

## **Your Local Community Councillors**

Cynhelir cyfarfodydd y Cyngor uchod ar yr ail Nos Lun o bob mis ac eithrio  
mis Awst/Meetings are held on the second Monday of every month

Cyfeiriad/Address: Cyngor Cymuned Llandysul Community Council, Llŷs  
Helyg, Rhyd Lewis, Llandysul, Ceredigion, SA44 5RE

Clerc/Clerk: Mrs Nia Davies Ffôn/Phone: 01239 851905

E-bost/E-mail: cllandysulcc@hotmail.co.uk

### **WARD CAPEL DEWI WARD**

Councillor Tom Cowcher

Penrhiw

Capel Dewi

LLANDYSUL

SA44 4PG (01559 363200)

Cynghorydd Douglas Davies

Einon Parc

Capel Dewi

LLANDYSUL

SA44 4PP (01559 362465)

### **WARD PONTSIAN WARD**

Councillor Mrs Carolyn Reed-Rees

Brynamlwg

Maesymeillion

Llandysul

SA44 4NG (07972 451 064)

### **WARD TREGROES WARD**

Cynghorydd Beth Davies

Tynewydd

Gorrig

Llandysul

SA44 4JG (01559 362850)

Cynghorydd Mrs Eileen Curry

Winllan

Prengwyn

Llandysul

SA44 4LP (01559 362253)

Cynghorydd Sir Peter Davies (County  
Councillor)

Hafan Hedd Aberbanc

Penrhiwllan

Llandysul

SA44 5NP (01559 371 281)

### **Letter from Mrs Philipa Davies ex Pontsian Councillor**

I have been a Community Councillor for about 11 years for Pontsian Ward and have enjoyed my time in the Community, having also learnt a great deal. I had to have an election which caused quite a stir against a certain Dominic Miles. Miss Magw Evans drove me round Pontsian Ward helping with the campaign, which was most interesting and entertaining. Election night was a thrill. After the counting was complete and I was told I had won with rather a large majority. I have tried to help when needed and do my bit for Pontsian. I wish to say thank you to everyone and wish the next incoming Councillor all the best.

*Gair gan Philipa yn son sut y cafodd ei hethol i fod yn gynghorwr i ward Pontsian un ar ddeg mlynedd yn ôl gan ddweud am yr hyn a ddysgodd o fewn y swydd. Mae'n dymuno'n dda i'r cynghorydd newydd a fydd yn cael ei ethol yn y dyfodol agos.*

## **Pentre Tregroes Village** by Eileen Curry

“Saif Tregroes tua thair milltir i'r ochr Orllewinol o bentref Llandysul, Sir Aberteifi, ar lan afon Cerdin, mor agos fel y clywir murmur y dŵr o bob trothwy”. Dyna i chi ddisgrifiad agoriadol y diweddar Kate Davies am ei atgofion am Ysgol Tregroes are ei Chanmlwyddiant, yn 1978. Ni allaf feddwl am ddisgrifiad gwell na hyn ac mi aeth Kate 'mlan i ychwanegu “Efallai i ddiethryn, mai pentre bach dinod a dison yw pentre Tregroes, ond nid felly yw i'r sawl a wŷr amdano”. Er i'r geiriau hyn cael eu hysgrifennu bron i ddeugain mlynedd yn ôl, ma nhw'n dal yn wir heddiw. Erbyn hyn ma'r felin, efail a'r siop wedi diflannu, ac er fod yr ysgol bellach wedi cau fel adeilad addysgiadol, mae'r etifeddiaeth yn parhau. Diolch i bwyllgor bach, ond hynod o weithgar, mae'r ysgol yn dal i fod yn ganolfan gymdeithasol er budd y gymuned gyda amryw o weithgareddau'n cael eu cynnal ac yn estyn croeso twym galon i holl drigolion yr ardal.



Am bentre a hanes iddo – Dinas Cerdin, Dyffryn Llynod, Christmas Evans, Jacob Davies, Kate Davies – dyma ond rhai enghreifftiau o'r llefydd a'r unigolion sydd werth clywed amdanynt. Byddem yn annog pawb, yn frodorion cynhenyd o'r ardal neu yn fewn fudwyr mwy diweddar, i ddarllen am hanes a chyfoeth yr ardal er mwyn ymestyn eu gwybodaeth a gwerthfawrogiad o'r ardal a'r gymdogaeth i ni'n ddigon ffordus o fod yn rhan ohoni.

Ga'i ddymuno hefyd, pen blwydd hapus iawn i un o gymeriadau'r pentref, sef Cerdin Williams, Rhiwllug ar ddathlu eu benblwydd yn 90 oed yn ystod yr haf hwn.

*Tregroes village stands about three miles West of Llandysul in Ceredigion. As the late Kate Davies would remember in her memoirs on the centenary of Tregroes School in 1978, that you could hear the 'murmur of the River Cerdin from every doorstep'. To a stranger, it might look like an insignificant little village but to people who reside and love the place, it's a different story.*

*By now, the mill, blacksmith and the shop have vanished; and although the school has closed for educational purposes, the enthusiasm goes on and that's thanks to a small committee who work extremely hard to keep it as a social centre, welcoming our inhabitants to join in all the different activities. It's quite an historic village too, naming a few places and individuals such as Dinas Cerdin, Dyffryn Llynod, Christmas Evans, Jacob Davies and Kate Davies.*



*I would like to urge all locals and visitors to read the history and wealth of the locality in order to extend their appreciation and knowledge of the area, which we are so lucky to live in. I would like to extend my best wishes to Cerdin Williams, Rhiwllug, who celebrated his 90<sup>th</sup> birthday this summer.*



**Spot the difference! Beth yw'r gwahaniaeth?**



Ymweliad â / a visit to

## **Plasty Alltirodyn Mansion** gan/by Joan Garrard, photographs Andy Hawkins



We can visit our historic houses and castles and read about their history but what do we really know about the families who live in them?

I went to one such historic house, Alltirodyn Mansion, hoping to have a glimpse at the life of the family who owns the estate, Mr and Mrs Usher.

My visit coincided with a visit by the prestigious Cambrian Archaeological

Association, who came from all over Wales and beyond to listen to a talk given by genealogist Tom Lloyd, about the families who had lived at Alltirodyn. More specifically, the Lloyd family, who descended from Rhys ap Gruffydd (12th century Prince of Wales). More about this in the next edition of Papur Triawd y Cardi.

But what of the family who lives there today, Donald and Kathleen Usher? How did they arrive at Alltirodyn and what influenced their decision? Bad luck initially played its part; in 1967 an outbreak of foot and mouth on their farm in Oswestry put them out of business but this led them to have more time to spend with friends in Pencader. At that time Alltirodyn was a Sunday destination for local people and visitors were shown around the house and gardens by the caretaker Percy White. Percy, together with his wife who was a cook, worked for the owner of Alltirodyn Mansion Lloyd Davies; first as a gardener for £8 plus keep and then for £8, his keep and a suit. At the time when Mr and Mrs Usher visited Lloyd Davies had died but Percy looked after the property for Lloyd Davies's sisters who had inherited Alltirodyn. The gardens then were a wilderness and the main house had no roof. Eventually the house was put up for auction, held at Llandybydder Hall. On a whim the Ushers decided to attend the auction and Donald put in a bid £100 less than the other bidders, who were all going to demolish the house. Alltirodyn Mansion was saved!

So it was to Capel Dewi that Mrs Usher found herself in 1969. She recounts that the movers were reluctant to leave her, saying "you can't live here". But live there she did; her husband following with their horses, whose living conditions in the stables were better than the living conditions in the house!



*Dyma i chi hanes diddorol am y plasty arbennig yma gan Joan sydd wedi ymweld a'r perchnogion ac wedi cael ychydig o hanes y teulu wrth iddynt adnewyddu'r adeilad i'r hyn yr ydy heddiw gyda'r gerddi yn eu gogoniant ac ar agor i'r cyhoedd yn flynyddol. Ewch am dro i weld y plasty hyfryd ac i brofi croeso twym galon y perchnogion sef Mr a Mrs Usher.*

Their life work, restoring the house and gardens had begun.

There followed a very busy period of their lives, renovating the house, restoring the gardens, the storm of 1989 helping to clear many of the trees, running farms, a riding school, a holiday let and raising a family. The end result is the beautifully restored mansion we see today and a garden that is open annually to the public through the Royal Horticultural Garden Scheme and well worth a visit.



Many thanks to Mr and Mrs Usher for their hospitality and help but more importantly for so willingly sharing their beautiful home with so many of us lucky enough to live nearby.

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## Artists from Plogonnet, Brittany *by Geraint Blayney*



### ***Croesawu arlunwyr o Plogonnet***

*Yn ei erthygl ddi-ddorol mae Geraint yn son am yr amser y daeth grŵp o arlunwyr draw o bentref Plogonnet yn Ffrainc i sefyll yn Waunifor Capel Dewi ac i arlunio tirluniau'r ardal. Mae'n rhoi crynodeb o'r amser y bu yn eu cwmni.*

The week-end 9/10 of May a group of five artists with two companions came from the village of Plogonnet, Brittany, France to spend a week drawing and painting in the beautiful landscapes of our locality. The visit was arranged by members associated with the twinning of Llandysul with Plogonnet. The visitors were comfortably accommodated at Waunifor, Llanfiangel yr Arth.

From the Monday I found myself involved with the proceedings. With great enthusiasm we set off to tackle the first landscape, the castle setting of Newcastle Emlyn. Materials and equipment were taken and set-up for studies to be made "en plein air". That is for scenes or images to be captured, first hand, drawing and painting, out in the open, directly on to paper or a canvas surface with the chosen medium, e.g. pastel, oil colour, watercolour etc. This is a very satisfying experience. Fortunately the weather was good and was for most of the week.

