Mill, ac efallai Simone Weil. Ond rydym yn griw pragmatig, di-lol ac felly roeddem yn fwy poenus gan y syniad bod y Wladwriaeth yn aml yn teimlo ei bod â hawl i ddweud wrthym beth yw ein dyletswyddau ynghylch newid hinsawdd, arferion bwyta, gweithgareddau gwyliau, a chredoau diwylliannol. Arferai Churchill ysgrifennu ar femos brys "Gweithredu'r Dydd hwn" i bwysleisio ac awdurdodi bod yn rhaid mynd i'r afael â'r mater ar unwaith. Mewn strwythur gorchymyn mae pawb yn tueddu i wybod pwy sy'n gyfrifol am wneud rhywbeth mewn

ymateb. Ond roedd hynny yn ystod argyfwng dirfodol



rhyfel. Beth *One of Churchill's stickers for urgent memos.*

ddylai rhywun *Image: International Churchill Society* ei wneud os yw rhywun yn anghytuno â gofynion sy'n cael eu gwneud yn groes i'w greddoau crefyddol neu ddeallusol? Gwrthwynebwyr cydwybodol yn ystod rhyfel sy'n gosod y safon ond gall pwysau cyfoedion roi pwysau llethol i gydymffurfio. Roeddem yn poeni am ymchwil wyddonol llygredig, gweithgareddau gwleidyddol llygredig, ideoleg wleidyddol afresymol, a natur ddynol ddifrifol. Gall rhywun naill ai dderbyn ein bod ni i gyd yn euog ac ufuddhau i'r gorchmynion er budd bywyd tawel, neu gall rhywun fod yn niwsans a datgan ei unigoliaeth, gan wrthod cydymffurfio. Oherwydd honiadau diamheuol bod gan rywun hawl i ddal barn oddrychol mewn gwlad rydd (os oes gennym un o hyd). Dyna pam mae pragmatiaeth gwneud yr hyn a ddymunir yn ddemocrataidd fel angenrheidrwydd diwylliannol. Roedd y rhan fwyaf ohonom yn derbyn hynny ond gallem barchu achos a ddadleuwyd yn dda yn erbyn. Rheswm yw'r peth pwysicaf. Nawr pwy soniodd am Kant? Mae'r mis nesaf yn amserol - ar y Syniad o Ofal Cymdeithasol.

Am ragor o wybodaeth am y grŵp hwn, e-bostiwch

Chris yn moyrachris@gmail.com

Grŵp Ffrangeg

Mae Julia Roberts yn adrodd:

Am ddiwrnod hyfryd ar gyfer ein dathliad haf! Roedd gerddi Nantclwyd y Dre yn edrych ar eu gorau, roedd yr haul yn tywynnu ac roedd awel ysgafn, gan ostwng y tymheredd i 'gyfforddus'. Ni allem fod wedi gofyn am well.

Roedd staff Nantclwyd y Dre yn hynod o

Plato's "Dialogues" and which we intend to revisit in the next meeting, when we move on to the later Greek philosophers, Plato and Aristotle

There is no meeting in August, the next being September 7th. *At present the group is fully subscribed, but we do have a waiting list and interested friends are most welcome to contact Avril or Patricia (patricia.lyne@zen.co.uk)*

The History of Ideas

Chris Baldwin reports on the Idea of Toleration:



If this was purely a philosophical consideration of responsibility the main question would concern ethical theory and make heavyweight references to Kant and Mill, and perhaps Simone Weil. But we are a pragmatic no-nonsense bunch and hence we were more bothered by the notion that the State often feels entitled to tell us what our duties are regarding climate change, eating habits, holiday activities, and cultural beliefs. Churchill used to scribble on urgent memos "Action this Day" to emphasise and authorise that the matter had to be addressed immediately. In a command structure everyone tends to know who is responsible for doing something in response. But that was during the existential crisis of war. What should one do if one disagrees with demands being made contrary to one's religious or intellectual beliefs? Conscientious objectors in wartime set the standard but peer pressure can exert overwhelming pressure to conform. We worried about corrupt scientific research, corrupt political activities, irrational political ideology, and venal human nature. Either one can accept that "we are all guilty" and obey the diktats in the interest of a quiet life, or one can be a nuisance and declare one's individuality, refusing to conform. Due to irrefutable claims that in a free country (if we still have one) one is entitled to hold a subjective opinion. Hence the pragmatism of doing what is democratically willed as a cultural necessity. Most of us accepted that but could respect a well argued case in opposition. Reason is paramount. Now who mentioned Kant? Next month is topical - on the Idea of Social Care.

