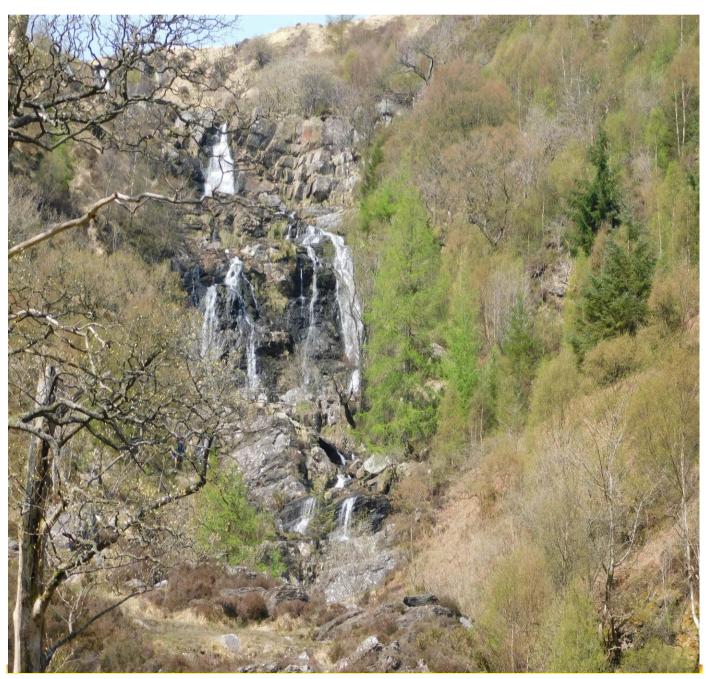


Even in dry weather, the waterfall at Rhiwargor is well worth a visit











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| For those who wrote in asking about the 'otter on the front cover of the April edition - you can see the cheeky little thing inside the red box in the picture below.  | **Church Flowers - May****5thAvril Evans****12thMalys Evans****19thHeather****26thColeenJohnson**********  |
|--|--|
| Tickets for the Summer Tea Dance and the July<br>Choir Night should be available soon. Both events<br>are well worth attending, and you will be<br>contributing to local amenities at the same time.   | <u>SPACE FOR HIRE</u><br>Advertise your business here.<br>Black and white or colour.<br>Business card size to a full page.   |
| Do fill in, and return, the questionnaire sent out by<br>the Lake Vyrnwy Experience team. Comments<br>from local people are vital to help in form future<br>development planning. <b>The deadline for return is</b><br><b>May 3<sup>rd</sup></b> .<br>Mrs Chris has taken an Easter break from the | Every month or just occasionally.<br>Advertising here helps pay the cost of producing<br>the Newsletter and contributes to helping look<br>after the Community Centre.<br>Help in designing adverts is available |
| recipe page. She will be back next month.<br>Chris Richardson  |  |
| Email us with your items for inclusion at: thellanwddynnewsletter@gmail.com  | Do you have any articles, notices or adverts you<br>want us to include in next month's edition? Please<br>drop them in at the Post Office or Dafarn Newydd<br>store.   |
| You can view the newsletter on line at:<br>www.llanwddynevents.com and on Facebook   | Better still, email them to us at:<br>thellanwddynnewsletter@gmail.com<br>by the <u>24<sup>th</sup> May 2019</u>   |

The Editor's bit

lanwedgen Newsletter

\*\*\*\*\*

Any views or comments expressed within this newsletter are not necessarily those of the Llanwddyn newsletter team.

The Llanwddyn newsletter is a non-profit community paper. Any money raised goes to cover printing and production costs. Any remaining money will go to the Community Centre Committee.





### Would you like to speak Welsh at home?

#### #ClwbCwtsh is a short,

informal, fun-filled 8-week taster programme focussed on speaking Welsh with young children (and is aimed at parents to be, parents/carers, members of the extended family) You don't need any Welsh to join so what are you waiting for?!

#### Ah...childcare's an issue?

Don't worry, feel free to bring your children too

The cost? Courses are free.

#### Want to know more? Go to

www.learnwelsh.cymru/clwbcwtsh www.meithrin.cymru/clwbcwtsh 01970 639639 #ClwbCwtsh clwbcwtsh@meithrin.cymru

#### Mae **#ClwbCwtsh** yn gwrs blasu #Cymraeg sydd wedi'i anelu at ddysgwyr newydd ac sy'n canolbwyntio ar iaith magu plant yn y cartref. Mae croeso mawr i blant fynychu'r sesiynau, gan sicrhau nad yw gofal plant yn rhwystr i bobl ymuno. Bydd y sesiynau yn hwyliog, ysgafn ac yn defnyddio canu a gemau gydag amser am baned (wrth gwrs)!



### FREE WELSH COURSE IN LLANWDDYN

As a community, we've secured a free eight-week beginners Welsh course. It's perfect for parents, grandparents, carers anyone! Learn to speak with your little ones about mealtimes, bath times, bedtimes and more. It costs nothing and there will even be someone there to entertain children (although you still have ultimate responsibility for them). You don't have to register, just turn up. They start on FRIDAY 10th MAY in Llanwddyn Community Centre. 9.15am - 10.30am. Come along!









#### CHURCH IN WALES - CHRIST CHURCH, BWLCH-Y-CIBAU, ST MYLLIN'S, LLANFYLLIN and ST WDDYN'S, LLANWDDYN



Services in May at St Wddyn's

Sunday 5th at 11.00 am. Holy Eucharist

| 30 <sup>th</sup> May | Vyrnwy Mission Area in St Ffraid | 's Church, and for everyone | in the area |
|----------------------|----------------------------------|-----------------------------|-------------|
| Ascension            | Morning Prayer                   | St Ffraid's                 | 9.15am      |
| Day                  | Eucharist                        | St Ffraid's                 | 10.00am     |
| -                    | Midday Prayer                    | St Ffraid's                 | 12.00md     |
|                      | Evening Prayer                   | St Ffraid's                 | 4.00pm      |
|                      | Compline (Night Prayer)          | St Ffraid's                 | 7.00pm      |



The churches of Vyrnwy Mission Area are looking forward to welcoming the Rev'd Sarah Burton with her husband, Richard (also a priest) as part of the team offering ministry to the seven communities and congregations we cover.

