



CYLCHLYTHYR RHUTHUN RHIFYN 104, CHWEFROR 2024



RUTHIN NEWSLETTER ISSUE 104, FEBRUARY 2024



Neges gan ein Cadeirydd



Annwyl ffrindiau - Mae amser yn mynd yn ei flaen, a dyma ni eisoes ym mis Chwefror. Gobeithio bod y Gwanwyn jyst rownd y gornel, a bydda i am un yn hapus i'w weld! Cawsom sgwrs ddifyr iawn yn ein Cyfarfod Cyffredinol diweddar gan Gareth Evans a Fiona Gale am dai hanesyddol Rhuthun. Daeth nifer fawr o bobl i'r cyfarfod, a hynod ddiddorol oedd dysgu am yr adeiladau hynafol prin y byddwn yn sylwi arnynt wrth gerdded drwy'r dref. Uchafbwynt ein cyfarfod nesaf yw'r Pantomeim hirddisgwylledig. Mae'n siŵr o fod yn boblogaidd, felly rwy'n argymhell eich bod yn cyrraedd yn gynnar os ydych am ddod o hyd i sedd dda! Gobeithio gweld chi yno!

- Jack Shakespeare

Pétanque



As January got colder, woolly hats, gloves, coats and mugs of hot mulled wine became essential! Photo Karen Kluiters

Cyfarfod cyntaf Pétanque 2024 ar Ddydd Calan - a dim ond 4 ohonom a ddaeth i'r cyfarfod! Roedd yn golygu bod gennym ni win cynnes Karen, crwst caws a siocledi i gyd i ni ein hunain! Felly wrth gwrs fe wnaethon ni wahodd dieithryn oedd yn pasio am wydraid o win yn gyfnewid am dynnu'r llun, ac fe ddaeth yr aelod colledig Heather McBain allan, hithau wedi bod yn ystyried ail ymuno ers tro. Mewn cyferbyniad, llwyddodd Storm Isha a glaw trwm i ganslo cyfarfodydd olaf y mis. Gobeithio y byddwn yn ôl ar y llain yn fuan! Am ragor o wybodaeth, anfonwch e-bost at jackshakespeare35@gmail.com

Badminton Rhydlyd

Daeth chwe chwaraewr i gyfarfod cyntaf 2024: y nifer

Message from our Chair



Dear friends – Time rushes on, and here we are already in February. Hopefully Spring is just around the corner, and I for one will be happy to see it! We had a very interesting talk at our recent General Meeting by Gareth Evans and Fiona Gale about the historic houses of Ruthin. The meeting was very well attended, and it was fascinating to learn about the ancient buildings we hardly notice as we walk through town. The highlight of our next meeting is the long-awaited Pantomime. It is bound to be popular, so I recommend that you arrive early if you want to find a good seat! I hope to see you there!

- Jack Shakespeare

Pétanque



The first meet up of the year on January 1st - with Karen's mobile bakery and stirrup cups. Photo: Heather McBain

The first Pétanque meeting of 2024 was on New Year's Day - and only 4 of us turned up! It meant we had Karen's hot mulled wine, cheese pastry and chocolates all to ourselves! So of course we invited a passing stranger for a glass of wine in exchange for taking the photo, and it turned out to be long lost member Heather McBain, who had been thinking for a while that she'd like to re-join u3a! In contrast, Storm Isha and heavy rains managed to finally cancel

perffaith ar gyfer badminton dyblau a thenis bwrdd sengl. Mae bob amser rywfaint o ymarfer meddyliol yn ogystal â chorfforol ynghylch cofio'r rheolau gwahanol, wrth newid rhwng y gwahanol gemau, ac o ddyblau i senglau. Mae cael person ychwanegol i weithredu fel dyfarnwr yn helpu gyda rhifydded cadw sgor. Roedd yr awgrym wedi mynd allan ymlaen llaw i atal ein hunain rhag dod â bocsys dros ben o siocledi Nadolig ar gyfer yr egwyl te hanner amser - penderfyniad a gafwyd gyda chymysgedd o ochneidio edifar a nodio'r pen yn ddoeth.

Oherwydd gwrthdaro racedi badminton cafodd un aelod glais garddwrn ,oedd yn ail ddigwyddiad ar ol



Donna opens the curtains on the first game of the year. Photo: Peter Lund

lau eraill dan do, edrychwch ar wefan u3a Rhuthun am fanylion. Mae Rusty Badminton yn cyfarfod am 2pm ar ddydd Gwener yn Neuadd Bentref Llanfair; i gael gwybodaeth am hyn, e-bostiwch Donna yn gessie@btinternet.com

Dechreuwy'r Sbaeneg

Cafodd y flwyddyn newydd ddechrau da, gydag 8 o'r 10 ohonom yn cyrraedd Wetherspoons ar ddydd Mawrth cyntaf 2024. Bu Jennifer, ein siaradwr mwyaf (a'n hunig) rhugl, yn rhannu awgrymiadau iaith a straeon o Estepona, cyn mynd yn ôl i'w chartref Sbaeneg ar y bws T8 i Gaer! Cynhyrchodd Gill un arall o'i chwisiau sydd wedi'u hymchwilio'n dda – fformat amlddewis ar thema'r gaeaf y tro hwn. Beth yw:

- Ble mae fy menig: a) Dónde están mi gafas; neu b) Dónde están mis guantes?
- Pluen eira: a) Un copo de nieve; neu b) Un carambano?
- Gwlad ryfedd y gaeaf: a) Un paraíso invernal; neu

the last meet-ups of the month. Hopefully, we'll be back on the terrain soon! For more information, please email jackshakespeare35@gmail.com

Rusty Badminton



Rosemary prepares to serve, with Sian as partner. Photo: Peter Lund

Six players turned up for the first meet of 2024: the perfect number for doubles badminton and singles table tennis. There is always some mental as well as physical exercise involved in remembering the subtly different rules, both when switching between the different games, and from doubles to singles. Having an extra person to act as umpire helps with the mental arithmetic of scoring. Exercise for the mind as well as body! The suggestion had gone out beforehand to restrain ourselves from bringing left-over boxes of Christmas chocolates for the half time tea break – a decision met with a mixture of regretful sighs and wise nods.

A clash of badminton racquets left one group member with a bruised wrist, the second minor incident after a twisted ankle some weeks previous. It led to revisiting the group's risk assessment, with the result that all members now have recorded a personal emergency contact number in the back of the attendance/subs book. This might be a measure for all groups to consider adopting. For more serious badminton and other indoor Thursday games, check the Ruthin u3a website for details. Rusty Badminton meets at 2pm on Fridays in Llanfair Village Hall; for information on this, email Donna at gessie@btinternet.com

Spanish Beginners



The first meeting of 2024. Photo: Peter Lund

The new year got off to a good start, with 8 of the 10 of us making it to Wetherspoons for the first Tuesday

b) Un alltudio de inviernó?



The mournful love song "Te Extraño". Click below to listen:

[Xtreme - Te Extraño - Lyrics English and Spanish - I miss you - Translation & Meaning \(youtube.com\)](#)

darparwyd y cwis a gêm eiriau (Palabria) gan Rachel ac Elizabeth.