For more information about this group, email Chris at moyrachris@gmail.com

French Group

Julia Roberts reports:



What a beautiful day for our summer celebration! The gardens at Nantclwyd y Dre were looking at their exuberant best; the sun was shining and there was a light breeze, reducing the temperature to 'comfortable'. We couldn't have asked for better.

The staff at Nantclwyd y Dre were wonderfully helpful, setting up sturdy gazebos so that we had plenty of

gymwynasgar, gan osod gazebos cadarn fel bod gennym ddigon o gysgod, a'n helpu i ddod â byrddau a Chidera allan ar gyfer yr Achyut. Benthycodd Clare Ranson (Cadeirydd Cyfeillion NyD) rai gwydrau i ni yn garedig fel y gallem ddathlu Diwrnod y Bastille mewn steil.

Rydym bellach yn cyfarfod fel un grŵp 'gallu cymysg' ar ddydd Llun cyntaf y mis, felly dewisom ddydd Llun 13eg Gorffennaf i ddathlu Diwrnod Cenedlaethol Ffrainc, ychydig yn gynnar. Daeth ein haelodau â gwesteion a phartneriaid, felly, er gwaethaf rhai absenoldebau, roeddem tua ugain o amgylch y byrddau. Cyfrannodd pawb rywfaent o fwyd parti. Daeth Kay a Tom â Salade Nicoise blasus; Roedd Jill a Raymond wedi dod â phâtés blasus yn ôl o'u taith yn Ewrop, ac wedi gwneud ffŵl ffrwythau gyda chynnyrch o'u gardd. Darparodd Diana ac Arnold gawsiau blasus; daeth Pam a Gareth ag un o'i rholiau mefus blasus; a daeth eu ffrindiau Glenys a John â gateau siocled. Gweinodd ein haelod newydd Andrew ddetholiad gwych o gigoedd oer, ac roeddem wrth ein bodd bod Christiane a Brian wedi gallu ymuno â ni, gan ddod â fflan jeli oren ffres a sur. Am wledd! A'r cyfan wedi'i olchi i lawr gyda'r amrywiaeth eang o ddiodydd a gyfrannwyd gan bawb.

Wrth i'n dathliadau ddod i ben, helpodd Amy, o Nantclwyd y Dre, ein haelodau ffyddlon i ddadosod a storio'r gazebos, y byrddau a'r cadeiriau, a gwasgarodd y gwesteion yn raddol.

Edrychwn ymlaen at groesawu hen ffrindiau yn ôl sydd wedi gorfod cymryd amser i ffwrdd a byddem yn croesawu unrhyw aelodau newydd sy'n mwynhau teithiau i Ffrainc neu a fyddai eisiau adfywio eu 'Ffrangeg hen ffasiwn'. Mae ein cyfarfodydd yn dechrau eto ar Fedi 7fed am 2pm yn Llys Goodman.

Am ragor o wybodaeth, anfonwch e-bost at:

julia@berwynonline.com

Grŵp Byw'n Gynaliadwy

Adroddiad Janet Jenkins

Ar gyfer ein cyfarfod ym mis Gorffennaf, ymwelodd y grŵp â Pharc Gwledig Llyn Brenig lle rhoddodd Nick Kite, Rheolwr Atyniadau Ymwelwyr, sgwrs ddiddorol a llawn gwybodaeth iawn i ni am y Prosiect Gwartheg Cadwraeth, sydd bellach yn ei ail flwyddyn. Mae



The group came face to face with a small herd of bullocks.

Photo: Janet Jenkins

shade, and helping us to bring out tables and chairs for the occasion. Clare Ranson (Chair of Friends of NyD) kindly lent us some glasses so that we could celebrate Bastille Day in style.



Bastille Day was celebrated a day early in the atmospheric garden of Nantclwyd y Dre.