Sarah has been appointed as a part-time priest-in-charge across the Mission Area, with a special responsibility for children and young people. She comes to join us from the parishes of Whittington, West Felton and Haughton.

Sarah says: 'This is an exciting opportunity for me to have a greater focus on work with children and families. I have very much enjoyed

my time working in the parishes of Whittington, West Felton and Haughton and within all the different areas of parish life. However, during this time, I have found my work with families and schools to be particularly rewarding. My new job will give me much more time to focus on this aspect of ministry. I will be working closely with Hermione, the vicar who leads the Mission Area Team.'

Richard is looking forward to living in this beautiful part of Wales, and is taking the opportunity to retire a little early - he intends to spend at least some of his time birdwatching on the RSPB reserve at Lake Vyrnwy.

Sarah's service of welcome and licensing will take place on Friday 14<sup>th</sup> June at 7.00pm in St Mary's Church, Llwydiarth and will be conducted by Right Rev'd Gregory Cameron, Bishop of St Asaph. Everyone is welcome at this service, which will be followed by light refreshments in Llwydiarth Village Hall.

Hermione

#### Cyngor Cymuned LLANWDDYN Community Council

#### DRAFT MINUTES OF COMMUNITY COUNCIL MEETING

#### Held in the Village Hall, Llanwddyn on Tuesday 9<sup>th</sup> April 2019 at 7.00pm

#### Present:

Cllr P Graham (Chair), Cllr L Baker, Cllr M Herbert and Cllr L Bucinikas.

#### Apologies for Absence (061)

Cllr L Evans, Cllr W Bedford, Cllr D Thomas and CCllr B Davies

#### Meeting Adjourned

*Mr John Telford (Hafren Dyfrdwy) attended for a quarterly to update council on Lake Vyrnwy Estate matters and HLS project updates. The following subjects were discussed:* 

*Play Area – Currently closed due to underground cavity opened and contains a quantity of asbestos. Will remain closed as work is ongoing.* 

Establishment of ownership of War Memorial.

#### Meeting reconvened

Council **RESOLVED** to hold update quarterly meetings with Hafren Dyfrdwy and **RSPB**. Next meeting to be held before council meeting in June.

#### Declaration of Interests (062)

Nil

#### Minutes of Last Meeting (063)

It was **RESOLVED** by council that the Minutes of the Council meeting held on 12<sup>th</sup> March 2019 were true records. Minutes were then signed by the Chairman.

#### Matters arising (064)

War Memorial. Council was informed that the War Memorial is owned by Hafren Dyfrdwy. Council has now applied for listed planning permission to have the memorial cleaned.

#### Update from Powys County Councillor (065)

Nil

#### Correspondence (066)

Thank you letter from Wales Air Ambulance

E Mail from Powys CC - Garden Waste banks to be removed - To sign up to the new fortnightly garden waste collection service visit <u>www.powys.gov.uk/gardenwaste or call 01597 827465</u>.

#### Cluster Company (067)

Nil

#### Community Field (068)

One tender was submitted to council for grass cutting. Council RESOLVED to accept the quotation for grass cutting from Mr Gareth Thomas commencing from 8<sup>th</sup> April until 21<sup>st</sup> October 2019. Action Clerk

#### Public Toilets (069)

Meter reading with British Gas is still ongoing. Further update at next council meeting. Action Clerk

#### Review of the Electoral Arrangements of the County of Powys (070)

Council was shown the final recommendation report from the Local Democracy and Boundary Commission. The report recommends that the communities of Llangynog, Penybontfawr, Llanwddyn, Llanfihangel and Banwy join to be represented by one Councillor. Community Councils objections to this are recorded in the report. A decision to or not implement the recommendation will be made six weeks from the date of the report dated 21 March 2019.

#### Op London Bridge (071)

Council discussed Op London Bridge (Code name for what will happen in the days after the death of Queen Elizabeth II) and **RESOLVED** to purchase a Condolence Book for the community to write in when the Operation comes to pass.

#### Playpark (072)

Council has still not had an answer back from Powys CC about renewing Lease. Action Clerk

#### HLS Steering Group and Interviews (073)

Cllr Graham stated that meeting will be held in the week and he will update council further at the next meeting.

#### Quarterly Bank Reconciliation and Finance Report (074)

Council **RESOLVED** to accept the Report as presented to the members.

Finance (075)

| Bank Statements figures: | Current Account: £ 637.68<br>Deposit Account: £ 5913.74 |  |  |  |  |  |  |
|--------------------------|---|--|--|--|--|--|--|
| Income:                  |   |  |  |  |  |  |  |
| Clothing Bank            | £11.38  |  |  |  |  |  |  |
| Toilet Honesty Box       | £184.05   |  |  |  |  |  |  |
| Payments:                |   |  |  |  |  |  |  |
| Wages & Expenses for C   | lerk £ 163.46 (BACS)                                    |  |  |  |  |  |  |
| HMRC PAYE                | £ 38.00 (BACS)  |  |  |  |  |  |  |
| Greenfingers             | £161.00 (BACS)  |  |  |  |  |  |  |
| Giant Toner              | £25.54 (BACS)   |  |  |  |  |  |  |
| Cannon Hygiene           | £51.36 (BACS)   |  |  |  |  |  |  |
| Hafren Dyfrdwy           | £103.87(BACS)   |  |  |  |  |  |  |

It was **RESOLVED** by council that the invoices and payments be honoured.