As the week progressed the itinerary developed. Tuesday morning the group, led by Mrs Wenna Bevan-Jones, went firstly to see the recently dedicated 'Oriol Bevan-Jones Gallery', of Art, in King Street Carmarthen. This dedication is in recognition of the immense contribution Dr. Huw Bevan-Jones made in promoting the use of art as therapy to aid mental health with patients attending St. David's Hospital Carmarthen. It was a very enlightening and meaningful visit. Excellent drawings, paintings, prints, sculpture, jewellery and ceramics can be seen and purchased there. The gallery director gave a brief yet encompassing talk about the reasons for, development and work of this foundation. We went on to Cenarth. After lunch, at The White Hart Inn, the next "en plein air" took place. Studies were made of the falls and the impressive bridge spanning the river Teify. On Wednesday the artists visited Laugharne to paint scenes of the estuary landscape associated with the life and work of Dylan Thomas.

Thursday was the final full day of drawing and painting. Aberaeron was the chosen location. Despite rain to start, it did not deter. Sheltered positions were found at various points around the harbour and the work continued. Great delight was expressed at the colourfulness of the environment. In the evening, together with relatives and others associated with the Llandysul twinning, all had an opportunity to relax and enjoy an excellent meal at the Talardd Arms followed by music and dancing Breton style.

To conclude the week, an exhibition of the work done, was arranged Friday morning at the Power House Art Gallery, Pontywelli, Llandysul. In the afternoon, with light



refreshments provided, all were welcomed to see what was produced during the week. At this informal gathering, tokens of friendship were exchanged and thanks expressed.

It was a real pleasure to have been part of this endeavour. Besides enjoyable involvement in the artistic process, it was a wonderful opportunity to talk about the differences and similarities of the ways of life, culture and language of Brittany and Wales. Whilst English

was spoken, mainly for purposes of clarification, great efforts were made to use Welsh, Breton and French, often resulting in much confusion and hilarity.

Following their return, a large postcard has been received with expressions of thanks from all the Bretons involved. It is a very pleasant reminder of this very fulfilling week. Plans have been tentatively made for a reciprocal arrangement for local Welsh artists to visit Plogonnec in 2016.

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## Bywyd Offeiriad ym Mhlwyf Llandysul *by Gareth Reid*

Mae bywyd offeiriad yn gallu edrych yn dra rhyfedd i nifer o bobl, efallai ychydig o ddirgelwch hefyd. Mae'n anodd egluro, oherwydd y nifer o wahanol rannau sydd i'r bywyd; y gwahanol ffyrdd o fyw a hynny yn dibynnu ar y person, ei brofiad, a'r plwyf. I mi, dechreuodd fy mywyd fel ficer ar Fehefin 26ain 2010 yn yr Eglwys Gadeiriol Tyddewi. Ar ôl 3 mlynedd yn astudio diwinyddiaeth yng Ngholeg Mihangel Sant, Llandaf trwy Brifysgol Caerdydd, mi symudais i bentref bach o'r enw Tregroes (Whitchurch yn Saesneg) sy'n rhan o Blwyf Rheithorol Dewisland. Mi oeddwn ar fin dechrau fy mywyd fel curad y plwyf, o dan arweiniad y Deon, Y Gwir Barchedig Jonathan Lean, ac yn gyfrifol am ofal bugeiliol eglwysi Solfach, Tregroes a Brawdy (Solva, Whitchurch and Brawdy). Am 10:30y.b. ar Fehefin 26, gorymdeithiais i mewn i'r Gadeirlan gyda 6 person arall a oedd yn cael eu hordeinio, yn ogystal â chlerigwyr arall yr Esgobaeth. Cerddais allan o'r Gadeirlan rhyw ddwy awr wedyn fel diacon. Y bore wedyn dechreuais fy mywyd newydd trwy wasanaethu yng Nghymun y Plwyf yn y Gadeirlan ei hun. Treuliais y flwyddyn nesaf yn ymweld â phlwyfolion, pregethu, arwain gwasanaethau, paratoi pobl ar gyfer confyrmasiwn, bedyddio, a derbyn hyfforddiant o'r Esgobaeth, a'r Eglwys yng Nghymru. Bron yn union flwyddyn i'r diwrnod ordeiniaswn yn 2010, mi gefais fy ordeinio fel offeiriad. Mi oeddwn nawr i arwain gwasanaethau Cymun a chymryd priodasau. Trwy fy amser fel Curad derbynias profiadau anhygoel - cymryd rhan yn atgyweiriad creirfa Dewi Sant, gweinyddu wrth ochr Archesgob Caergaint Rowan Williams, pregethu, canu can arweiniol mewn gwasanaeth ym Mam Eglwys yr Esgobaeth yn ogystal â nifer o bethau arall. Ond nid dyna beth sy'n gwneud bywyd offeiriad yn bwysig, ond yn hytrach i ddefnyddio geiriau ein nawdd sant, y pethau bychain. Y pethau rwyf yn trysori fwyaf o'n hamser fel offeiriad yw helpu rhywun ar ôl marwolaeth, arwain rhywun i dderbyn gras Duw, i wrando ar rywun mewn poen, neu helpu rhywun i dderbyn Cymun am y tro cyntaf ar ôl blynyddoedd. Mae bywyd offeiriad yn nifer o bethau, ac oherwydd yr amrywiaeth dydy ddim yn ddiffas o gwbl! Yr haf yma byddaf yn dathlu 5 mlynedd ers i mi gael fy ordeinio a 2 mlynedd fel Ficer Llandysul ac wedi mwynhau llawer o'r bywyd. Er hyn, rwyf yn dal i ddysgu llawer am yr alwedigaeth. Trwy ras Duw, bydd gennyf y nerth, cryfder a'r doniau i'w wasanaethu Ef am flynyddoedd i ddod.

*The life of a priest can look strange to many people, maybe a bit of a mystery too. It is difficult to explain, given the different roles a priest plays, differences in parishes and the personality and life experiences of the priest. My life as a priest began on 26<sup>th</sup> June 2010 at the Cathedral of St. Davids. After 3 years studying theology at St Michael's, Llandaff, I had moved to a small village called Tregroes (Whitchurch in English) which is part of the Rectorial Parish of Dewisland. I was about to begin life as curate of the parish, under the guidance of the Dean, the Reverend Jonathan Lean who was responsible for the Pastoral care of Solva church, Whitchurch and Brawdy. At 10:30am on June 26<sup>th</sup> I entered into the Cathedral, in a procession with six other people who were also being ordained. We walked out of the Cathedral as deacons. The next morning I began my new life by serving Parish Communion in the Cathedral. I spent the next year visiting parishioners, preaching, leading worship, preparing for confirmation, baptism, and received training from the Diocese, and the Church in*



Wales. Exactly a year later I was ordained as a priest. I was now able to lead and take Communion services, as well as wedding ceremonies. Throughout my time as Curate, I gained incredible experiences, such as repairing the shrine of St David, taking services alongside the Archbishop of Canterbury Rowan Williams, and many other duties. However, these are not the things that make the life of a priest important, but rather, to use the words of our patron saint, 'the little things'. The things I treasure most as a priest is to support someone after the loss of a loved one, leading others to receive the grace of God, listening to those in pain of some kind, or helping someone to receive Communion after a long absence. The life of a priest can be a number of different things, and because of its diversity, it is not boring at all! This summer I will celebrate five years since I was ordained and two years as Vicar of Llandysul. I am enjoying my life as a vicar and I am still learning a lot about the occupation but by God's grace I hope that I will have the power, strength and talent to serve Him for years to come.

## **Monthly Church Services Gwasanaethau'r Eglwys**

### **Capel Dewi**

1st Sunday	2pm Welsh Communion
2nd Sunday	9.30am Bilingual Service
3rd Sunday	2pm Family Service
4th Sunday	11am English Communion
5th Sunday	10am United Service, shared with Llanfihangel and Pencader
Last Sunday	6pm Informal Service of Songs and Praise with refreshments.

### **Tregroes**

1st Sunday	2pm Communion
3rd Sunday	2pm Evensong

### **Pontsian**

2nd Sunday	2pm Communion
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A ydych chi'n  
adnabod y gweithwyr  
yma sy'n adeiladu  
Neuadd Eglwys  
Tregroes?  
Do you know these  
workers?



**Threshing Dyrnwr  
in Gorrig 1940s**

## Gwneud Albwm Newydd **JENARD** Making a New Album

One imagines that most musical partnerships begin with a shared interest in music. For Alan Jenkins and Pete Garrard it began with drains! Alan's understandable need to have them fixed and Pete's, more inexplicable, love of anything 'drain related'. From this inauspicious start the local duo Jenard's musical relationship began.



Jenard rehearsing their new album  
*ymarfer eu halbwm newydd*

Living in Gorrig, the pair began to play guitar and sing together. Alan was born in Aberystwyth but spent most of his working life in England. He has been playing guitar, writing songs and performing since the age of 14. Pete was born in Newcastle but spent most of his working life in South Wales. In his 20's he played guitar, wrote songs and sang in a duo and in a group. On moving to Wales, he joined the Pontarddulais Male Choir, for which he has sung for more than 30 years and continues to do so.

Very soon Jenard were invited to perform in the local community and for charitable events. It was at one of these local events that it was suggested they record some of their own songs and a single *When The Morning Comes* was made. They are now busy in the process of recording an album, with EWK Records, produced by Eifion (Bodyshaker) Williams. Eifion hopes that the album will be released before the end of the year.