I gael gwybodaeth am y rhestr aros ar gyfer y grŵp hwn, e-bostiwch peter.lund@btinternet.com (Atebion i gwestiynau cwis Gill: b,a,a)

Grŵp Cerdded Bryniau



Pausing between rain showers on a 10 mile walk beside the Menai Straits. Photo: Nigel Horrocks

Ar gyfer llwybr bryniau cyntaf 2024, arweiniodd Nigel Thomas ni ar lwybr 10 milltir gan ddilyn Llwybr Arfordir Cymru o Dal-y-bont i Benmaenmawr. Cyfarfu wyth ohonom ym Mhenmaenmawr, lle buom yn "mwynhau" cawod cenllysg fer ond trwm, wrth aros am y bws i fynd â ni i Dal y Bont. Yn ffodus fe wellodd y tywydd wedyn a dim ond ychydig o gawodydd ysgafn a gawsom - nes i ni gyrraedd yn ôl i Benmaenmawr, pan aethon ni i gyd yn socian wrth gerdded ar hyd y promenâd!

Roedd y llwybr ar hyd Llwybr Arfordir Cymru yn wych. Roedd yn gymysgedd o lwybrau caeau a thraethlin, gan fynd trwy nifer o warchodfeydd natur. Roedd golygfeydd eang o Fôn, y Gogarth a'r Fenai, gyda heidiau o adar hirgoes ac adar eraill yn bwydo ar y fflatiau llaid. Roedd y Carneddau dan gwmwl isel, felly roedden ni'n falch nad oedden ni wedi mentro i'r mynyddoedd. Roedd glaw yn y dyddiau blaenorol yn

of 2024. Jennifer, our most (and only) fluent speaker, shared language tips and stories from Estepona, before heading back to her Spanish home via the T8 bus to Chester! Gill produced another of her well-researched quizzes – this time a winter-themed multiple choice format. What is:

- Where are my gloves: a) Dónde están mi gafas; or b) Dónde están mis guantes?
- A snowflake: a) Un copo de nieve; or b) Un carambano?
- A winter wonderland: a) Un paraíso invernal; or b) Un deporte de invierno?

Peter meanwhile shared a somewhat raunchy song *Suavemente* by American/Puerto Rican singer Elvis Crespo. A less risqué, though more mournful, song ("Te Extraño" by the duo Xtreme) was featured the following week. Gill was not able to make that session, so the quiz and a word game (Palabria) were supplied by Rachel and Elizabeth.

For information about the waiting list for this group, email peter.lund@btinternet.com (Answers to Gill's quiz questions: b,a,a)

Hill Walking Group



Stormy weather on the Wales Coastal Path from Tal-y-bont to Penmaenmawr. Photo: Peter Ryder

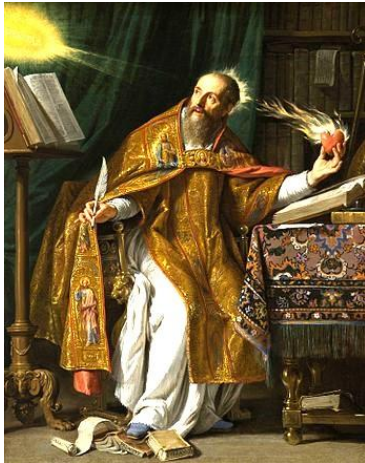
For the first Hillwalk of 2024, Nigel Thomas led us on a 10 mile route following the Wales Coastal Path from Tal-y-bont to Penmaenmawr. Eight of us met at Penmaenmawr, where we "enjoyed" a brief but heavy hail shower, while waiting for the bus to take us to Tal y Bont. Luckily the weather then improved and we only had some short light showers - until we got back to Penmaenmawr, when we all got soaked walking along the promenade!

The route along the Wales Coastal Path was splendid. It was a mixture of field paths and shoreline, passing through a number of nature reserves. There

golygu bod y caeau dan ddŵr rhwng yr arfordir a'r A55 a hefyd nifer o byllau dwfn ar y llwybr. Er mwyn cyfiawnhau enw'r grŵp, daeth y daith i ben drwy ddringo'r pentir o Lanfairfechan ar y llwybr beicio a disgyn yn ôl i Benmaenmawr. Diolch Nigel am ein cyflwyno i daith gerdded mor wych!

I gael gwybodaeth am y Hillwalking Group, cysylltwch â jillandraymond@tiscali.co.uk

Grŵp Athroniaeth (Rhuthun)



St Augustin, by Philippe de Champaigne, c. 1645

Cyfarfu Grŵp Athroniaeth Rhuthun ar 8 Ionawr pan gawsom ein trin â phapur manwl a phryfoclyd ar Awstin Sant, a gyflwynwyd gan Eric. Yr oeddem oll wedi clywed am Awstin, ac yn meddwl mae'n debyg ein bod yn gwybod ychydig am ei waith ; mor anghywir oeddem ni! Dangosodd papur Eric ddylanwad enfawr syniadau Awstin ar feddwl

diwinyddol a moesegol modern. Roedd ei daith athronyddol yn cynnwys diddordeb cynnar mewn Manicheaeth (heresi Cristnogol a wadodd fod Iesu yn berson hanesyddol), ei swydd fel athro rhethreg ym Milan, a'i ymwneud â Phlatoniaeth. a Neoplatoniaeth. Ymatebodd i feddylwyr amheus ac aeth i'r afael â materion drygioni a rhagluniaeth.

Yn ddi-ddorol, ni cheisiodd Awstin brofi bodolaeth Duw; gwelai Dduw fel y tu hwnt i amser a gofod. Credai fod ffydd bob amser yn dod cyn deall. Ei brif waith oedd "Dinas Duw", gwaith eang ei gwmpas sy'n cynnwys y cysyniad o gymdeithas â Duw, y syniad o wir gymanwlad yn seiliedig ar gariad Duw yn uno ei haelodau, a syniadau am ras ac iachawdwriaeth. Mae etifeddiaeth Awstin wedi parhau ers ei farwolaeth yn 430 OC hyd heddiw. Mae wedi dylanwadu ar ddiwinyddiaeth, Cyfraith Canon, cyfriniaeth Orllewinol, y Diwygiad Protestannaidd a'r Gwrthddiwygiad, rheolau rhyfel, a meddylwyr mor amrywiol ag Aquinas, Luther, Kant a Wittgenstein. Mae ein cyfarfod nesaf ar 5ed Chwefror pan fyddwn yn trafod moeseg filwrol ac athroniaeth rhyfel. Am ragor o wybodaeth cysylltwch â; peteregan10@btinternet.com

Cyflwyniad i Athroniaeth (Dinbych)

Pwnc cyfarfod diwethaf 2023 oedd "Sicrwydd", dan arweiniad Chris. Dyfynnodd Chris Bertrand Russell ar yr anhawster o ddiffinio ymddygiad moesol unigol: "Ni allaf weld sut i wrthbrofi'r dadleuon dros oddrychedd gwerthoedd moesegol, ond rwy'n cael fy hun yn analluog i gredu mai'r cyfan sydd o'i le ar greulondeb

were extensive views of Anglesey, the Great Orme and the Menai Straits, with flocks of waders and other birds feeding on the mud flats. The Carneddau were covered in low cloud, so we were glad we hadn't ventured into the mountains. Rain in preceding days had resulted in flooded fields between the coast and the A55 and had also left a number of deep puddles on the path. In order to justify the name of the group, we ended the walk by climbing up the headland from Llanfairfechan on the cycle track and descending back to Penmaenmawr. Thank you Nigel for introducing us to such a marvellous walk!