#### Planning (076)

Nil

#### Highways (077)

Council expressed its concern with the drain blockage at the junction at the bottom of Church Bank and will request of Powys Highways again to blow under the road culvert to clear blockage. Action Clerk

#### Reports from Representatives (078)

Nil

#### Members Points of Information (079)

Nil

The next council meeting will be in the Community Centre on Tuesday 9th April 2019 after the AGM at 7.00pm.

#### Mental Health and Wellbeing

What should I do if I'm struggling, worried, or trapped in behaviours I don't know how to get out of?

Physical and mental health should be considered equally, and we are, I believe, getting much better at understanding this. But it can be difficult to know when and how to seek help, particularly if the problem doesn't seem to be an obvious medical condition.

Ideally your GP should be your first port of call as there are some difficulties which show emotional symptoms but can have an underlying medical cause that needs treating (e.g., thyroid and menopausal issues). But it can be hard to know what to say and how to talk about feelings.

You could start by saying that you don't *feel* good, and then say how things used to be for you before you felt like this. Are there any thoughts that you have been having that feel overly negative, or worries that keep going around in your mind and making you feel anxious? Are you having flashes of distressing images – of something that has happened or something you fear might happen? Intrusive thoughts are common, especially when we are worried or anxious so please don't feel that you will be judged for having them. Or maybe you are feeling that you just don't have the motivation that you used to have, or you feel a bit lost or caught in patterns that you can't seem to get out of.



lanweddyn Newsletter

Image (above) by John Hain (Pixabay)

It used to be the case that your GP would mainly offer medication, but there is much better access to psychological therapy now. There can be a waiting list unfortunately but if you are offered help from your local NHS service do put yourself on the waiting list as. In the meantime, there are lots of self-help resources out there (books, websites and apps), as well as private psychological therapists. Nowadays therapy sessions can be carried out by telephone, or online video as well as face to face so there are options out there. You don't have to travel, although being in a different environment can make you see things from a different perspective, which can sometimes be helpful. The Physical and the Psychological – inextricably linked!

May will be May, and merry may be May, but be kind to yourself along the way.

Donna M Bottomley

BSc (Hons, PGDip, PGDip, BSc (Hons)

BABCP Accredited & BACP Registered CBT Psychotherapist, EMDR Therapist, HCPC Occupational Therapist



#### Mental health apps:

Pacifica

Headspace

Silver Cloud

Sleepio

Catch it

#### Self-help Websites:

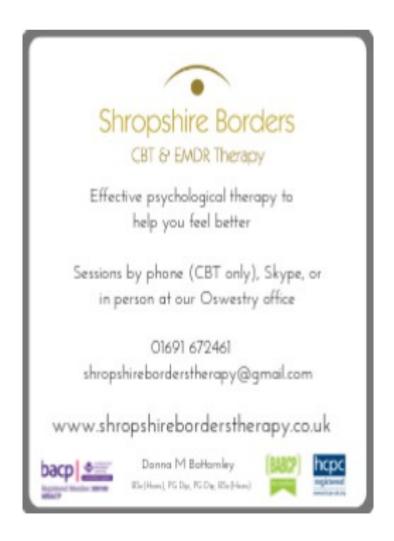
Moodjuice.scot.nhs.uk

Getselfhelp.co.uk

Psychologytools.com

#### Books:

There are many titles in the 'Overcoming.....' series for example 'Overcoming Worry', 'Overcoming Social Anxiety'.



lanweden NEWSLETTER

# SUMMER TEA DANCE 23<sup>rd</sup> June 1:00pm

### Llanwddyn Community Centre SY10 0LR

Tickets £8.00 inc Afternoon Tea & glass of Pimms

### TO BOOK CALL - 01691 870501

Put on those dancing shoes and come along for the most delightful afternoon.

Run by Llanwddyn Events – A not for profit organisation – <u>www.llanwddynevents.co.uk</u> Helping to improve social wellbeing and enabling people to have a jolly good time. Great Value too!

lanweddyn Newsletter

#### Thank you from Llanwddyn Community Centre Hall committee...

To the Lake Vyrnwy/STW Community Champions, for their efforts in painting and sprucing up the centres canteen area.



It was lovely to receive a message from Iris Pugh saying they would contact us to organise a date and help us for a couple of days. It was organised in no time too, with the promise of further help in the future.

Also to Alex who came a long shortly after with Dave Proctor to gloss the woodwork. It's almost finished and looking so much better.

We are happy to say the Building regs application for the roof refurbishment of the community centre is now with PCC for approval and hopefully we'll soon be able to begin working on the centres roof. Once the roof is complete and we can access the gardens, we'll be tidying them all up. If anyone would like to help, please let us know. A notice will be put in the newsletter when we are ready to start work.

Working together as a community, residents and businesses, gets things don it's been proved time and time again all over the country and at this time of austerity, it's very much what's keeping many rural communities going, as so often we are easily forgotten. Llanwddyn shows a fine example of this don't you think?











fyd natur a home

#### This Month:

- Lambing on the farm has been in full swing and our lambing events have once again been . verv popular!
- Lots of local families attended our annual Easter Scavenger Hunt on Easter Sunday the Easter Bunny even made an appearance!
- We successfully completed the Annual Black Grouse count.
- We have been continuing with hen harrier and merlin surveying!
- We finished willow tit surveying we will let you know the results in a later issue of the Llanwddyn Newsletter!
- We are pleased to confirm that the play area is now open after being closed due to essential maintenance

#### **Upcoming Events**

#### **Binoculars and Telescopes Open Weekend**

#### Saturday 1<sup>st</sup> & Sunday 2<sup>nd</sup> June

10.30 am - 4 pm Price: Free

Get some hands-on advice about binoculars and telescopes from our friendly, impartial team. Have the chance to try them outdoors. Free event.

