



CYLCHLYTHYR RHUTHUN

RHIFYN 106, EBRILL 2024



Neges gan ein Cadeirydd



Helo ffrindiau,
Dyna fis arall wedi mynd heibio ers y cylchlythyr diwethaf. Gan fod ein Panto ym mis Chwefror wedi bod mor llwyddiannus bu'r cast wrthi eisoes yn meddwl beth i'w gynnig inni'r flwyddyn nesaf. Dwi'n dal i feddwl amdano, roedd yn ddoniol iawn.

Unwaith eto rydym yn falch iawn o weld aelodau newydd yn ymuno bob mis - yn enwedig mwy o ddynion, gan fod llai o ddynion nag o ferched ar hyn o bryd. Mae ein grwpiau fel petaent yn ffynnu, ond cofiwch ein bod bob amser yn agored i syniadau ar gyfer grwpiau newydd.

Y mis nesaf (Mai) byddwn yn cynnal ein Cyfarfod Cyffredinol Blynnyddol, ac yn ethol Pwyllgor newydd. Bydd lle gwag ar gyfer Person Cyswllt Grŵp, ac os oes gan unrhyw un ddiddordeb yn y rôl hon, ceir ffurflenni gan ein Hysgrifennydd neu ein Cadeirydd. Yn y cyfamser, mae llawer yn digwydd yn ein grwpiau. Bydd ein Cyfarfod Cyffredinol nesaf ar y 30ain o Ebrill. Cawn glywed siaradwr yn son am y Cymry cyntaf a deithiodd i Batagonia. Edrychaf ymlaen at eich gweld i gyd yn y cyfarfod hwnnw, felly pob hwyl am y tro...

- Jack Shakespeare

Grŵp Beicio



The new Cycling Group at the end of their first ride.

Photo: Des James

Mae grŵp mwyaf newydd yr u3a wedi cynnal eu digwyddiad cyntaf! Ar 6ed Mawrth, cychwynnodd pum aelod sylfaenydd y Grŵp Beicio a ail-lansiwyd ar eu taith gyntaf ar hyd y Fro mewn tywydd perffaith bron. Dywed Des James, Cydlynnydd Grŵp: Fe wnaethom ni bedlo i fyny'r allt ar hyd Ffordd Maes

RUTHIN NEWSLETTER

ISSUE 106, APRIL 2024



Message from our Chair



Hello friends,
It doesn't seem a month since I was thinking about what to say in our last newsletter! As our February Panto was such a success (Oh no it wasn't, Oh yes it was!), the cast is already deciding what to entertain us with next year. I still think about it, and it certainly was quite hilarious.

Once again we are delighted to see new members joining each month - particularly more men, as we men are outnumbered at the moment. Our groups seem to be flourishing, but please remember that we are always open to ideas for new groups.

Next month (May) we will be having our AGM, with a new Committee being voted in. There will be a vacancy for a Group Liaison person, and if anyone is interested in this role, forms can be obtained now from our Secretary or Chair. But in the meantime, there are lots happening in our different groups, and our next General Meeting on the 30th April will have a speaker who will inform us of the first Welsh speakers who travelled to Patagonia. I look forward to seeing you all at that meeting, so cheerio for now...

- Jack Shakespeare

Cycling Group

The u3a's newest group has had its first event! On 6th March, five founder members of the re-launched Cycling Group set off for their first ride along the Vale in near perfect weather conditions. Des James, Group Coordinator, reports:

We pedalled uphill along a very bumpy Greenfield Road, across the B5429 and left along Forest Road. We stopped to look at the Grade 2 listed Plâs Drâw, the 'Telfer' winding house and the shelter built for the Denbigh Sanatorium. After Llangynhafal we turned left towards Denbigh but then left again to return along the Vale via Hendrerwydd, Gellifor and Rhewl. After nearly 12 miles, we enjoyed a cuppa in the Seven Oaks Garden Centre cafe. After a short discussion, we agreed to have another, slightly longer ride, on Wednesday 3rd April, starting from the Ruthin Craft Centre at 10.00am.

For more information about the new Cycling Group, email DesJames@btconnect.com

Flower Arranging Group

Building up to the end of the month, the March Flower

Glas anwastad iawn, ar draws y B5429 a gadael ar hyd Ffordd y Goedwig, stopio wedyn i edrych ar y Plas Draw rhestredig Gradd 2, y tŷ weindio 'Telfer' a'r lloches a adeiladwyd ar gyfer Sanatoriwm Dinbych. Ar ôl Llangynhafal dyma droi i'r chwith i gyfeiriad Dinbych ac i'r chwith eto i ddychwelyd ar hyd y Dyffryn trwy Hendrerwydd, Gellifor a Rhewl. Ar ôl bron i 12 milltir, mwynhawyd paned yng nghaffi Canolfan Arddio Seven Oaks. Ar ôl trafodaeth fer, cytunwyd i gael reid arall, ychydig yn hirach, ar ddydd Mercher 3ydd Ebrill, gan gychwyn o Ganolfan Grefft Rhuthun am 10.00yb. I gael rhagor o wybodaeth am y Grŵp Beicio newydd, e-bostiwch DesJames@btconnect.com

Grŵp Trefnu Blodau



Daffodils and forsythia explode around startled rabbits.
Photo: Dian Mouldsdales

Wrth anelu at ddiwedd y mis, Y Pasg oedd yr ysbrydoliaeth o ran y thema Trefnu Blodau mis Mawrth gan ddod â'r weledigaeth o wanwyn yn fyw!

Ein cyfarfod nesaf fydd 10.45yb, dydd Gwener 19eg Ebrill yn Neuadd Eleanor Llanfair. Gan obeithio am heulwen I, y thema yw "o'r Gwanwyn

i'r Haf!" Mae croeso bob amser i aelodau newydd. I gymryd rhan, e-bostiwch Dian ar nana47@gmail.com

Cerdded gyda Chŵn



Lunch at the Brenig Visitor Centre cafe. Photo: Alan Coy

Yn groes i'r arfer, trefnodd Strollers y mis diwethaf i gyfarfod ar fore Sul. Roedd hyn ar fyr rybudd, gan fod y rhagolygon yn argoeli seibiant anghyffredin yn y glaw. Roedd hyn yn golygu mai dim ond pedwar oedd ar gael i fynd am dro, gyda dau ohonom yn rhannu ein pedwar ci. Mwynhawyd taith gerdded gyflym ar hyd argae Llyn Brenig am ryw awr, gyda golygfeydd godidog yn dod i'r amlwg, a chŵn a bodau dynol yn cyd-dynnu'n dawel. Bu inni barcio yn y Ganolfan Ymwelwyr er mwyn cyfarfod am ginio i'n cynhesu ar



A poultry populated piece.
Photo: Diane Mouldsdales

Arranging theme was inspired by Easter, bringing the vernal vision to life! Our next meeting is 10.45am, Friday 19th April at Llanfair Village Hall. Hoping for some well-earned sunshine, the theme is "Spring into Summer!" New members are always welcome. To take part, email Dian

at nana47@gmail.com

Strolling with Canines



Trish, Jane and Jean with Georgie, Bertie, Cookie and Zara on leads at the Brenig dam. Photo: Alan Coy

Strollers last month unusually arranged to meet on a Sunday morning at short notice, as the forecast gave a rare break in the rain. This meant just four were available for a stroll, with two of us sharing our four dogs. We enjoyed a bracing stroll along the dam at Llyn Brenig for about an hour, with emerging spectacular views, and both dogs and humans getting along peaceably. We parked so that we could meet up for a warming post-stroll lunch at the Visitor Centre, where three others were able to join us, so by then we made a party of seven!

By now the driving heavy drizzle had eased to warm sunshine and blue sky, with skidding white clouds, and drier dogs and humans. The pleasant forecast meant that the Cafe was very busy with many families coming in from enjoying their outdoor freedom, but the Cafe still managed, after quite a queue, to provide hot drinks, soup, sandwiches, cakes and chips, so that none of us was disappointed, even if we had to go to

ôl y daith gerdded. Yma, roedd tri arall wedi dod i ymuno â ni, felly erbyn hynny roedd saith yn y parti .