Photo: Julia Roberts

We now meet as one 'mixed ability' group on the first Monday of the month, so we chose Monday 13th July to celebrate the French National Day, just a little early. Our members brought guests and partners, so that, in spite of some absentees, we were twenty or so around the tables. Everyone contributed some party fare. Kay and Tom brought delicious Salade Nicoise; Jill and Raymond had brought back yummy patés from their European jaunt, and made a fruit fool with produce from their garden. Diana and Arnold provided mouthwatering cheeses; Pam and Gareth brought one of her scrumptious strawberry roulades; and their friends Glenys and John brought a chocolate gateau. Our new member Andrew served up a fine selection of cold meats, and we were delighted that Christiane and Brian could join us, bringing a tangy fresh orange jelly flan. What a feast! And all washed down with the wide variety of drinks contributed by all. As our festivities drew to a close, Amy, from Nantclwyd y Dre helped our stalwart members to dismantle and stow away the gazebos, tables and chairs, and the guests gradually dispersed.

We look forward to welcoming back old friends who have had to take time out and would welcome any new members who enjoy trips to France or would just like to revive their 'old school French'. Our meetings start again on September 7th at 2pm in Llys Goodman.

For more information, please email:

julia@berwynonline.com

Sustainable Living Group

Janet Jenkins reports

For our July meeting, the group visited Llyn Brenig Country Park where Nick Kite, Visitor Attractions Manager, gave us a very interesting and informative

pump o fustych Ucheldir/Stabiliser (mae'r Stabiliser yn groes o bedwar brîd gwartheg) yn crwydro dros ardal 5 hectar, gan sathru'r llystyfiant a chnoi eu ffordd drwodd er mwyn annog bioamrywiaeth. Cânt eu cadw dan reolaeth gan system "Dim Ffens" sy'n rhoi rhybuddion sain yn y lle cyntaf ac yna siociau trydan i atal y gwartheg rhag dianc.

Ymwelodd y grŵp o 14 â'r safle a gweld y gwartheg yn eu lle cyn i 6 aelod o'r grŵp fynd ymlaen i ymweld â'r fferm bysgod mewn cwch a mwynhau profiad uniongyrchol gan y ffermwyr pysgod Stefano a Jack. Mae brithyll enfys yma'n cael eu ffermio ar gyfer stocio Llyn Brenig a Llyn Aled. Mae teithiau o'r fath yn digwydd ar ail ddydd Sadwrn y mis.

Os oes gennych ddiddordeb mewn ymuno â'r grŵp hwn, cysylltwch â Janet yn

janet_bylchau@hotmail.co.uk

Y Grŵp Blodau

Mae Diane Mouldsdales yn adrodd:

Cyfarfu'r Grŵp Blodau ar Orffennaf 17eg i ddathlu gyda basged haf. Roedd y trefniadau i gyd mor brydferth ac fe ddaethant â heulwen i'r tŷ. Nid oes cyfarfod ym mis Awst gan mai sioe flodau Rhuthun ydyw. Chwiliwch am y llyfrynau am y dref gan ei fod yn llawer mwy na sioe flodau yn unig. Bydd gan u3a Rhuthun ein pabell fawr yn y cae, ac anogir gwirfoddolwyr i gamu i mewn i sgwrsio ag ymwelwyr am y Grŵp Blodau a'r holl weithgareddau eraill sydd gennym ar gael. Mae gan y sioe amrywiaeth o ddosbarthiadau i gwmpasu llawer o ddiddordebau, gan gynnwys adran i blant. Fodd bynnag, ni fyddai sioe heb gyfranogwyr, felly rhowch gynnig arni!

Ein cyfarfod Grŵp Blodau nesaf yw dydd Gwener Medi 18fed yn neuadd bentref Llanfair am 10.45am. Os ydych chi'n aelod newydd o U3A sy'n chwilio am grŵp ymlaciol diddorol, byddwch chi'n cael croeso cynnes. Mwy o fanylion gan

nanadi47@gmail.com

Grŵp Crefftau Newydd?

Mae Wendy Owens yn postio'r apêl hon ar gyfer aelodau posibl o Grŵp Diddordeb newydd:

Oes gennych chi ddiddordeb mewn gwneud pethau? Ydych chi'n gallu gwnïo, gwau, crosio, croesbwytho, brodio, gwneud cardiau, peintio (unrhyw beth mewn gwirionedd!) - neu hoffech chi gael y cyfle i ddysgu?