#### Wild Wednesday - Bugs and Slugs Picnic

#### Wednesday 29 May

11am to 2pm Price: £10 per child (including picnic lunch) with discount for RSPB members.

Adults wanting a picnic, join us at Lake Vyrnwy for a bugs and slugs themed picnic. There's no better way to eat your lunch than outdoors but there'll be plenty of other things to occupy the little ones too. We'll be doing a minibeast and scavenger hunt, as well as other fun-filled nature games and activities. Appropriate for children aged 4 to 12 years. All children must be accompanied by an adult. Picnic lunch box included in price (including sandwiches, apple, crisps, biscuits and a drink). Please note - for adults also wanting a picnic lunch there will be a charge of £5. BOOKING ESSENTIAL.

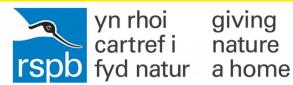
#### Walk for Welsh Learners

Thursday 30 May 11am start Price: £10 Adults £5 Children with discounts for RSPB members

#### Booking essential

Interested in nature and wildlife? Learning Welsh? Then join our warden for a woodland guided walk with a pit stop at the hide, all through the medium of Welsh...well almost. He'll take it at a pace you're happy with...maybe you just want to learn the bird names in Welsh or perhaps you'd like to practice your Welsh language skills and chat a bit more about nature and wildlife with our warden...either way, he'll be more than happy to tweak it to whichever level your comfy with. Our own Welsh learning warden will be assisting too to help fine tune his own skills. **BOOKING ESSENTIAL!!** 





The weather has again been one of the talking points with a return to wintery scenes and then a week of cold crisp Spring mornings. This has certainly had an impact on the arrival of spring migrants, as some will have halted their journey and others that had already arrived may have temporarily moved away, especially the moorland species such as meadow pipits and even the hen harriers.

After an unpleasant week the weather turned to being cold, crisp and sunny which allowed birds to return or start arriving. **Hen harriers** and **merlin** are on the moorland and best looked for from the Dinas Mawddwy or Bala mountain roads, though patience is required. By the Gadfa farm buildings along the Dinas Mawddwy road is a good place to look for our moorland species.



#### Wheatear (Archive photo by Gavin Chambers

**Wheatear** have returned with a singing male attempting to woo a female this week, while others will be moving through heading for their breeding grounds further north in the UK and potentially beyond. It won't be too long until whinchat are back and there is always a chance of a migrating ring ouzel stopping off to refuel at this time of year.

Off the mountain tops, the woodland is starting to come alive with birds singing their hearts out. The tuneful songs of **blackbird** and **robin** can be heard dawn till dusk, while the now abundant **chiffchaff** shouts out its name throughout the valley. It's quite likely that the first **willow warbler** and **blackcap** have arrived, though not yet heard.

#### Pied flycatcher (Archive photo by Gavin Chambers)

Perhaps our most iconic species of the Atlantic oak woodlands on the reserve is the **pied flycatcher**. We welcomed our first males back on the 8<sup>th</sup> April along the Yellow Trail with its distinct alarm call. To see these charismatic birds take a walk along the Yellow Trail looking out for the nest boxes which they will soon be selecting as their home. On the water, we had exciting news of an **otter** with 2 cubs playing in the pool outside the Centenary Hide this week. We haven't had very many sightings for a couple of years so this is really encouraging and hopefully the first of many sightings to come. There has also been a pair of **mandarin** and **Canada geese** from the hide with **great crested grebes** seen on the lake.



#### Gavin Chambers, Warden



#### NASA'S GERRY GRIFFIN APOLLO LEAD FLIGHT DIRECTOR, SUPPORTS LLANWDDYN COMMUNITY CENTRE

Llanwddyn Community Centre presents the unique opportunity to spend the afternoon Clay Pigeon Shooting with Apollo Lead Flight Director for three lunar landing missions, Mr Gerry Griffin.

This will be followed by a three course evening meal with Gerry at the Rossett Hall Hotel, Chester, where Gerry will give a talk on his life, career and some of the lesser known aspects of the Apollo lunar missions and life at the Manned Spacecraft Center (later Johnson Space Center) during his years there.

This will be followed by an auction and a relaxed Q&A session with Gerry. Included with your ticket will be one autograph per person from Gerry.

Tickets are for sale online now by going to Eventbrite -

https://www.eventbrite.co.uk/e/clay-pigeon-shooting-evening-meal-with-gerry-griffin-tickets-59287382156? fbclid=lwAR30htEWt7\_tvT\_VFySVQaAcMQ3I-ib3eJsqaOf66p2MXxOeywStDJokA0Q

#### ALL PROCEEDS FROM THIS EVENT AFTER COSTS WILL BE DONATED TO LLANWDDYN COMMUNITY CENTRE





#### Project Profiad Llyn Efyrnwy/ Lake Vyrnwy Experience Project

anwedgen NEWSL

supported by the National Heritage Lottery Fund

The Lake Vyrnwy Experience Project, supported by the National Lottery Heritage Fund and made possible by National Lottery players, is keen to gather as much community feedback as possible over the next few weeks and months and we'll ensure there are plenty of opportunities for you to do this in the most convenient way for you.

#### First official consultation

Firstly, the team would like to say a huge thank you to those who came out to visit us on Thursday the 11<sup>th</sup> of April in the community centre. We appreciate it is a busy time with lambing season and school holidays, so it was great to meet some new members of the community and get some further insight and feedback about what people want from the project. One way of gathering these ideas is through the use of a questionnaire, which were handed out during our time in the community centre and made available online.