*Gallwch ddychmygu bod rhan fwyaf o bartneriaeth mewn cerddoriaeth yn dechrau drwy gariad at ganu gyda`i gilydd, ond y dechreuad rhwng Alan Jenkins a Peter Garrard oedd pan aeth Pete i helpu Alan i agor ffosydd o amgylch ei gartref. Mae`r ddau yn byw yn Gorrig ac fe aethant ymlaen i ganu a chwarae`r gitâr gyda`i gilydd.*

*Ganwyd Alan yn Aberystwyth, ond treilliodd rhan fwyaf o`i amser yn gweithio yn Lloegr. Bu`n perfformio, chwarae`r gitâr ac ysgrifennu caneuon ers yn bedair ar ddeg oed. Ganwyd Pete yn Newcastle, yna symud i weithio i Dde Cymru. Yn ei ugeiniau, yntau hefyd wedi ysgrifennu caneuon, chwarae`r gitâr a chanu. Ers deg ar hugain o flynyddoedd bellach, mae Pete yn aelod o Gôr Pontarddulais ac yn dal i fynychu`r ymarferion yn wythnosol.*

*Yn fuan, daeth galwad i`r ddau ganu yn y gymuned leol, rhan fwyaf i godi arian tuag at achosion da.*

*Mewn un `o`r digwyddiadau yma fe awgrymwyd iddynt wneud cryno ddisg, lle recordwyd `When the Morning Comes`, cân o waith y ddau. Ar hyn o bryd maent ar y ffordd i recordio un newydd a`r gobaith yw y bydd yn cael ei lansio cyn diwedd y flwyddyn.*

# Lluniau Ysgol TREGROES School Photos





**1930**



**Tregroes Church  
Centenary 1958**

## Try Something New - Stained Glass Joan Garrard reports

Did you know that there's a hidden gem in the heart of Llandysul? Where the ancient art of stained glass is kept alive, and is in fact thriving, right under our noses?

Welcome/Croeso to Cariad Glass! Husband and wife team Chris and Justine have run their stained glass studio from two different premises in the village for six years. The studio produces a wide range of glass gifts, bespoke glass panels and a high quality restoration service, as well as personalisation for unique wedding, birthday, Christening and Christmas presents.



Cariad Glass was established by Chris Dodd who started learning the art of stained glass 14 years ago – initially from home, and then from what is now the barber shop on New Road. *“We're constantly surrounded by inspiration, with the area we live in having mountains, rivers and the sea all on our doorstep,”* Justine Dodd told Joan. *“What we do is very visual and uses traditional techniques such as cutting the glass by hand and using traditional kiln fired hand painted work. We love working with glass and just want to share that with people.”*

Following the success of the shop and the enquiries for tuition, Cariad Glass moved to larger premises in March 2014 and in June that year, launched its first workshop for those who fancy trying their hands at this ancient art. *“Teaching people my craft is highly satisfying – both from the work that they have produced during the teaching day and the personal journey that they've been on ....we have had people overjoyed that they have been able to express themselves creatively through the medium of glass, and being able to facilitate that is a really special thing.”* says Chris.

The studio is renowned not only for its gift section but for its high quality commission work, with pieces held in London, Cambridge, the Bahamas and Australia and featured as part of the 'Power of Making' exhibition at the V&A museum.

If you want to find out more you can contact: Cariad Glass by: visiting [www.cariadglass.co.uk](http://www.cariadglass.co.uk), email [chris@cariadglass.co.uk](mailto:chris@cariadglass.co.uk) or call 0774 893 6032 (mob) 01559 362 972



### ***Hoffech chi drïo rhywbeth newydd ? Creu ffenestri Lliw***

*Yn yr adroddiad yma mae Joan yn eich gwahodd i ddod i gefn gwlad Llandysul i weld busnes teuluol sy'n cael ei redeg gan ŵr a gwraig lleol sef Chris a Justine. Mae ganddynt stiwdio Cariad Glass sy'n cynhyrchu anrhegion delfrydol yn ogystal â chomisiynau oddi wrth bobl mor bell â Llundain ac Awstralia. Dewch am dro i weld y gwaith hyfryd yma ar eich taith i Landysul yr haf yma a chofiwch ddweud wrth eraill yn enwedig wrth chwilio am anrhegion Nadolig.*

# Water Mill Project

## *History of Capel Dewi, Lower Clettwr Valley Water Mills Project*

To capture the unique history and culture of our community for future generations. Our history is unique because we have the only water powered woollen mill still in operation in Wales. Rock Mill produces it's own special Welsh tapestry cloth and sells the cloth as either bed covers, blankets or throws. Water powered mills were most important in the Clettwr valley, providing a readily available sustainable source of power. Woollen mills and corn mills were present and today one has adapted at Dolbantau and is now producing electricity from both a water wheel and a turbine. Chestnut Mill was the first dairy cooperative in Wales. It arranged collection of milk from farms over a wide area producing butter and returning whey to the farms to fatten the pigs. There are 3 mansions sited within Capel Dewi. Much of the land was owned by the estates and they held an interest in the Mills. The Mills were set up like factories would be today, either being rented out or run by a manager on behalf of their owners.



Our project intends to research in to the life of the bygone era, from ancient times to the present day with a main focus on the significance of the Water Powered Mills. We intend to record our findings in the form of a hard bound illustrated bilingual book which will be treasured by future generations

*Dyma neges bwysig ein cyn cadeirydd ar y Cyngor Cymuned sydd bob amser yn gweithio'n galed er budd y gymdeithas a'r trigolion yn enwedig yng Nghapel Dewi a hynny ar hyd y blynyddoedd. Mae'n gweld pwysigrwydd yr hanes lleol ynghyd â thraddodiadau cefn gwlad a braf iawn yw gweld llwyddiant y siop yng Nghapel Dewi. O fewn ei erthygl fe gawn hanes y ffatrioedd a oedd yn yr ardal a'r gobaith yw bydd yna lyfr er mwyn cofnodi'r hanes ar gof a chadw.*

## *Gwastod Nursery, Pont Sian*

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**Pwy yw Pwy?**

**Eileen Curry  
Beth Davies  
Mair Davies  
Keith Evans  
Delyth Evans  
Carnival Queen**



## Award for Siop Dewi Volunteers

Siop Dewi volunteers were honoured to be selected as a national winner in the group category of the Wales Volunteer of the Year Awards 2015. Five volunteers representing Siop Dewi attended the award ceremony hosted by WCVA vice-president Tom Jones, held at the Pierhead Building, Cardiff Bay, in June. The awards were presented by Leslie Griffiths AM, Minister for Communities and Tackling Poverty. The award recognised the work Siop Dewi volunteers have played in providing a service to the whole community.



Since the shop opened in 2013 volunteers have been crucial to the ongoing success of Siop Dewi. The shop is open six days a week with half day Wednesday and Saturday. It also opens out of hours to support other community events taking place. Thanks to a keen stock manager the prices on many items are below the prices in the major retailers. Siop Dewi stocks local products including cakes and jams, farmhouse pies and pasties, bacon, sausages and mince. The mobile post office van is at the shop on Thursday mornings 10.30 – 11.30, where people can collect their pensions etc. People often call for a cup of tea or coffee and have a chat.

The award has recognised the hard work of its volunteers which has enabled Siop Dewi to become a commercially viable social enterprise in a village which has not had a shop for many years.

*Anrhydedd o'r mwyaf oedd i bump o wirfoddolwyr i gynrychioli Siop Dewi mewn seremoni wobrwyo yn Pierhead ym Mae Caerdydd ym mis Mehefin gyda Tom Jones WCVA yn cyflwyno. Derbyniwyd gwobr oddi wrth Leslie Griffiths AC a Gweinidog dros Gymdeithasau a Thlodi. Cydnabydder y wobwr am eu gwasanaeth i'r holl gymuned.*

*Ers i'r siop agor yn 2013 mae'r gwirfoddolwyr wedi bod yn hanfodol i lwyddiant Siop Dewi. Agorir y siop chwe diwrnod yr wythnos gan gau yn gynnar ar Ddydd Mercher a Sadwrn. Fe'i agorir yn arbennig ac yn ychwanegol ar gyfer digwyddiadau penodol y pentref a'r apêl yw i bawb gefnogi'r siop leol.*

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## Caws Teifi Farmhouse Cheese gan/by Joan Garrard



Eager to know how Caws Teifi Farmhouse Cheese has become more highly awarded than any other British artisan cheese, I made my way to Glynhynod Farm to meet John Savage-Onstwedder, to find out how the local business has become widely recognised as the leading light in the world of artisan cheesemaking.

At the end of a narrow winding lane you find Glynhynod Farm; it lies secluded in the beautiful countryside near Ffostrasol. Not only is it a working organic farm, it is also the home of John and his family, the location of Caws Teifi Cheese

and, more recently, Dà Mhile Distillery. John, his wife Patrice Savage-Onstwedder and Paula Van Werkhoven moved to West Wales from Holland 33 years ago to make cheese.

What prompted three young apprentice cheesemakers to leave Holland and come to West Wales to start their business? The answer, perhaps, hints at the answer to the success of Caws Teifi Cheese. Whilst involved in organic farming at an environmental education centre in Holland in the 1970s, John read and was inspired by The Complete Book of Self-Sufficiency by John Seymour, the guru of self-sufficiency. John Seymour lived in Pembrokeshire and it was to West Wales that the three young cheesemakers came to look for a farm “not too far from the sea” for their fledgling business. After much research they settled in Glynhynod Farm in 1981.

