



CYLCHLYTHYR RHUTHUN

RHIFYN 105, MAWRTH 2024



Neges gan ein Cadeirydd



Helo ffrindiau,
Sut ydych chi'n goroesi'r tywydd oer, llaith hwn? Gwn mai dim ond dechrau mis Mawrth yw hi, ond rwy wedi blino ar y gaeaf! Mae bob amser yn wych gweld pawb yn ein cyfarfod misol ac nid oedd mis Chwefror yn eithriad. Cawsom fore llawn hwyl wrth i gast ein pantomeim ein hunain ein harwain trwy gyfarfod hudolus Dick Whittington a Princess Lovely. Chwerthin o'r cychwyn cyntaf oedd hi gyda'r cast yn cael ei ysgogi'n addas gan Guy, ein cynhyrhydd ein hunain. Llongyfarchiadau i'r cast i gyd, staff yr ystafell gefn, Buddug ein pianydd, a Dave ein heffeithiau sain. Gallwn nawr edrych ymlaen at y gwanwyn - a thywydd cynhesach gobeithio. Mae ein niferoedd yn dal i dyfu, a braf oedd gweld mwy o ddynion yn y gynulleidfa! Dyna i gyd am y tro, felly daliwch ati i ddod i'n cyfarfodydd grŵp ac, yn bennaf oll, ein cyfarfodydd misol! Welwn ni chi fis nesaf...

Jack Shakespeare

Pantomeim



Taking a bow at the end of the show. Photo: Jennifer Longhurst

Cyrhaeddodd y Panto u3a hir-ddisgwylidig o'r diwedd yn y Clwb Rygbi ar 27ain Chwefror, gydag awr ddifyr, llawn hwyl a chwerthin ac anhrefn trefnus, o flaen cynulleidfa werthfawrogol lawn. Gyda gwisgoedd lliwgar, jôcs amheus, a llawer o frwdfrydedd, roedd y cynhyrchiad cartref yn ganlyniad llwyddiannus misoedd o gydweithio creadigol rhwng aelodau'r cast a'r criw cefn llwyfan. Roedd yr arwyr yn cael eu calonogi a dihirod yn cael eu bwio; llinellau

RUTHIN NEWSLETTER

ISSUE 105, MARCH 2024



Message from our Chair



Hello friends,
How are you surviving this cold, damp weather? I know that it is only the beginning of March, but I am sick of winter! It is always great to see everyone at our monthly meeting and February was no exception. We were treated to a fun packed morning as the cast of our own pantomime led us through the magical meeting of Dick Whittington and Princess Lovely. It was laughter from the word go with the cast being suitably prompted by Guy our very own producer. Congratulations to all the cast, the backroom staff, Buddug our pianist, and Dave our sound effects man. We can now look forward to spring - and hopefully warmer weather. Our numbers are still growing, and it was nice to see more gentlemen in the audience! That's about all for now, so please keep coming to our group meetings and, most of all, our monthly meetings! See you next month...

Jack Shakespeare

Pantomime



*Princess Lovely and her over-sized yoyo
Photo: Jennifer Longhurst*

The long-awaited u3a Panto arrived at last in the Rugby Club on 27th February, with a fun-filled entertaining hour of laughter and organized chaos, in front of a packed appreciative audience. With colourful costumes, dodgy jokes, and lots of enthusiasm, the homespun production was the successful result of months of creative collaboration between cast members and back-stage crew. Heroes were cheered and villains booed; forgotten lines greeted with appreciative laughter; and everyone was

wedi'u hanghofio yn cael eu gwerthfawrogi gyda hwyl. Roedd pawb yn rhan o'r hud a'r ysbryd cymunedol. Pob clod i'r crewyr, y cast a'r criw!



Backstage with the Dame.
Photo: Jennifer Longhurst

Cast:
Keith Mosedale ... *Dick Whittington*
Annie Yaxley... *Tylwyth Teg*
Dee Millennas... *Tywysoges Hyfryd*
Kate Alston... *Brenhines*
June Hughes... *Brenin*
Hazel Thackray... *Catalonius*
Phil Webb... *Y Fonesig Consuela*
Maria Lucas *Snifel*
Cefn llwyfan:
Helen Mawdsley... *Rheolwr Llwyfan*
Bethan Welch... *Llaw gefn llwyfan*
Jill Jones... *Technegydd*

llaw a phropiau cefn llwyfan

Effeithiau Cerddoriaeth a Sain:

Buddug Pritchard a Dave Hislop

Cynhyrhydd: Mike Van Der Eijk

Grŵp Blodau



Daffs in a yellow watering can
Photo: Diane Mouldsdale

Cyfarfu'r Grŵp Blodau fore Gwener 16 Chwefror i greu trefniant "Dydd San Ffolant" neu "Addewid Gwanwyn". Er bod niferoedd wedi lleihau ychydig, fe wnaethom rai creadigaethau ysbrydoledig. Os hoffech alw heibio i'n sesiwn nesaf i weld beth rydym yn ei wneud, bydd croeso mawr i chi. Mae'r grŵp yn agored i unrhyw un sy'n mwynhau blodau. Dim beirniadu - jest joi!

Cynhelir y cyfarfod nesaf am 10.45 dydd Gwener 15fed Mawrth yn Neuadd Bentref Llanfair (Neuadd Eleanor) gyda thema'r Pasg. Gobeithio y gallwch chi ei wneud! Am ragor o wybodaeth, e-bostiwch Dian Mouldsdale ar nana47@gmail.com

Pétanque

Ar ôl cyfnod oedd yn teimlo fel tragwyddoldeb, daeth y glaw i ben yn ddigon hir i ganiatáu i 10 chwaraewr pétanque ymgynnull ar dir y Clwb Rygbi ar gyfer yr hyn a drodd yn gêm a ddaeth i ben dan frathu ewinedd. Gyda merched yn erbyn dynion, a sgôr o 12-12, daeth y taflriad olaf â nanomedr anwahanadwy i'r

caught up in the magic of good-natured community spirit. All credit goes to the creators, cast and crew!



Classic cream pie moment.
Photo: Jennifer Longhurst

Bethan Welch... *Backstage hand*

Jill Jones... *Backstage hand and props technician*

Music & Sound Effects:

Buddug Pritchard and Dave Hislop

Producer: Mike Van Der Eijk

Cast:

Keith Mosedale... *Dick Whittington*
Annie Yaxley... *Fairy Godmother*
Dee Millennas... *Princess Lovely*
Kate Alston... *Queen*
June Hughes... *King*
Hazel Thackray... *Catalonius*
Phil Webb... *Dame Consuela*
Maria Lucas *Snivel*

Backstage:

Helen Mawdsley... *Stage Manager*

Flower Group



Catkins bring the first welcome promise of Spring.
Photo: Diane Mouldsdale

The Flower Group met the Friday morning of 16th February to create either a "Valentine's Day" or "A Promise of Spring" arrangement. Although a little depleted in numbers, we did some inspirational creations. If you would like to drop in to our next session to see what we do, you will be very welcome. The group is open to anyone who enjoys flowers. No judging - just enjoying!

The next meeting is 10.45 Friday 15th March at Llanfair Village Hall (Neuadd Eleanor) with the theme of Easter. Hope you can make it! For more information, email Dian Mouldsdale at nana47@gmail.com

Pétanque

After what felt an eternity, the rains stopped long enough to allow 10 pétanque players to gather on the Rugby Club terrain for what turned out to be a game with a nail biting finish. With ladies versus men, and a score of 12-12, the final throw brought the two closest boules an indistinguishable nanometre apart from the jack. This time technology, in the form of Charles' measuring app, failed; even Peter's usually trusty



Gary Teeson organised resurfacing the pétanque terrain after the heavy winter rains. Photo: Jack Shakespeare

Yr wythnos ganlynol, trefnodd Garry Teeson, a adeiladodd y tir yn wreiddiol, ei ail-wynebu i ddatrys yr ymsuddiant a oedd yn effeithio ar gemau. Denodd y canlyniad rai adolygiadau cymysg, gyda gwerthfawrogiad o haelioni'r gwaith dan sylw, ynghyd â sylwadau am yr arwyneb tywodlyd, meddalach.



Tony pitches in the first game on the terrain's new surface. Photo: Peter Lund

Amser a ddengys wrth i'r wyneb newydd wasgu i lawr. I gael gwybodaeth am y grŵp Pétanque, e-bostiwch jackshakespeare35@gmail.com

Grŵp Cerdded Lefel Isel (Ail Ddydd Gwener)



Guy Alford gives encouragement to walkers making their way along the swollen Erddig river. Photo: Moyra Baldwin

Roedd dydd Gwener 9 Chwefror yn nodi taith gerdded gyntaf y flwyddyn y grŵp. Croesawyd 3 aelod newydd i'r grŵp. Aelod newydd, Peter Ryder, oedd yn arwain y daith gerdded yng nghoetiroedd Erddig gydag 11 o gerddwyr yn archwilio ardal nad ydym wedi cerdded o'r blaen. Nid oedd rhagolygon y tywydd yn wych. Ar ôl glaw trwm yn ystod yr wythnos ac eira ar y dydd lau, daethom ar draws mwd, glannau afonydd chwyddedig a llwybrau dan ddŵr a oedd angen 'ailfeddwl' am y llwybr yn ogystal â dargyfeirio. Ond roedd hi'n daith bleserus o 4 milltir, gyda geogelc

tape measure withdrew into its spool and refused to come out. The only thing to do was to acknowledge an honourable draw – the first time in the history of the Ruthin Raiders!