We've received a brilliant number of responses already, especially online, but the more we have the better, as this will ensure we achieve what the community wants. If you have not managed to complete one yet, don't worry there's still time! You can pick up a copy from Dafarn Newydd or there are also copies available on the table outside the hall in the Community Centre. Once completed, these can then be returned to the lockboxes in the same locations. However, if you would prefer, you can also complete the questionnaire online by following the links below:

https://www.surveymonkey.co.uk/r/BTFTDRT - Cymraeg https://www.surveymonkey.co.uk/r/BRCJ2ZN - English

We need these to be completed by 3<sup>rd</sup> May so we can have enough time to collate and analyse the results, which will inform our next steps.

#### **More Questions**

We've also been busy creating questionnaires for the visitors and volunteers of Lake Vyrnwy too, as it's also important to gather their needs and wants for the site. We'll be conducting visitor surveys during the Easter holidays and for a few weeks beyond that to build up a clear picture of what currently works well or not so well here in terms of the visitor offer and we'll also make it available online for those who would prefer to complete it in their own time once they've returned home. Ed will be busy cascading the volunteer survey to all those who volunteer in any capacity within Llanwddyn, so do keep an eye out for that.

#### Finally



It hasn't been all work and no play, three members of the project team (Claire, Alex and Ed) managed to get up early enough to join the RSPB team of staff and volunteers to conduct the annual black grouse count, which was highly successful – a big thank you to Artisans for making breakfast for them all once they got down from the moorlands!

Remember, if you have any questions and would like to get in touch with us, you can contact Ed (our Community and Volunteer Development Officer) on 01691.870.278 or by emailing hello@lakevyrnwyexperience.com



### **LLANWDDYN SPORTS CLUB**

So with the lovely lighter nights upon us its time to get back outside and enjoy the beautiful area we live in. We've added some alternative activities to our programme to make the most of this, these will be weather and numbers dependent.

We will be back at the lake this month on Monday the 6<sup>th</sup> May and the following month on Thursday 6<sup>th</sup> June.

We look forward to seeing you at Sports Club.



#### Mondays 7-9 Netball

A big favourite amongst the regulars. You'll pick up the rules as we go. Loads of fun.

#### Thursday 7-8 Circuits in the Gym.

A fun session using the gym equipment in rotation to work on different areas of the body. We do a warm up and cool down, no pressure and a relaxed environment.

#### Thursday 7-9 Bike /Walk

Depending on numbers and what the weather is doing we are going to make the most of the beautiful area we live in. If the weather is good on a Thursday and people are keen we're up for exploring some of the many trails around where we live or biking around the lake

#### Thursdays 7-9 Badminton

Badminton in the Hall, come and practice your serves and have a game, all abilities welcome.

Table Tennis and gym use are available on all sports club nights.

#### Watersports nights 6.30 - finish

These evenings are hosted by Dave Proctor and Bethania Adventure and allow you to have a go at kayaking, canoeing, sailing and paddleboarding. Please come along with clothes you don't mind getting wet, appropriate footwear, bug spray (hopefully we don't need it!), a change of clothes and a towel. Buoyancy Aids are provided. A BBQ will be available at the lake on these evenings for a small charge.

All of our sessions are open to everyone and we would love to see you come along and join us at the club. Don't be worried about never having tried the activity before we're a friendly bunch.

THANKS FOR SUPPORTING THE SPORTS CLUB AND THE COMMUNITY CENTRE THROUGHOUT THE YEAR.

#### WHATS ON THIS MONTH

| Thursday 2/5/19  | Circuits/ Walk/Bike   | 7-8                                 |
|------------------|-----------------------|-------------------------------------|
|                  | Badminton             | 7-9                                 |
| Monday 6/5/19    | Watersports and BBQ a | at Bethania Adventure 6.30 - Finish |
| Thursday 9/5/19  | Circuits/ Walk/Bike   | 7-8                                 |
|                  | Badminton             | 7-9                                 |
| Monday 13/5/19   | Netball               | 7-9                                 |
| Thursday 16/5/19 | Circuits/Walk/Bike    | 7-8                                 |
|                  | Badminton             | 7-9                                 |
| Monday 20/5/19   | Netball               | 7-9                                 |
| Thursday 23/5/19 | Circuits/Walk/Bike    | 7-8                                 |
|                  | Badminton             | 7-9                                 |
| Monday 27/5/19   | Netball               | 7-9                                 |
| Thursday 30/5/19 | Circuits/Walk/Bike    | 7-8                                 |
|                  | Badminton             | 7-9                                 |
| Monday 3/6/19    | Netball               | 7-9                                 |
|                  |                       |                                     |

Thursday 6/6/19 Watersports and BBQ at Bethania Adventure 6.30 – Finish Meet us at the Boathouse on the lake, with clothes you don't mind getting wet, a change of clothes, bug spray and a towel.

Table Tennis is available throughout as is use of the gym equipment.

All sessions cost £2 per adult £1 per child

Hope to see you at Sports Club soon.

### VALLEY ARTS AND CRAFTS



Vyrnwy Craft Centre

Unit 3

#### **GALLERY & SHOP**

We have a large selection of high quality, locally produced Arts and Crafts on view and for sale.

Telephone 01691 870836

Opening times:

March—November 11.00 am to 4.00 pm

www.valleyartsandcrafts.co.uk

### **Beautiful Holiday** Cottage

No.3 Glanrafon Lake Vyrnwy





QUIET, SIMPLE & LUXURIOUS CONTACT PAUL ON 07980 808652

www.lakevyrnwycottages.co.uk





| Monthly Advertising | <u>Rates</u> |
|---------------------|--------------|
| Business card b/w   | £2.00        |
| Quarter page b/w    | £4.00        |
| Quarter page colour | £6.00        |
| Half page b/w       | £8.00        |
| Half page colour    | £10.00       |
| Full page b/w       | £12.00       |
| Full page colour    | £16.00       |

#### SPACE FOR HIRE

Advertise your business here.

Black and white or colour.

Business card size to a full page.

Every month or just occasionally.

Advertising here helps pay the cost of producing the Newsletter and contributes to helping look after the Community Centre.