Erbyn hyn roedd y glaw trwm wedi lleddfu, gan ddatgelu heulwen gynnes, awyr las, cymylau gwyn, a chŵn a phobl sychach. Roedd y rhagolygon tywydd braf yn golygu bod y Caffi'n brysur iawn gyda llawer o deuluoedd yn dod i mewn i fwynhau yn awyr agored, ond er hynny, roedd y Caffi'n dal i ymdopi gan ddarparu diodydd poeth, cawl, brechdanau, cacennau a sglodion, Doedd neb yn siomedig, hyd yn oed pe bai'n rhaid inni dderbyn yr ail ddewis. Roedd cawl traddodiadol ar gael i'r rhai mwy newynog ac oerach!

Da oedd croesawu Trish ac Alan ar eu taith gerdded gyntaf a gobeithio y byddant yn dod eto. Y gobaith yw y bydd y tywydd mwy sefydlog yn golygu y gallwn drefnu ein diwrnodiau o flaen llaw er mwyn rhoi mwy o rybudd. Gorau po fwyaf o bobl dda . Mae croeso bob amser i awgrymiadau ynghylch y lleoliad! Am ragor o wybodaeth, cysylltwch â Jean ar jeanleith@hotmail.co.uk

Grŵp Cerdded Bryniau



St David's Day snow prompted a more cautious, but still wintery, walk a little closer to home. Photo: Des James

cychwynnodd deg o gerddwr mewn tywydd oer ar daith gylchog, donnog o Langynhafal i Gilcain. Cychwynnom yn y glaw ar lwybr oedd o dan yr argraff ei fod o'n nant, ond erbyn i ni stopio am egwyl goffi ym maes parcio Moel Arthur, roedd y glaw wedi peidio â'r haul yn gwneud ymdrech i wenu.

Aethom ymlaen i Gilcain a mwynhau cinio yn yr ardd gymunedol lle'r oedd mainc gyfleus , gyfforddus, gyda siop gymunedol y drws nesaf i brynu diodydd poeth a byrbrydau. Ymlaen â ni wedyn dros y bryniau yn yr haul a chyda'r eira dan draed. Roedd yn daith gerdded fendigedig o rhwng 9 a 10 milltir (yn dibynnu ar ap tracio wnaethoch chi edrych arno) - er gyda chryn dipyn o fwd, gyda llawer ohono yn glynu at esgidiau a throwsus!

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

our second choice. Traditional *cawl* was on offer for the hungrier and colder!

We were glad to welcome Trish and Alan for their first stroll and hope they will come again. Hopefully we will be due for more settled fair weather, enabling us to fix a weekday when more might be available with longer notice. The more the merrier; and venue suggestions are always welcome! For more information, please contact Jean at jeanleith@hotmail.co.uk

Hillwalking Group

With St David's Day snow forecast over the Berwyns, we decided to postpone our hillwalk to Glyn Ceiriog, and do a walk nearer home. And so ten walkers set off in cold conditions on a circular, undulating walk from Llangynhafal to Cilcain. We started in the rain on a path which thought it was a stream, but by the time we stopped for a coffee break at the Moel Arthur car park, the rain had stopped and the sun was trying to shine.



The group pauses to watch as Moyra and Helen cross the simple wooden bridge over a stream. Photo: Des James

We continued on to Cilcain and enjoyed lunch in the community garden where a convenient bench accommodated us all comfortably, with a community shop next door to purchase hot drinks and snacks. We then headed back over the hills in the sun and with snow underfoot. It was a wonderful walk of between 9 and 10 miles (depending on whose tracking app you looked at) - albeit with a fair amount of mud, much of which clung onto boots and trousers! For information about the Hillwalking Group, contact jillandraymond@tiscali.co.uk

Grŵp Cerdded Lefel Isel (ail ddydd Gwener)



20 walkers assembled at the entrance to the Chain Bridge.

Photo: Moyra Baldwin

Ar ôl un o'r misoedd Chwefror gwlypaf a gofnodwyd erioed, ceisiodd yr arweinwyr cerdded, Ceisiodd Heather a Robert, feddwl am daith gerdded lle na fyddai'r grŵp yn gwichian mewn gormod o fwd. Felly, ar ddiwrnod cymylog ar yr 8fed o Fawrth, ymgasglodd 20 o gerddwyr (gan gynnwys 3 aelod newydd) yng Ngwesty Chainbridge yn y Berwyn, yn edrych dros y bont hanesyddol ar Afon Dyfrdwy. Ar ran gyntaf y daith gerdded ar hyd y gamlas i Lanfa Llangollen, tynnodd Heather sylw at nodweddion o ddiddordeb, megis hen waith Llechi a Llechi Pentrefelin (yr Amgueddfa Fodur bellach) a maes yr Eisteddfod Ryngwladol. Ar ôl aros am ychydig yn y Lanfa, lle'r oedd Capten Samuel Jones wedi cychwyn ar deithiau cwch yn cael eu tynnu gan geffylau yn yr 1880au, cerddom dros Bont Llangollen ac ar hyd Promenâd Victoria i Barc Glan yr Afon.

Croesasom yr A5 i'r rhan fwy heriol o'r daith – i fyny lôn serth, trwy gamfeydd coetir, croesi nant. Roedd yn werth yr ymdrech, gyda golygfeydd dros Langollen a'r cyffiniau. Disgynasom i lawr lôn i Orsaf Berwyn (a adeiladwyd ar gyfer yr Uwchgaptan Charles Tottenham), a thrwy dwnnel rheilffordd gyda gweddillion negeseuon y Rhyfel Byd Cyntaf wedi eu hysgrifennu ar y wal deils. Wrth groesi'r Bont Gadwyni, a adeiladwyd yn 1817 gan Exuperius Pickering, aethom ymlaen i darddiad Camlas Llangollen yn Rhaeadr y Bedol. Wrth groesi mynwent eglwys Sant Tysilio, daethom o hyd i garreg fedd Pickering gyda'i feddagraff hunan-foffiannus. Aethom heibio Bryntysilio, tŷ Eidalaidd o'r arddull lle'r oedd y Frenhines Fictoria wedi'i diddanu, sydd bellach yn ganolfan antur awyr agored. Yna yn fuan wedyn roeddem yn ôl yn y Chain Bridge Hotel am ginio blasus.

Mae Philip a Mary yn arwain y daith gerdded nesaf ar 12 Ebrill, o Barc Beaufort yn New Brighton, Yr Wyddgrug. I gael gwybodaeth am y grŵp a'i raglen, cysylltwch â Moyra ar moyrachris@hotmail.co.uk

Badminton Rhydlyd

Bellach mae digon o aelodau o'r Rusties i ganiatáu i gemau barhau hyd yn oed pan na all ychydig o chwaraewyr ddod i'r cyfarfod brynhawn Gwener. Yn gynnar y mis diwethaf, roedd y rhai na allai ei gwneud yn wirioneddol ar eu colled, nid yn unig ar rai gemau

Low Level Walking (second Friday) Group



The Horseshoe falls on the River Dee, close to the start of the Llangollen Canal. Photo: Rose Reynolds

After one of the wettest February's on record, the walk leaders, Heather and Robert, tried to think of a walk where the group would not end up squelching in too much mud. So, on a cloudy day on 8th March, 20 walkers (including 3 new members) gathered at the Chainbridge Hotel in Berwyn, overlooking the historic bridge on the River Dee. On the first part of the walk along the canal to the Llangollen Wharf, Heather pointed out features of interest, such as the former Pentrefelin Slab and Slate works (now the Motor Museum) and the International Eisteddfod ground. After a brief stop at the Wharf, where Captain Samuel Jones had started horse drawn boat trips in the 1880s, we walked over the Llangollen Bridge and along the Victoria Promenade to Riverside Park.