For information about the Hillwalking Group, contact jillandraymond@tiscali.co.uk

Philosophy Group (Ruthin)

The Ruthin Philosophy Group met on 8 January when we were treated to a detailed and thought provoking paper on St Augustine, presented by Eric. We had all heard of Augustine, and probably thought we knew a little about his work; how wrong we were! Eric's paper highlighted the vast influence of Augustine's ideas on modern theological and ethical thinking. His philosophical journey included an early interest in Manicheism (a Christian heresy which denied Jesus was a historical person), his post as professor of rhetoric at Milan, and his involvement with Platonism. and Neoplatonism. He responded to sceptical thinkers and addressed issues of evil and providence. Interestingly Augustine did not try to prove the existence of God; he saw God as beyond time and space. He believed that faith is always prior to understanding. His major work was "The City of God", a wide-ranging work that includes the concept of fellowship with God, the idea of a true commonwealth based on love of God uniting its members, and ideas about grace and salvation. Augustine's legacy has continued since his death in 430 AD until the present day. It has influenced theology, Canon Law, Western mysticism, the Reformation and Counter Reformation, the rules of war, and thinkers as diverse as Aquinas, Luther, Kant and Wittgenstein. Our next meeting is on 5th February when we will discuss military ethics and the philosophy of war. For further information please contact; peteregan10@btinternet.com

Introduction to Philosophy (Denbigh)

The topic of the last meeting of 2023, was "Certainty", led by Chris. Chris quoted Bertrand Russell on the difficulty of defining individual moral behaviour: "I cannot see how to refute the arguments for the subjectivity of ethical values, but I find myself incapable of believing that all that is wrong with wanton cruelty is that I don't like it!" Regarding public moral attitudes, Britain has a strong and varied tradition of utilitarianism, where the morality of public decisions is judged by their effect on the greatest number of people. Of course there are problems with

di-ben-draw yw nad wyf yn ei hoffi!" O ran agweddau moesol y cyhoedd, mae gan Brydain draddodiad cryf



Maureen, Jean and Lesley: philosophers caught in mid-thought.
Photo: Avril Roberts

ac amrywiol o iwtilitariaeth, lle mae moesoldeb penderfyniadau cyhoeddus yn cael ei farnu yn ôl eu heffaith ar y nifer fwyaf o bobl. Wrth gwrs mae problemau gyda'r farn hon, a archwiliwyd yn frwd gan y Grŵp.

Y casgliad olaf oedd, nad oes dim sicrwydd moesol i ni yn y byd hwn; rydym i gyd yn ymdrechu i leihau ansicrwydd. Heb ddod i ryw fath o gasgliadau, ni allem weithredu fel cymdeithas, a byddem mewn cyflwr o barlys moesol.

Parhaodd cyfarfod mis Ionawr gyda phapur Penny am bedair athronydd benywaidd yn ystod ac ar ôl yr Ail Ryfel Byd, rhai a oedd am i athroniaeth gael mwy o sail foesol, a'r modd i gymhwyso i fywyd bob dydd. Yr athronwyr oedd Elizabeth Anscombe, Philipa Foot, Iris Murdoch, a Mary Midgley. Nid oedd eu barn yn unffurf, ond roedd pob un eisiau mwy o'r ddimensiwn dynol a datblygu cymeriad ynl rhan o Athroniaeth Foiesol.

Yn ein cyfarfod ym mis Chwefror, byddwn yn archwilio gyda Buddug a oes agwedd fenywaidd ar foieseg. Dylai arwain at drafodaeth fywiog iawn! I gael gwybodaeth am y rhestr aros ar gyfer y grŵp hwn, e-bostiwch avril.robarts@btopenworld.com

Grŵp Hanes

Mae Eric Bramhall yn parhau â'i stori am ymgartrefu a datblygiad UDA. Ym mis Rhagfyr, roeddem wedi clywed sut y daethpwyd ag Affricaniaid Du i Virginia am y tro cyntaf gan yr Iseldiroedd a'u gwerthu fel caethweision i ymsefydlwyr o Loegr, lle buont yn gweithio mewn meysydd tybaco, gyda thybaco yn fuan yn adnodd oedd yn allweddol i lwyddiant economi cynnar Virginia. Mewn cyferbyniad, setlwyd Lloegr Newydd i raddau helaeth gan Biwritaniaid Seisnig, gan ddianc rhag erledigaeth yr Archesgob William Laud. Wedi cyrraedd y Mayflower am y tro cyntaf, bu i'r Piwritaniaid sefydlu New Plymouth yn 1520. Ond yn y 1530au dilynodd cymaint ag 20,000,

this view, which were enthusiastically explored by the Group.



Robert, Kay and Tom: exploring uncertainty
Photo: Avril Roberts

The final conclusion was that there is no moral certainty for us in this world; we are all striving to reduce uncertainty. Without reaching some sort of conclusions, we could not act as a society, and would be in a state of moral paralysis.

January's meeting continued with Penny's held-over paper about four women philosophers during and after the Second World War, who wanted philosophy to have more of a moral basis, with applications in everyday life. They were Elizabeth Anscombe, Philipa Foot, Iris Murdoch, and Mary Midgley. Their views were not uniform, but all wanted more inclusion of the human dimension and character development as part of Moral Philosophy.

In our February meeting, we will explore with Buddug whether there is a feminine take on ethics. It should make for a very lively discussion! For information about the waiting list for this group, email avril.robarts@btopenworld.com

History Group

Eric Bramhall continued his story of the settling and development of the USA. In December, we had heard how Black Africans were first brought to Virginia by the Dutch and sold as slaves to English settlers, where they worked tobacco fields, with tobacco soon becoming key to the early Virginian economy's success. New England, in contrast, was largely settled by English Puritans, escaping the persecution of Archbishop William Laud. First arriving on the Mayflower, the Puritans established New Plymouth in 1520. But in the 1530s as many as 20,000 followed, such large numbers giving New England an advantage over other European colonies.

In our January meeting, Eric spoke again about developments in the eastern USA, this time taking us through to the 18th century. He focussed on the role of trade and its effect on the 13 colonies' relationship

rhoddodd y niferoedd mawr hyn fantais i New England dros drefedigaethau Ewropeaidd eraill.

Yn ein cyfarfod ym mis Ionawr, siaradodd Eric eto am ddatblygiadau yn nwyrain UDA, y tro hwn yn mynd â ni drwodd i'r 18fed ganrif. Canolbwyntiodd ar rôl masnach a'i heffaith ar berthynas y 13 trefedigaeth â llywodraeth Prydain. Roedd gosod y Ddeddf Stampiau yn 1765 wedi gwylltio'r gwladychwyr, a ddadleuodd nad oedd ganddynt unrhyw gynrychiolwyr yn Senedd Prydain, ond eu bod yn cael eu cynrychioli yn eu cynulladau trefedigaethol eu hunain, gan ethol cyrff deddfu a oedd wedi bod yn pleidleisio'r deddfau a chodi trethi i bob trefedigaeth. o amser eu sylfeini. Y gri rali oedd "Dim trethiant heb gynrychiolaeth!" Roedd y Brenin Siôr III, er yn frenhines gynhenid a blaengar mewn sawl ffordd, yn gwrthwynebu barn y gwladychwyr. Ni wnaeth yr ymgais i dynhau ac yna llacio'r sefyllfa dreth atal gwrthwynebiad y gwladychwyr a datblygiad hunanlywodraeth.