At that time artisan cheesemaking had died out and organic produce was a dream for the future. You can hear the passion in John’s voice when he proudly talks of that time and of being a pioneer and “part of the organic and self-sufficiency movement”. It is those principles and ideals that continue to drive the business today; from sourcing only the finest, locally sourced raw (unpasteurised) milk, to using wood grown sustainably to run the steam engine that heats the still in the distillery. John acts on the belief that buying locally is important, “Think globally act locally.” The cheeses are not sold in supermarkets but at farmers’ markets throughout Wales and in the UK through specialist artisan cheese shops. It is John’s belief that a business “cannot survive in rural Wales by producing

*Ar y ffodd gul i lawr yn ardal Ffostrasol, fe ddewch o hyd i fferm Glynhynod sy'n gartref i John a'i deulu. Dyma safle Caws Teifi ond fe'i gelwir yn ddiweddar fel DaMhile Distillery. Symudodd John, ei wraig Patricia Savage Onstwedder a Patricia Werkhoven i Gymru o'r Iseldiroedd ryw ddeg ar hugain o flynyddoedd yn ôl gan ddechrau busnes cynhyrchu caws.*

*Erbyn hyn mae yno fragdy sydd yn gwneud chwisgi organig. Gwobrwyir hwy mewn cystadleuaeth 'The Great Taste Award' am eu Orange Liqueur a dyma ychydig o'r hanes.*

*mediocrity, it has to be top quality". His business was, and is, built on that principle.*

John Savage was making organic cheese and sourcing locally, before it became fashionable to do so. He foresaw that the organic movement, which started with the basics of bread, milk and cheese, would move to luxury products like chocolate, beer and wines. This led him, in 1992, to commission the Springbank Distillery near the Mull of Kintyre in Scotland, to produce Dà Mhìle, the world's first organic whisky in the modern era; the 1000th bottle was presented to Prince Charles.



Since then the Distillery has moved to Glynhynod and perhaps unsurprisingly, under the management of John's son John James, the first batch of 'Dà Mhìle Orange 33, an organic orange liqueur, won a True Taste Award and more recently, a Great Taste Award!

As I left, bottles of Dà Mhìle gin were being boxed, ready to be sent to the prestigious Craft Gin Club, whose experts had selected it from the finest small-batch gins from around the world, as their gin of the month. I suspect the acclaim and the awards will continue to flow in for both Caws Teifi Farmhouse Cheese and Dà Mhìle Distillery.



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## Good Food by Abbey Reid



This morning I pondered a question - why is it that food prepared by someone else, tastes so much nicer than when you have done it yourself? Maybe it's something that harks back to childhood. I still remember the Sunday lunches my Nan made which seem to taste so much better than anything I have cooked. My brother used to joke that she didn't just pick the herbs and vegetables from her garden, but had a deal with the garden pixies for a special magical ingredient.

Since moving to Llandysul two years ago, I have discovered a group of cooking magicians that have the garden pixies on speed dial. If you have never enjoyed a Community Lunch on the first Tuesday of the month at the Old School in Tregroes, you are missing a trick. The trick of how a group of volunteers feed a sitting of over 35 people, two courses of homemade grub, from locally sourced ingredients, ensure the food is served hot and tasty, do the clearing up and make a decent cuppa all in an hour and a half! The other trick is that it only cost £6 a head!

So if you're new to the area and want to meet some friendly neighbours or want to reconnect with old friends, let Beth Davies know to reserve you a place.

*Cwestiwn mawr Abby yw Pam bod bwyd oddi cartref yn blasu'n well na'r hyn yr ydych yn ei goginio adre? Wel un ffordd o ffeindio allan yw dod i neuadd Tregroes ar y dydd Mawrth cyntaf o bob mis i chi gael y cyfle i flasu'r cinio hyfryd sydd wedi ei baratoi'n ofalus gan aelodau'r pwyllgor gyda'r cyfle hefyd i gymdeithasu am ddim ond £6. Y cyfan sydd eisiau i chi wneud yw cysylltu â Beth ar 07901716957.*

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## Growing 'tatoes *by Abbey Reid*

Have you ever grown anything from scratch? I've managed to; once. In 2007. Broad beans and potatoes. The broad beans were lovely, apart from the fact that I only ended up with a handful due to a stealth attack by every slug and snail in West Swansea. (Seriously, it was like the Battle of Helm's Deep from The Lord of the Rings!)

And the potatoes! Oh, my wonderful potatoes!

I was so proud of those potatoes, and that was my error. Being married to a Vicar I should have been better versed in the adage "Pride cometh before a fall". Being such a know-it-all (or not as it turned out), I devised a sure-fire way to protect my potatoes from the orc-in-disguise-slug army. I had large tubs - three of them. Black, sleek and tall enough to rival the refuge capability of Helm's Deep any day. I also had some strange idea that seedling potatoes would wield a handful of potatoes. My Nan told me to 'earth up' the shoots as they sprouted and I did. Watering and caring and maybe talking to them as I tucked the little shoots into bed with more compost to keep them cosy every night.

Did I mention that these tubs were large? Did I mention that they were as deep and wide as a bath and half as long? No?..... Well they were.... I'm even worse at mathematics than I am at gardening, which meant that I was duly unprepared for the amount of potatoes that those large Tardis-like tubs would produce.

My husband made it very clear, I may be the love of his life and would walk through fire for me, but if he had to eat another meal that contained potatoes in whatever guise we would have a serious problem. Mind you, I suppose every night for two weeks was a tad excessive! Thankfully there was a group of lovely ladies from St Teilo's Church in Swansea who took the vast amount off my hands and rescued my marriage!

So now I generally restrict myself to flowers. Not my forte, but with the help from stall holders at the annual Tregroes Plant Sale, that happens at the end of the Whitsun Bank Holiday week, I have some colourful pansies brightening up the outside of the Vicarage. I have even been allowed two (small!), tubs of potatoes which my daughters have had fun looking after with me. Mind you, our two year old may have been on the way to the same obsession of potato growing as her mother. When, to her father's dismay, her first 'Knock Knock' joke consisted of:

**Knock Knock!** Who's there? **Growing** Growing who? **Growing tay-toes!!**

*Dyma ni'n clywed am brofiad a llwyddiant Abby yn plannu tatws am y tro cyntaf yn Abertawe ac mae'n amlwg bod y llwyddiant yn ysgubol er efallai nad oedd y teulu am fwyta tato am amser hir ar ôl hynny! Na chwaith wedi trio tyfu rhagor. Tybed pam?*

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## Tregroes Pilgrim Path *by John Edge*



A fascinating feature of the history of Tregroes, is that research has shown that one of the most important medieval pilgrim paths in Wales passed through the village, and some of the farms and lanes nearby.

The website of St David's cathedral explains – "In the twelfth century Pope Calixtus II declared St David's Cathedral to be a place of pilgrimage. It was at this time that the medieval shrine was constructed and situated in the presbytery, close to the High Altar. Pope Calixtus II also stated that the shrine was so important that two pilgrimages to St David's were equivalent to one to Rome, three were equivalent to one to Jerusalem. Since then the path of pilgrimage has been trodden by hundreds of thousands of individuals. The destruction of the

Shrine during the reformation caused a steep decline in this important religious practice."

The main pilgrim route was the southerly one from Canterbury, through Llantwit Major and on eventually to St David's, but there were also others particularly from North Wales, through the monastery of Strata Florida, Nevern (where the path still exists) and thence to St David's. It is this path that ran through Tregroes, as the Cardiganshire Antiquarian Society explains:-

"This was the age of pilgrimages: 'Twice to St. David's' was equal to 'once to Rome.' There were two main routes, one along the south of Wales, a continuation of the Canterbury - St. David's route, and branch routes from the north and northeast to meet it. One such N.E. - S.W. route,

Strata Florida – Llanwenog - St. David's, came into this district, not on the present road but to Moelhedog down Gelligron to Pantmoch, Cwmgyfeile into Tregroes, thence to Betws Ifan, which was in the possession of that order providing hospitality for pilgrims on the road to different shrines, the Knights Hospitallers of St. John. That there was continued activity here may be imagined from the names that are left us - Prengwyn, Tregroes, Lon Pit, Spite, Heal y Spit, Login (the Latin element describing a place

*Mae'r ymchwil yn dangos bod llwybr pererindod yng Nghymru wedi mynd drwy bentref ac hefyd drwy rai o ffermydd yr ardal.*

*Un o'r teithiau pwysicaf oedd y daith o Gaergrawnt drwy Llanilltud Fawr ac yna ymlaen i Dy Ddewi. Roedd teithiau eraill hefyd o Ogledd Cymru i lawr i Ystrad Fflur a dyma'r llwybr a oedd yn mynd drwy bentref Tregroes ac ymlaen i Nanhyfer ( mae'r llwybr yno o hyd) ac yna ymlaen i Dy Ddewi.*

*Estynna'r daith o Gaergrawnt I Dy Ddewi drwy Ystrad Fflur, Llanwenog ac yna i'r ardal yma sef Moelhedog, i lawr stryd Gelli-gron ac i lawr i Pantmoch, Cwmgyfeile, Tregroes a Betws Ifan ac wrth ddarllen yr erthygl Saesneg fe gewch yr hanes i gyd.*

of importance), and Gorig." *Ceredigion : Journal of the Cardiganshire Antiquarian Society Vol. 3, no. 2 (1957), p. 110.*

The path in this area has disappeared, and is no longer a right of way – unlike the section at Nevern - but amazingly a small section of this path does seem to have survived. An ancient sunken lane comes diagonally down the hill from Berthlwyd into Cwmgyfeile, and then climbs out of the other side of the valley, worn down through the rock, towards Tregroes. This path also marked on the Ordinance Survey maps continues out of Cwmgyfeile, then on through Login and to Tregroes. Here firstly is a picture of the ancient path coming down into Cwmgyfeile. And then the path, cut into the rock, rises out of the valley in the direction of Tregroes.