We crossed over the A5 to the more challenging part of the walk – up a steep lane, through woodland stiles, crossing a stream. It was worth the effort, with views over Llangollen and the surrounding area. We descended down a lane to Berwyn Station (built for Major Charles Tottenham), and through a railway tunnel with remains of WW1 messages written on the tiled wall. Crossing the Chain Bridge, built in 1817 by Exuperius Pickering, we continued to the source of the Llangollen Canal at the Horseshoe Falls. Crossing St Tysilio's churchyard, we found Pickering's gravestone with his self-eulogising epitaph. We passed Bryntysilio, an Italianite style house where Queen Victoria had been entertained, now an outdoor adventure centre. Then soon afterwards we were back at the Chain Bridge Hotel for a delicious lunch.

Philip and Mary are leading the next walk on 12th April, from Beaufort Park in New Brighton, Mold. For information about the group and its programme, contact Moyra at moyrachris@hotmail.co.uk

Rusty Badminton

There are now enough members of the Rusties to allow games to carry on even when a few players cannot make the Friday afternoon meet-up. Early last month, those who couldn't make it were really missing out, not only on some well-played games, but also on

a chwaraewyd yn dda, ond hefyd ar ddatliad ar thema cacennau o ddydd Gŵyl Dewi, diolch i ddanteithion ysbrydoledig Maria! Ond mae calorïau'n



Rusty physio. A squirt of WD40 and Kate's knees are as good as new!
Photo: Karen Kluiters

dod a calorïau'n mynd, ac mae ychydig o rowndiau egnïol o guro'r wennol dros y rhwyd yn fuan yn llosgi'r chwydd. Dyna beth rydyn ni'n hoffi ei ddweud wrth ein hunain, beth bynnag! Rydym yn cyfarfod ar ddydd Gwener am 2pm yn Neuadd Eleanor, ac eithrio pan fyddwn yn profi Pickleball (Gweler "Grŵp Newydd" isod). I gael rhagor o wybodaeth am Rusty Badminton, e-bostiwch Donna yn

gessie@btinternet.com

Pétanque



The terrain is wide enough to allow the use of Karen's rope to mark out two parallel games. Photo: Peter Lund

Mae Pétanque wedi datblygu enw da am fod y grŵp gweithgaredd cacennau u3a gwreiddiol – er gwaethaf ymgais y mis diwethaf gan Rusty Badminton i ddwyn y gogoniant! Mae Karen yn sicr wedi ennill teitl pobydd seren, gan fod ei phartïon hanner amser wedi dod yn nodwedd y bu

disgwyl mawr amdani yn y gemau prynhawn Llun. Fodd bynnag, y wledd ganol mis Mawrth oedd yr olaf y mae Karen wedi'i gynllunio ar gyfer y flwyddyn.

Mae Karen nid yn unig wedi bod yn dod â lluniaeth i'w groesawu i'r gemau, ond mae hefyd yn cyrraedd yn gynnar gyda darn o raff i nodi caeau cyfochrog rhag ofn bydd gormod o chwaraewyr. Mae Gill wedi cymryd rôl ceidwad sgôr dibynadwy, gan ddod â'i bwrdd du i gofnodi'n ffyddlon hynt buddugoliaethau a threchu'r diwrnod. A phan fydd newydd-ddyfodiaid yn dod i roi cynnig ar pétanque, mae rhywun bob amser i gynnig eu boules sbâr. Nid gêm yn unig mohoni – mae'n ffrâm meddwl!

Mae ein haelod Jackie Lloyd yn cysylltu â Phwyllgor Gŵyl Rhuthun ynglŷn â thwrnamaint Petanque Rhyngwladol posibl rhwng y Rhuthun Raiders a grŵp o ymwelwyr o Lydaw ar nos Wener 28 Mehefin, yn cystadlu â'r band bagpipe Llydaweg (*bagad*) a



Never missing a chance to celebrate, Maria brought cake for St David's Day! Photo: Karen Kluiters

a cake-themed celebration of St David's day, thanks to Maria's inspired treats! But calories come and calories go, and a few energetic rounds of whacking the shuttlecock over the net soon burns away the bake-off bulge. That's what we like to tell ourselves, anyway! We meet on Fridays at 2pm in Neuadd Eleanor, except when we're testing out Pickleball (See "New Group" below). For more information about Rusty Badminton, email Donna at gessie@btinternet.com

Pétanque



The half time temptations of Karen's mobile bakery got more and more enticing each week. Photo: Peter Lund

Pétanque has developed a reputation for being the original u3a cake-based activity group – despite last month's attempt by Rusty Badminton to steal the glory! Karen has certainly earned the title of star baker, as her half-time tail-gate pastry parties have become a much anticipated feature of the Monday afternoon fixtures. However, the mid-March treat was the last Karen has planned for the year.

Karen not only has been bringing welcome refreshments to the games, but also arrives early with a length of rope to mark out parallel pitches for days

mochyn rhost. Mwy o wybodaeth i ddilyn wrth i gynlluniau ddatblygu!

I ddarganfod mwy am y grŵp hwn, e-bostiwch jackshakespeare35@gmail.com

Dechreuwy'r Sbaeneg



Una taza de afeitarse (shaving mug) was an unusual show-and-tell object last month.

Photo: Peter Lund

Daw aelodau â rhywbeth i siarad amdano bob sesiwn. Yn gynnar y mis diwethaf daeth Peter â mwg eillio ei dad-cu – cofrodd o jiwbilif arian y Brenin Siôr V. Dangosodd Elizabeth sut roedd hi wedi datrys y dirgelwch o wahaniaethu rhwng “yo tambien” (fi hefyd) a “yo tampoco” (fi ychwaith), a rhannodd ychydig o ymarfer corff i'r rhai oedd am roi cynnig arno. Yna, cyn gadael ar ei harhosiad 7 wythnos yn ei hannwyl Estepona, darllenodd Jennifer y geiriau i gân atgofus, “Canto a Andalucía”. Rydym bellach yn colli ein mentor rhugl tra ei bod yn Estepona, er yn cadw mewn cysylltiad ar WhatsApp.



Two tired and disheveled students in Estepona, 1972. Photo courtesy of Alan Brown (right).

Daeth Alan â chwedlau teithwyr am Estepona o gyfnod gwahanol iawn. “Roedd yn ymweliad ag Estepona, ar y ffordd adref o ymweld â Morocco ym 1972, gyda chymar. Roeddem wedi teithio yn ôl ar hen fws ar draws Morocco, yna cael fferi stormus yn croesi yn ôl i Sbaen. Roedd y ddau ohonom yn sâl gyda bygstumog, felly treulio 3 diwrnod mewn gwesty rhad yn Estepona yn sâl, cyn hedfan adref o Málaga!” Roedd Gill yn ôl gydag un arall o'i chwisiau poblogaidd ar gyfer ail gyfarfod y mis, pan ymunodd y darpar aelod newydd Caryl â ni i brofi'r dyfroedd. Mae Dechreuwy'r Sbaeneg yn cyfnewid hanesion teithwyr yn Wetherspoons o 10.30am ar y 1af a'r 3ydd dydd Mawrth o bob mis. Am fanylion, e-bostiwch peter.lund@btinternet.com

Grŵp Athroniaeth (Rhuthun)

Cyfarfu Grŵp Athroniaeth Rhuthun ar 4ydd Mawrth a dechreuodd gyda thrafodaeth am foeseg a goblygiadau anghydraddoldeb, gan ganolbwyntio ar anghydraddoldeb incwm. Buom yn edrych ar y lefelau

with a surge of players. Gill has assumed the role of trusted score-keeper, bringing her blackboard to faithfully record the progress of the day's victories and defeats. And when newcomers turn up to give pétanque a try, there is always someone to offer their



Tom pauses as Greg points out where the jack is hiding.

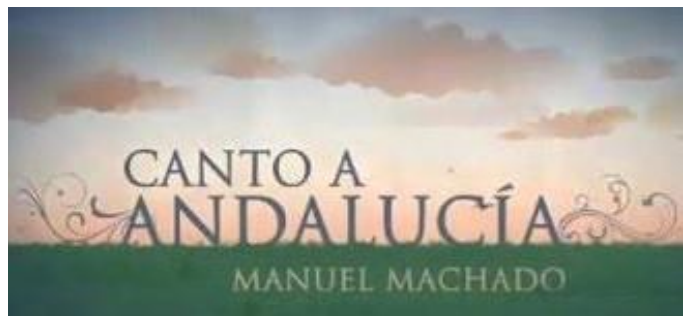
Photo: Peter Lund

spare boules. It's not just a game – it's a frame of mind!