Help in designing adverts is available



Kids Page

### May the 4<sup>th</sup> be with you

| L | R | Α | Т | S | Η | Т | Α | Е | D | F | S | D | R | Х |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Ρ | G | J | L | S | Η | L | S | Y | D | L | Α | S | С | U |
| М | Α | 0 | Α | С | 0 | R | F | J | Κ | R | V | Т | Х | В |
| G | W | 0 | G | Т | А | Е | L | W | Т | Κ | Ζ | 0 | Α | J |
| Q | Q | F | Q | W | W | Κ | V | Η | Κ | W | U | R | С | Ε |
| Ι | G | Q | R | Y | R | L | V | V | В | G | F | М | С | D |
| В | Ε | Α | Y | J | Κ | А | Х | Q | F | М | С | Т | Α | Ι |
| U | Т | Ι | Ι | Η | D | W | М | Х | F | D | Х | R | В | А |
| S | S | Κ | Α | Ε | F | Y | Y | Ι | L | Κ | D | 0 | W | Y |
| Ν | V | F | R | Т | Х | Κ | М | D | U | W | Q | 0 | Е | Т |
| Ρ | R | Ι | Ν | С | Е | S | S | L | Е | Ι | А | Ρ | Η | Т |
| D | R | 0 | Ι | D | Ρ | Е | S | S | М | W | Ζ | Е | С | J |
| Y | Ρ | G | R | V | Q | Κ | J | Y | Κ | А | 0 | R | Η | J |
| W | Q | Ρ | Ε | L | Ν | U | Ν | W | F | V | Х | Κ | Ζ | 0 |
| В | Q | S | Ρ | Κ | L | L | D | Ζ | Ν | Ρ | М | V | М | D |
|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |



CHEWBACCA DARTHVADER DEATHSTAR DROID EWOK JEDI LUKESKYWALKER PRINCESSLEIA STARWARS STORMTROOPER

#### Jokes

- Q. Why did the angry Jedi cross the road?
- A. To get to the Dark Side.
- Q. How do Ewoks communicate over long distances?
- A. With Ewokie Talkies
- Q. Why does Princess Leia keep her hair tied up in buns?
- A. So it doesn't Hang Solow!