Yna cyflwynodd Maria ni i recordiad hynod ddiddorol o'i nain yn siarad am ei bywyd yn India adeg y Raj. Soniodd am fywyd teulu swyddog yn y Fyddin Brydeinig nad oedd yn gyfoethog yn ariannol, ond a oedd yn byw bywyd breintiedig. Gobeithiwn glywed y rhan nesaf yn ddiweddarach.

Yn ein cyfarfod nesaf, bydd Eric yn parhau â'i hanes o'r UDA yn ystod y Chwyldro. I gyd-fynd â safbwynt gwleidyddol Prydain, byddwn yn trafod hanes Americanwyr Brodorol, yn seiliedig ar raglen ddogfen ddwy ran ddiweddar BBC4 "The Great American Buffalo". Bydd y cyfarfod hwn ar ddydd Llun 19 Chwefror am 2pm yn Nantclwyd y Dre. Am ragor o wybodaeth, cysylltwch â bethanwelch@gmail.com

Grŵp Daeareg

Ar ddiwedd mis Ionawr, daeth 25 o aelodau brwdfrydig i glywed sgwrs ddarluniadol Brian Hubble ar "Deall Llosgfynyddoedd". Mae'r pwnc wedi bod yn fawr iawn yn y newyddion yn ddiweddar, gyda ffrwydrad anweddol yng Ngwlad yr Iâ yn achosi i dref Grindavik gael ei gwacau



A house on La Palma overwhelmed by volcanic ash

gramen y ddaear yn cael ei orfodi trwy'r gramen. Mae tair prif ffordd i hyn ddigwydd:

- lle mae dau blât tectonig yn cydgyfeirio (y digwyddiad mwyaf cyffredin)

Cyffelybodd Brian gramen y ddaear i blisgyn wy sydd, o ran maint, deirgwaith trwch y gramen, sy'n ddealladwy yn dueddol o gracio. Mae

llosgfynyddoedd yn cael eu ffurfio pan fydd magma o dan

with the British government. The imposition of the Stamp Act in 1765 enraged the colonists, who argued that they had no representatives in the British Parliament, but were represented in their own colonial assemblies, electing law-making bodies which had been voting the laws and raising taxes for each colony from the time of their foundations. The rallying cry was "No taxation without representation!" King George III, although in many ways a congenial and forward thinking monarch, was opposed to the colonists' views. The attempt to tighten and then loosen the tax situation did not stop the colonists' opposition and the development of self-government.



The 1620 Mayflower Compact was the first governing document of Plymouth Colony. Painting by Jean Leon Ferris

Maria then introduced us to a fascinating recording of her grandmother speaking about her life in India at the time of the Raj. She told about the life of a British Army officer's family who were not well off financially, but who lived a life of privilege. We hope to hear another instalment at a later date.

At our next meeting, Eric will continue his history of the USA during the Revolution. To complement the British political view, we will be discussing the history of Native Americans, based on the recent two-part BBC4 documentary "The Great American Buffalo". This meeting will be on Monday 19th February at 2pm in Nantclwyd y Dre. For further information, please contact bethanwelch@gmail.com

Geology Group



Eruption at Eyjafjallajokull

In late January, 25 enthusiastic members turned up to hear Brian Hubble's illustrated talk

on "Understanding Volcanoes". The subject has been very much in the

news recently, with a volatile eruption in Iceland causing the town of Grindavik to be abandoned.

• lle mae dau blât tectonig yn ymwahanu mewn “mannau poeth” ynysig lle mae'r magma yn anarferol o agos at wyneb y ddaear.

Dwy enghraifft o losgfynyddoedd manau poeth yw'r ynsoedd Hawaii a'r Dedwydd. Yn y ddau le ceir arc yr ynys lle mae ynsoedd, mewn llinell, wedi ffurfio trwy echdoriad folcanig mewn gwahanol leoedd oherwydd symudiadau platiau tectonig cefnforol sy'n symud lleoliad y manau poeth. Cwestiwn cwis : pa un yw'r mynydd talaf yn y byd? Nid Everest, a allai fod â'r drychiad uchaf uwchben lefel y môr, ond mewn gwirionedd Mauna Kea, y pwynt uchaf yn Hawaii ond y mae ei sylfaen ymhell, ymhell islaw lefel y môr!

Mae enghreifftiau o ffrwydradau folcanig a ffurfiwyd trwy blatiau dargyfeiriol i'w cael yn arbennig yng Ngwlad yr Iâ sy'n gorwedd ar y crib yng nghanol yr Iwerydd a ffurfiwyd wrth i blatiau Gogledd America ac Ewrasiaidd dynnu'n ddarnau. Mae'n debyg y bydd pawb yn cofio'r ffrwydradau yn Eyjafjallajökull yn 2010 a anfonodd gymylau o ludw folcanig ac a darfu ar deithiau awyr dros y rhan fwyaf o Ewrop am ddyddiau lawer.

Aeth Brian ymlaen i ddisgrifio mathau eraill o weithgarwch folcanig lle mae magma o dan gramen y ddaear wedi'i wthio i fyny o dan y ddaear i ffurfio plwtonau sydd wedi dod i'r amlwg ers hynny oherwydd erydiad y creigiau uwchben. Mae Dartmoor, The Cheviots ac Arran yn enghreifftiau da o hyn. Gydag amser yn brin a llawer mwy i'w drafod cynigiodd Brian roi cyflwyniad arall a fyddai'n edrych yn arbennig ar y ffurf fwyaf cyffredin o fwlcaniaeth – yr un sy'n deillio o blatiau cydgyfeiriol.

Y mis hwn edrychwn ymlaen at groesawu'r Athro Wyn Hughes eto a bydd yn sôn am ddaear Ynysoedd Solomon. Bydd hwn yn Llyfrgell Rhuthun am 2pm ar Chwefror 23ain. I gael rhagor o wybodaeth, e-bostiwrch mbaines@uwclub.net

Dyddiau i Ffwrdd



*Help urgently needed to coordinate the Away Days Group!
Next trip is to the Port Sunlight Museum and unique soap
factory workers' village.*

Aeth y grŵp Dyddiau i Ffwrdd i ychydig o anhawster tua diwedd y llynedd, ond gobeithio y byddant yn ail-lansio gyda brwdfrydedd newydd y mis hwn. Ysgrifenna Dorothea Harber, Cydlynnydd Grŵp: “Hoffwn ailddechrau Diwrnodau Cwrdd i Ffwrdd o

Brian likened the crust of the earth to an egg shell which, size for size is three times the thickness of the crust, which understandably is prone to cracking. Volcanoes are formed when magma from beneath the earth's crust is forced through the crust. There are three main ways this happens :

- where two tectonic plates converge (the most common occurrence)
- where two tectonic plates diverge at isolated “hot spots” where the magma is unusually close to the earth's surface.