The following week, Garry Teeson, who originally constructed the terrain, organised its resurfacing to



Another classic tailgate party celebrates the return of Pétanque after a break enforced by stormy weather. Photo: Gill Wheatley

resolve the subsidence that was affecting games. The result drew some mixed reviews, with appreciation of the generosity of the work involved, tempered with comments about the softer, sandy surface. Time will tell as the new surface beds down. For information about the Pétanque group, please email jackshakespeare35@gmail.com

Low Level (Second Friday) Walking Group



Recent heavy rains made the spectacular "Cup & Saucer" even more fearsome. Photo: Moyra Baldwin

Friday 9th February marked the group's first walk of the year. We welcomed 3 new members to the group. New member, Peter Ryder, led the walk in Erddig woodlands with 11 walkers, exploring an area we've not walked before. The weather forecast was not bright. After heavy rain during the week and snow on the Thursday, we encountered mud, swollen riverbanks and flooded paths that required a 'rethink' of the route as well as a detour. But it was an enjoyable 4 mile walk, with a surprise geocache and spectacular flooded 'Cup and Saucer cascade' (inflow to a hydraulic ram) on the Erddig estate, followed by lunch at Hickory's Smokehouse. Some energetic members separated off to have their own packed lunches at Llanfair Village Hall, where they re-fuelled ready for an afternoon of Rusty Badminton! Our thanks to Peter for an interesting walk.

Our next walk will be on 8th March, meeting near the Chain Bridge Hotel in Llangollen. For more

syrpreis a 'rhaeadr Cwpan a Soser' (mewnllif i hwrdd hydrolog) dan ddŵr ar stad Erddig. Wedyn, cawsom ginio yn Hickory's Smokehouse. Gwahanodd rhai aelodau egniol i gael eu pecynnau bwyd eu hunain yn Neuadd Bentref Llanfair, lle buont yn ail-danio yn barod ar gyfer prynhawn o Rusty Badminton! Diolch i Peter am daith gerdded ddiddorol.

Bydd ein taith gerdded nesaf ar 8 Mawrth, gan gyfarfod ger Gwesty'r Chain Bridge yn Llangollen. Am ragor o wybodaeth, cysylltwch â Moyra yn moyrachris@hotmail.co.uk

Grŵp Cerdded Bryniau



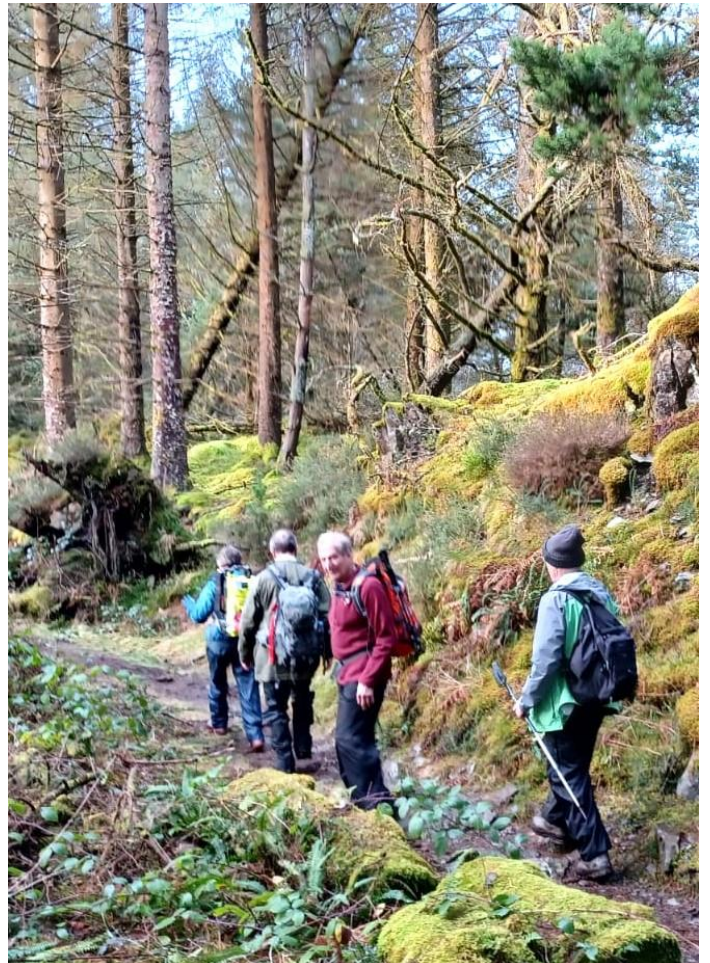
Crossing the racing Afon Llugwy over the Miners' Bridge
Photo: Berwyn Roberts

Roedd ein llwybr bryniau ym mis Chwefror yn llwybr cylchol yn cychwyn ym Metws y Coed ac yn dringo i Llyn Elsi, gan obeithio am olygfeydd godidog o'r olygfan hon. Cyfarfu deuddeg cerddwr ym Metws y Coed, gan groesawu un aelod newydd i'r grŵp. Gan gymryd Llwybr y Jiwbilî, roedd y ddringfa gychwynnol yn serth - i fyny grisiau i lwybrau coedwig anwastad, cul, creigiog a llwybrau troed a oedd yn llithrig a dyrys, ac yna'n fwdlyd. Cyrhaeddodd y gofgolofn yn Llyn Elsi a stopio am ychydig, yna parhau o gwmpas y llyn a

information, contact
moyrachris@hotmail.co.uk

Moyra at

Hillwalking Group



Up the Jubilee Path through the forest above Betws y Coed
Photo: Berwyn Roberts

Our hillwalk in February was a circular route starting in Betws y Coed and climbing to Llyn Elsi, hoping for stunning views from this vantage point. Twelve walkers met in Betws y Coed, welcoming one new member to the group. Taking the Jubilee Path, the initial climb was steep - up steps onto uneven, narrow, rocky forest trails and footpaths that were slippery and tricky, then muddy. We reached the monument at Llyn Elsi, stopped for a short break, then continued around the lake and over the hills along paths that varied from wide to narrow, with only two stiles and a few gates. At the time the weather turned into a drizzle a relatively sheltered spot was found for lunch. We then descended into the Llugwy valley and crossed the river over the replica which recently replaced the historic Miners' bridge, returning to Betws y Coed through the woods alongside the river.

This was a shortish walk, but of moderate difficulty owing to the terrain. It was led by Moyra, assisted by walkers' GPS gadgetry, good humour and support. The main challenge was the long downhill section, very uneven underfoot, which was tough even on the best of knees! On a clearer day we would have been

thros y bryniau ar hyd llwybrau a oedd yn amrywio o lydan i gul, gyda dim ond dwy gamfa ac ambell i giât. Pan drodd y tywydd yn law man darganfuwyd lle gweddol gysgodol ar gyfer cinio. Yna disgynnom i ddyffryn Llugwy a chroesi'r afon dros yr atgynhyrchiad a gymerodd le pont hanesyddol y Mwynwyr yn ddiweddar, gan ddychwelyd i Fetws y Coed drwy'r coed ar hyd yr afon.

Taith gerdded fer oedd hon, ond o anhawsder cymedrol oherwydd y tir. Cafodd ei arwain gan Moyra, gyda chymorth teclyn GPS cerddwyr, hiwmor da a chefnogaeth. Y brif her oedd y darn hir i lawr yr allt, anwastad iawn dan draed, a oedd yn anodd hyd yn oed ar y pengliniau gorau! Ar ddiwrnod cliriach byddem wedi gallu mwynhau golygfeydd hyfryd o fryniau Eryri! I gael gwybodaeth am y grŵp hwn, cysylltwch â jillandraymond@tiscali.co.uk

Cerdded gyda Chŵn

Ar Chwefror 7fed, aeth pum cerddwr dynol gyda'u cŵn am dro ar hyd yr afon yn Loggerheads. Roedd heulwen fendigedig y Gwanwyn yn golygu nad oedd angen cotiau, ac roedd llif y felin yn llawn - pleser i'w weld! Yn ôl yr arfer, roedd cŵn (a pherchnogion) i gyd yn dod ymlaen yn dda. Cŵn y dydd oedd milgwn Jean Cookie a Zara; miniatur Gill a Charles, Jack Russells, Meg a Jess; a sbaniel bach gwallt du Rose, Betsy. Cawsom ein hegwyl arferol o de a bisgedi, a mwynhaodd Strollers luniaeth ar ôl y daith gerdded yng Nghaffi Florence Loggerheads, lle'r oedd y cŵn yn cael eu hedmygu a'u hadfywio hefyd. Mae teithiau cerdded yn cael eu trefnu yn agos at y dyddiad ar hyn o bryd, gyda golwg ar ragolygon y tywydd. Am fwy o wybodaeth cysylltwch â Jean ar jeanleith@hotmail.co.uk

Dechreuwy'r Sbaeneg



Jennifer's painting of Ruthin Castle by Julia Colclough was delivered at the start of the Spanish meeting. Photo: Peter Lund

Dim ond 4 amigos a gyrhaeddodd y cyfarfod cyntaf ym mis Chwefror, ond daeth yn llawn ffeithiau bywiog a llawn hwyl, wrth i Marion ein difyrru gyda gêm gof heriol yn seiliedig ar fwydlen a ddaeth yn ôl o'i hantur yn Costa Rica.. Bythefnos yn ddiweddarach, cyfarfu'r artist Julia Colclough â Jennifer wrth y drws, gan

able to enjoy beautiful views of Snowdonia hills! For information about this group, contact jillandraymond@tiscali.co.uk

Strolling with Canines



Jean, Maria, Charles and Gill (with Cookie, Zara, Meg and Jess) at Loggerheads. Photo: helpful passer-by