It is also very interesting to discover that there was an earlier name for Cwm at about 1700 which was Cwmcabheilen. Here the word 'cab' could mean 'small inn' or 'caban', and 'heilen' could come from the old Welsh word meaning 'the serving of food and drink'. Perhaps we could imagine that as weary pilgrims travelled over the higher ground often across abbey lands, they then were able to come down into Cwm's wonderfully sheltered valley, with a good water supply and respite from any wild winds or weather of the journey. Here they could get refreshments, before they carried on their pilgrimage.



This ancient pilgrim path some 700 years old is one of the most sacred routes in Wales, and it is quite remarkable that antiquarian research has shown that it passes right through our village of Tregroes, on the way to St David's.

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## Treasure Hunt Report / Adroddiad Helfa Drysor - Viv Moss



Of the many events held at Tregroes, Friday 20th June proved the most exacting for a few of us. As 'incomers' to Tregroes from the 'big smoke' the Treasure Hunt was a whole new experience.

I and my co-navigator, Bob Hunt, set off on the course at 6.35 with great anticipation (this was clearly to be taken seriously!). I was sure there wouldn't be any problems, I still have my 'Map Readers' badge from

Girl Guides and the thought of relying on a sat-nat to get me anywhere fills me with anxiety, the gadget might know exactly where I am but it doesn't console me, I have to know where I am even if I'm lost, but I'll come to that later.

So back to 6.35, the first clue was to be found in the school grounds, we knew the answer but couldn't find the proof so leaving the school drove out onto the lane where we thought we'd found the proof for the first clue, we hadn't. Now it was downhill from here on, although not literally as we had to turn left up hill to Maesymeillion. I have explain for those of you who have never participated in such exploits, along with the clues are the directions for reaching the destination, fortunately for us; the pub. We absolutely knew where to find the Gwarcefel, this inside information proved invaluable, without it we may still be chasing all the clues AND finding all the wrong answers somewhere in the Cambrian Mountains.

Back to, 'how to find your way', it's just a series of arrows on the sheet you're handed at the start, which, as long as you haven't made any errors would guarantee your arrival at the finishing point. But remember, we were in the wrong place when we thought we'd found the first clue, disaster loomed and only got worse as we explored Blaencribor, Alltmaen, Crugyreyr, Talgarreg, Bwlchfyadre; I could go on listing everywhere we visited in Ceredigion, for Maesymeillion, which is where we should have been. I think that you should know that my co-navigator was not my husband, we laughed all the way, you can be certain there wouldn't have been any laughing had I had my dear spouse beside me, although with retrospect it may have helped, we might have been rescued sooner by someone hearing the shouting and taking pity on us. As it was our knight in shining armour was non other than Wyn Thomas, who in the pauses between uncontrollable bouts of laughter put us on the right route, unable to believe we'd gone so far astray.

We made it to the Gwarcefel, two and a quarter hours after leaving Tregroes. Lesson; if there is to be a next time I shall walk, it will be quicker. We handed in our sheet having answered twenty of the fifty-four clues, feeling pleased with our effort having managed to solve as much as we had, sadly though, only three were the right answers, nevertheless, we congratulated ourselves on such vividly imaginative answers, to clues we couldn't find, when lost in the middle of nowhere. A huge thanks must go to Diane for organising such an enjoyable but totally mis-spent evening!

*Ar nos Wener, Mehefin 20fed cynhalwyd helfa drysor gyntaf gan bwyllgor Neuadd Tregroes, ac i rai ohonom roedd yn brofiad o'r newydd. Tua hanner awr wedi chwech dyma rai o'r moduron yn dechrau ar ei taith.*

*Yna ar ôl teithio i fyny i bentref Maesymeillion sylweddolom fod Bob y Viv wedi troi i'r chwith yn lle mynd yn ei blaen am Pontsian a dyma'r hwyl a'r sbri yn dechrau. Yn awr cewch ddarllen ei stori nhw am y profiad bythgofiadwy. Diolch yn fawr i Diana am drefnu'r noson.*



# Tregroes Olympics

There is a little known event in a small hidden corner of Ceredigion that harks back to the heritage of those Greek examples of physical excellence. I am, of course, talking about the 'Tregroes Olympics'.

"What?" I hear you cry; "In Tregroes?" Yes indeed! During July you can partake in a historical smorgasbord of Grecian Olympic events such as Egg & Spoon races, Sack Races and Welly-Wanging!

Ok... So maybe I might have overdone it with the hyperbole. It may not be that those ancient Olympians ever wanged-a-welly anywhere; but I am sure that if they had as much rain fall in Athens as we do here in mid Wales it seems reasonable that they would have appreciated a welly or two. And it is pretty clear that they indulged in exercising their digestive systems between other more common sporting events. This too, is something in common with Tregroes. We may not have roast guinea foal or buffalo; but we do have pig.... Ok... Hotdogs... But surely that is the 21<sup>st</sup> Century equivalent!

So, next July, pop over and have a hotdog or a go at welly-wanging. Failing that, the beauty of the Tregroes Olympics is that you do not have to wait 4 long years before getting another chance; you can practice with those wellies for next years event!

*Pentref bach iawn yw Tregroes ond mae yna gemau Olympaidd yn digwydd bob blwyddyn gyda llawer iawn o gystadlu brwd yn y gwahanol gystadlaethau ac yn fwyaf arbennig fe allwch ennill medalau go arbennig sef waffles Tregroes sy'n arbennig ac yn unigryw i'r digwyddiad pwysig. Os nad ydych wedi trio eich lwc yn taflu esgid law neu redeg y ras wy a llwy mae yna groeso cynnes i chi ymuno a ni'r flwyddyn nesaf.*

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# Taith Ffermwyr Ifanc Cymru i'r Wladfa



Yn ystod pythefnos olaf mis Hydref 2014 teithiodd deuddeg o aelodau clybiau ffermwyr ifanc Cymru, i'r Ariannin i ymweld â'r Wladfa Roedd rhai ohonom yn adnabod ein gilydd cyn mynd, ag eraill yn cwrdd â'i gilydd am y tro cyntaf y bore hwnnw yn yr orsafa bws cyn dechrau'r daith. Ond, ar ôl treulio bron i ddeugain awr yn teithio ar fysiau ac awyrennau lu, daethom i adnabod ein gilydd yn dda mewn byr o dro, ac rwy'n siŵr y bydd y

daith yn ein clymu'n ffrindiau da weddill ein hoes.

Er mai am bythefnos yn unig y buom ni yn y Wladfa, llwyddasom i gywasgu cymaint o ddigwyddiadau a phrofiadau arbennig i mewn i'r bythefnos honno. Rhai o'r uchafbwyntiau i ni oedd cwrdd â chymdeithas Gymraeg Porth Madryn, gwyllo'r morfilod ar y bae, mynychu Seremoni'r Orsedd yn y Gaiman, ymweld ag Ysgol yr Hendre, cystadlu yn yr Eisteddfod ac ymuno yng Nghymanfa Ganu'r Eisteddfod. Cawsom ein cyfareddu gan fwrllwm y Gymraeg a ninnau mor bell o'n cartrefi yng Nghymru. Buom yn cystadlu fel grŵp yn yr Eisteddfod a chael tipyn o lwyddiant mewn partiön canu a llefaru.

Roedd croesi'r Paith i gyfeiriad mynyddoedd yr Andes yn brofiad ynddo'i hun, â gweld olion yr hen ffordd a gymerodd y Cymry cyntaf wrth groesi'r Paith ger yr arwydd Rocky Trip. Wedi i ni gyrraedd Cwm Hyfryd, roedd y tywydd dipyn oerach a gwyrrddni'r tirlun yn debycach i Gymru. Cawsom ymweld â fferm Alejandro Jones a'i helpu i symud y gwartheg ar gefn ei geffylau. Roedd hi'n ddiddorol i gymharu traddodiadau ac arferion ffermio yng Nghymru a Phatagonia, ac roedd y rhan fwyaf o'r ffermwyr yn yr ardal hon yn cadw gwartheg biff. Uchafbwyntiau'r wythnos hon oedd cael Asado ar fferm teulu'r Green, a thrio'r ddiod mate am y tro cyntaf erioed.

Ar ddiwrnod olaf y daith, aethom i weld marchnad da byw mwya'r byd, sef Liniers yn Buenos Aires. Roedd hi'n ddiddorol i wylio'r holl arwerthiannau a gâi eu cynnal ar y safle, ac Aberdeen Angus a gwartheg Henffordd oedd y bridiau mwyaf poblogaidd. Bu'r bythefnos yn bythefnos llawn o chwerthin a mwynhad, ac ni allwn ond llai na rhyfeddu at y croeso twymgalon a Chymreiga gawsom ymhob man.

*During the last two weeks in October 2014, twelve members of the Young Farmers clubs of Wales have travelled to Patagonia in Argentina. Some of us knew each other before, whilst others met for the first time at the bus station at the beginning of the tour. After spending almost forty hours of travel on buses and airplanes, we came to know each other well in a short time. I'm sure the tour will make us good friends for the rest of our lives. Although we were only in the colony for two weeks, we were able to squeeze in many special events and experiences in that time. Some of the highlights for us were: meeting Welsh society Puerto Madryn, whale watching in the bay, attending the Gorsedd ceremony in the Gaiman, visiting Ysgol yr Hendre, competing in*

the Eisteddfod and joining in a Singing Assembly. We were fascinated by the bustle of Welsh in a country so far from Wales. We competed as a group at the Eisteddfod and had some success at parties, singing and reciting. Crossing the `prairie to the Andes Mountains is an experience in itself; to see the remains of the old road taken by the first Welshmen when crossing the Rocky Trip. Having reached Cwm Hyfryd, the weather was cooler and the greener landscape being more like Wales. We visited farmer Alejandro Jones and helped move the cattle on horseback. It was interesting to compare the traditions and practices of farming in Wales and Patagonia; the majority of farmers in this area kept beef. The highlight of this week was to visit the Green family farm and trying to drink `mate` for the first time ever. On the last day of the trip, we went to see the world's largest livestock market, Liniers in Buenos Aires. It was interesting to watch all the auctions that took place; Aberdeen Angus and Hereford breeds being the most popular. The fortnight was full of laughter and enjoyment, and we were very impressed with the warm Welsh welcome we received everywhere.