Our member Jackie Lloyd is liaising with the Ruthin Festival Committee regarding a potential International Petanque tournament between the Ruthin Raiders and a group of visitors from Brittany on the evening of Friday 28th June, compete with a Breton bagpipe band (*bagad*) and hog roast. More information to follow as plans unfold!

To find out more about this group, please email jackshakespeare35@gmail.com

Spanish Beginners

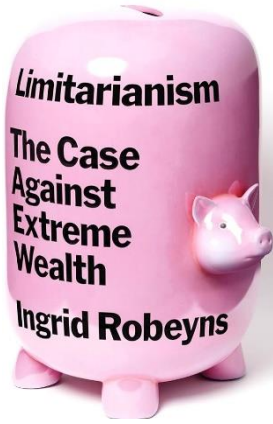


Jennifer shared the poem “I Sing to Andalusia” by Manuel Machado. Click the link to listen...

<https://youtu.be/8HuyHvrVMsQ?si=3tB58ATRroHKit-N>

Members try to bring in something to talk about each session, and early last month Peter brought his grandfather's shaving mug – a souvenir of King George V's silver jubilee. Elizabeth showed how she had solved the mystery of distinguishing “yo tambien” (me also) from “yo tampoco” (me neither), and shared a little exercise for those wanting to try it. Then, before departing on her 7 week stay in her beloved Estepona, Jennifer read out the words to an evocative song, “Canto a Andalucía”. We are now missing our fluent mentor while she is in Estepona, though

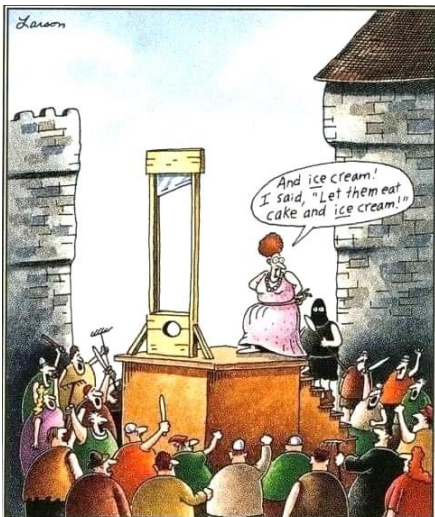
presennol o anghydraddoldeb ledled y byd, a'r materion a'r heriau cysylltiedig y mae gwahanol feddylwyr wedi'u nodi. Yn "The Spirit Level" (Wilkinson a Pickett; 2009) mae'r awduron, sy'n arbenigwyr mewn epidemioleg ac economeg, yn cyflwyno canfyddiadau sy'n awgrymu bod cymdeithasau mwy anghyfartal yn profi lefelau uwch o broblemau cymdeithasol gan gynnwys troseddoldeb, cam-drin cyffuriau, beichiogrwydd yn yr ardegau a salwch meddwl.



A new book offers proposals to tackle wealth inequality

Nododd Marx (Karl, nid Groucho!) ym 1875 fod marchnadoedd llafur yn ymgorffori anghydraddoldeb strwythurol, sef bod gan unigolion alluoedd amrywiol i gyflawni'r gwaith a neilltuwyd iddynt. Arweiniodd hyn at drafodaeth fywiog am y sail wahaniaethol ar gyfer pennu a chyfiawnhau cyflogau ac incwm arall. Mae'r athronydd o'r Iseldiroedd, Ingrid Robeyns, yn cynnig, yn ei llyfr 2024 "Limitarianism; the

Case Against Extreme Wealth", amrywiol gamau i fynd i'r afael â chrynodiad o gyfoeth eithafol. Mae'r rhain yn cynnwys gofal plant fforddiadwy, gwell mynediad at addysg, camau gwrthdodi, polisïau cyllidol mwy blaengar a chymhellion moesegol. Daeth Pete â'r drafodaeth hon i ben gydag arddangosfa ddigywilydd o anghydraddoldeb corfforol, gan guro pawb arall i'r gegin am y darn olaf o gacen!



It's not the first time cake has played a deciding role in debates about inequalities (Apologies to Gary Larson)

wahanol iawn i'n bywyd ni.

I gael rhagor o wybodaeth am y grŵp, cysylltwch â peteregan10@btinternet.com

Cyflwyniad i Athroniaeth (Dinbych)

Fis diwethaf fe wnaethom barhau â'n trafodaeth

keeping in touch on WhatsApp.

Alan, brought travellers' tales of Estepona from a very different era. "It was a visit to Estepona, on the way home from visiting Morocco in 1972, with a mate. We'd travelled back on a clapped out bus across Morocco, then had a stormy ferry crossing back to Spain. We were both ill with a stomach bug, so spent 3 days in a cheap hotel in Estepona being ill, before flying home from Málaga!"

Gill was back with another of her popular quizzes for the second meet of the month, when prospective new member Caryl joined us to test the waters. Spanish Beginners exchange travelers' tales in Wetherspoons from 10.30am on the 1st and 3rd Tuesday of every month. For details, email peter.lund@btinternet.com

Philosophy Group (Ruthin)

The Ruthin Philosophy Group met on 4th March and began with a discussion about the ethics and implications of inequality, focusing on income inequality. We looked at current levels of inequality worldwide, and the associated issues and challenges that various thinkers have identified. In "The Spirit Level" (Wilkinson and Pickett; 2009) the authors, experts in epidemiology and economics, present findings which suggest that more unequal societies experience higher levels of social problems including criminality, drug abuse, teenage pregnancy and mental illness. Marx (Karl, not Groucho!) noted in



Very different Marxists

1875 that labour markets embed a structural inequality, in that individuals have varying abilities to perform the work assigned to them. This generated a lively discussion

about the differential basis on which wages and other income should be assigned and justified. The Dutch philosopher Ingrid Robeyns proposes, in her 2024 book "Limitarianism; the Case Against Extreme Wealth", various actions to tackle extreme wealth concentration. These include affordable childcare, better education access, anti-poverty actions, more progressive fiscal policies and ethical inducements. Pete ended this discussion with a shameless display of physical inequality, beating everyone else to the kitchen for the last piece of cake!

We finished with a brief round-table presentation from everyone present on meaningful aspects of our individual philosophy. The diversity of experiences, challenges and ideas was fascinating, and demonstrated the value of understanding the influences of individual experience on people who may have very different existences from our own.

For more information on the group, contact peteregan10@btinternet.com

ddiddorol ynghylch a oes gan fenywod a dynion safbwyntiau

gwahanol am foesoldeb. Yn ôl yr arfer ar ôl llawer o siarad, rhannu anecdotau a chwerthin, fe benderfynon ni ei fod yn sbectrwm. Roedd ein trafodaeth yn cynnwys dylanwad disgwyliadau diwylliannol a 'natur yn erbyn magwraeth'.



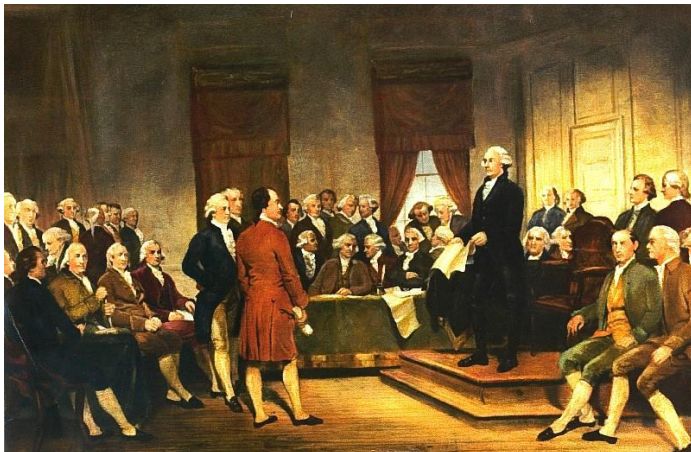
Maureen and Shan question the gender divide. Photo: Avril Roberts

Y mis nesaf, bydd Gill yn cyflwyno papur ar Foeseq mewn Marchnata. Rydym yn disgwyl ein swm arferol o ddaclau yn seiliedig ar safbwyntiau megis gwneud arian, a lle mae rhywun yn tynnu llinell - os bydd un!