On February 7th, five human strollers accompanied their canines on a stroll along the river at Loggerheads. The glorious Spring sunshine really meant coats were unnecessary, and the millstream was in full spate - a joy to see! As usual, dogs (and owners) all got on well. The dogs of the day were Jean's greyhounds Cookie and Zara; Gill and Charles' miniature Jack Russells, Meg and Jess; and new member Rose's little black-haired spaniel Betsy. We had our usual tea and biscuit break, and Strollers enjoyed refreshments after the walk at Loggerheads' Caffi Florence, where the dogs were admired and also refreshed. Strolls are currently organised close to the date, with an eye on the weather forecast. For more information please contact Jean at jeanleith@hotmail.co.uk

Spanish Beginners

Only 4 amigos made the first meeting of February, but it turned out to be full of lively and fun-filled facts, as Marion entertained us with a challenging menu-based memory game brought back from her Costa Rican adventure. Two weeks later, Jennifer was met at the door by the artist Julia Colclough, delivering a beautiful watercolour of Ruthin Castle. Jennifer then produced a fascinating essay on the evolution of the letter x in Spanish, in which we learned how in medieval times, the letter was pronounced as a "sh", slowly morphing to the sound of a Spanish "j". So much so, that the royal Spanish language authority, la Real Academia Espanol, ruled that "x" was henceforth to be written as a "j". Mexico, however, having the offending letter in the middle of her name, understandably took umbrage at this, and refused to

gyflwyno llun dyfrlliw hardd o Gastell Rhuthun. Yna cynhyrchodd Jennifer draethawd hynod ddiddorol ar



Peter's contribution was a melancholy song of lost love <https://youtu.be/k8qRvBWud5Q?si=ENuuV3Q4NDbVMDXI>

esblygiad y llythren x yn Sbaeneg, lle dysgon ni sut yn y canol oesoedd, roedd y llythren yn cael ei ynganu fel "sh", gan newid yn araf i sain "j" Sbaeneg. Yn gymaint felly, nes i awdurdod brenhinol yr iaith Sbaeneg, la Real Academia Espanol, ddyfarnu bod "x" i'w ysgrifennu fel "j" o hyn allan. Fodd bynnag, gan fod y llythren droseddol yng nghanol ei henw ym Mecsico, roedd yn ddealladwy i gymryd ymatal rhag hyn, a gwrthododd ymgrymu i'r gorchymyn imperialaidd i newid ei sillafu. Mae hyn i gyd yn esbonio pam mae'r sillafiad Mejico i'w weld o hyd yn Sbaen. A pham y tarddodd y sieri diod poblogaidd yn nhref Jerez!

Daeth Alan â thraethawd ar y sequía (sychder) presennol yn Catalonia; Daeth Gill â chwis heriol yn seiliedig ar berthnasoddd teuluol (nieta yn golygu wyres, nid nith!), a daeth Peter ag un arall o'i ganeuon pop ychydig yn ddadleuol. Mae sawl aelod naill ai yn Sbaen, neu'n gwneud cynlluniau ar gyfer ymweliadau sydd ar fin digwydd. I gael eich ychwanegu at restr aros y grŵp, e-bostiwch peter.lund@btinternet.com

Badminton Rhydlyd



Dee (far right) tries out for the Rusties.
Photo: Peter Lund

Roedd mân helyntion yn wynebu cwpl o gemau prynhawn dydd Gwener y mis diwethaf, ond fe weithiodd popeth allan yn y diwedd. Yn benderfynol o brofi potensial bowls carped dan do, gofynnodd rhai o'r aelodau anturus am help Dave y gofalwr a Phil Webb, ein "trwsiw" yn Neuadd Eleanor, i rollo'r carped lletraws mawr a rhoi cynnig ar ychydig o fowlenni. Y casgliad oedd na fyddai'n cymryd lle Badminton, ond dewis arall posibl dan do yn lle Pétanque ar brynghawn dydd Llun glawog! Y dydd Gwener canlynol, penderfynwyd cychwyn awr

bow to the imperial command to change its spelling. All this explains why the spelling Mejico can still be seen in Spain. And why the popular tippie sherry originated in the town of Jerez!



The strange story of the spelling of perhaps your favorite wine!

Alan brought an essay on the current sequía (drought) in Catalonia; Gill brought a challenging quiz based on family relationships (*nieta* means granddaughter, not niece!), and Peter brought another of his mildly controversial pop songs. Several members are either in Spain, or making plans for imminent visits. To be added to the group waiting list, email peter.lund@btinternet.com

Rusty Badminton



Peter, Sian, Ro and Maria leaving Neuadd Eleanor after their Friday afternoon games. Photo: Kate Alston

Minor hiccups beset a couple of last month's Friday afternoon games, but everything worked out in the end. Determined to test the potential of indoor carpet bowls, some adventurous members enlisted the help of Dave the caretaker and Phil Webb, our Neuadd Eleanor "fixer", to roll out the big diagonal carpet and try out a few bowls. The conclusion: not a substitute for Badminton, but a possible indoor alternative for Pétanque on rainy Monday afternoons!

The following Friday, an hour earlier start was planned to allow setting up the hall for a sell-out performance of the one-man play "Three Men in a Boat". Of course it was observed that it was the male member the Badminton group who did not read the WhatsApp reminders and turned up an hour late for the game! Still, as the Bard observed, all's well that ends well, and everyone got in at least four energetic games. For more information about Rusty

ynghynt i ganiatáu sefydlu'r neuadd ar gyfer perfformiad gwerth chweil o'r ddrama un dyn "Three Men in a Boat". Wrth gwrs sylwyd mai'r aelod gwrywaidd o'r grŵp Badminton na ddarllenodd y nodiadau atgoffa WhatsApp a daeth awr yn hwyr ar gyfer y gêm! Er hynny, fel y sylwodd y Bardd mae popeth yn dda sy'n gorffen yn dda, a phawb wedi cael o leiaf pedair gêm egnïol. I gael rhagor o wybodaeth am Rusty Badminton, mae Donna yn gessie@btinternet.com

Grwp Chwist

Mae'r Grŵp Chwist yn un o'n grwpiau hiraf sefydledig, wedi'i ffurfio ychydig ar ôl dechrau u3a yn Rhuthun. Rydym yn cyfarfod bob pythefnos yn Wetherspoons o 10.a.m tan 12.00. Rydyn ni'n grŵp arbennig o gyfeillgar, felly rydyn ni'n gyffredinol wedi cael hwyl, gemau da - a gwybod beth sy'n digwydd yn Rhuthun! Nid oes rhaid i un fod yn chwaraewr cardiau arbenigol, ac rydym yn ddigon hapus i ddysgu unrhyw un a hoffai chwarae, yn ferched ac yn ddyinion. Cysylltwch â Jack Shakespeare os hoffech roi cynnig arni, a byddwn yn falch iawn o'ch gweld!
jackshakespeare35@gmail.com

Cyflwyniad i Athroniaeth (Dinbych)

Ym mis Chwefror, rhoddodd Buddug bapur ar a oes gan fenywod agwedd wahanol at gwestiynau moesegol i rai dynion. Yn ôl yr arfer arweiniodd hyn at lawer o drafod, cymaint fel mai dim ond tua hanner ffordd yr aeth Buddug drwy ei phapur a byddwn yn



Jenny and Kay find common ground.
Photo: Avril Roberts

gorffen yn ein sesiwn nesaf. Dysgon ni gan Chris fod rhyw bobl yn cael ei benderfynu yn yr embryo; ond nid yw gender wrth gwrs. Buom yn edrych ar y cwestiwn o ystyried a ddylai fod tri chategori rhyw. Yna fe wnaethom ystyried rôl hanesyddol merched a'i gymharu ag agweddau modern. Drwy gydol y rhan fwyaf o hanes, mae menywod wedi bod yn ofalwyr, er inni ystyried hefyd rôl menywod a anogodd eu meibion i fynd i ryfel. Dywedodd mamau Spartan wrth eu meibion am "ddychwelyd gyda'u tarian neu arni" Mewn geiriau eraill ar ôl ennill neu farw.

Mae'n anodd gwybod normau moesegol menywod yn y gorffennol gan nad oes cofnod ysgrifenedig. Buom yn ystyried Mary Wollstencraft, a oedd yn dadlau y dylai menywod gael addysg sy'n gymesur â'u safle

Badminton, Donna is at gessie@btinternet.com

Whist Group



Jack, Geoff, Keith and Bob in mid-hand in Wetherspoons.
Photo: David Humphreys

The Whist Group is one of our longest established groups, having been formed just after the start of u3a in Ruthin. We meet every two weeks in Wetherspoons from 10.a.m until 12.00. We are a particularly friendly group, so we generally end up having had a good laugh, some good games - and knowing what is going on in Ruthin! One doesn't have to be an expert card player, and we are quite happy to teach anyone who would like to play, both ladies and men. Please contact Jack Shakespeare if you would like to give it a go, and we will be delighted to see you!
jackshakespeare35@gmail.com

Introduction to Philosophy (Denbigh)



Penny and Chris explore different views.
Photo: Avril Roberts

led to much discussion, so much so that Buddug only got about halfway through her paper which we will finish at our next session. We learnt from Chris that a person's sex is decided in the embryo; but gender of course is not. We looked at the question of considering whether there should be three categories of gender.