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Cafwyd llwyddiant da iawn gyda Llŷr Blaencwmerwydd ac Ifan Rhydsais yn ennill cwpan yn yr ocsiwn ffug. Daeth cwpanau hefyd i Dion Fron nid yn unig yn un o'r

unigolion mwyaf gweithgar y flwyddyn ond hefyd Dion oedd Ffarmwr Ifanc y Sir am y flwyddyn. Roedd Lisa Blaencwmerwydd ar lwyfan y coroni hefyd fel un o forwynion y sir am y flwyddyn.

Diolch i bawb a fu'n cynorthwyo'r aelodau ac am eu cefnogi ar gyfer y rali gan sicrhau iddynt ddod yn 5ed ar ddiwedd diwrnod o gystadlu brwd. Aeth nifer i fwynhau ymhellach y noson honno yn nawns y rali i fyny yn Llanddewi Brefi. Pob lwc i'r ocsiwn ffug ac i'r 'cabaret' a fydd yn cynrychioli'r sir yn sioe Llanelwedd ym mis Gorffennaf.



*On a cold and windy Saturday on the 6<sup>th</sup> June members of the YFC attended their annual Rally at Llanddewi Brefi, after months of practising for many different competitions including flower arranging, cooking, crafts, handling wool, false auction, creating a*

*banner, cabaret and many more.*

*They did very well with Llŷr Blaencwmerwydd and Ifan Rhydsais winning the cup for the false auction, and Dion Fron being presented with the most active member as well as the young farmer of the year. Lisa Blaencwmerwydd was an attendant and Pontsian members would like to thank everyone for their support as they came 5<sup>th</sup> on the day. The special day ended with a special dance.*



## Penrhiwllan Stores

*Siop Popeth*

Reopened 17th June 2015

Open 7am-7 pm 7days a week

*Groceries, fresh & frozen food, off licence, tobacco, fresh baked goods, newspapers etc.*

## **Cylch Meithrin Clettwr Pontsian Nursery Children**

Mae plant Cylch Meithrin Clettwr Pontsian wedi bod yn brysur iawn yn ddiweddar yn gwneud gweithgareddau amrywiol ar thema'r Gaeaf, Gwanwyn ac yr ardd. Maent wedi bod yn dathlu dathliadau amrywiol megis Dydd Santes Dwynwen, Diwrnod Pancws, Blwyddyn Newydd Tsienaid, Dydd Gŵyl Dewi a'r Pasg. Ar ôl gwyliau'r Pasg maent wedi bod yn gwneud thema yn yr ardd lle maent wedi bod yn plannu blodau haul ac yn arsylwi arnynt yn tyfu. Rydyn wedi bod yn brysur yn gwneud gweithgareddau ar drychfilod ac wedi creu canolfan arddio yn y cornel chwarae rôl.

Mae'r Cylch Meithrin yn cael ei gynnal yn Neuadd Goffa D. H. Evans ar ddydd Llun i ddydd Iau o 9y.b. hyd 11.30y.b. yn ystod tymor ysgol. Ar ddydd Gwener mae yno 'Cylch Ti a Fi' o 9y.b. hyd 11y.b. Croeso Cynnes i bawb!

*We have recently been very busy doing various activities on the theme of 'winter, spring and the garden'. The children have been celebrating Santes Dwynwen Day, Pancake Day, Chinese New Year, St David's Day and Easter. After the Easter holidays they continued on the same theme of the garden as they planted sunflowers and observed their growth. We have been busy making an insect activity centre and created a garden in the corner of the playground.*

*The Playgroup meets in D.H. Evans Memorial Hall every Monday to Thursday from 9am to 11:30 during school term. On Friday Cylch Ti a Fi meets from 9 am 'til 11am*

### **The Long Barn**

*With outstanding views of the Teifi Valley and beyond, the fully converted 18th Century stone barn provides a variety of bunkhouse accommodation, year round, for up to 34 people with full facilities including kitchen, games area, shower block and laundry room.*

*The Longbarn is an ideal location for Schools and Youth Group Holidays, Outdoor Pursuits, Christian Retreats and Educational Field Work.*

Contact: Eva or Tom Cowcher  
01559 363200 [www.thelongbarn.co.uk](http://www.thelongbarn.co.uk)  
[cowcher@thelongbarn.co.uk](mailto:cowcher@thelongbarn.co.uk)



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***Tel 01559 362090***

## **Cyngor Cymuned Llandysul Community Council- Keith Evans**

Rwyf wedi cael fy anrhydeddu gyda'm cyd-aelodau ar Gyngor Cymuned Llandysul i'w arwain fel Cadeirydd am y flwyddyn bresennol. Nid yma'r tro cyntaf i fi wasanaethu yn y rôl yma, cefais yr anrhydedd llawer blwyddyn yn ôl. Rwyf wedi bod yn Aelod etholedig ar Gyngor cymuned Llandysul am bron i ddeg blynedd ar hugain. Credaf yn gryf fod y tier yma o Gyngorau yn dra phwysig, oherwydd dyma'r lefel o lywodraethant sydd agosaf i'r etholwyr ar lawr gwlad. Oherwydd toriadau yng nghyllidebau Cyngorau Sir, mae Cyngorau Bro a Thref led led Cymru yn cael eu gofyn i ddarparu ystod fwy o wasanaethau. Golygai hyn wrth gwrs fod y gost i'r dyfodol o gyflwyno'r gwasanaethau rhain yn syrthio ar drethdalwyr lleol. Yn sgîl hyn, yn sicr fydd yn rhaid i'r Cyngor Cymuned i edrych ar lefel eu presept (yr arian a godir wrth drethdalwyr i gynnal gwasanaethau) yn y blynyddoedd a ddaw. Felly edrychaf ymlaen am flwyddyn brysur o gydweithio gyda'm cyd-gyngorwyr, ein clerwr ar gymuned ehangach yn ystod y flwyddyn i symud ein cymuned yn eu blaen.

*I have been honoured to serve as Chairman of Llandysul Community Council for the coming year. This is not my first time in this role; I had that honour several years ago. I have been elected member on the Council for nearly thirty years. I strongly believe that this tier of the Council is very important, because it is at this level that is closest to constituents on the ground. Because of budget cuts all County and Town Councils across Wales are being asked to provide a greater range of services. This meant that the cost of delivering services in the future will fall on local taxpayers; because of this, the Community Council will certainly have to look at their level of precept (the money raised from taxpayers to hold services) in the coming years. I look forward to a busy year to come and working together with my fellow councillors and the clerk of our community council as we move our community forward.*

## **Ysgol Tregroes School - Keith Evans**

Mae dros 60 blynedd wedi mynd heibio ers i mi droedio'r ffordd gul o Brengwyn i Ysgol Gynradd Tregroes. Cefais gyfnod byr iawn dan law T Llew Jones, ar athrawes gyntaf oedd Mrs Jones Wesyn Villa. Yna ar ôl cyfnod byr daeth pennaeth newydd i'r Ysgol sef Ieuan Jones, gwr ifanc a sgiliau chwaraeon da, ac fe fyddai yn ymuno a ni ar yr iard amser cinio i gael gem o bêl droed. Cafodd Ieuan gryn dipyn o ddylanwad arnaf dros y cyfnod ac mae yn anrhydedd o'r mwyaf cael ei gyfiri fel ffrind o hyd ac wedi cael profi o'i haelioni drwy gydweithio gydag ef dros y blynyddoedd ar wahanol bwyllgorau yn Llandysul. Rwy'n cofio hefyd cyfnod John Alaska Davies yn yr Ysgol a ninnau fel plant yn ei gwrdd wrth gat yr ysgol er mwyn pwshio ei feic lan i'r iard. Dim llawer o athrawon yn beicio i'r ysgol y dyddiau yma!! Yn wir mae'r oes wedi newid; roeddwn ni fel plant yn cael y rhyddid i deithio wrth ein hun o'r Ysgol lan i fferm Rhiwllug i dalu am y llaeth roedd yr Ysgol wedi ei ddefnyddio. Cael croeso mawr yna a polo mint, ac mae'n hyfryd i ddweud fod y croeso llawn mor ddiffuant heddiw ac a fuodd erioed yn Rhiwllug. Yn y dyddiau hynny fyddwn fel trwp o blant yn cerdded lawr i'r ysgol a rhywbryd yn ystod y cyfnod daeth y cyfle i gael reid i'r ysgol gyda Bws Gwalia a Trefor wrth yr olwyn gan amlaf. Roedd 'na gyfnod wedyn pan oedd yn rhaid mynd nôl i gerdded am fod gwyliau yn yr ysgolion Cynradd a'r Uwchradd yn wahanol. Yna amser yr 11+ a chael hen bishyn chwech fel oedd yr arferiad bryd hynny i'w rhoi yn fy mhoced fel lwc. Wel do, fe lwyddais yn yr arholiadau, diolch i ymroddiad yr athrawon roedd wedi ein dysgu ac yna symud

ymlaen i Ysgol Ramadeg Llandysul ac i gyfnod newydd yn fy mywyd, ond gadael Tregroes gydag atgofion melys iawn.