Buom hefyd yn trafod beth i'w astudio nesaf. Rwy'n gwybod bod mis Medi yn ymddangos ymhell o'n blaenau, ond bydd ar ein gwarthaf yn fuan. Rydym wedi penderfynu seilio astudiaeth o "Gwybodaeth, Gwirionedd, a Doethineb" ar lyfr Jennifer Nagel, Knowledge, a Short Introduction, yn gymysg â phapurau gan bobl yn rhoi eu barn unigol.

Llawer i feddwl amdano! I gael rhagor o wybodaeth am y grŵp, cysylltwch ag avril.robarts@btopenworld.com

Grŵp Hanes



Constitutional Convention 1787 (Artist: Junius Stearns)

Ar y 18fed o Fawrth cyfarfuom yn ein hystafell newydd yn Nantclwyd y Dre, lle parhaodd Eric ei hanes o UDA, a symudiad y trefedigaethau tuag at annibyniaeth. Daeth Cytundeb Paris, a lofnodwyd ar 3 Medi 1783 gan gynrychiolwyr y Brenin Siôr III a rhai'r Trefedigaethau, â Rhyfel Chwyldroadol America i ben yn swyddogol gan gydnabod y 13 talaith fel cenedl sofran annibynnol.

Mabwysiadwyd Ordinhad Tir 1785 gan Gyngres yr

Introduction To Philosophy (Denbigh)



Robert and Tom explore nature vs nurture. Photo: Avril Roberts

Last month we continued our interesting discussion on whether women and men have different views of morality. As usual after much talking, sharing of anecdotes and laughter, we decided that it is a spectrum. Our discussion included the influence of cultural expectations and 'nature versus nurture'.

Next month, Gill will be presenting a paper on Ethics in Marketing. We expect our usual amount of controversy based on views such as on money-making, and where one draws a line – if one does!

We also discussed what to study next. I know September seems a long way ahead, but it will soon be upon us. We have decided to base a study of "Knowledge, Truth, and Wisdom" on Jennifer Nagel's book, *Knowledge, a Short Introduction*, interspersed with papers from people giving their individual views. A lot to think about! For more information about the group, contact avril.robarts@btopenworld.com

History Group

On the 18th March we met in our new room in Nantclwyd y Dre, where Eric continued his history of the USA, and the move of the colonies towards independence. The Treaty of Paris, signed on 3rd September 1783 by representatives of King George III and those of the Colonies, officially ended the American Revolutionary War and recognized the 13 states as an independent, sovereign nation.



Shay's Rebellion, 1786 (Engraving, c1850)

The Land Ordinance of 1785 was adopted by the United States Congress, setting up a standardized system for settlers to purchase title to farmland in the undeveloped West. But all was not well. Shays' Rebellion, an armed uprising largely of

Unol Daleithiau, gan sefydlu system safonol i wladychwyr brynu teitl i dir fferm yn y Gorllewin annatblygedig. Ond nid oedd popeth yn iawn. Roedd Gwrthryfel Shays, gwrthryfel arfog yn bennaf gan gyn-filwyr dyledus y Rhyfel Chwyldroadol a ffynnodd ym 1786 yng Ngorllewin Massachusetts, yn ymateb i argyfwng dyled ac ymdrechion y Wladwriaeth i gasglu trethi ar unigolion a masnach. Dechreuodd aflonyddwch ledw.

Roedd gan y Confensiwn Cyfansoddiadol, a gynhaliwyd yn Philadelphia ym 1787, gynrychiolwyr, i gyd o dan 40 oed, o bob un o'r 13 talaith. Er mai dim ond diwygio'r system y cytunwyd arni o dan Erthyglau'r Cydffederasiwn oedd bwriad y Confensiwn, bwriad llawer o'r rhai a oedd yn bresennol, gan gynnwys James Madison o Virginia ac Alexander Hamilton o Efrog Newydd, oedd creu ffrâm lywodraethu hollol newydd. Etholodd y cynrychiolwyr George Washington o Virginia i ddod yn Llywydd y Confensiwn. Roedd Washington wedi bod yn bennaeth y Fyddin Gyfandirol yn y Rhyfel Chwyldroadol (1775-1783), ac roedd yn gefnogwr i lywodraeth genedlaethol lawer cryfach. Y canlyniad oedd creu'r Cyfansoddiad newydd, gan wneud hwn yn un o'r digwyddiadau mwyaf arwyddocaol yn hanes America.

Ar ôl y cyflwyniad cynhwysfawr hwn, cawsom seibiant, gan rannu gwybodaeth am raglenni teledu a radio, podlediadau a llyfrau am hanes. Bydd ein cyfarfod nesaf ar y 15fed o Ebrill am 2 o'r gloch yn Nantclwyd y Dre. Bydd Eric yn parhau â'i hanes o UDA, a bydd Avril yn siarad am arwyddocâd Rhyfel Canada 1812. Am fwy o wybodaeth, cysylltwch â bethanwelch@gmail.com

Dyddiau i Ffwrdd



The Elizabethan knot garden of Little Moreton Hall.

Photo: Dorothea Harber

Wrth i'r Away Days Group barhau i ddirwyn i ben, y bwriad oedd mai taith y mis diwethaf i Neuadd Little Moreton ger Congleton byddai'r daith olaf. Ond, ar y 21 o Fawrth plediodd deuddeg aelod yn ddigon grymus i ddwyn perswâd ar Dorothea i drefnu un daith arall i

Garchar Biwmares, yn ddiweddarach y mis hwn. Disgrifir Little Moreton Hall gan yr Ymddiriedolaeth Genedlaethol fel "Maenordy Tuduraidd eiconig gydag onglau rhyfedd a chymeriad hynod". Mae yma gaffi bach deniadol, ac mae tywyswyr mewn gwisgoedd wrth law i egluro'r manylion hanesyddol. Y tu allan mae gardd gwllwm o arddull Elisabethaidd.

Bydd y daith olaf i garchar Biwmares ddydd lau 25 Ebrill. Os hoffech ddod draw, cysylltwch â Dorothea ar dvharber@yahoo.co.uk

Oni bai bod rhywun yn camu ymlaen i helpu i gydlynu'r

endebedded Revolutionary War veterans which flared up in 1786 in Western Massachusetts, was a response to a debt crisis and the State's efforts to collect taxes on individuals and trade. Unrest began to spread.

The Constitutional Convention, held in Philadelphia in 1787, had representatives, all under 40 years old, from each of the 13 states. Although the Convention was intended just to revise the system agreed under the Articles of Confederation, the intention of many of those present, including James Madison of Virginia and Alexander Hamilton of New York, was to create a totally new frame of government. The delegates elected George Washington of Virginia to become President of the Convention. Washington had been commander of the Continental Army in the Revolutionary War (1775–1783), and was a proponent of a much stronger national government. The result was the creation of the new Constitution, making this one of the most significant events in American history.

After this comprehensive presentation, we took a break, sharing information about television and radio programmes, podcasts and books about history. Our next meeting will be the 15th April at 2 pm at Nantclwyd y Dre. Eric will continue with his history of the USA, and Avril will speak about the significance of the 1812 Canadian War. For more information, contact bethanwelch@gmail.com

Away Days



Sylvia, Maria, Karen and Kate wander the 500 year old twisty corridors and odd-shaped halls of Little Moreton Hall.

Photo: Dorothea Harber

As the Away Days Group continues to wind down, last month's outing to Little Moreton Hall near Congleton was intended to be the last. But the twelve members who assembled on the 21st March put in a plea powerful enough to persuade Dorothea to give way

grŵp, taith y mis hwn fydd yr olaf mewn gwirionedd! Fel ein holl weithgareddau u3a, dim ond yn ysbryd gwirfoddoli a rhannu llwyth y mae grwpiau'n llwyddiannus, ac mae'n annheg disgwyl i un person wneud yr holl waith. Bydd yn ddiddorol gweld a fydd yr alwad am help gyda'r Grŵp Dyddiau Cwrdd i Ffwrdd yn cael ymateb!