Then we considered the historical role of women and compared it with modern attitudes. Throughout most of history, women have been caregivers, though we considered also the role of women who encouraged their sons to go to war. Spartan mothers told their sons to "return with their shield or on it" In other words

In February, Buddug gave a paper on whether women have a different attitude to ethical questions from that of men. As usual, this

mewn cymdeithas, gan honni bod menywod yn hanfodol i'r genedl oherwydd eu bod yn addysgu ei phlant ac oherwydd y gallent fod yn "gymdeithion" i'w gwŷr, yn hytrach na gwagedd yn unig. Yn lle edrych ar fenywod fel addurniadau i gymdeithas neu eiddo i'w masnachu mewn priodas, mae Wollstonecraft yn haeru eu bod yn fodau dynol sy'n haeddu'r un hawliau sylfaenol â dynion. I gael gwybodaeth am y grŵp, cysylltwch ag avril.robarts@btopenworld.com

Grwp Athroniaeth Rhuthun



*Warfare is never an easy topic to explore.
Photo: BBC*

Cyfarfu Grŵp Athroniaeth Rhuthun ar 5 Chwefror, pan drafodwyd Moeseg Filwrol ac Athroniaeth Gwrthdaro. Mae hwn yn amlwg yn bwnc heriol, yn enwedig o ystyried y gwrthdaro

parhaus sy'n digwydd ledled y byd. Dros y canrifoedd mae meddylwyr amrywiol wedi ymroi llawer o egni tuag at y cyfiawnhad (neu fel arall) dros ryfela, sut y dylid ymladd rhyfeloedd, pwy ddylai ymladd â nhw a pham.

Dechreuom drwy edrych ar achosion rhyfeloedd, gan gynnwys anghydfodau tiriogaethol, hunanamddiffyniad, dial a dyheadau gwleidyddol. Mae tlodi ac anghydraddoldeb yn aml yn ffactorau arwyddocaol. Yn y 4edd ganrif datblygodd Awstin Sant y gwahaniaeth rhwng yr amodau moesol y mae'n foesol iawn i gymryd arfau oddi tanynt, a'r rheolau ymddygiad os bydd ymladd yn dechrau. Mae'r rhan fwyaf o ddamcaniaethwyr wedi cyfyngu "achos cyfiawn" i amddiffyniad yn erbyn ymddygiad ymosodol, ond mae rhyfela modern wedi denu mwy a mwy o frwydrwyr gyda chymhellion cudd y gellir dadlau: sicrhau cyflenwadau olew, er enghraifft. Mae rheolau ymgysylltu yn cynnwys yr angen i wahaniaethu rhwng ymladdwyr a sifiliaid, cymesuredd yn y defnydd o arfau a gwahardd dioddefaint diangen. Mae'r syniadau hyn wedi'u hintegreiddio i gyfraith ryngwladol trwy offerynnau megis Confensiwn Genefa. Mater arall yn anffodus yw cydymffurfio a gorfodi.

Wrth i fyddinoedd ddod yn fwy ac yn fwy effeithlon, mabwysiadwyd dulliau amrywiol i berswadio neu orfodi pobl i ymladd, gan gynnwys milwyr cyflog, gwirfoddolwyr a chongriptiaid. Mae'r holl ffynonellau hyn yn codi cwestiynau arwyddocaol am foesoldeb amlygu llawer o unigolion, yn aml o amgylchiadau difreintiedig, i risgiau gwrthdaro. Yn ystod y 19eg ganrif roedd rhai meddylwyr amlwg, gan gynnwys Hegel a Nietzsche, yn cefnogi'r syniad bod rhyfel yn

having won or died.

It is difficult to know past women's ethical norms as there is no written record. We considered Mary Wollstonecraft, who argued that women ought to have an education commensurate with their position in society, claiming that women are essential to the nation because they educate its children and because they could be "companions" to their husbands, rather than mere wives. Instead of viewing women as ornaments to society or property to be traded in marriage, Wollstonecraft maintains that they are human beings deserving of the same fundamental rights as men. For information about the group, contact avril.robarts@btopenworld.com

Philosophy Group Ruthin

The Ruthin Philosophy Group met on 5th February, when we discussed Military Ethics and the Philosophy of Conflict. This is obviously a challenging subject, especially given the ongoing conflicts occurring around the world. Over the centuries various thinkers have devoted much energy towards the justification (or otherwise) for warfare, how wars should be fought, who should fight them and why.

We began by looking at the causes of wars, including territorial disputes, self-defence, retaliation and political aspirations. Poverty and inequality are often significant factors. In the 4th Century St Augustine developed the distinction between the conditions under which it is morally right to take up arms, and the rules of conduct if fighting begins. Most theorists have limited "just cause" to defence against aggression, but modern warfare has increasingly drawn in combatants with arguably ulterior motives: securing oil supplies, for example. Rules of engagement include the need to distinguish between combatants and civilians, proportionality in the use of weapons and the prohibition of unnecessary suffering. These ideas have become integrated into international law via instruments such as the Geneva Convention. Compliance and enforcement are unfortunately another matter.

As armies became larger and more efficient, various approaches have been adopted to persuade or compel people to fight, including mercenaries, volunteers and conscripts. All of these sources raise significant questions about the morality of exposing many individuals, often from disadvantaged circumstances, to the risks of conflict. During the 19th century some prominent thinkers, including Hegel and Nietzsche, supported the idea that war was a wholesome activity, bringing forth qualities such as heroism, self-sacrifice and manliness. Records of such thinkers actually going to fight are harder to find. And so to today, when we see daily reports from a conflict where both sides are fighting over the same territory, many combatants believe they have a historical and religious right to that territory, and many

weithgaredd iachusol, gan ddod â rhinweddau megis arwriaeth, hunanberth a dyngarwch i'r amlwg. Mae'n anoddach dod o hyd i gofnodion meddylwyr o'r fath sy'n mynd i ymladd. Ac felly hyd heddiw, pan welwn adroddiadau dyddiol o wrthdaro lle mae'r ddwy ochr yn ymladd dros yr un diriogaeth, mae llawer o ymladdwyr yn credu bod ganddyn nhw hawl hanesyddol a chrefyddol i'r diriogaeth honno, ac mae llawer yn credu bod eu Duw ar eu hochr nhw.

I gael gwybodaeth am y grŵp, cysylltwch â peteregan10@btinternet.com

Ysgrifennu Creadigol Er Pleser

Mae ein grŵp hir sefydlog yn parhau i gwrdd â chymysgedd o rai aelodau ffyddlon iawn a rhai newydd-ddyfodiaid. Mae pob cyfarfod yn cyflwyno rhywbeth gwahanol: naill ai'n ddoniol, yn ddiddorol, yn deimladwy neu'n annisgwyl, a dyna sy'n ein cadw ni i ddod yn ôl.

Ym mis Ionawr buom yn gweithio ar thema ysgrifennu llythyr at ein dyfodol neu ninnau yn y gorffennol. Dywedodd yr aelodau ei fod wedi bod yn anodd, ond serch hynny wedi llwyddo i ddod o hyd i driniaethau diddorol iawn. Roedd sawl un yn cytuno bod ein cenhedlaeth hŷn yn ffodus i gael y blynyddoedd gorau cyn cynhesu byd-eang, gyda dewis cyflogaeth, teithio heb straen a cherddoriaeth well!

Ym mis Chwefror, roedd y grŵp yn llai, o bosibl oherwydd dyletswyddau nain a thaid hanner tymor. Ein tasg ni oedd ysgrifennu ymlaen o frawddeg a roddwyd gyntaf, ac roedd y canlyniadau yn unigol ac yn amrywiol. Llwyddodd rhai i gyfuno'r pedair brawddeg mewn un stori glyfar. Fe wnaethom hefyd wrando ar y cais buddugol o gystadleuaeth stori fer u3a y llynedd, a allai roi rhywbeth i ni anelu ato eleni. Gall aelodau gynhyrchu eu gwaith eu hunain, dod i wrando yn unig, neu ddod â darn o ysgrifennu y maent am ei rannu. Efallai y byddwn yn cymryd rhan mewn ymarferion ysgrifennu os bydd amser yn caniatáu. Rydym yn cyfarfod 2.00-4.00pm ar y trydydd dydd Gwener o bob mis yng Nghanolfan Naylor Leyland yn Rhuthun. Rhennir llogi ystafell (£18.00) rhwng pwy bynnag sy'n mynychu ar y diwrnod. Cysylltwch â Gill Jones dros y ffôn ar 01824 703379.

Grwp Barddoniaeth



The Naylor Leyland Centre, home to both the monthly Poetry Group and the Creative Writing Group

Cyfarfu deg aelod 'Darllen Barddoniaeth er Pleser' ar gyfer eu sesiwn gyntaf yn 2024 ar 6 Chwefror am 2pm yng Nghanolfan Naylor Leyland, pan oedd thema barddoniaeth dewis rydd. Aeth amser heibio yn

believe that their God is on their side.

For information about the group, contact peteregan10@btinternet.com

Creative Writing For Pleasure

Our long established group continues to meet with a mix of some very faithful members and some newcomers. Each meeting throws up something different: either funny, fascinating, touching or unexpected, which is what keeps us coming back.

In January we worked on a theme of writing a letter to our future or former selves. Members said it had proved difficult, but nevertheless managed to come up with very interesting treatments. Several agreed that our older generation was fortunate to have the best years before global warming, with employment choice, stress-free travel and better music!



Home News Learn Events



Home / Learn / Short Story Competition 2023 / See Emily Play

The February Group listened to last year's winner of the National u3a Short Story competition. Click or tap the link to read
[u3a - See Emily Play](#)

In February, the group was smaller, possibly because of half-term grandparent duties. Our task was to write on from a first given sentence, and the results were

individual and varied. Some managed to combine all four sentences in one clever story. We also listened to the winning entry from last year's u3a short story competition, which could give us something to aim for this year.

Members can produce their own work, come just to listen, or bring a piece of writing they wish to share. We might take part in writing exercises if time allows. We meet 2.00-4.00pm on the third Friday of every month in the Naylor Leyland Centre in Ruthin. Room hire (£18.00) is divided among whoever attends on the day. Contact Gill Jones by phone on 01824 703379.