*More than 60 years have elapsed since I set foot on the narrow Prengwyn road to Tregroes Primary School. I had a very short time at the hands of the first teachers, T Llew Jones and Mrs Jones of Wesyn Villa. After a short time Ieuan Jones became the new Head of School. He was a young man and had good sports skills; he would join us in the playground at lunchtime to have a game of football. Ieuan had a fair amount of influence on me and it has been a great honour to be counted as a friend and still working with him over the years on various committees in Llandysul. I remember the period when John Alaska Davies was in the School and we children met at the school gate to push his bike up to the yard. Not many teachers cycle to school these days!! Yes times have changed, we had the freedom to travel on our own from school to Rhiwllug Farm to fetch the milk for the School. We were well received there and would be given a polo mint. It is wonderful to say that the welcome is just the same today as it always was at Rhiwllug. Very often we would walk down down together to school and sometimes the opportunity came to ride on the school bus, with Trevor driving the Gwalia bus. Then there was a period when we had to walk because the Grammar school holidays were not at the same time as the primary school holidays. During the 11+ exam we would have a sixpenny piece to place in our pockets for luck and I'm glad to say that I succeeded, thanks to the dedication of the teachers who had taught us; as a result I moved on to Llandysul Grammar School which was the next step in my life. I left Tregroes with very fond memories.*

### **Carmel Chapel Keith Evans**

Wel mae'r gwaith yn Festri Carmel yn agosáu at ei therfyn a diolch i'r unigolion sydd wedi gwirfoddoli i roi llawer o'i amser gwerthfawr i symud y gwaith ymlaen. Yn eu hanfod, wedi adnewyddu'r drysau ar ffenestri ydym ac uwchraddio'r gwaith trydanol. Fel rydym yn mynd yn henach roedd y teimlad yn gryf iawn yn yr Eglwys fod dringo i'r llawr uchaf dros risiau cul iawn yn rhoi ffwddan i nifer o'n haelodau. Felly dyma ddod a'r llofft i lawr i'r llawr fel petai a thrawsnewid y gofod ar gyfer y cyfnod newydd yma yn hanes yr Eglwys. Fydd yna ofod gwresog neis gennym i ddefnyddio am y blynyddoedd a ddaw gyda gwell mynediad i'r adnodd yn dilyn y gwaith. Yn nyfnder y gaeaf, pwy a wŷr, efallai y cawn ambell i oedfa yna. Mae'n siŵr fydd y Swyddogion ar aelodau yn barod iawn i'r festri ar eu newydd wedd i fod ar gael i fudiadau a chymdeithasau yn ein plwyf os fydd angen yn codi. Diolch hefyd am y nawdd ariannol a dderbyniwyd i gynorthwyo ni yn y gwaith.

*Well, the work being done at Carmel is now approaching its limit, thanks to the individuals who have put in a lot of their valuable time to help. We have renewed the doors and windows and upgraded the electrical work. We felt very strongly, as we become older, that the climb up very narrow stairs in the Church to the upper floor was difficult for many of the members. The hall has begun a new stage in the history of the Church. We will have better access and a nice warm space to use for years to come. In the depth of winter, who knows, perhaps the occasional service will be in the new hall... No doubt the officials of the vestry members are happy to have the new hall available for organisations and associations in our parish if a need arises. Thanks also for the funding received in order for us to carry out the work.*

## A Move to Make Llandysul a Dementia Friendly Community



A new initiative hopes to help make Llandysul a dementia friendly community, offering support and understanding to those with dementia and their carers.

A group met at the Old Mill, Gorrig Road, and received training from the Alzheimer's Society to become a "Dementia Friend". There was a lot to learn, from the practical things you can do to help; for example, simply by changing the colour of a toilet seat or moving a mirror can make a real difference, when a sufferer's visual perception is affected. A understanding of the emotional response of someone with dementia and how to react can have amazing benefits. The challenge now is to find ways to spread out this awareness throughout the Community.

If you would like to become a Dementia Friend or have any thoughts about how to make Llandysul more dementia friendly contact either Sara on 01559 363273 or Kate 01570 421927

### BRASLUN O YRFA DELYTH EVANS (gynt o Maesymeillion)

Beth oedd fy uchelgais pan yn 15eg oed yn y 60au? Yn syml, yr unig beth oedden eisie bod oedd Swyddog Heddlu. Rwy ddim yn siwr pam, efallai achos roeddwn yn hoffi'r uniform neu siwr o fod achos byddem yn gallu dweud wrth bawb beth i wneud! Felly, pam wnes i ddim ymuno? Dywedodd fy mamgu (Marged Anne, Mernydd) wrthof "Paid a bod mor ffol, cei di ddim 'beat' o Coedmor i Gyfeile" Roedd hi'n gwybod yn iawn mai merch y filltir sgwar oeddwn a fyddem byth yn hapus ymhell o ardal Maesymeillion. Ond roedd rheswm arall, dim ond 5'2" wyf a phryd hynny roedd yn rhaid i ferched fod yn 5'4" cyn ymuno felly nid oedd pwynt breuddwydio am yrfa gyda'r heddlu.

Wedi cymryd lefel 'O' yn Ysgol Ramadeg Llandysul roeddwn yn bwriadu mynd i'r coleg i ddilyn cwrs dysgu ymarfer corff, ond gwnes ddeall yn y chweched dosbarth nad oeddwn yn hoffi gwaith academaidd. Roeddwn wrth fy modd yn gwneud y gwaith ymarferol ac yn eithaf llwyddiannus ar y maes chwarae. Enillais sawl clod yn athletau ac roedd record y Sir yn naid hir merched canol gennyf am rai blynyddoedd. Roeddwn hefyd yn hoff iawn o chwarae hoci i glybiau Athletau Caerfyrddin, Llanybydder ac yn un o'r aelodau gwnaeth sefydlu Clwb Hoci Llandysul nol tua 1980.

Pan roeddwn yn 17eg oed penderfynais adael yr ysgol a phryd hynny nid oedd llawer o ddewis gyrfa gyda merch. Roeddent yn mynd i weithio fel athrawon, nyrser neu'r banc a dyna lle es i weithio, yn Lloyds, Castell Newydd Emlyn.

Nid oedd bys yn mynd heibio Maesymeillion felly roedd rhaid prynu scooter glas, PUCH 125cc i fynd a dod o'r gwaith ac roeddwn yn meddwl fy mod yn un o'r 'mods' y chwedegau. Roeddwn yn gadael y ty tua 8 o'r gloch y bore, ac yn y gaeaf oer roeddwn yn gwisgo potel dwr poeth ar fy nghorff, ond yn yr haf spectol haul a 'hot pants' oedd amdanaf. Ond, un diwrnod wnes fynd yn rhy gyflym yn Gorrig a gorffen lan ar ben clawdd. Pwy oedd cyntaf yn cyrraedd ond fy nhadcu, Evan, a Dr Enoch yn ei ddilyn. Ni chefais niwed on druan ar scooter.

Ar ol hynny roedd hi'n amser i brynu car ond bryd hynny er fy mod yn gweithio mewn banc nid oedd hawl gan ferch sengl fenthyg arian felly brynes A35 du costiodd £20 a fues i'n rhedeg hwn am tua blwyddyn hyd nes cael stop gan yr heddlu gan fod sut gymaint o fwg yn dod allan o'r exhaust. Chi'n gweld, roedd problem gyda'r injan ac roeddwn yn ei redeg ar 'waste oil'!



Ar ol enedigaeth fy mab Timothy nid oedd yr hawl gennyf fynd nol i'm swydd yn y banc (daeth y ddeddf mamolaeth ddim mewn hyd 1975/76) felly pam gynnigodd fy mam edrych ar ei ol gwnes edrych am swydd yn lleol. Bues yn gweithio i J L Jones y Glo am chwech mlynedd a rhoddodd Wyn (bach) y cyfle i fi ddatblygu fy sgiliau rheoli sydd o ddefnydd i fi heddi ac mae llawer o ddiolch gyda fi iddo.

Yn 1980 roeddwn eisiau mynd nol i weithio ym maes cyllid a chefais swydd mewn Cymdeithas Adeiladu yn Aberteifi ac yn 1982 dyrchafiad i Rheolwr gan Gymdeithas arall yng Nghastell Newydd a nes ymlaen Llambled a fues i gyda nhw hyd 1988.

Dyma'r ddegawd ddechreuais wneud gwaith gwirfoddol ac yn 1982 gwnaeth y Cyng. D G E Davies (David Fet) ofyn i fi eistedd ar Fwrdd Antur Teifi Cyf. a cymryd rol Trysorydd. Roedd Antur Teifi ond wedi sefydlu rhyw ddwy flynedd cynt ac roedd y gyllideb yn dynn iawn. Roedd tipyn o waith gan y trysorydd bryd hynny gan nad oedd Swyddog Cyllid ar gael i wneud y gwaith dyddiol. Roeddwn yn gyfrifol am dalu biliau; paratoi cyflogau a paratoi'r cyfrifon misol a blynyddol (heb gyfrifiadur) i'r bwrdd ar Cyfrifydd, a hyn i gyd wrthgwrw heb dal. Rwy'n browd iawn heddi o gallu dweud fy mod wedi chwarae rhan bwysig yn nhyfiant Antur Teifi.

Tua diwedd y degawd gwnaeth y ffordd o weithio yng gymdeithasau adeiladu newid ac roeddwn ddim yn hapus gyda'r newidiadau hyn. Felly, beth oedd y stepen nesa yn fy ngyrfa?