Two examples of hot spot volcanoes are the Hawaiian and the Canary islands. Both comprise an island arc where, in a line, islands have formed through volcanic eruption in different places due to oceanic tectonic plate movements shifting the location of the hot spots. Quiz question : which is the tallest mountain in the world? Not Everest, which may have the highest elevation above sea level, but actually Mauna Kea, the highest point in Hawaii but whose base is far, far below sea level!

Examples of volcanic eruptions formed through diverging plates are particularly found in Iceland which lies astride the mid-Atlantic ridge formed by the pulling apart of the North American and Eurasian plates. Everyone will probably remember the eruptions at Eyjafjallajökull in 2010 which sent up clouds of volcanic ash and disrupted air flights over most of Europe for many days.

Brian went on to describe other forms of volcanic activity where magma from beneath the earth's crust has been pushed upwards underground to form plutons which have since been exposed due to erosion of overlying rocks. Dartmoor, The Cheviots and Arran are good examples of this. With time running out and much more to discuss Brian offered to give another presentation which would particularly look at the most common form of vulcanism – that arising from converging plates.

This month we look forward to welcoming Prof Wyn Hughes again and he will be talking about the geology of the Solomon Isles. This will be in Ruthin Library at 2pm on February 23rd. For more information, email mbaines@uwclub.net

Away Days



*Lady Lever Art Gallery on the Wirral, famous for its collection of
Pre-Raphaelite paintings*

ddiwedd y mis hwn, ac rwy'n gobeithio y gall rhai o'n haelodau tymor hir helpu. Mae hi wedi dod yn fwyfwy anodd rheoli'r holl drefnu a chynllunio ar fy mhen fy hun, a meddwl bod yr amser wedi dod i drosglwyddo'r awenau i rywun newydd. Ond byddaf yn dal yn aelod, a byddaf yma i helpu a chynghori."

Mae Dorothea yn bwriadu ail-lansio'r grŵp gydag ymweliad ar 15 Chwefror i Bentref ac Amgueddfa Port Sunlight (mynediad £7 i rai dros 60 oed), gan gyfarfod yno am 10.30am. Meddai Dorothea: "Mae yna ddigonedd o bethau diddorol i'w harchwilio, gan gynnwys y bythynnod du a gwyn ac Oriel Gelf Lady Lever. Gallem gael cinio yn yr Oriel Gelf neu gaffi'r Ganolfan Arddio gerllaw, gan orffen y diwrnod dros baned o de neu goffi i drafod ble i ymweld yn 2024." Os ydych chi'n meddwl y gallech chi helpu i gydlynu Diwrnodau Cwrdd i Ffwrdd, neu os hoffech chi ddod ar deithiau Diwrnod Cwrdd i Ffwrdd, anfonwch e-bost at Dorothea yn dvharber@yahoo.co.uk

Grŵp Iwcalili

The Pleasant Pluckers Ukulele Band



Free entertainment available for charities and care homes etc.

Any donations given to charity

Contact: Keith Mouldsdale 07950673985 or www.keefiedi@gmail.com
Glenda Dunne www.glen.dunne@btinternet.com

Flyers like this have been spotted in town, including on the Tesco community noticeboard

Mae Keith Mouldsdale yn hoff iawn o'r iwcalili y mae'n ei gario ym Mhanto Chwefror p3o. "Yn wreiddiol roedd yn perthyn i Rose Hislop, sylfaenydd ein Grŵp Ukulele" eglura. "Mae'n arbennig iawn i mi, ac i'r holl Pleasant Pluckers." Mae'r Grŵp Ukulele yn cyfarfod i ymarfer bob dydd Llun o 10-12 yn Neuadd Bentref Llanfair. "Roedden ni'n arfer cyfarfod yng nghartrefi ein gilydd, nes i ni fynd yn rhy fawr," esboniodd Keith. "Does gan y band ddim gigs ar y gweill ar hyn o bryd. Ond rydym bob amser ar gael i chwarae am ddim mewn buddion i elusennau, neu fel adloniant i gartrefi gofal, grwpiau gwirfoddol neu ddigwyddiadau arbennig. Mae unrhyw roddion yn mynd i elusen." I

The Away Days group ran into a little difficulty towards the end of last year, but hopefully will be re-launching with new enthusiasm this month. Dorothea Harber, Group Coordinator, writes: "I would like to re-start Away Days from the end of this month, and am hoping some of our long term members can help out. It has become increasingly difficult to manage all the organising and planning by myself, and think the time has come to hand over to someone new. But I will still remain a member, here to help and advise."

Dorothea plans to relaunch the group with a visit on 15th February to Port Sunlight Village and Museum (entry £7 for over 60's), meeting there at 10.30am. Dorothea says: "There are plenty of interesting things to explore, including the black & white cottages and the Lady Lever Art Gallery. We could have lunch at the Art Gallery or the nearby Garden Centre cafe, finishing the day over a cup of tea or coffee to discuss where to visit in 2024."

If you think you could help coordinating Away Days, or if you would just like to come on Away Day trips, please email Dorothea at dvharber@yahoo.co.uk

Ukulele Group



Keith with a very special ukulele.

Photo: Peter Lund

Keith Mouldsdale is very fond of the ukulele he carries in the February u3a Panto. "It originally belonged to Rose Hislop, the founder of our Ukulele Group" he explains. "It is very special to me, and to all the Pleasant Pluckers." The Ukulele Group meets to practise each Monday from 10-12 in Llanfair Village Hall. "We used to meet in each other's homes, until we got too big," Keith explained. "The band doesn't have any gigs currently planned. But we are always available to play for free at benefits for charities, or as entertainment for care homes, voluntary groups or special events. Any donations go to charity." For information about the Ukulele Group, email Keith at keefiedi@gmail.com

Sustainable Living Group

For our January meeting, 19 members were treated to a rather different experience. This involved a 3 hour, professionally facilitated workshop where, in groups, we used a set of information cards to explore climate change terminology, science, causes, consequences and impacts. The workshop was provided by an organisation called 'Climate Fresk' – yes, a rather unusual name derived from its French

gael gwybodaeth am y Grŵp Ukulele, e-bostiwrch Keith yn keefiedi@gmail.com

Grŵp Byw'n Gynaliadwy



The January meeting was a workshop devised and facilitated by the organization Climate Fresk. Photo: Nick Ward

Ar gyfer ein cyfarfod ym mis Ionawr, cafodd 19 o aelodau brofiad eithaf gwahanol. Roedd hyn yn cynnwys gweithdy 3 awr wedi'i hwyluso'n broffesiynol lle, mewn grwpiau, wnaethom ddefnyddio set o gardiau gwybodaeth i archwilio terminoleg, gwyddoniaeth, achosion, canlyniadau ac effeithiau newid hinsawdd. Darparwyd y gweithdy gan sefydliad o'r enw 'Climate Fresk' – ie, enw eithaf anarferol sy'n deillio o'i darddiad Ffrengig. Dyfeisiwyd y gweithdy yn Ffrainc, ond mae bellach wedi'i gyflwyno mewn 156 o wledydd, mewn dros 45 o ieithoedd!

Dysgon ni am y berthynas gymhleth rhwng achosion ac effeithiau o ran newid hinsawdd. A bu inni archwilio'r hyn y gall unigolion ei wneud, yn amrywio o hawdd i anodd ei weithredu, ac effaith isel i uchel. Roedd rhywbeth at ddant pawb yn y gweithdy hwn, beth bynnag fo lefel eu gwybodaeth flaenorol.