Llanwddyn Bowls Committee presents an evening with

LLANSILIN MIXED CHOIR

Llanwddyn Community Centre 5<sup>th</sup> July 2019 - 7:30pm

## Tickets: £8.00 each

Tel: 01691 870654 or 870501

or Dafarn Newydd Shop, Llanwddyn

ALSO AVAILABLE ON THE DOOR

### Bar available

Doors & Bar open from 7:00pm

Performance starts 7:30 prompt

### lanweddyn Newsletter

| DIAM                                 | TEASE  | D      | )                 | 5               | 4          | 6        |       | 3   | 7            |  |                | of      | this     | very<br>spar<br>swoi | klin      |     |
|--------------------------------------|--|--------|-------------------|-----------------|------------|----------|-------|---|--------------|--|----------------|---------|----------|----------------------|-----------|-----|
|                                      | ILASE  | :K     | 8                 |                 |            |          |       | 9   |              | 1010   | -              |         |          |                      |           |     |
| ACROSS<br>2 Little drink (3)         | ARA  |        | 10                |                 |            |          |       |   |              | 10.0   | E-LIF<br>BUT A | -       |          |                      |           |     |
| 4 Bundle of                          |  |        | 10                |                 |            |          |       | Section 1   |              |  | 11             | 1111    |          |                      | 11.12     |     |
| unthreshed corn (5)                  |  | 12     | 1.000             |                 | 1.1.1      |          |       | 13  | Sal 1        |  | e seb          | 14      |          |                      |           |     |
| 6 Wise bird? (3)                     | 15   |        | 1.356             |                 |            |          |       |   |              |  | 16             | 20      | 17       |                      |           |     |
| 8 Mock, heckle (4)                   | 18   | -      | 19                |                 | 20         | 2        | 1     | 2   | 2            | -  | 23             | -       |          |                      |           |     |
| 9 Tickle (4)                         |  | 1.0052 |                   |                 |            |          | 1.2   | -   | -            |  | 23             |         |          |                      |           |     |
| 12 Push through                      | 24   |        |                   |                 | Sele-      |          |       |   |              | 25   |                |         | 1.000    | 26                   |           |     |
| a crowd (6)                          | 27 28  | 29     | - 30              |                 | 1000       |          |       | 3   | 1            |  |                | 32      |          | 33                   | 34        |     |
| 13 River in                          | 35   |        |                   | 1000            |            |          | 1.104 |   |              |  |                |         |          | 36                   | 1         | 12  |
| South America (6)<br>15 Ruin (3)     | 37 38  |        |                   | 23.5            |            |          |       |   |              |  |                |         |          |                      | 100       |     |
| 6 Carry, haul (3)                    | 37 38  |        |                   |                 |            | 39       | ·     |   |              |  |                | 40      | 41       | R.S. D.              | Sec. Sec. | 111 |
| 18 Jury's finding (7)                |  |        |                   | 100             | 1250210454 |          |       |   |              | 30   |                | Sec. 1  | 1000     | 10.05                | 1.40      |     |
| 21 Ring My, 1979                     | 42   | 43     | 44                | 45              |            | 16       |       | 4   | 7 48         |  | 49             | 50      |          |                      | 10.00     |     |
| no 1 for Anita Ward (4)              | 51   |        |                   |                 |            |          | _     | -0  |              | 2.2  |                |         | 1.1.1    | 101<br>111<br>113    |           |     |
| 23 Round door handle (4)             | 51   |        |                   |                 |            | en na el | 1     | 52  |              |  | 53             |         |          |                      |           |     |
| 27 Fair (5)                          |  | 54     |                   |                 | 1          |          |       | 55  |              | a de la seconda de |                |         |          |                      |           |     |
| 30 House, dwelling (5)               |  |        | 10.5              |                 |            |          |       | 1   | 88           | 1000   |                | 1111111 | ALC: NO. |                      |           |     |
| 31 Cartoon<br>film-making (9)        |  |        | 56                |                 |            |          |       | 57  |              |  | -              |         |          | 1                    |           |     |
| 35 Cow meat (4)                      |  |        | 00                |                 |            |          |       | "   |              |  |                |         |          |                      | 1000      |     |
| <b>36</b> Congeal (4)                |  |        |                   | 1000            |            | 59       |       | e de la compañía de l |              | in the second  |                |         |          |                      |           |     |
| 37 School punishment (9)             |  |        |                   |                 | 60         | 1.1      |       | 1.00  | 100          |  |                |         |          |                      |           |     |
| 39 Shade of colour (5)               |  |        |                   | L               | e          | 1        |       | 100   |              |  |                |         |          |                      |           |     |
| O Walk, set foot (5)                 |  |        |                   |                 |            | -        | _     |   |              | 1.1.1.   |                |         |          |                      |           | 1   |
| 12 Loving gesture (4)                |  |        |                   |                 |            |          |       |   |              |  |                | Trang   |          |                      |           |     |
| 45 Yield (4)<br>47 Part of a nuclear | DOWN   |        | Ohau              | a (4) (4) (2) [ |            | 2010100  |       | D'al  | at at strate | an a a dù  |                |         | BARRE    |                      | en print  |     |
| power plant (7)                      | 1 Aspect (4)                                   | 15     | Chow -<br>Chinese |                 | ricon      |          |       |   |              | use (6<br>both (   |                |         |          | ace (4)<br>uch of s  | 1.1       | ~   |
| Go brown                             | 2 Abbreviate (7)                               |        | noodle            |                 |            |          |       |   |              | ace (  |                |         |          | ch, drav             |           |     |
| in the sun (3)                       | 3 Defensive                                    | 17     | Disease           |                 |            |          |       | Frequ   |              |  | 0,             |         |          | ving th              |           |     |
| 53 Cured pork (3)                    | fence made of                                  |        | joint pa          |                 |            |          |       | Row,  |              |  |                |         |          | dier wh              |           | (0) |
| 54 Spiky desert succulent (6)        | wooden stakes (8)                              | 19     | Slanting          |                 |            |          | 32    | White   | 9            | , <sup>1</sup>   |                |         | aba      | indons               |           |     |
| 55 Careless talk (6)                 | 5 Frantically busy (6)                         |        | print sty         |                 |            |          |       | termi   |              |  |                |         |          | militar              |           |     |
| 56 Bitter (4)<br>57 Alpine goat (4)  | 7 Messy handwriting (6)                        |        | Defeat I          |                 | (7)        |          | 33    | Break   |              |  |                |         |          | istian h             |           |     |
| 58 Unit of weight (3)                | 10 Thick string (4)<br>11 Yellow of an egg (4) |        | Respire           |                 |            |          |       |   |              | hing t   |                |         |          | d pota               |           |     |
| SO Stanza (5)                        | <b>12</b> Glass pot (3)                        |        | Novice<br>Mixture |                 |            |          | 34    |   |              | sion (<br>sent (   |                |         |          | in fittir            |           | 100 |
| 61 Large rodent (3)                  | 14 Convent dweller (3)                         |        | rain and          |                 | (=)        |          |       | Way   |              |  |                |         |          | ken (4               |           |     |

#### Last Month's Answers

| 6  |    | 4           | 2  |        | 8           | 15  | 1 |
|----|----|-------------|----|--------|-------------|-----|---|
|    | 3  |             | 53 | 9      | 2           | 7   |   |
|    | 12 | 1           | 8  | 9<br>6 | 8           | 3   | • |
| 3- | 8  | 2           |    |        | 8<br>5<br>7 |     | - |
|    | 0  | 3           | 1  | 5      | 7           |     |   |
|    |    | 3<br>2<br>6 | 2  | -      |             | 8   |   |
| 8  | 2  | 6           | 3  | 08     | 1           | ~   |   |
|    | 5  | 35          | 7  |        | T           | 2   | - |
| 7  | 0  | 52          |    | 2      | 4           | 1 g | 7 |