Pan oeddwn yn yr ysgol nid oeddwn yn un o'r plant hyn oedd yn gwybod lle roeddent eisie bod pan yn 30ain. Nid oedd unrhyw gynllun gyda fi a phan on i'n 30eg nid oedd fwy o syniad da fi ble roeddwn eisie bod pan yn 50 oed. Yr unig beth roeddwn yn gwybod oedd yr amser i symud ymlaen yn y gweithle. Unwaith oedd y sialens wedi mynd ac roedd y gwaith yn mynd yn hwylus roeddwn yn barod i newid swydd. Roeddwn wastad yn gwybod fyddde rhyw hysbys yn y papur lleol yn tynnu fy sylw ac yna byddem yn mynd amdani. Roedd dim ots da fi newid cyfeiriad ond bob tro roeddwn yn chwilio am swydd oedd yn gwneud a chyllid, ac mae hyn yn fy synnu wrth edrych nol gan na chefais lefel 'O' yn mathamateg. Roeddwn yn anobeithiol yn algebra, byth yn deall sut oedd  $x$  a  $y$  yn gwneud  $z$ !

Yn 1988 gwnes ymuno a Chymdeithas Tai Dyffryn Teifi (gwnaeth newid i Cantref) fel Swyddog Datblygu, a nes ymlaen dyrchafiad i Gyfarwyddwr. Fy'n rol oedd chwilio a phrynu tai a thir i adeiladu arno. Roeddwn yn gweithio allan o Gastell Newydd ond yn prynu tir mor bell a Machynlleth a Abergwaun ac un flwyddyn roedd cynlluniau gennyf yn y ddwy dre ynghyd a Aberteifi a Llambled. Rwy'n ymfalchio fod yr eiddo newydd hynny dal yn cynnig cartrefu i llawer o bobl heddi ac am flynyddoedd i ddod.

Ar ol saith mlynedd yn y swydd ('run patrwn ar arfer) cefais chwant newid swydd eto ond y tro hwn daeth cyfle fynd yn hunan-gyflogedig. Yn 1995 agorais Pethau Del yng Nghastell Newydd Emlyn lle roeddwn yn gwerthu gemwaith, llestri ac anrhegion. Roedd hwn eto yn her gan nad oedd unrhyw brofiad da fi o weithio mewn siop ond fu'n llwyddiannus iawn gyda chymorth staff cefnogol. Roedd gweithio i'ch hun yn beth newydd iawn i fi ond cymerais yr un agwedd a phan yn gweithio i gwmnïau h.y. sicrhau eich bod yn ffocws ar beth ydych yn ei wneud yn dda a cymryd sylw barcod ar y llinell waelod (y 'bottom line') Rhaid mewn busnes eich hun cadw llygad ar y gyllideb a gwneud yn siwr eich bod yn gwneud elw- a dim tynnu gormod o arian allan hyd hynny!

I fynd nol i'm gwaith gwirfoddol, tua 1990 gorffennais a'r fwrdd Antur Teifi ac ar ol gadael Cymdeithas Tai Cantref gofynnodd y bwrdd i fi ymuno a nhw ac yn 2000 cefais y fraint o fod yn gadeirydd am ddwy flynedd. Y flwyddyn gynt gwnes gais i fod yn aelod annibynnol Awdurdod Heddlu Dyfed Powys ac ar ol cyfweiliad bues yn llwyddiannus. Roedd 19 ar yr Awdurdod yn cynnwys aelodau annibynol a chynghorwyr y bedair Sir. Roedd yn waith diddorol iawn ac yn 2005 cefais fy newis yn gadeirydd y pwyllgor cyllid ac adnoddau. Roedd hyn yn rhoi'r cyfle i fi weithio'n agos gyda'r Prif Swyddogion, eto i sicrhau fod y gyllideb oedd bron £100miliwn yn gywir. Cefais fy ethol yn 2009 fel Cadeirydd ac fe wnes arwain yr Awdurdod am dair blynedd cyn i Lywodraeth Prydain newid y system a gorffen a Awdurdodau a dod a'r Comisiynydd Heddlu a Throseddau i mewn.

Cefais amser brysur iawn gan roeddw'n hefyd wedi fy newis fel Cadeirydd Awdurdodau Heddlu Cymru ar y cyd. Roeddw'n yn trafaelu llawer dros ardal Dyfed Powys a De Cymru ac yn mynychu cyfarfodydd yn aml yn Llundain. Er hynny, gwnes fwynhau y profiadau yn fawr iawn a chwrdd a llawer o bobl gwahanol.

Ni feddyliais byth nol yn y chwedegau pan fethais ymuno ar Heddlu y byddem yn y dyfodol yn cael y fraint o drafod strategaeth a pholisiau'r heddlu gyda'r Prif Gwnstabl ar Ysgrifennydd Cartref. Efallai bod breuddwydion yn dod yn wir.

Rwyf nawr yn mwynhau fy ymddediad ond yn dal i gadw'r ymenydd i weithio drwy waith gwirfoddol. Rwyn drysorydd Ffrindiau Ysbyty Glangwili; yn gadeirydd Undeb Credyd Gorllewin Cymru ac yn cadeirio grwp sydd wedi ei sefydlu gan Lywodraeth Cymru i helpu tyfiant busnesau ayyb yn Nyffryn Teifi. Fel ddywedais ar y cychwyn, merch y filltir sgwar wyf ac mae digon o gyfleuoedd yn y Dyffryn os ydych yn barod i newid eich cyfeiriad ac ymuno yn y gweithgaredd. Nid oes rhaid bob tro mynd bant i wellach hunan. Felly, beth nesa? Pwy a wyr!

*Delyth was born and bred in Maesymeillion. She attended Tregroes Primary School and Llandysul Grammar School. At the age of 15, in the 60s, she asked the question "What is my ambition?"*

*After her O levels she went to work, rather than continuing her academic studies, although her love for sports and athletics continued. She left school at 17 and went to work at Lloyds bank Newcastle Emlyn. Her career came to an end with the birth of her only son, Timothy; mothers at that time didn't work with young children. Delyth was lucky because her mother Olwen looked after Timothy and she was able to return to work in 1975 for J.L.Jones the coal merchant, where she worked for 6 years. Subsequently she worked for a Building Society based in different towns.*

*In 1988 she began working for Tai Dyffryn Teifi Housing Association Cantref and her ability led her to start her own business, Pethau Del, in Newcastle Emlyn. At the same time she did a lot of voluntary work, such as chairing various groups, one of which was the Dyfed Powys Police Authority. This led her to travel many miles all across Britain. After being turned down as a police officer in the 1960s she never imagined that she would be involved in discussing policing strategies with the chief constable!*

*Now retired, she does charitable work for the League of Friends at Glangwili Hospital and West Wales Credit Union. She continues to live a full and exciting life but she still asks "What's next? Who knows?"*

# What's On

## Llandysul and District SHOW SIOE Amaethyddol Llandysul a'r Cylch

Saturday, September 5th / Sadwrn, Medi 5ed, 2015

## SIOE Prengwyn SHOW Neuadd Pantydefaid Hall

Saturday, August 29th 2015 / Sadwrn, Awst 29ain, 2015

### Capel Dewi Events

**Community Market** meets on the 3rd Saturday of the month between 10--12 noon.

**Film Club** Meets monthly at Church Hall

Films in HIGH DEFINITION Blu-ray with 5 CHANNEL SOUND

Presentation on ELEVEN FT WIDE SCREEN,

COMING SHORTLY !

TUESDAY 15th September : THE SECOND BEST MARIGOLD HOTEL

TUESDAY 20th October : SHAUN THE SHEEP MOVIE

TUESDAY 17th November : THE RAILWAY MAN

TUESDAY 15th December : HOLIDAY INN

(May be subject to change according Release Dates)

Doors open 7.00 p.m. Show Starts at 7.15!

Suggested Donation towards Hall costs etc : Adults £3.50, Child Under 16 £1.50.

Free Tea or Coffee & Biscuits at interval. Shop open for Ices, Crisps, Fizzy Drinks etc. etc.

**Committees** meet regularly throughout the year for Dolen Dewi, Siop Dewi and the History Project.

### Walkers are Welcome Llandysul & Pont-Tyweli

Saturday 26 September, 11am Local History PUB walk, 11 am at car park, end Half Moon for food. Jane & Lesley

## Llandysul Aqua Centre

- Spaces in lessons are available.
- Spaces for private hire and school hire is available currently as well.
- Swimming club has now started on a Tuesday 4-5 and Thursday 7-8.
- Actives that are due to run through the summer holidays include crash courses of lessons, water polo, Kayaking, lifesaving, syncro, wakey races & aqua Aerobics.
- Early morning swim is coming soon.

Heol Llyn y Fran

Llandysul, Ceredigion, SA44 4HP

Info@aquacentrellandysul.co.uk

01559 362548

[www.aquacentrellandysul.co.uk](http://www.aquacentrellandysul.co.uk)

## Family Centre LLANDYSUL Canolfan Deuluol

**Tuesday** - 9.15am to 2.45pm

'Young Parents Group' 9.15am to 12.00pm

'Jumping Beans' Active Play Sessions 1pm to 2.45pm (Church Room, Council Building Llandysul)

**Wednesday** - 9.15 to 2.45pm

'Lunch Club' 10.30am to 12.30pm

'Out and About' 1.15pm to 2.45pm

**Thursday** - 9.15 to 2.45pm

'Messy Play' / Craft activities 10.00am to 1.30pm

Courses and other activities 1pm to 2.45pm

**Friday** - 9.15 to 12pm

'Bumps and Babies' 0 to 10 months 9.15am to 12pm

(For more info find us on Facebook or call Helen on 01559363841)

## CYD Llandysul

Dewch am sgwrs gyda'r dysgwyr a'r Cymry Cymraeg ar y 3ydd nos

Iau o'r mis. / Meet 3rd Thursday of the month at 7.45pm.

Please contact: Lesley Parker

The Solutions Factory Ltd

Cwmtwyll

Pont-Tyweli

Llandysul

SA44 4RS

Telephone: 01559 363979

Mobile: 07989 127396