Bydd cyfarfodydd sydd i ddod yn rhoi sylw i adfer afonydd yn y Fro; gwaith Cyfoeth Naturiol Cymru; cynlluniau ar gyfer newidiadau i Neuadd y Dref Rhuthun; heriau newid ymddygiad mewn perthynas â newid hinsawdd; gwaith Dŵr Cymru; a sesiwn gobeithio gyda planetarium symudol, pan fyddwn yn clywed pa mor bwysig yw tywyllwch i lawer o'n bywyd gwyllt, a'r hyn y gallwn ni i gyd ei wneud i helpu.

Mae croeso i unrhyw aelod u3a i'n cyfarfodydd. Cysylltwch â Carol Ward ar 07971 442246 neu welshwardies@outlook.com

Cynghorion Gwyrdd

Pawb yn caru Diwrnod Crempog! Roedd dydd Mawrth Ynyd unwaith yn gyfle olaf i orfwyta mewn bwydydd sy'n cynnwys menyf, llaeth ac wyau cyn ymwrthod a nhw am 40 diwrnod penyd y Grawys. Mewn llawer o

origins. The workshop was devised in France, but has now been delivered in 156 countries, in over 45 languages!

We learned about the complex relationships between



*This exercise matched causes and effects of climate change
Photo: Nick Ward*

causes and effects with respect to climate change. And we explored what individuals can do, ranging from easy to hard to implement, and low to high impact. There was something for everyone in this workshop, whatever their prior level of knowledge.

Forthcoming meetings will be covering river restoration in the Vale; the work of Natural Resources Wales; plans for the alterations of Ruthin Town Hall; the challenges of behaviour change with respect to climate change; the work of Welsh Water; and hopefully a session with a mobile planetarium, when we will hear how important darkness is to much of our wildlife, and what we can all do to help.

Any u3a member is welcome to our meetings. Contact Carol Ward on 07971 442246 or welshwardies@outlook.com

Green Tips



13th February is Pancake Tuesday!

Everyone loves Pancake Day! Shrove Tuesday was once a last opportunity to over-indulge in foods containing butter, milk and eggs before giving them up for the 40 penitent days of Lent. In many countries, Pancake Day is "Carnival" – from the Medieval Latin *carnelevamen* ("putting away of flesh") after which comes 40 days abstinence from meat. The last

Everyone loves Pancake Day! Shrove Tuesday was once a last opportunity to over-indulge in foods containing butter, milk and eggs before giving them up for

wledydd, "Carnifal" yw Diwrnod Crempog - o'r carnelevamen Lladin Canoloesol ("rhoi cnaud i ffwrdd") ac ar ôl hynny daw 40 diwrnod o ymatal rhag cig. Y wledd grempog olaf cyn 6 wythnos o ymprydio, mewnsyllu a myfyrto!



The Fight Between Carnival and Lent.

Pieter Bruegel the Elder: 1559

Y dyddiau hyn, yn ein hoes o or-fodddhad parhaol i bob golwg, mae'r Garawys wedi dod yn ffasiynol unwaith eto, wrth i gymhelliant i gollir pwysi a syrthni hynny ar ôl i'r bocsys o siocledi Nadolig a photel olaf o Baileys ddod yn atgofion pell. Pa bynnag arwyddocâd ysbrydol y gallwn ei roi neu beidio, mae'r Garawys yn dal i fod yn gyfle i arbrofi gyda ffordd symlach o fyw. Mae consensws cynyddol bod bwyta cig, yn enwedig cig a gynhyrchir yn ddiwydiannol, yn ddrwg i'r amgylchedd. Dywed y Pwyllgor Newid Hinsawdd fod gwartheg yn brif ffynhonnell nwyon sy'n gwresogi'r blaned. Dywed Greenpeace fod coedwigoedd yn Ne America yn cael eu dinistrio i gynhyrchu ffa soia ar gyfer porthiant anifeiliaid. Mae'r cyfnodolyn meddygol The Lancet yn dweud bod bwyta cig coch, wedi'i brosesu, a chig sy'n llawn nitraid/nitrad yn arbennig yn niweidio ein hiechyd.

Beth bynnag yw ein barn ar fwyta cig, dywed y GIG fod y cymeriant dyddiol delfrydol o galoriau yn dibynnu ar ffactorau fel oedran, metaboledd a gweithgaredd corfforol. Yn gyffredinol, y cymeriant calorïau dyddiol a argymhellir yw 2,000 o galoriau y dydd i fenywod a 2,500 i ddynion. Yn gyffredinol, mae'r rhan fwyaf ohonom yn cymryd llawer mwy na hyn bob dydd. Mae 1,274 kcals mewn brecwast mawr Wetherspoons (ychwanegwch 102 kcals ar gyfer cappuccino i gyd-fynd ag ef). Mae'r rhan fwyaf o'r calorïau diangen hynny, yn aml o fwydydd wedi'u prosesu'n helaeth, yn gorffen fel braster mewn mannau lle nad yw ein corff yn ei ddymuno mewn gwirionedd. Mae'r hyn na allwn ei orffen yn dod yn wastraff bwyd.

Felly efallai y gall y Diwrnod Crempog hwn fod yn ddrws i arbrawf personol 40 diwrnod ar fyw yn symlach, yn fwy meddylgar, yn fwy iach. Efallai y byddwn yn darganfod yr hoffem wneud rhai o'r newidiadau yn barhaol. Ac os ydym yn gwrando, bydd ein corff - a'n blaned - yn diolch i ni!

Grŵp Snwcer "Newydd"

Ysgrifenna Phil Webb, ein swyddog cyswllt yn

pancake feast before 6 weeks of contemplative fasting, introspection and reflection!



"Serving suggestion!"

Nowadays, in our age of seemingly permanent over-indulgence, Lent has become fashionable again, as motivation to

lose those pounds and lethargy after the boxes of Christmas chocolates and last bottle of Baileys become distant memories. Whatever spiritual connotations we may or may not give it, Lent is still an opportunity to experiment with a simpler lifestyle. There is a growing consensus that eating meat, especially industrially produced meat, is bad for the environment. The Climate Change Committee says that cattle are a major source of planet-heating gases. Greenpeace says that forests in South America are being destroyed to produce soybeans for animal feed. The medical journal The Lancet says that consumption especially of red, processed, and nitrite/nitrate-rich meat is damaging our health.

Whatever our views on meat eating, the NHS says the ideal daily intake of calories depends on factors such as age, metabolism and physical activity. Generally, the recommended daily calorie intake is 2,000 calories a day for women and 2,500 for men. In general, most of us take in far more than this every day. There are 1,274 kcals in a Wetherspoons large breakfast (add 102 kcals for a cappuccino to go with it). Most of those unnecessary calories, often from ultra-processed foods, finish up as fat in places where our body really does not want it. What we can't finish becomes food waste.

So maybe this Pancake Day can be the doorway to a 40 day personal experiment in living more simply, more thoughtfully, more healthily. Maybe we'll discover that we would like to make some of the changes permanent. And if we are listening, our body – and our planet - will thank us!

"New" Snooker Group



Greg would like to get playing again, but needs others to join him! Photo: Peter Lund



A born again Snooker Group in Llanfair Village Hall?