Poetry Group

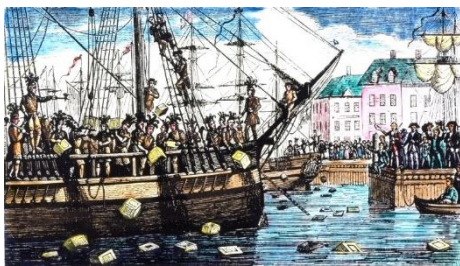
Ten 'Poetry Reading for Pleasure' members met for their first 2024 session on 6th February at 2 pm at Naylor Leyland Centre, when there was a free choice poetry theme. Time passed very enjoyably, with some members bringing four of their favourite poems, and others choosing just one. We have room for two more members in the group, and the next session will be on Tuesday 5th March, when the theme will be 'Birds'. For more information contact Jean at jeanleith@hotmail.co.uk

bleserus iawn, gyda rhai aelodau yn dod â phedair o'u hoff gerddi, ac eraill yn dewis un yn unig. Mae gennym le i ddau aelod arall yn y grŵp, a bydd y sesiwn nesaf ar ddydd Mawrth 5ed o Fawrth, a'r thema fydd 'Adar'. Am fwy o wybodaeth cysylltwch â Jean ar jeanleith@hotmail.co.uk

Grŵp Hanes

Ar 19 Chwefror, cyfarfu'r grŵp yn Nantclwyd y Dre yn eu hystafell gyfarfod fach newydd. Siaradodd Carol a Bethan am hanes y American Buffalo, fel y dywedwyd mewn rhaglen ddogfen ddiweddar ar BBC4. Mae hanes y byfflo yn cydreddeg â hanes llawer o lwythau Brodorol America. Roedd y llwythau gwastadedd hyn wedi byw mewn cytgod â'r byfflo ers dros 10,000 o flynyddoedd. Effeithiwyd ar eu perthynas gyda dyfodiad Ewropeaid i Ogledd America. Nid yn unig y symudwyd pobl frodorol o'u tiroedd, ond lladdwyd y byfflo hefyd yn eu miliynau, gan arwain at amharu ar y berthynas draddodiadol rhwng Brodorol America a byfflo.

Gan barhau â thema Gogledd America, siaradodd Eric am ddatblygiadau yn arwain at frwydr y gwladychwyr dros Annibyniaeth. Clywsom am effaith Deddf Stamp 1765, a'r galw am "ddim trethiant heb gynrychiolaeth", gan arwain at De Parti Boston 1773.



The "Sons of Liberty" controversially disguised as Native Americans in their 1773 direct action protest in Boston

Yn y cyfarfod nesaf, ddydd Llun 18fed Mawrth (2pm yn Nantclwyd y Dre), bydd Eric yn parhau â'i hanes o drefedigaethau annibynnol Gogledd America. Byddwn hefyd yn clywed gan Robert am rai podlediadau hanes diddorol. I ddarganfod mwy, cysylltwch â bethanwelch@gmail.com

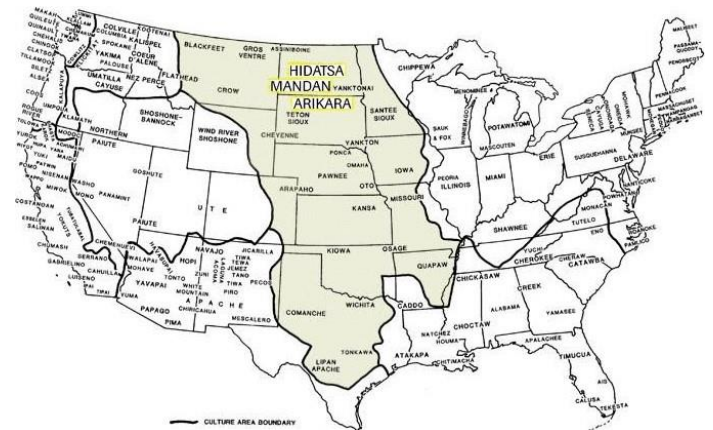
Groeg Clasurol (Lladin a Groeg Gynt)



For once, Ancient Greeks outlive the Romans!

ein hastudiaethau Lladin *sine die!* Ond rydyn ni'n

History Group



The lands of the plains tribes living closely with buffalo (Source: Kathy Weiser-Alexander, Legends of America)

On the 19th February, the group met in Nantclwyd y Dre in its newly formed small meeting room. Carol and Bethan spoke about the history of the American Buffalo, as told in a recent BBC4 documentary. The history of the buffalo runs in parallel to that of many Native American tribes. These plains tribes had lived in harmony with the buffalo for over 10,000 years. Their relationship was affected with the arrival of Europeans in North America. Not only were native people removed from their lands, but the buffalo were also slaughtered in their millions, resulting in the disruption of the traditional relationship between Native American and buffalo.

Continuing the North American theme, Eric spoke about developments leading up to the colonists' fight for Independence. We heard about the effect of the 1765 Stamp Act, and the demand for "no taxation without representation", leading to the 1773 Boston Tea Party. The Colonists united sufficiently to form an army, successfully establishing their independence and the inauguration of George Washington as their President on 30th April 1789.

At the next meeting, on Monday 18th March (2pm in Nantclwyd y Dre), Eric will continue his history of the independent colonies of North America. We will also hear from Robert about some interesting history podcasts. To find out more, please contact bethanwelch@gmail.com

Classical Greek (formerly Latin and Greek)

After lengthy discussions, we have decided that Latin has now reached a point where we need professional help to get any further. Livy has beaten us and we have suspended our Latin studies *sine die!* But we are quite proud of what we have achieved....we are easily at GCSE level and could probably have a good crack at A Level as well.

As for Greek, we decided that we rushed ahead too quickly, so we have decided to start again from scratch at a gentler pace with a different book, meeting weekly. If you would like to join us, please

eithaf balch o'r hyn rydyn ni wedi'i gyflawni....rydym yn hawdd ar lefel TGAU ac mae'n debyg y gallem fod â hollt da yn Lefel A hefyd.

O ran Groeg, fe benderfynon ni ein bod ni'n rhuthro ymlaen yn rhy gyflym, felly rydyn ni wedi penderfynu dechrau eto o'r dechrau'n gyflymach gyda llyfr gwahanol, gan gyfarfod yn wythnosol. Os hoffech ymuno â ni, anfonwch e-bost at michaelskuse854@gmail.com. Sylwch mai Groeg Hynafol yw hon, felly dim llawer o dda os hoffech archebu hufen iâ ar draeth heulog!

Grŵp Diwrnodau i Ffwrdd

Cawsom Ddiwrnod Cwrdd i Ffwrdd llwyddiannus ar 15 Chwefror i Port Sunlight, gyda nifer dda yn bresennol er gwaethaf y tywydd cymysg. Bydd ein Diwrnod Cwrdd i Ffwrdd nesaf, a'r olaf, yn cael ei gynnal ddydd lau 21 Mawrth, naill ai i eiddo'r Ymddiriedolaeth Genedlaethol yn Neuadd Little Moreton ger Congleton, neu i dref Biwmares ar Ynys Môn. Bydd y penderfyniad ar gyrchfan, cludiant a lifftiau, yn cael ei anfon at ein rhestr bostio yn nes at yr amser. Taith y mis hwn fydd yr olaf nes bydd cydlynedd newydd yn camu ymlaen i gymryd yr awenau wrth drefnu'r grŵp.

Os oes gennych ddiddordeb mewn cymryd rhan yn y Diwrnod Allan nesaf hwn rhowch wybod i Dorothea erbyn 14 Mawrth. I gael rhagor o wybodaeth am rôl y cydlynedd grŵp, cysylltwch â dvharber@yahoo.co.uk



The group took tea in the Lady Lever Gallery basement.
Photo: Dorothea Harber

Grŵp Daeareg



Did you know there's a Flintstones theme park in the United Arab Emirates?
The people of Abu Dhabi do!

Ar 23 Chwefror, bu'r daearegwr petrolewm Dr A. Kirkham yn rhoi esboniad i'r Grŵp Daeareg o'r nodweddion daearegol ifanc sy'n nodweddu ymyl arfordirol yr Abu Dhabi Emirate. Roedd y cyflwyniad yn seiliedig ar ei ymchwil i'r nodweddion daearegol amrywiol sy'n deillio o'u hagosrwydd at ddŵr môr cynnes, uchel hallt y Gwllf Persia ynghyd â thymheredd arwyneb uchel iawn. Mae'r ynysoedd arfordirol yn cynnwys cymysgedd o ronynnau tywod wedi'u chwythu gan y gwynt sy'n

email michaelskuse854@gmail.com. Please note this is Ancient Greek, so not much good if you would like to order an ice cream on a sunny beach!

Away Days Group



The dramatic central gallery of the Lady Lever Art Museum.

Photo: Dorothea Harber

We had a successful Away Day on 15th February to Port Sunlight, with a good turnout despite the mixed weather. Our next, and final, Away Day will take place on Thursday 21st March, either to the National Trust property of Little Moreton Hall near Congleton, or to the town of Beaumaris on Anglesey. The decision on destination, transport and lifts, will be sent out to our mailing list nearer the time. This month's trip will be the last until a new coordinator



The trip included the Art Gallery, Museum and War Memorial.

Photo: Dorothea Harber

steps forward to take over organizing the group.