Nick Kite gave a talk about the Conservation Cattle Project.

Photo: Janet Jenkins

talk about the Conservation Cattle Project, now in its second year. Five Highland/Stabiliser bullocks (the Stabiliser is a cross of four cattle breeds) roam over a 5 hectare area, trampling the vegetation and munching their way through in order to encourage biodiversity. They are kept in check by a "NoFence" system which issues sound warnings in the first instance followed by electric shocks to deter the cattle from escaping.

The group of 14 visited the site and saw the cattle *in situ* before 6 members group went on to visit the fish farm by boat and enjoy a first hand experience from fish farmers Stefano and Jack. Rainbow trout here are farmed for stocking Llyn Brenig and Llyn Aled. Such trips take place on the second Saturday of the month.

If you are interested in joining this group, contact Janet at janet_bylchau@hotmail.co.uk

The Flower Group

Diane Mouldsdales reports:

The Flower Group met on July 17th to celebrate with a summer basket. The arrangements were all so pretty and brought sunshine into the house. There is no meeting in August as it is Ruthin flower show. Look out for the booklets about town as it's much more than just a flower show. Ruthin u3a will have our marquee in the field, and volunteers are encouraged to step in to chat with visitors about the Flower Group and all the other activities we have on offer. The show has a variety of classes to encompass many interests, including a children's section. However, there would be no show without entrants, so please have a go!

Our next Flower Group meeting is Friday September 18th at Llanfair village hall at 10.45am. If you are a new member of the U3A looking for an interesting relaxing group you will be given a warm welcome.

More details from nanadi47@gmail.com

New Craft Group?

Wendy Owens posts this appeal for potential



Details from "A summer basket" - one of the July Flower Group creations.

Photo: Diane Mouldsdales



A simple slender tower of roses rises from a cloud of baby's breath. Photo: Diane Mouldsdales



Brenda Forth has offered to jointly coordinate the Craft Group with Wendy Owens

A fyddai gennych chi ddiddordeb mewn ymuno â Grŵp Crefftau newydd, lle gallwn rannu syniadau, talentau ac yn bwysicach fyth cael hwyl? Nid oes rhaid i chi fod yn arbenigwr, dim ond bod yn barod i roi cynnig arni!

Os yw hyn yn apelio atoch chi, gallem gynnal cyfarfod anffurfiol i drafod syniadau, lleoliadau a sut rydym yn gweld y grŵp yn datblygu yn y dyfodol.

Am ragor o wybodaeth, cysylltwch â Wendy yn

wendy.owens@outlook.com neu Brenda Forth yn silaba99@gmail.com (ffôn 07921 268823).

Cyfarfod Cyffredinol

Yng Nghyfarfod Cyffredinol mis Gorffennaf yn yr Ystafell Ymgynnull, cafwyd sgwrs gan Graham Edwards, ynghyd â stori arall o Batagonia. Ddwy flynedd yn ôl yn y Clwb Rygbi, dywedodd Graham wrthym am y 165 o fewnfudwyr o Gymru a deithiodd ar y llong *Mimosa* o Lerpwl ym 1865. Y tro hwn, roedd ei stori yn ymwneud â'r alltudion Butch Cassidy a'r Sundance Kid, a hwylodd i'r Ariannin ym 1901, lle, ar ôl ffoi o Asiantaeth Dditectif Pinkerton, prynon nhw ransh 15,000 erw ger cymuned Gymreig Cholila.

Sylwch na fydd Cyfarfod Cyffredinol ym mis Awst. Mae cyfarfodydd yn aildddechrau ddydd Mawrth Medi 29ain, gyda dangos ffilm anarferol am ffermio a bywyd cymunedol yn Llanferres a Llanarmon saith deg mlynedd yn ôl, gyda chyfweiliadau archif gyda disgyblion o Ysgol Brynhyfryd.

Newyddion y Pwyllgor

Symudodd Cyfarfod Pwyllgor mis Gorffennaf i safle cynharach yn yr wythnos, sef dydd lau cyntaf y mis nawr. Mae Mike yn siarad â MIND, Cyngor Tref Rhuthun a Chanolfan Gymunedol Llanfwrog i drefnu cynllun cynnal a chadw ar gyfer y Berllan Gymunedol



Our trees in the Community Orchard risk disappearing under the weeds.