Grŵp Daeareg

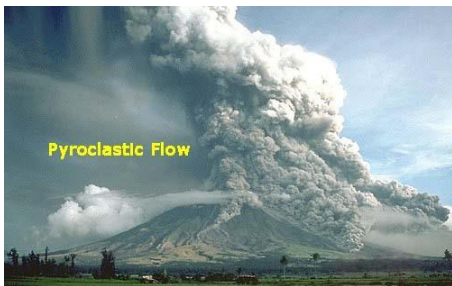
Fis diwethaf, cafodd 15 aelod y grŵp yr ail sgwrs gan Brian Hubble ar losgfynyddoedd. Dechreuodd y sgwrs gyda fideo dramatig yn dangos ffrwydrad ar Tonga 2 flynedd yn ôl. Gall ffrwydradau folcanig ddigwydd pan fo platiau tectonig yn gwthio yn erbyn ei gilydd, gan ddarostwng un plât o dan y llall a sbarduno siambrau magma islaw. Mae ffrwydradau yn cymryd tair prif ffurf: nwyon, llif lafa a malurion pyroclastig neu teffra. Yr olaf yw'r mwyaf dinistriol ac mae'n cynnwys deunydd sy'n cael ei daflu i'r atmosffer gan ffrwydradau grymus.

Gall y gwahanol fathau o ffrwydradau folcanig amrywio o holltau, lle mae magma yn ymledu o holltau dwfn (fel sy'n digwydd yng Ngwlad yr Iâ yn ddiweddar) i losgfynyddoedd siâp côn nodweddiadol amrywiol (fel Mynydd Etna); a calderas, lle mae canol llosgfynydd yn cwmpo i ffurfio basn crwn.



Mount St Helens, July 18, 1980

Gall gwahanol fathau o ffrwydradau achosi lefelau gwahanol o ffyrnigrwydd. Y rhai mwyaf treisgar a dinistriol yw ffrwydradau Plinaidd, sy'n cynhyrchu colofnau lludw sy'n ymestyn sawl milltir i fyny, gan wasgaru cymylau pyroclastig yn gyflym a dinistrio popeth yn eu llwybr.



Mayon volcano, Philippines

Gorffennodd Brian ei sgwrs trwy gyfeirio at bedwar ffrwydrad arbennig o ffrwydrol ar draws y byd:

1. Vesuvius, mae'n debyg y llosgfynydd mwyaf adnabyddus oherwydd ei fod wedi dileu'r ddinas hynafol Pompeii.
2. Mynydd Pelee ar ynys Martinique yn y Caribî, a ffrwydrodd ym 1902 gan achosi 30,000 o farwolaethau.
3. Mount St Helens yn Nhalaith Washington, a ffrwydrodd yn 1980 yn y digwyddiad folcanig mwyaf trychinebus yn hanes yr Unol Daleithiau, gan ladd 57 o bobl a difrodi bywyd gwyllt dros ardal enfawr
4. Er ei fod yn ddiweddar iawn ac yn un o'r ffrwydradau mwyaf ffrwydrol a gofnodwyd erioed, nid

and arrange one final expedition, to Beaumaris Gaol later this month.



Looking up, the construction techniques of Tudor craftsmen are revealed.

Photo: Dorothea Harber

Little Moreton Hall is described by the National Trust as an "iconic Tudor Manor House with wonky angles and quirky character". It has an attractive little café, and costumed guides are on hand to explain the historical details. Outside there is an Elizabethan style knot garden.

The final trip will be to Beaumaris gaol on Thursday 25th April. If you would like to come along, please contact Dorothea at dvharber@yahoo.co.uk

Unless someone steps forward to help coordinate the group, this month's trip really will be the last! Like all our u3a activities, groups are only successful in the spirit of volunteering and load-sharing, and it unfair to expect one person to do all the work. It will be interesting to see if the call for help with the Away Days Group is answered!

Geology Group

Brian Hubble treated 15 members of the Geology Group to his second talk on volcanoes last month. The talk began with a dramatic video showing an eruption on Tonga 2 years ago. Volcanic eruptions can occur where tectonic plates push against each other, subducting one plate under the other and triggering magma chambers below. Eruptions take three main forms: gases, lava flows and pyroclastic debris or tephra. The latter is the most destructive and comprises material thrown up into the atmosphere by forceful eruptions.

The different forms of volcanic eruptions can range from fissures, where magma spews out from deep cracks (as is happening in Iceland just now) to various typical cone shaped volcanoes (like Mt Etna); and calderas, where the centre of a volcano collapses to form a circular basin.

Different kinds of eruptions can have different levels of violence. The most violent and destructive are Plinian eruptions, which produce ash columns extending several miles upwards, rapidly spreading pyroclastic clouds and destroying everything in their path.

Brian concluded his talk by referring to four particularly explosive eruptions across the world:

1. Vesuvius, probably the best know volcano due to its wiping out the ancient city Pompeii.
2. Mount Pelee on the Caribbean island of Martinique, which erupted in 1902 causing 30,000

oedd Hunga Tonga wedi cael fawr o gyhoeddusrwydd oherwydd bod y newyddion wedi'i ddominyddu gan oresgyniad Rwsia o'r Wcráin. Ychydig iawn o golli bywyd a gafwyd, ond ymledodd y tswami dilynol ar draws y Môr Tawel o dir mawr Asia i America.

Roedd sgwrs Brian yn hynod ddiddorol, gan ymdrin yn nhermau lleygwr ag un o ddigwyddiadau mwyaf rhyfeddol y blaned. Bydd ein dau gyfarfod nesaf yn ddigwyddiadau awyr agored. Ar 26 Ebrill bydd taith gerdded ddaearogol ar hyd Rhodfa'r Fonesig Bagot i weld creigiau ceunant Clywedog, ac ar 24 Mai byddwn yn mentro i Gilgwri i gael "Golau Haul y Graig o Amgylch Port" gan ddilyn llwybr sy'n amlygu ei gerrig adeiladu.

I gael rhagor o wybodaeth, anfonwch e-bost at Mike mbaines@uwclub.net

Grŵp Newydd: Pickleball?



Pickleball racquets and balls are heavier than in similar games and take some getting used to. Photo: Rosemary Jones

Mae Pickleball yn gêm dan do neu awyr agored sy'n tyfu'n gyflym yn ddiweddar ac a fabwysiadwyd gan lawer o grwpiau u3a ledled y wlad. Mae'n gêm senglau neu ddyblau sy'n cael ei chwarae ar ffurf badminton gyda rased (neu badl) dros rwyd, gan ddefnyddio pêl blastig wag, tylllog. Ers i Phil Webb gael yr offer angenrheidiol ar gyfer Neuadd Bentref Llanfair yn ddiweddar, rhoddodd grŵp bach o aelodau u3a, wedi'u hannog gan gymeradwyaeth frwd Maria Rimmer, gynnig arni cyn dechrau un dydd Gwener Rusty Badminton, a phenderfynwyd ei bod yn werth sefydlu grŵp prawf. Mae cynlluniau ar gyfer y grŵp newydd yn dal i ddod i'r amlwg. Os bydd yn mynd yn ei flaen, mae'n debyg y bydd naill ai'n cyfarfod ar fore Llun o 10.30-12.30, neu am yn ail â Rusty Badminton ar brynhawn Gwener. Mae Karen Kleuters wedi cynnig bod yn gydlynnydd cychwynnol, felly i gofrestru diddordeb, e-bostiwch hi ar kkk49@hotmail.co.uk

deaths.

3. Mount St Helens in Washington State, which erupted in 1980 in the most catastrophic volcanic event in US history, killing 57 people and devastating wildlife over a huge area

4. Hunga Tonga which, despite being very recent and one of the most explosive eruptions ever recorded, received little publicity because the news was dominated by the Russian invasion of Ukraine. There was minimal loss of life, but the subsequent tsunami spread across the Pacific from mainland Asia to the Americas.