| 15   | He<br>Cr                         | ad                         | t, 1                       | he,<br>6 E                        |                            |                                  |                  |                       |  |  |  |  |
|--|----------------------------------|----------------------------|----------------------------|-----------------------------------|----------------------------|----------------------------------|------------------|-----------------------|--|--|--|--|
| 21 Employed,<br>23 Omen, 25 Ennui,<br>26 Immense,                  |                                  |                            |                            |                                   |                            |                                  |                  |                       |  |  |  |  |
| 27   | Sh                               | nee                        | r, 2                       | 8 5                               |                            |                                  |                  |                       |  |  |  |  |
|  |                                  | 12<br>id,                  |                            |                                   |                            |                                  |                  |                       |  |  |  |  |
| 6 /  | Atti                             | c, 7<br>ef,                | 7 A                        | bha                               | or, a                      | B U                              |                  | r,                    |  |  |  |  |
| 17   | M                                | eme                        | ent                        | 0, 1                              | 18.                        | Jew                              |                  |                       |  |  |  |  |
| 17 Memento, 18 Jewel,<br>19 Begin, 20 Kneel,<br>22 Pinch, 24 Emit. |                                  |                            |                            |                                   |                            |                                  |                  |                       |  |  |  |  |
|  |                                  |                            |                            |                                   |                            |                                  |                  |                       |  |  |  |  |
|  |                                  |                            |                            |                                   |                            |                                  | 1                | 4                     |  |  |  |  |
| 22<br>9<br>1   | Pi                               | nch                        | ı, 2                       | 4 E                               | mi                         | t.                               | 1<br>8           | 47                    |  |  |  |  |
| 22<br>9<br>1   | Pi                               | nch                        | 1, 2<br>2                  | 4 E                               | mi<br>8                    | t.<br>5                          | 1<br>8<br>9      |                       |  |  |  |  |
| 9<br>1<br>2<br>3   | 9i<br>3<br>5                     | 7<br>6                     | 1, 2<br>2<br>9             | 4 E<br>6<br>4                     | mi<br>8<br>3               | t.<br>5<br>2                     |                  | 7                     |  |  |  |  |
| 9<br>1<br>2<br>3   | 9i<br>3<br>5<br>8                | 7<br>6<br>4                | 2<br>9<br>1                | 4 E<br>6<br>4<br>7                | 8<br>3<br>5                | 5<br>2<br>6                      | 9                | 7<br>3                |  |  |  |  |
| 22<br>9<br>1<br>2  | Pi<br>3<br>5<br>8<br>1           | 7<br>6<br>4<br>8           | 2<br>9<br>1<br>5           | 4 E<br>6<br>4<br>7<br>9           | 8<br>3<br>5<br>4           | 5<br>2<br>6<br>7                 | 9<br>6           | 7<br>3<br>2           |  |  |  |  |
| 22<br>9<br>1<br>2<br>3<br>4  | Pi<br>3<br>5<br>8<br>1<br>2      | 7<br>6<br>4<br>8<br>5      | 2<br>9<br>1<br>5<br>6      | 4 E<br>6<br>4<br>7<br>9<br>8      | 8<br>3<br>5<br>4<br>7      | 5<br>2<br>6<br>7<br>9            | 9<br>6<br>3      | 7<br>3<br>2<br>1      |  |  |  |  |
| 9<br>1<br>2<br>3<br>4<br>6   | Pi<br>3<br>5<br>8<br>1<br>2<br>7 | 7<br>6<br>4<br>8<br>5<br>9 | 2<br>9<br>1<br>5<br>6<br>3 | 4 E<br>6<br>4<br>7<br>9<br>8<br>2 | 8<br>3<br>5<br>4<br>7<br>1 | t.<br>5<br>2<br>6<br>7<br>9<br>4 | 9<br>6<br>3<br>5 | 7<br>3<br>2<br>1<br>8 |  |  |  |  |



What's Or

<u>Sports Club</u> Every Monday and Thursday Llanwddyn Community Centre. 7.00 — 9.00 pm Llanwddyn community centre. Llanwddyn Bowls Club

Tuesday 7.00 — 9.00 pm Llanwddyn Community Centre.

£2.00 per person; tea, coffee and biscuits included.

Line Dancing

Wednesday 7.30 — 9.30 pm Llanwddyn Community Centre.

> £2.00 per person 50p for tea and biscuits

#### Events coming up at the Community Centre

#### <u>May</u>:

Thur 2nd - Hall Committee meeting.

Mon 6th - Sports Club water sports evening at the boat house, 6.30 pm.

Tue 7th - Marathon Committee Meeting, 7.30 pm. All welcome.

Fri 10th - Welsh for beginners course, 9.15 - 10.30 am.

Tue 14th - Community Council AGM, 7.00 pm.

Fri 17th - Social evening, 7.00 pm.

#### Around the valley

#### <u>May</u>:

Fri 3rd - Concert by Gloria's Gang. St Silin's Church, Llansilin, 7.00 pm. £5 (young people free).

Sat 4th - Hospice concert by Cor Bro Meirion. Llanrhaeadr Village Hall.

Sat 11th - Cantorion Gogledd Cymru. Llanfihangel Village Hall, 7.30 pm. Tickets call 01691 648637).

Sun 12th - Lingen Davies Sponsored walk around Lake Vyrnwy. Sponsor forms from 01691 648795

Fri 17th & Sat 18th - Wine and Cheese evening and Ten by Ten art competition and exhibition. Hirnant Community Centre.

Sat 18th - Quindici Choir Spring concert. St Silin's Church, Llansilin, 7.30 pm.

Do you organize, or attend, a group or activity in the village?

Let us know when, where and what you've been up to, and we'll publish details in the newsletter.

|          |     |  |  |  | and the second sec |   |
|----------|-----|--|--|--|--|---|
|          | Sun | 5  | 12   | 61   | 26   |   |
|          | Sat | 4  | 11<br>Sponsored Walk<br>around Lake Vyrnwy                 | <u>80</u>  | 25   |   |
| May 2019 | Ë   | ĸ  | 10<br>Welsh for Beginners<br>9.15 - 10.30 am               | 17<br>Social evening 7.00 pm                                 | 24   | 3                                       |
| May      | Thu | 2<br>Sports Club 7.00 pm<br>Hall Committee | 9<br>Sports Club 7.00 pm                                   | 16<br>Sports Club 7.00 pm                                    | 23<br>Sports Club 7.00 pm  | 30 Ascension Day<br>Sports Club 7.00 pm |
| Mai/N    | Wed | l<br>Line dancing 7.30 pm                  | 8 VE Day<br>Line dancing 7.30 pm                           | 15<br>Line dancing 7.30 pm                                   | 22<br>Line dancing 7.30 pm   | 29<br>Line dancing 7.30 pm              |
|          | Tue |  | 7<br>Bowls Club 7.00 pm                                    | 14<br>Bowls Club 7.00 pm<br>Community Council<br>AGM 7.00 pm | 21<br>Bowls Club 7.00 pm   | 28<br>Bowls Club 7.00 pm                |
|          | NoM |  | 6 Bank Holiday<br>Sports Club 6.30 pm at<br>the Boat House | 13<br>Sports Club 7.00 pm                                    | 20<br>Sports Club 7.00 pm  | 27 Bank Holiday<br>Sports Club 7.00 pm  |

lanweddyn Newsletter