Photo: Peter Lund

gyda thâl o £2.50 yr un am y sesiwn. Rydym wedi cael ymholiad gan aelod sydd eisiau chwarae'n rheolaidd, ond ar hyn o bryd does neb arall yn chwarae." Byddai Phil yn gweithredu fel Cydlynnydd Grŵp Snwcer oni bai bod aelod arall yn cynnig cymryd drosodd y rôl. Os nad yw dydd lau yn gyfleus, mae amser cyfarfod arall ar brynhawn Gwener yn bosibl. Am ragor o wybodaeth, cysylltwch â Phil ar philandmarionwebb@gmail.com

Grŵp Beicio "Newydd"?

Pan ymunodd Des James â u3a Rhuthun, un o'r pethau cyntaf yr edrychodd amdano oedd Grŵp Beicio. Roedd yn siomedig i ddarganfod nad yw'r grŵp wedi cyfarfod ers sawl blwyddyn, sydd i bob pwrpas yn golygu ei fod wedi'i ddiddymu. Mae Des yn feiciwr brwd, ar ôl bod yn ysgrifennydd CTC Wrecsam (Cycling Touring Club, fel y'i gelwid bryd hynny), ac felly mae ganddo brofiad sylweddol mewn rhedeg grwpiau. Hoffai ail-ddechrau ein Grŵp Beicio. Mae'n gweld y grŵp yn "beicio hawdd" cymdeithasol – cyfarfod yn Rhuthun a dilyn lonydd lleol a llwybrau beicio, gan fynd ar gyflymder y beiciwr arafaf. Byddai croeso i bob math o feiciau – ffordd, llwybr, trydan, tandem, treiciau a beiciau un olwyn! Mae'n debyg na fydd y grŵp yn cychwyn tan ddiwedd mis Mawrth neu fis Ebrill pan ddaw'r tywydd gwell, ond yn y cyfamser, i gofrestru eich diddordeb, e-bostiwch DesJames@btconnect.com

Grŵp Sw Newydd?



See you later alligator? In the tropical house of Chester Zoo...

Photo: Peter Lund

A ydych yn aelod o Sw Caer, ond yn gweld mai anaml y byddwch yn gwneud y 4 ymweliad y flwyddyn sydd eu hangen i adennill cost aelodaeth? Mae mynediad sengl yn costio £27.27 (heb gymorth rhodd) ac aelodaeth flynyddol yn £99 (gydag awto-adnewyddu). Felly beth am Grŵp Sw u3a, yn bennaf ar gyfer aelodau Sw Caer (er byddai croeso hefyd i bobl sy'n

Phil Webb, our Neuadd Eleanor liaison, writes: "Is there anyone interested in playing snooker on Thursday afternoons, 2-4 pm, in Llanfair Village Hall? Two snooker tables are available and all equipment is supplied, with a charge of £2.50 each for the session. We have had an enquiry from a member wanting to play regularly, but currently there is no one else playing." Phil would act as Snooker Group Coordinator unless another member offers to take over the role. If Thursdays are not convenient, an alternative meeting time on Friday afternoons is possible. For more information, contact Phil at philandmarionwebb@gmail.com

"New" Cycling Group?



Des James is proposing bringing back the Cycling Group.

Photo: Peter Lund

When Des James joined Ruthin u3a, one of the first things he looked for was a Cycling Group. He was disappointed to discover that the group has not met for several years, which in effect means that it has been disbanded. Des is a keen cyclist, having previously been secretary of Wrexham CTC

(Cycling Touring Club, as it was then known), so has considerable experience in running groups. He would like to re-start our Cycling Group. He sees the group as being social "easy cycling" – meeting in Ruthin and following local lanes and cycle routes, going at the speed of the slowest rider. All kinds of cycles would be welcome – road, trail, electric, tandems, trikes and unicycles! The group probably won't start until late March or April brings better weather, but meanwhile, to register your interest, please email DesJames@btconnect.com

New Zoo Group?

Are you a member of Chester Zoo, but find you rarely make the 4 visits a year needed to recoup the cost of membership? Single entry costs £27.27 (without gift aid) and annual membership is £99 (with auto-renewal). So how about a u3a Zoo Group, mainly for members of Chester Zoo (though people happy to pay the day ticket would also be welcome), which visits a few times a year (outside of school holidays), and where visiting the Zoo is an excuse to enjoy the company of u3a friends? We would look out for interesting talks, events and offers; share cars if wanted; and agree meeting places (such as the coffee shop outside the gates). If interested, please email peter.lund@btinternet.com

fodlon talu'r tocyn dydd), sy'n ymweld ychydig o weithiau'r flwyddyn (tu allan i wyliau ysgol), a ble mae ymweld â'r Sŵ yn esgus i fwynhau cwmni ffrindiau u3a? Byddem yn cadw llygad am sgyrsiau, digwyddiadau a chynigion diddorol; rhannu ceir os dymunir; a chytuno ar fannau cyfarfod (fel y siop goffi y tu allan i'r giatiau). Os oes gennych ddi-ddordeb, e-bostiwch peter.lund@btinternet.com

Cyfarfod Cyffredinol

Ailddechreuodd y Cyfarfodydd Cyffredinol ar ddydd Mawrth olaf Ionawr yn y Clwb Rygbi, a chafwyd anerchiad hynod ddiddorol ar dai hanesyddol Rhuthun. Disgrifiodd y siaradwyr gwadd Gareth Evans a Fiona Gale y technegau arloesol o ddendrocronoleg a ddefnyddiwyd yn eu prosiect ymchwil a chadwraeth unigryw. Yr adeilad hynaf y maent wedi'i nodi hyd yn hyn yw Gorphwysfa, drws nesaf i Nantclwyd y Dre, a ddyddiwyd ganddynt i 1414. Datgelwyd bod ganddyn nhw dechnegau adeiladu hynafol gan ddefnyddio derw gwyrddlas a dyfwyd yn lleol; darganfod marciau seiri ar fframiau pren a ddefnyddiwyd yn y rhagosod; archwilio'r unig fynedfa â gatiâu hysbys i'r dref (Porth y Dŵr); a darganfod sut roedd yr "Hen Lys" ar un adeg yn cynnwys 15 o siopau ar ei lawr gwaelod! Fe wnaethon nhw hefyd chwalu nifer o fythau poblogaidd am rai tai. Nid yw oedran datgeledig y Myddleton Arms (am gyfnod hir heb ei enwi, ac a elwid wedyn y Ceffyl Gwyn) yn cyd-fynd â'r dyddiadau a hawliwyd gan Syr Hugh Myddleton. Ac fe gafodd Siop Nain, yr honnir iddi orosi tanau Owain Glyndŵr, ei hadeiladu ym 1479 – ymhell ar ôl tranc y tywysog Cymreig! Y Cyfarfod Cyffredinol nesaf fydd ein Pantomeim (gweler isod).