Brian's talk was truly fascinating, dealing in layman's terms with one of the planet's most amazing occurrences. Our next two meetings will be outdoor events. On 26th April there will be a geological walk along Lady Bagot's Drive to see the rocks of the Clywedog gorge, and on 24th May we venture to the Wirral for a "Rock Around Port Sunlight" following a trail highlighting its building stones.

For more information, email Mike at mbaines@uwclub.net

New Group: Pickleball?



An intro to the game is on this link from the USA...

<https://youtu.be/FTvPYdKZqQ0?si=vcZizwWocYbAXMnJ>

Pickleball is a recent and fast growing indoor or outdoor court game adopted by many u3a groups across the country. It is a singles or doubles game played badminton-style with a racquet (or paddle) over a net, using a hard perforated, hollow plastic ball. Since Phil Webb recently obtained the necessary equipment for Llanfair Village Hall, a small group of u3a members, encouraged by Maria Rimmer's enthusiastic endorsement, tried it out before the start of one Friday Rusty Badminton, and decided it was worth setting up a trial group. Plans for the new group are still emerging. If it goes ahead, it will probably either meet on Monday mornings from 10.30-12.30, or alternate with Rusty Badminton on Friday afternoons. Karen Kleuters has offered to be the initial coordinator, so to register interest, please email her at kkk49@hotmail.co.uk

Green Tips

Eyarth Rocks, the Site of Special Scientific Interest on the limestone outcrop above Pwllglas, is a butterfly sanctuary with 32 recorded species, including the endangered Pearl-Bordered Fritillary, in its only major home in North Wales. This little creature can be seen from April onwards, and loves limestone escarpments, where its caterpillars feed on native plants such as dog violets.

Cynghorion Gwyrdd

Mae Eyrarth Rocks, y Safle o Ddiddordeb Gwyddonol Arbennig ar y brigiad calchfaen uwchben Pwll-glas, yn noddfa i ieir bach yr haf, cofnodwyd 32 o rywogaethau gan gynnwys y Fritheg Berlog sydd mewn perygl, yn ei unig gartref eang yng Ngogledd Cymru. Mae'r creadur bach hwn i'w weld o fis Ebrill ymlaen, ac mae wrth ei fodd â sgarpiâu calchfaen, lle mae ei lindys yn bwydo ar blanhigion brodorol fel fioledau cŵn.



£20 reward to help stop cotoneaster spreading through the Vale's limestone grasslands!

Photo: Lin Cummins, North Wales

cotoneaster fod yn ffynhonnell werthfawr o fwyd i bryfed gardd, ac mae llawer o adar yn caru ei aeron (ac yn lledaenu). Mae garddwyr yn hoffi cotoneaster fel "planhigyn sy'n atal 'chwyn'. Ond mae diangfeydd rhemp bellach yn mygu planhigion brodorol ar y brigiadau calchfaen o boptu bryniau Clwyd, gan fygwth bywyd gwyllt fel ein Fritheg Berlog fach.

Fel rhan o'r Prosiect Adfer Glaswelltir Calchfaen, mae Cynllun Cyfnewid Planhigion newydd yn anelu at leihau lledaeniad cotoneaster ymledol i'n glaswelltiroedd calchfaen rhyfeddol. Mae Ymddiriedolaeth Natur Gogledd Cymru yn annog pob perchennog tŷ i dynnu cotoneaster o'u gerddi, gan roi dewisiadau amgen sy'n gyfeillgar i fywyd gwyllt brodorol neu anfewnwithiol yn ei le. I hyrwyddo hyn, maent yn cynnig £20 mewn taleb arheg gardd pan fyddwch chi'n tynnu llun "cyn ac ar ôl" o'ch tynnu cotoneaster a'i anfon i mewn, ynghyd â ffurflen gyfranogi. Dywedodd Craig Wade, Swyddog Prosiect Adfer Glaswelltir Calchfaen ar gyfer Ymddiriedolaeth Natur Gogledd Cymru: 'Rwyf bob amser yn falch o weld pobl wedi ymddeol yn cymryd rhan yn ein gweithgareddau, ac edrychaf ymlaen at glywed sut mae aelodau U3a Rhuthun yn helpu i leihau hadau anffodorol, fel cotoneaster, o'u gerddi trwy gymryd rhan yn y Cynllun Cyfnewid Planhigion. Mae ein prosiect yn bosibl diolch i Gronfa Dreftadaeth y Loteri, ar ran Llywodraeth Cymru. Dysgwch fwy trwy chwilio "Cynllun Cyfnewid Planhigion Gogledd Cymru", neu drwy glacio/tapio yma..

[Plant Swap Scheme | North Wales Wildlife Trust](#)

Limestone grasslands are some of the most plant and insect-rich habitats in Denbighshire, with over 40 plant species per square meter. Unfortunately, escarpments across Britain are being smothered by invasive cotoneaster. Cotoneaster can be a valuable source of food for garden insects, and its berries loved (and spread) by many birds. Gardeners like cotoneaster as "weed" suppressing ground cover. But rampant escapees are now smothering native plants on the limestone outcrops on either side of the Clwydian hills, threatening wildlife such as our little Pearl-Bordered Fritillary.



The highly threatened Pearl-Bordered Fritillary, at home on Eyrarth Rocks. Photo: Butterfly Conservation

As part of the Limestone Grassland Restoration Project, a new Plant Swap Scheme aims to reduce the spread of invasive cotoneaster onto our extraordinary limestone grasslands. The North Wales Wildlife Trust is encouraging all homeowners to remove cotoneaster from their gardens, replacing it with native or non-invasive wildlife friendly alternatives. To promote this, they are offering a £20 garden gift voucher when you take a "before and after" photo of your cotoneaster removal and send it in,



Craig Wade, North Wales Wildlife Trust

along with a participation form. Craig Wade, Limestone Grassland Restoration Project Officer for the North Wales Wildlife Trust, said: 'I am always pleased to see retired people becoming involved in our activities, and look forward to hearing how members of Ruthin u3a are helping to reduce invasive non-native cotoneaster seed source from their gardens, by taking part in the Plant Swap Scheme. Our project is made possible thanks to Lottery Heritage Fund, on behalf of Welsh Government. Find out more by searching "North Wales Plant Swap Scheme", or by clicking/tapping here..

[Plant Swap Scheme | North Wales Wildlife Trust](#)

Cyfarfod Cyffredinol

Roedd ein cyfarfod ym mis Mawrth yn fraint i gael siaradwr cartref hoffus ar ffurf Avril Robarts, yn siarad am droseddau a roddwyd ar bawf ym Mrawdlys Dinbych yn y 18fed ganrif. Roedd yn gyfnod o gosbi llym ac anghysondebau rhyfedd ddwy genhedlaeth yn unig ar ôl Rhyfel Cartref Lloegr, yn ystod cyfnod cythryblus y chwyldroadau Americanaidd a Ffrainc. Dyna pryd y gallai dyn gael ei ddedfrydu i grogi am ddwyn oen, ond byddai rheithgorau yng Nghymru yn aml yn gwrthod cynnal rheithfarnau euog. Roedd yn gyfnod o eithafion cymdeithasol, pan oedd ynadon yn uchelwyr, a deiliaid tai newynog yn cael eu gwahardd i hela cwingod a cheirw hyd yn oed ar eu tir eu hunain am fwyd. Gallai'r sâl a'r tlawd gael eu trin fel crwydriad a'u cludo i'r plwyf cyfagos, a chludo'r rhai â chosb marwolaeth gymudo i America (Awstralia yn ddiweddarach), gyda'r bygythiad o grogi pe baent yn dychwelyd. Nid oedd y gorffennol bob amser yn lle dymunol!