If you are interested in participating in this next Day Out please let Dorothea know by 14 March. For further information about the role of the group coordinator, please contact

dvharber@yahoo.co.uk

Geology Group



"Oolites" are spherical, concentrically-layered carbonate grains.
Photo: SandAtlas

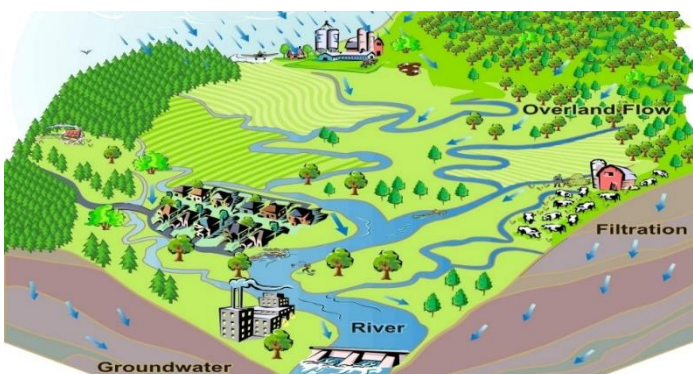
On 23rd February, petroleum geologist Dr A. Kirkham treated the Geology Group to an explanation of the geologically young features that characterise the coastal fringe of the Abu Dhabi Emirate. The presentation was based on his research into the various geological features that result from their close proximity to the warm, high salinity Persian Gulf sea water combined with very high surface temperatures. The coastal islands are composed of a mixture of wind-blown sand grains derived from the nearby desert sand dunes, together with beds of spherical, concentrically-layered carbonate grains called oolites, formed in the higher energy shallow waters of the coastal Gulf. Beneath these surface sediments, Tony explained, the succession of older sediments, none exceeding 9000 years old, trace the history of the area, as it shallowed up from mangrove-supporting coastal marine muds, to lagoonal muds

deillio o'r twyni tywod anialwch cyfagos ynghyd â gwelyau o ronynnau carbonad sfferig, haenog consentrig o'r enw oolites a ffurfiwyd yn nyfroedd bas ynni uwch y Gwlff arfordirol. O dan y gwaddodion wyneb hyn, esboniodd Tony yr olyniaeth o waddodion hŷn, dim un yn fwy na 9000 o flynyddoedd oed, a oedd yn olrhain hanes yr ardal, wrth iddi bâs i fyny o fwd morol arfordirol sy'n cynnal mangrof, i fwd morlyn ac yn olaf, gwastadeddau llaid wedi'u gorchuddio ag "algaid" gyda haenau o anhydrit crisialog gwyn wedi'i waddodi'n gemegol, sy'n deillio o anweddiad dŵr daear. Mae gan astudiaethau o'r fath gymwysiadau pwysig wrth ddehongli creigiau cronfeydd dŵr a'u haenau anhydraidd cysylltiedig yn yr is-wyneb dwfn, ar gyfer archwilio a datblygu hydrocarbon, dal a storio carbon a dyfrhaenau dŵr. Nododd hefyd ei ymwybyddiaeth o dueddiad yr ardal arfordirol isel hon i lifogydd oherwydd cynhesu byd-eang a'r cynnydd anochel yn lefel y môr.

Bydd y cyfarfod nesaf ar Fawrth 22 yn Llyfrgell Rhuthun pan fydd Brian Hubble yn traddodi Rhan 2 o'i sgwrs ar losgfynddoedd.

Grŵp Byw'n Gynaliadwy

Ar gyfer ein cyfarfod ym mis Chwefror, fe wnaethom ymgynnull eto yn Nant Clwyd y Dre i glywed Bev Dyer o Cyfoeth Naturiol Cymru yn siarad am waith yn ymwneud â dalgylch Afon Clwyd. Ar ôl esboniad o'r fframwaith deddfwriaethol eithaf cymhleth, trodd Bev at eu hasesiad o ansawdd dŵr yn y dalgylch. Roedd cyrsiau dŵr ar rostiroedd Dinbych i lawr i Lanelwy bron i gyd wedi'u dosbarthu fel 'da' tra bod y rhai yn Nyffryn Clwyd yn bennaf yn 'gymedrol', 'gwael' neu hyd yn oed 'drwg' – yn bennaf oherwydd amaethyddiaeth fwy dwys neu ddigwyddiadau llygredd penodol. Rhoddodd Bev enghreifftiau o'r ymyriadau niferus sy'n cael eu rhoi ar waith i wella ansawdd dŵr, ac yna rhoddodd gyfle i'r aelodau amlygu eu blaenoriaethau amgylcheddol eu hunain ar gyfer yr ardal.



Different aspects of holistic watercourse management

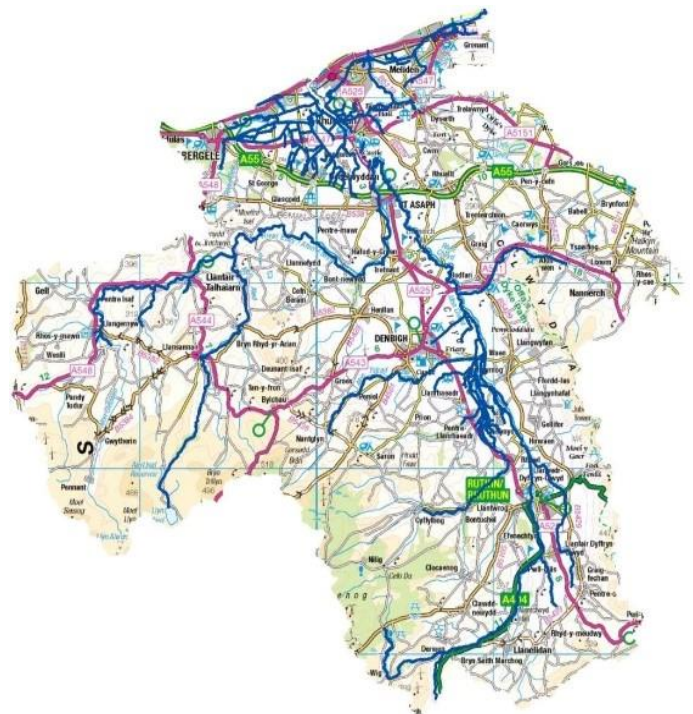
Clywsom hefyd gan Kate Marcus, rheolwr The Old Courthouse, am gynlluniau i ailddatblygu Neuadd y Dref Rhuthun a Neuadd y Farchnad, y mae cyllid sylweddol eisoes wedi'i sicrhau ar eu cyfer. Byddai Neuadd y Dref yn dod yn gyfleuster cymunedol

and lastly "algal" coated mudflats with layers of chemically-precipitated, white crystalline anhydrite, resulting from groundwater evaporation. Such studies have important applications in the interpretation of reservoir rocks and their associated impervious layers in the deep subsurface, for hydrocarbon exploration and development, carbon sequestration and water aquifers. He also indicated his awareness of the susceptibility of this low-lying coastal area to flooding due to global warming and the inevitable sea-level rise.

The next meeting will be on March 22nd in Ruthin Library when Brian Hubble will giving Part 2 of his talk on volcanoes.

Sustainable Living group

For our February meeting, we assembled again in Nant Clwyd y Dre to hear Bev Dyer of Natural Resources Wales talk about work regarding the catchment area of the River Clwyd. After an explanation of the rather complicated legislative framework, Bev turned to their assessment of water quality in the catchment. Water courses on the Denbigh moors down to St Asaph were nearly all classified as 'good' whereas those in the Vale of Clwyd were mostly 'moderate', 'poor' or even 'bad' - mainly due to more intensive agriculture or specific pollution incidents. Bev gave examples of the many interventions being implemented to improve water quality, and then gave members the opportunity to highlight their own environmental priorities for the area.



The River Clwyd catchment area

We also heard from Kate Marcus, manager of The Old Courthouse, about plans for redevelopment of Ruthin Town Hall and the Market Hall, for which substantial

gwerthfawr yng nghanol y dref, a Neuadd y Farchnad yn cael ei gwella ymhellach. Mae'r cynigion yn cael eu harddangos ar hyn o bryd yn yr Hen Lys, a gofynnir am sylwadau gan y cyhoedd. Dylai TOCH fod ar agor o leiaf ddydd Llun a dydd Iau.

Mae ein cyfarfod nesaf yn Nant Clwyd y Dre am 2pm dydd Iau 7fed Mawrth. Bydd Aileen Charteris, Rheolwr Prosiect Newid Hinsawdd Dros Dro Cyngor Sir Ddinbych, yn siarad am newid ymddygiad yng nghyd-destun lliniaru ac addasu i newid hinsawdd. Yna ar Ebrill 4ydd mae gennym ddau siaradwr o Dŵr Cymru, a fydd yn ddilyniant diddorol i sgwrs y mis diwethaf gan Cyfoeth Naturiol Cymru. Mae croeso i holl aelodau u3a fynychu ein cyfarfodydd. Cysylltwch â Carol ar 07971 442246 neu welshwardies@outlook.com

Cynghorion Gwyrdd



Ruthin from the top of Foel Fenlli. Taking care of our environment can make us happier! Photo: Andy Parker