Photo: Jean Leith

members of a new Interest Group:



Are you interested in making things? Are you able to sew, knit, crochet, cross stich, embroider, make cards, paint (in fact anything!) - or would you like the opportunity to learn? Would you be interested in joining a new Craft Group, where we can share ideas, talents and more importantly have

fun? You don't have to be an expert, just willing to have a go!

If this appeals to you, we could hold an informal meeting to discuss ideas, venues and how we see the group developing in the future.

For more information, please contact Wendy at wendy.owens@outlook.com or Brenda Forth at silaba99@gmail.com (phone 07921 268823).

General Meeting

July's General Meeting in the Assembly Room featured a talk by Graham Edwards, with another tale from Patagonia. Two years ago in the Rugby Club, Graham told us about the 165 Welsh migrants who travelled on the ship *Mimosa* from Liverpool in 1865. This time, his tale was about the outlaws Butch Cassidy and the Sundance Kid, who in 1901 sailed to Argentina, where, fleeing the Pinkerton Detective



Graham Edwards gave a talk about Butch Cassidy and the Sundance Kid in Patagonia. Photo: Peter Lund

Agency, they bought a 15,000 acre ranch near the Welsh community of Cholila.

Please note that there will be no General Meeting in August. Meetings start again on Tuesday September 29th, with the showing of an unusual film about farming and community life in Llanferres and Llanarmon seventy years ago, with archive interviews with pupils from Brynhyfryd School.

Committee News

The July Committee Meeting shifted to an earlier position in the week, and is now the first Thursday of the month. Mike is talking to MIND, Ruthin Town Council and Llanfwrog Community Centre to organize a maintenance plan for the neglected Community

sydd wedi'i hesgeuluso y tu ôl i'r Clwb Tennis, lle mae ein coed eirin coffa u3a yn aml yn diflannu o dan y danadl poethion. Bydd ein presenoldeb allgymorth cyhoeddus mewn digwyddiadau fel Sioe Flodau Rhuthun a Marchnadoedd Crefftwyr yn parhau i gael ei ddatblygu. Mae cynlluniau dros dro ar gyfer disgio ym mis Hydref wedi cael eu disodli gan gynlluniau ar gyfer ceilidh arall ym mis Mawrth 2027. Mae angen newidiadau ar gyfer ariannu'r gymdeithasu Nadolig a'r bwffe a byddant yn cael eu trafod ymhellach. Cadarnhawyd na ellir postio copïau papur o'r Cylchlythyr at bobl os gallant ei dderbyn trwy eu cyfeiriad e-bost.

Mae ein haelodaeth u3a bellach yn 257.

Ni fydd cyfarfod Pwyllgor ym mis Awst; mae cyfarfodydd yn ailgychwyn ym mis Medi.

Cyfraniadau i'r Cylchlythyr

Mae rhifyn nesaf (Medi) y Cylchlythyr yn gyfle i grwpiau sydd wedi lleihau eu hamser ar gyfer mis Awst ddweud wrth bobl am eu cynlluniau ar gyfer diwedd yr haf a'r hydref. Anfonwch unrhyw straeon a lluniau grŵp drwy e-bost cyn 25 Awst 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 newyddion u3a yn ddiogel. Croesewir pob cyfraniad, sylw a llun o ddiddordeb i aelodau eraill.

Orchard behind the Tennis Club, where our u3a memorial plum trees frequently disappear beneath the nettles. Our public outreach presence at events such as the Ruthin Flower Show and Artisan Markets will continue to be developed. Tentative plans for a disco in October have been replaced by plans for another ceilidh in March 2027. Changes for funding the Christmas social and buffet are needed and will be discussed further. It was confirmed that paper copies of the Newsletter cannot be posted out to people if they can receive it via their email address. Our u3a membership now stands at 257.

There will be no Committee meeting in August; meetings restart in September.

Newsletter Contributions

The next (September) issue of the Newsletter is an opportunity for groups that have scaled back for August to tell people about their late summer and autumn plans. Please submit any stories and group photos by email before 25th August 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 news. All contributions, comments and pictures of interest to other members are welcome.