Cynhelir y Cyfarfod Cyffredinol nesaf ddydd Mawrth, Ebrill 30ain yng Nghlwb Rygbi Rhuthun. Bydd Graham Edwards yn sôn am fywyd Richard Jones Berwyn (1837-1913), a adawodd Ddyffryn Ceiriog ym 1865 ar y llong "Mimosa", gyda'r Cymry cyntaf ym



*Was Berwyn just another white settler stealing the lands of the Patagonian Tehuelche Indians?
(Credit: Awasi Experience)*

Mhatagonia. Daeth yn ddylanwadol iawn, gan ddal nifer fawr o swyddi gan gynnwys ysgolfeistr a phostfeistr. Ond fel cofrestrydd genedigaethau, priodasau a marwolaethau y creodd ffenestr i fywydau'r gwladychwyr Cymreig yn yr allbost hwn o'r Ariannin, a gofnododd yn ei Gylchlythyr misol Y Brut. Yn ôl yr arfer, mae'r drysau'n agor am 10am ar gyfer te a chymysgu; gyda'r sgwrs yn dechrau am 10.30.

Newyddion Pwyllgor



Qualified support for the Town Hall Development Plan

Cyfarfu'r Pwyllgor yn Neuadd Eleanor ar 14eg Mawrth, gyda Donna Thompson yn cyflenwi am y tro cyntaf fel ysgrifennydd cofnodion i Dee, a oedd i ffwrdd ar wyliau. Cafwyd diweddariad gan Alan ar gyflwr coed eirin coffa U3a yn y berllan gymunedol (ger Canolfan Gymunedol Llanfwrog). Roedd pryder wedi'i godi am eu cyflwr, ond roedd Alan yn hyderus y dylai strim cyflym wneud y gwaith. Cafwyd trafodaeth ar Gynllun Datblygu Neuadd y Dref

General Meeting



Avril Robarts feels the hand of history on her shoulder in her talk about 18th century Denbighshire courts.

Photo: Peter Lund

the American and French revolutions. It was when a man could be sentenced to hang for theft of a lamb, but juries in Wales would often refuse to uphold guilty verdicts. It was a time of social extremes, when magistrates were aristocrats, and hungry householders were forbidden to hunt rabbit and deer even on their own land for food. The sick and poor could be treated as vagrants and transported to the neighbouring parish, and those with a commuted death penalty transported to America (later Australia), with the threat of hanging if they returned. The past was not always a pleasant place!



*Richard Berwyn:
Patagonian colonist,
schoolmaster,
registrar and editor*

The next General Meeting is Tuesday, April 30th in the Ruthin Rugby Club. Graham Edwards will be talking about the life of Richard Jones Berwyn (1837-1913), who left the Ceiriog Valley in 1865 on the ship "Mimosa", with the first Welsh settlers in Patagonia. He became very influential, holding a large number of posts including schoolmaster and postmaster. But it was as registrar of births, marriages and deaths that he created a window into the lives of the windswept Welsh colonists in this Argentinian outpost, which he recorded in his monthly Newsletter *Y Brut*. As usual, doors open at 10am for tea and mingling; with the talk beginning at 10.30.

Committee News

The Committee met at Neuadd Eleanor on 14th March, with Donna Thompson covering for her first time as minutes secretary for Dee, who was away on holiday. Alan gave an update on the state of the u3a memorial

Rhuthun, a chytunwyd i ysgrifennu llythyr o gefnogaeth yn nodi ein hangen am fannau cyfarfod bach fforddiadwy i grwpiau. Mae Peter wedi cytuno i gyflawni rôl y Person Cyswllt Grwpiau nes bod gwirfoddolwr yn camu ymlaen i gymryd yr awenau. I gael gwybodaeth am y rôl, e-bostiwch peter.lund@btinternet.com

Tanysgrifiadau Aelodaeth 2024-25



Os nad ydych wedi adnewyddu eisoes, cofiwch fod eich tanysgrifiad u3a wedi dod i ben ar 31 Mawrth. Mae tanysgrifiadau ar gyfer y 12 mis canlynol yn ddyledus bob blwyddyn ar 1 Ebrill, ac yn costio £15. Heb danysgrifiad gweithredol, byddwch yn colli eich aelodaeth u3a; yn methu mynychu grwpiau diddordeb, gweithgareddau neu gyfarfodydd cyffredinol; ac ni fydd yn derbyn y Newyddlen Fisol mwyach.

Gellir talu tanysgrifiadau mewn un o 3 ffordd:

Arian parod: Gallwch wneud taliad hwyr yng Nghyfarfod Cyffredinol y mis hwn. Bydd angen i chi lenwi Ffurflen Adnewyddu.

Siec: Gellir ei dalu yn y Cyfarfod Cyffredinol (gyda Ffurflen Adnewyddu), **neu drwy ein gwefan** gan ddefnyddio'r Ffurflen Adnewyddu Aelodaeth Ar-lein - [Ruthin & District u3a: Welcome \(u3asites.org.uk\)](http://Ruthin & District u3a: Welcome (u3asites.org.uk)). Dilynwch y cyfarwyddiadau ar gyfer postio siec.

Trosglwyddiad banc: Cwblhewch Ffurflen Adnewyddu Aelodaeth Ar-lein (gweler y ddolen uchod).

Os ydych yn talu trwy drosglwyddiad banc ar gyfer 2 aelod, rhaid i chi roi enw llawn bob aelod fel y "Cyfeirnod". Os nad oes digon o le ar y ffurflen, efallai y bydd angen i chi wneud 2 daliad ar wahân. Ni allwn dderbyn Archebion Sefydlog na Debydau Uniongyrchol fel dulliau talu.

Rydym yn gwerthfawrogi eich aelodaeth ac nid ydym am eich colli! Os oes angen cymorth arnoch, e-bostiwch David Hislop, Ysgrifennydd Aelodaeth, yn dmhislop@gmail.com

Cyfraniadau Cylchlythyr



Ceisiwch anfon cyfraniadau ar gyfer y rhifyn nesaf cyn 25 Ebrill, a sicrhewch bob amser bod pobl mewn lluniau yn cytuno i gael eu cynnwys. E-bostiwch eich newyddion at peter.lund@btinternet.com

plum trees in the community orchard (near the Llanfwrog Community Centre). Concern had been raised about their condition, but Alan was confident a



A groups liaison person is still needed on the Committee

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quick strim should do the job. There was discussion on the Ruthin Town Hall Development Plan, and it was agreed to write a letter of support, noting our need for small affordable meeting places for groups. Peter has agreed to cover the role of Groups Liaison person until a volunteer steps forward to take over. For information about the role, please email

Membership Subscriptions 2024-25

If you haven't already renewed, please remember that your u3a subscription ran out on 31st March. Subscriptions for the following 12 months are due every year on 1st April, and cost £15. Without an active subscription, you lose your u3a membership; cannot attend interest groups, activities or general meetings; and will no longer receive the monthly Newsletter.

Subscriptions can be paid in one of 3 ways:

Cash: You may make a late payment at this month's General Meeting. You will need to complete a Renewal Form.

Cheque: Can be paid at the General Meeting (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.

Bank transfer: Complete an Online Membership Renewal Form (see the link above).

If paying by bank transfer for 2 members, you must give the full name of each member as the "Reference". If there is insufficient space on the form, you may need to make 2 separate payments. We cannot accept Standing Orders or Direct Debits as payment methods.

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

Newsletter Contributions

Please try to send contributions for the next edition before 25th April, always making sure people in photos are happy to be included. Email your news to peter.lund@btinternet.com





Bellach mae gan ein grŵp Facebook u3a Rhuthun a'r Cylch 152 o aelodau. Mae hynny ymhell dros hanner cyfanswm ein haelodaeth u3a! Felly os hoffech ei wneud yn 153, chwiliwch amdanom o dan Grwpiau Facebook; cliciwch "Ymuno"; edrychwch ar reolau'r grŵp; ac atebwch gwestiwn yr aelodaeth. Yna arhoswch i weinyddwr eich cymeradwyo i mewn. Rhaid i chi gadw eich aelodaeth u3a i barhau i fod yn rhan o'r grŵp Facebook. Os ydych yn cael unrhyw anhawster ymuno, gallwch anfon e-bost at peter.lund@btinternet.com



Our Ruthin & District u3a Facebook group, now has 152 members. That's well over half our total u3a membership! So if you'd like to make it 153, search for us under Facebook Groups; click "*Join*"; have a look at the group rules; and answer the membership question. Then just wait for an admin to approve you in. You must maintain your u3a membership to continue being part of the Facebook group. If you're having any difficulty joining, you can email peter.lund@btinternet.com