Gall ffordd o fyw ecogyfeillgar eich gwneud chi'n hapusach! Yn ôl ymchwil a gyhoeddwyd gan Fforwm Economaidd y Byd ('Y Cysylltiad Rhwng Lles Goddrychol ac Ymddygiad Rhag-amgylcheddol'; Gwyddor a Pholisi Amgylcheddol, Gorffennaf 2022), "Mae perthynas gadarnhaol a dwyochrog rhwng lles goddrychol ac ymddygiad rhag-amgylcheddol wedi'i arsylwi ar draws amrywiaeth o wledydd ledled y byd." Arolygodd yr astudiaeth bron i 7,000 o bobl ar draws Brasil, Tsieina, Denmarc, India, Gwlad Pwyl, De Affrica a'r DU. Canfu, ni waeth ym mha wlad yr oedd pobl yn byw, wrth i'w hymrwymiad i weithredu sy'n gyfeillgar i'r amgylchedd gynyddu – er enghraifft, drwy leihau gwastraff bwyd, prynu cynnyrch gwyrddach, rhoi arian i ymgyrchoedd amgylcheddol, neu gymryd rhan mewn gwaith cadwraeth – felly hefyd eu teimladau goddrychol o les. Rydym ni yn u3a wedi gwybod hyn drwy'r amser, boed fel aelodau o'r Grŵp Byw'n Gynaliadwy; gwerthfawrogi cefn gwlad trwy Grŵp Cerdded; gweithio gyda natur yn y Grŵp Trefnu Blodau; edmygu bywyd gwylt yn y Grŵp Gwyllo Adar; rhyfeddu at brydferthwch Bryniau Clwyd gan Grŵp Pétanque – neu ganolbwyntio'n lleol drwy feithrin cyfeillgarwch u3a yn ein cymuned ein hunain. Wrth i ni ddilyn ein canllawiau personol ein hunain ar gyfer byw'n wyrdd o ddydd i ddydd, mae'r cysylltiad rhwng ffordd o fyw sy'n gyfeillgar i'r amgylchedd a hapusrwydd a rennir â'n gilydd yn rhywbeth yr ydym

funding has already been secured. The Town Hall would become a valuable community facility in the town centre, and the Market Hall further improved. The proposals are currently on display in the Old Court House, and comments from the public are sought. TOCH should be open on at least Mondays and Thursdays.

Our next meeting in Nant Clwyd y Dre is at 2pm on Thursday 7th March. Aileen Charteris, Denbighshire CC's Interim Climate Change Project Manager, will be talking about behaviour change in the context of climate change mitigation and adaptation. Then on April 4th we have two speakers from Welsh Water, which will be an interesting follow-up to last month's talk by Natural Resources Wales. All u3a members are welcome to attend our meetings. Contact Carol on 07971 442246 or welshwardies@outlook.com

Green Tips

An environmentally friendly lifestyle can make you happier! According to research published by the World Economic Forum ('The Connection Between Subjective Wellbeing and Pro-environmental Behaviour'; *Environmental Science & Policy*, July 2022), "A positive and reciprocal relationship between subjective wellbeing and pro-environmental behaviour has been observed across a range of countries worldwide." The study surveyed nearly 7,000 people across Brazil, China, Denmark, India, Poland, South Africa and the UK. It found that, regardless of the country in which people lived, as their commitment to environmentally friendly action increased – for example, by reducing food waste, buying greener products, donating money to environmental campaigns, or getting involved in conservation work – so too did their subjective feelings of wellbeing. We in u3a have known this all along, whether as members of the Sustainable Living Group; appreciating the countryside through a Walking Group; working with nature in the Flower Arranging Group; admiring wildlife in the Birdwatching Group; marvelling at the beauty of the Clwydian Hills from a Pétanque Group – or just being locally focused by forging u3a friendships in our own community. As we follow our own personal guidelines for day to day green living, the link between an environmentally friendly lifestyle and a shared happiness with each other is something we appreciate and benefit from every day!

New Groups?

As our membership gradually rises, it will become important to add new groups to our curriculum if we are to avoid waiting lists and disappointment. As we know, u3a groups are pretty easy-going projects, with the emphasis on making friends, discovering new interests, and sharing skills we maybe never appreciated we had. Over recent months we have

yn ei werthfawrogi ac yn elwa ohono bob dydd!

Grwpiau Newydd?

Wrth i'n haelodaeth gynyddu'n raddol, daw'n bwysig ychwanegu grwpiau newydd at ein cwricwlwm os ydym am osgoi rhestrau aros a siom. Fel y gwyddom, mae grwpiau u3a yn brosiectau eithaf hawdd, gyda'r pwyslais ar wneud ffrindiau, darganfod diddordebau newydd, a rhannu sgiliau nad oeddem efallai erioed wedi'u gwerthfawrogi. Dros y misoedd diwethaf rydym wedi cynnig nifer o syniadau ar gyfer grwpiau newydd. Adolygiad yw hwn o'r hyn a awgrymwyd, a beth oedd y canlyniad:

1. **Dysgu am Excel.** Cynigiodd Dave Hislop gwrs byr ar wneud gwell defnydd o'ch cyfrifiadur i gadw golwg ar wybodaeth trwy greu a defnyddio taenlenni. Nid oedd neb wedi manteisio ar hyn, ac mae'r cynnig bellach wedi'i dynnu'n ôl.
2. **Gwerthfawrogiad Jane Austen.** Awgrymodd Patricia Lyne grŵp yn archwilio gwaith yr awdur enwog hwn o Loegr. Nid oedd unrhyw dderbyniad, ac mae'r cynnig bellach wedi'i dynnu'n ôl.
3. **Boccia.** Awgrymodd Philip Johnson y fersiwn hwn o fowlio â seddau dan do. Nid oedd unrhyw dderbyniad, ac mae'r cynnig bellach wedi'i dynnu'n ôl. Mae Philip, fodd bynnag, wedi dechrau grŵp Boccia ar gyfer u3a Sir y Fflint, gan gyfarfod ddwywaith y mis.
4. **Snwcer.** Mae Phil Webb wedi ail-lansio hwn ar brynhawn dydd lau am 1.30pm yn Neuadd Bentref Llanfair. Ar hyn o bryd dim ond 2 aelod sy'n chwarae'n rheolaidd: byddai croeso i o leiaf 2 aelod arall. £2.50 y sesiwn i logi ystafell. Cysylltwch â Phil ar philandmarionwebb@gmail.com
5. **Beicio.** Mae Des James yn ail-gychwyn y grŵp hwn ar 6ed Mawrth, gyda'r reid gyntaf yn cychwyn yng Nghanolfan Grefft Rhuthun am 10.00yb. Bydd yn llwybr byr o 10-15 milltir ar hyd lonydd Dyffryn Clwyd, gan ddychwelyd i Gaffi'r Ganolfan Grefftau am drafodaeth fer ar sut y bydd y reidiau'n mynd rhagddynt. Hyd yn hyn mae 10 o bobl wedi cofrestru diddordeb. E-bostiwch Des yn DesJames@btconnect.com
6. **Grŵp Sw.** Byddai hyn ar gyfer aelodau Sw Caer, neu'r rhai sy'n fodlon talu'r tâl mynediad, sy'n ymweld unwaith y tymor y tu allan i wyliau ysgol. Ymatebodd un person: byddai angen llawer mwy. E-bostiwch peter.lund@btinternet.com

Os oes gennych chi syniad am grŵp newydd, ac os hoffech chi weld a oes gan eraill diddordeb i chi, anfonwch e-bost at peter.lund@btinternet.com i'w gynnwys yn y Cylchlythyr nesaf.

floated several ideas for new groups. This is a review of what was suggested, and what was the result:

1. **Learning about Excel.** Dave Hislop offered a short course on making better use of your computer to keep track of information by creating and using spreadsheets. There was no uptake for this, and the offer is now withdrawn.
2. **Jane Austen appreciation.** Patricia Lyne suggested a group exploring the works of this celebrated English author. There was no uptake, and the offer is now withdrawn.
3. **Boccia.** Philip Johnson suggested this indoor seated version of bowls. There was no uptake, and the offer is now withdrawn. Philip, however, has started a Boccia group for Flintshire u3a, meeting twice monthly.
4. **Snooker.** Phil Webb has re-launched this on Thursday afternoons at 1.30pm in Llanfair Village Hall. Currently only 2 members play regularly: at least 2 more would be welcome. £2.50 per session for room hire. Contact Phil at philandmarionwebb@gmail.com
5. **Cycling.** Des James re-starts this group on 6th March, with the inaugural ride starting at the Ruthin Craft Centre at 10.00am. It will be a short route of 10-15 miles along the lanes of the Vale of Clwyd, returning to the Craft Centre Cafe for a short discussion on how the rides will proceed. So far 10 people have registered interest. Email Des at DesJames@btconnect.com



The former Cycling Group once featured on the old masthead of our Facebook page

6. **Zoo Group.** This would be for members of Chester Zoo, or those willing to pay the admission fee, visiting once a term outside school holidays. One person responded: several more would be required. Email peter.lund@btinternet.com

If you have an idea for a new group, and would like to see if others share your interest, please email peter.lund@btinternet.com for inclusion in the next Newsletter.

Cyfarfod Cyffredinol

Mae Cyfarfod Cyffredinol y mis hwn yng Nghlwb Rygbi Rhuthun ar ddydd Mawrth 26 Mawrth. Teitl sgwrs Avril Roberts yw "Achosion Rhyfedd ac Od o Frawdlys Sir Ddinbych yn y 18fed Ganrif". Eglura Avril fod rheswm da dros lawer o'r camddealltwriaethau a'r anawsterau rhyfedd yn aml yn llysoedd Cymru: yn arferol roedd swyddogion y llys yn uniaith Saesneg, a'r rhan fwyaf o reithgorau, tystion a chwynwyr yn uniaith Gymraeg. Yn ôl yr arfer, mae'r drysau'n agor am de, coffi a sgwrs am 10am, gyda dechrau am 10.30.