Rhuthun u3a Pantomeim



The Panto crew in rehearsal in Llanfair. The main event takes place in the Rugby Club on 27th February. Photo: Peter Lund

Bydd Cyfarfod Cyffredinol y mis hwn ar ddydd Mawrth 27 Chwefror yn cynnwys y Pantomeim p3o y bu disgwyl mawr amdano, "Dick Whittington Returns". Dywedodd Mike Van Der Eijk, cyfarwyddwr panto a Dirprwy Gadeirydd p3o Rhuthun (braidd yn dafod yn

General Meeting



Fiona Gale and Gareth Evans used tree ring dating technology on the timbers of Ruthin's oldest houses. Photo: Peter Lund

General Meetings resumed on the last Tuesday of January in the Rugby Club, with a very well attended and fascinating talk on the historic houses of Ruthin. Guest speakers Gareth Evans and Fiona Gale described the innovative techniques of dendrochronology used in their unique research and conservation project. The oldest building they have identified so far is Gorphwysfa, next to Nantclwyd y Dre, which they dated to 1414. They uncovered ancient building techniques using locally grown greenwood oak; discovered carpenters' marks on wooden frames used in pre-assembly; explored the only known gated entrance to town (Porth y Dwr); and discovered how the "Old Courthouse" at one time included 15 shops on its ground floor! They also debunked several popular myths about some houses. The revealed age of the Myddleton Arms (for a long time unnamed, and then called the White Horse) do not fit the dates claimed by Sir Hugh Myddleton. And Siop Nain, claimed to have survived the fires of Owain Glyndŵr, was actually built in 1479 – long after the demise of the Welsh prince!

The next General Meeting will be our Pantomime (see below).

Ruthin u3a Pantomime

This month's General Meeting on Tuesday 27th February will feature the much anticipated u3a Pantomime, "Dick Whittington Returns". Mike Van Der Eijk, panto director and Deputy Chair of Ruthin u3a, said (somewhat tongue in cheek), "It's not just a pantomime; it's a stunning, spectacular extravaganza!" Eleven u3a members, including the 8 cast members, have been working on the piece for several months. "It's been evolving week by week as we make changes and incorporate new ideas," said Mike. The story is a mash-up between Dick Whittington and Puss in Boots, with a Fairy Godmother thrown in for good measure. If it is successful, and more members want to join, it could be the start of regular productions throughout the year. "The U3A pantomime is having its world premiere at Ruthin Rugby Club," added Mike. "With the script artfully crafted by all members of the Panto Group along with set, props and costumes, it is truly homemade. So

y boch), "Nid pantomeim yn unig mohono; mae'n strafagansa syfrdanol, ysblennydd!" Mae un ar ddeg o aelodau u3a, gan gynnwys yr 8 aelod o'r cast, wedi bod yn gweithio ar y darn ers sawl mis. "Mae wedi bod yn esblygu o wythnos i wythnos wrth i ni wneud newidiadau ac ymgorffori syniadau newydd," meddai Mike. Mae'r stori yn gyfuniad rhwng Dick Wittington a Puss in Boots, gyda Mam Fedydd Tylwyth Teg yn cael ei thafu i mewn i fesur da. Os yw'n llwyddiannus, a mwy o aelodau eisiau ymuno, fe allai fod yn ddechrau cynyrchiadau rheolaidd drwy gydol y flwyddyn. "Mae pantomeim U3A yn cael ei première byd yng Nghlwb Rygbi Rhuthun," ychwanegodd Mike. "Gyda'r sgript wedi'i saerïo'n gelfydd gan holl aelodau'r Grŵp Panto ynghyd â set, propiau a gwisgoedd, mae'n wirioneddol gartrefol. Felly dewch draw i fwynhau'r chwerthin a'r holl hwyl!" Drysau yn y Clwb Rygbi yn agor am 10yb; y sioe yn dechrau am 10.30.

Newyddion Pwyllgor

Ailddechreuodd cyfarfodydd pwyllgor ym mis Ionawr yn Neuadd Bentref Llanfair ar ôl toriad mis Rhagfyr. Roedd Donna Thompson yn bresennol fel gwahoddiad, a chafodd ei chyfethol i mewn fel aelod newydd. Bydd nifer o swyddogion yn rhoi'r gorau i'w rolau Pwyllgor yn y Cyfarfod Cyffredinol Blynnyddol y gwanwyn hwn, a bydd angen pleidleisio i ragor o swyddogion.



Phil points out the new display boards now available for groups to borrow. To pick one up, email philandmarionwebb@gmail.com

Photo: Peter Lund

Amlygodd adroddiad y Trysorydd gost uchel postio ac inc argraffydd i aelodau na allant gael mynediad i'r Cylchlythyr drwy e-bost. Atgoffir aelodau sy'n gallu mynd ar-lein, ond na allant gael mynediad i'r ddolen e-bost, fod y 3 rhifyn diweddaraf o'r Cylchlythyr ar gael ar wefan u3a Rhuthun a'r Cylch. Bellach mae gennym 258 o aelodau, a chytunwyd y bydd y tâl aelodaeth yn parhau i fod yn £15 am y flwyddyn i ddod.

Cyfraniadau Cylchlythyr



Anfonwch straeon a lluniau o weithgareddau grŵp diweddar neu gyfarfodydd sydd ar ddod i'w cynnwys yn y rhifyn nesaf. Gwerthfawrogir pan ddaw cyfraniadau i mewn yn gynnar, gan osgoi rhuthr munud olaf ar ddiwedd y mis! Gallwch anfon adroddiadau neu luniau i peter.lund@btinternet.com

come along and enjoy the laughs and all the fun!"



The rehearsal after the January General Meeting was the first chance to try out the Rugby Club venue. Photo: Peter Lund

Doors at the Rugby Club open at 10am; the show starts at 10.30.

Committee News



New Committee member Donna Thompson

Committee meetings resumed in January at Llanfair Village Hall after the December break. Donna Thompson attended as an invitee, and was co-opted in as a new member. Several officers will be standing down from their Committee roles at the AGM this Spring, and more officers will need to be voted in.

The Treasurer's report highlighted the high cost of postage and printer ink for members who cannot access the Newsletter by email. Members who are able to go on line, but who cannot access the email link, are reminded that the 3 most recent issues of the Newsletter are available on the Ruthin & District u3a website. We now have 258 members, and it was agreed that the membership fee will remain at £15 for the coming year.

Newsletter Contributions

Please send stories and pictures of recent group activities or upcoming meetings for inclusion in the next issue. It is appreciated when contributions come in early, avoiding a last minutes rush at the very end of the month! You can send reports or photos to peter.lund@btinternet.com





Bellach mae 140 o aelodau o grŵp Facebook u3a Rhuthun a'r Cylch, sydd wedi bod yn mynd bron mor hir â'r u3a corfforol gwirioneddol. Ar gyfartaledd, mae rhwng 50 a 90 o bobl yn gweld postiau, er mai dim ond llond llaw sy'n cyfrannu'n rheolaidd. Gall unrhyw un ohonom bostio eitemau a allai fod o ddiddordeb i aelodau eraill yn eich barn chi. Rydym yn dibynnu ar gyfraniadau aelodau, boed yn lun, stori, sylw, neu ddim ond "hoffi". Felly mae croeso i chi neidio i mewn!

Peter Lund
Golygydd y Cylchlythyr



There are now 140 members of the Ruthin & District u3a Facebook group, which has been going almost as long as the actual physical u3a. On average, posts are viewed by between 50 and 90 people, although only a handful are regular contributors. Any of us can post items which you think might be of interest to other members. We rely on member contributions, whether it's a photo, story, comment, or just a "like". So feel free to jump in!

Peter Lund
Newsletter Editor