Newyddion Pwyllgor

Yn ei gyfarfod ar 8 Chwefror, cymeradwyodd y Pwyllgor fabwysiadu'r Polisi Diogelu sy'n ofynnol gan y Comisiwn Elusennau a'r Ymddiriedolaeth Trydydd Oes, ac mae bellach ar gael i'w ddarllen ar ein gwefan. Gobeithio na fydd byth ei angen, ond mae'n bwysig bod pob aelod, yn enwedig cydlynwyr grwpiau, yn gwybod os ydynt byth yn amau bod aelod mewn perygl o niwed neu gam-fanteisio, bod llwybr i'w ddilyn i sicrhau ei fod yn cael ei ddiogelu.

Mae'r aelodaeth bellach yn 264 - yn araf agosáu at yr uchelfannau o dros 300 oedd gennym cyn Covid! Fel yr adroddwyd yn rhifyn y mis diwethaf, mae'r tâl aelodaeth yn parhau i fod yn £15 y flwyddyn. Gofynnir i aelodau sy'n talu trwy drosglwyddiad banc aros tan ddechrau'r flwyddyn ariannol - ar ôl 1 Ebrill. Croesewir taliadau arian parod a sic yn y Cyfarfod Cyffredinol y mis hwn.

Efallai y bydd grwpiau bach sy'n chwilio am fan cyfarfod yn ystyried yr Ystafell Bwyllgor yn Neuadd Eleanor (Neuadd Bentref Llanfair) lle mae ffi llogi ystafell o £1 y person y sesiwn yn unig yn rhoi Wyf am ddim, gwefru beiciau trydan a mynediad i'r gegin! Cysylltwch â Phil ar philandmarionwebb@gmail.com

Tanygrifiadau Aelodaeth 2024-25

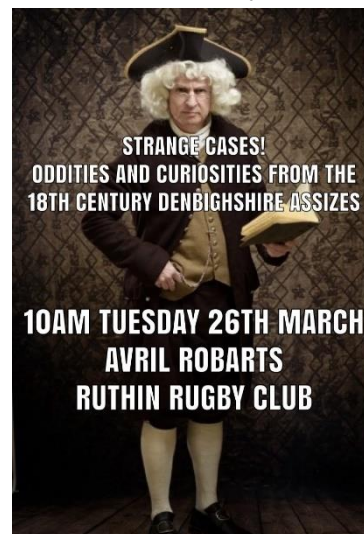
Ruthin and District U3A Membership Renewal Form

If any of your personal details have changed – e.g. Address, telephone, email, please use a full membership form	
Title	Full Name
Emergency Contact Name	Tel No.
Memberships fee is £15. Members joining after Dec 31 st pay £7.50 Tick to renew membership	
PAYMENT can be made via Bank transfer (BACS) or Cheque. Paying by BACS using the following details- Barclays Bank, Payment to Ruthin and District U3A, Sort Code 20-25-76, Account number: 63936724 Reference will be your full name. Tick here if paying by BACS	
PLEASE DO NOT MAKE BACS PAYMENTS UNTIL AFTER APRIL 1ST	
If paying by Cheque, Payment please to Ruthin and District U3A and write your full name and address on the back of the cheque and send it to Alan Brown. 10 Cae Castan, Rhuthun, Denbighshire, LL15 1RX Tick here if paying by cheque	
If you are happy to be added to the direct mailing list for the Third Age Trust magazines – Third Age Matters and Sources, please tick the box below:	
<input type="checkbox"/> I consent to my data being shared with the company who oversee the distribution of the Trust Magazines	
Please be advised that you can request for your data not to be used for the direct postal mailing of these magazines by contacting David Hislop at dhislop@gmail.com	

To maintain group memberships and Newsletter continuity, subscriptions are due from 1st April. See website for full form [Ruthin & District u3a: Welcome \(u3asites.org.uk\)](http://Ruthin & District u3a: Welcome (u3asites.org.uk))

General Meeting

This month's General Meeting at the Ruthin Rugby Club is on Tuesday 26th March. Avril Roberts' talk is



entitled "Strange Cases: Oddities and Curiosities from the 18th Century Denbighshire Assizes".

Avril explains that there was a good reason for many of the often bizarre

misunderstandings and difficulties of Welsh courts: officials of the court were usually not Welsh speaking, whereas most juries, witnesses

and plaintiffs were. As usual, doors open for tea, coffee and conversation at 10am, with a 10.30 start.

Committee News

At its 8th February meeting, the Committee approved adoption of the Safeguarding Policy required by the Charity Commission and the Third Age Trust, and it is now available to read on our website. Hopefully it will never be needed, but it is important that all members, especially group coordinators, know that if they ever suspect that a member is at risk of harm or exploitation, there is a route to follow to ensure that they are protected.



The Safeguarding Policy can be found under the Policies tab on the Ruthin u3a website

Membership is now 264 – slowly approaching the dizzying heights of over 300 we had before Covid! As reported in last month's issue, the membership fee remains at £15 per year. Members paying by bank transfer are asked to wait until the start of the financial year - after 1st April. Cash and cheque payments are welcome at this month's General Meeting.

Small groups looking for a meeting space might consider the Committee Room at Neuadd Eleanor (Llanfair Village Hall) where a room hire charge of only £1 per person per session gives you free Wi-Fi, electric bike charging and access to the kitchen! Contact Phil at philandmarionwebb@gmail.com

Mae blwyddyn danysgrifio U3A yn rhedeg o 1 Ebrill tan 31 Mawrth. Eilyddion ar gyfer 2024-5 yw £15 yr aelod y flwyddyn. Gellir talu tanysgrifiadau mewn un o 3 ffordd:

Arian parod: Gellir ei dalu mewn cyfarfodydd misol unrhyw bryd o hyn ymlaen. Gofynnir i chi lenwi Ffurflen Adnewyddu pan fyddwch yn talu.

Siec: Gellir ei thalu mewn cyfarfodydd misol (gyda Ffurflen Adnewyddu), neu drwy ein gwefan gan ddefnyddio'r Ffurflen Adnewyddu Aelodaeth Ar-lein - Rhuthun a'r Cylch u3a: Croeso (u3asites.org.uk)-dilynwch y cyfarwyddiadau ar gyfer postio'r siec. Fel gydag arian parod, talwch sieciau unrhyw bryd.

Trosglwyddiad banc: Taliad o 1 Ebrill (nid cyn). Cwblhewch Ffurflen Adnewyddu Aelodaeth Ar-lein - Rhuthun a'r Cylch u3a: Croeso (u3asites.org.uk)

Mae'n bwysig rhoi enw llawn pob aelod fel y **Geirda** (os oes 2 aelod ac nad oes digon o le, efallai y bydd angen i chi wneud 2 daliad ar wahân).

Sylwch nad ydym yn defnyddio Archebion Sefydlog na Debydau Uniongyrchol fel dulliau talu.

Cyfraniadau Cylchlythyr



A gafodd eich grŵp gyfarfod da'r mis hwn? Ydych chi'n cynllunio rhywbeth ar gyfer y mis nesaf? A oes rhywun yn haeddu cydnabyddiaeth am yr hyn y maent wedi ei gyfrannu? Beth am rannu eich hanesion a'ch lluniau gydag eraill yn rhifyn nesaf y Cylchlythyr! Nid oes angen i chi aros i gael eich gofyn - e-bostiwch cyfraniadau at peter.lund@btinternet.com



Mae ein grŵp Facebook u3a Rhuthun a'r Cylch, sydd bellach ag aelodaeth o 146, yn ffordd wych o rannu newyddion ar unwaith neu wneud cyhoeddiadau sy'n berthnasol i'n u3a. Felly os ydych chi wedi bod yn siarad â ffrindiau am ddechrau grŵp diddordeb newydd; dal eiliad ddoniol ar daith gerdded; neu chwarae llaw fuddugol glyfar wrth chwist - glynwch yn y fan yna! Ac os nad ydych chi wedi ymuno eto, chwiliwch amdanom ar Facebook, atebwch y cwestiwn aelodaeth, a dewch arno! Os ydych chi'n cael unrhyw anhawster ymuno, gallwch anfon e-bost at peter.lund@btinternet.com

Peter Lund
Golygydd y Cylchlythyr

Membership Subscriptions 2024-25

The U3A subscription year runs from 1 April until 31 March. Subs for 2024-5 are £15 per member per annum. Subscriptions can be paid in one of 3 ways:

Cash: Can be paid at monthly meetings at any time from now on. You will be asked to complete a Renewal Form when you pay.

Cheque: Can be paid at monthly meetings (with Renewal Form), **or** via our website using the Online Membership Renewal Form - [Ruthin & District u3a: Welcome \(u3asites.org.uk\)](http://Ruthin & District u3a: Welcome (u3asites.org.uk). Follow the instructions for posting the cheque. As with cash, pay cheques at any time.

Bank transfer: Payment from 1 April (**not before**). Complete an Online Membership Renewal Form - [Ruthin & District u3a: Welcome \(u3asites.org.uk\)](http://Ruthin & District u3a: Welcome (u3asites.org.uk)

It is important to give the full name of each member as the **Reference**. If there are 2 members and there is insufficient space, you may need to make 2 separate payments.

Please note we do not use Standing Orders or Direct Debits as payment methods.

Newsletter Contributions

Did your group have a good meeting this month? Are you planning something for next month? Does someone deserve recognition for what they have contributed? Why not share your anecdotes and photos with others in the next issue of the Newsletter! You don't need to wait to be asked – just email contributions to peter.lund@btinternet.com



Our Ruthin & District u3a Facebook group, now with a membership of 146, is a great way to instantly share news or make announcements relevant to our u3a. So if you've been talking with friends about starting a new interest group; captured a funny moment on a walk; or played a clever winning hand at whist - stick it on there! And if you haven't joined yet, just search for us on Facebook, answer the membership question, and come on it! If you're having any difficulty joining, you can email peter.lund@btinternet.com

Peter Lund
Newsletter Editor

