

The Puffin

FREE community magazine ● published quarterly

Number 49 ● August 2024

Serving...

- Beaumaris
- Glanrafon
- Llanddona
- Llandegfan
- Llanfaes
- Llangoed
- Llansadwrn
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• IT'S FREE!

The Puffin is a free quarterly community magazine, published by a small group of volunteers. Its production costs are funded entirely by sponsors, advertisers, fundraising, grants and donations. It's published in February, May, August and November.

• IT'S LOCAL!

The Puffin has wide local coverage, and serves the 'pretty pointy piece' of eastern Anglesey which comprises Seiriol Ward and the communities of Beaumaris, Glanrafon, Llanddona, Llandegfan, Llanfaes, Llangoed, Llansadwrn and Penmon.

• IT'S INTERESTING AND INFORMATIVE!

The Puffin features a broad variety of articles, including local interest, nature and matters of importance such as the cost of living. There's also a regular *What's happening where?* listing that gives information about local services, societies, and events, regular and one-off.

• IT'S AVAILABLE IN PRINT AND ON-LINE!

The Puffin is a high-quality colour publication which provides a great opportunity for local businesses to raise their profile and advertise their services to the local community.

It's available in print at outlets in Beaumaris, Llanddona, Llandegfan, Llangoed and Penmon, and on-line at www.seiriolalliance.co.uk/newsletters.

• MORE INFORMATION?

If you would like more information, or are interested in placing an advertisement, call **Richard Adams** on **07710 233439** or e-mail **The Puffin** at puffinpages@gmail.com.

Advertising charges range from £12 for a small ad to £120 for a full page; pricing is by size. We're happy to negotiate on variations of size, repeat advertisements or any other requirements that you may have.

Please note that sizes may be approximate as they depend on text layout. We can design an advertisement for you if you'd like us to do so.

• NEW! SMALL ADS!

How about placing a small ad in **The Puffin**? Ask us for more details.



Contents

Page 4

- Behind the scenes at The Puffin: Part 2

Page 5

- Our front cover
- Almost a century: William Fife III's lovely Conwy and Menai Strait Fife One Design class

Page 7

- What's happening where? Some useful services

Page 8

- What's happening where? Anglesey, Gwynedd, Beaumaris

Page 11

- What's happening where? Glanrafon, Holyhead

Page 12

- What's happening where? Llanddona

Page 13

- What's happening where? Llanfairpwll, Llangefni

Page 14

- What's happening where? Llangoed, Llansadwrn, Penmon
- Recycling soft/'problem' plastics

Page 15

- Canolfan Hamdden Beaumaris: aelod newydd o staff! 🌸
- Canolfan Hamdden Beaumaris: new member of staff!
- Mae bws mini newydd Cymunedol wedi cyrraedd! 🌸
- The new Seiriol Community minibus has arrived!

Page 16

- Gŵyl Fwyd Beaumaris Food Festival
- Tablets and smartphones for beginners
- Chess is old, really old

Page 18

- Canolfan Hamdden Beaumaris: mwy na chanolfan un unig 🌸

Page 19

- Canolfan Hamdden Beaumaris: more than just a leisure centre!

Page 20

- Crossword & chess

Page 22

- Canolfan Lles Seiriol: Osteo yr Ynys 🌸
- Seiriol Wellness Centre: The Island Osteopath

Page 23

- Sunshine is here!

Page 24

- 'Love your Churchyard Day in Llandegfan
- May Blossom's Garden



This is our new Contents page. We hope that you like it. If you'd like to see one of your photographs here, e-mail a .jpg version of it to us at puffinpages@gmail.com. From top left downwards:

- A juvenile robin, with most of its red feathers (Andrew Perrott)
- Bees drinking at a bird bath (Debbie Oulton)
- A dark giant horsefly, the largest European fly (Andrew Perrott)
- A mullein moth caterpillar (Andrew Perrott)
- A juvenile robin eating coconut (Debbie Oulton)
- Colourful fairground rides, Beaumaris Green (Roz Hattey)
- A lovely wildflower planting in a garden in Llanddona (Andrew Perrott)
- A surreal post-sunset Llanddona sky (Andrew Perrott)
- Emily Owen's eye-catching mural at Neuadd Bentref Llanddona Village Hall (Andrew Perrott)



Page 25

- The National Garden Scheme in Llanddona: what a day!
- Nature Notes: Walking in Nature

Page 27

- Pink grasshoppers in Llandegfan
- St Cawrdaf's coming

Page 28

- Seiriol Men's Shed: the latest news
- Llangoed WI
- Newyddion o'r rhandir cymunedol at yr Rhandiroedd Biwmares 🌸

Page 29

- News from the Beaumaris Allotments community plot
- Beaumaris Youth Band in Lithuania

Page 30

- The Puffin for children: Simon Squirrel and Benjamin Badger go for a picnic in the woods
- Lt Robert William Hanmer Everett D.S.O., R.N.V.R.: more about an amazing life

Page 31

- Sioe Flodau Llangoed 2024 🌸

Page 32

- Crossword & chess solutions
- Llangoed Flower Show 2024
- Neuadd Bentref Llangoed: 'Prosiect Chwifio Baneri' 🌸

Page 33

- Llangoed Village Hall: 'Flags Flying' project
- Neuadd Bentref Llanddona Village Hall: newyddion yr haf 🌸
- Neuadd Bentref Llanddona Village Hall: summer news

Page 34

- The lads...it's the 1960s

Page 35

- Tailpiece: a Weary Westie on teaching a new dog old tricks, sleeping and other bits and pieces

Page 36

- Editorial information and other 'useful to know' stuff

Behind the scenes at **The Puffin**: Part 2

Andrew Perrott

We gave a potted history of **The Puffin** and its predecessors in **The Puffin** 48. We continue now with more about what happens behind the scenes, from my setting up the folder that says, in this case, **The Puffin** 49, right through to when **The Puffin** is delivered from the printer.

The process is a bit like Fleet Street, but nothing like as noisy, except when I resort to expletives if something goes wrong (it's invariably me because I'm the designer/typesetter). The worst things that can happen are probably when I type something in another document and either saving it without renaming it, or I delete something and click *yes* instead of *no* when the computer asks 'do you really want to do that?' Read on...

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If you submit articles, news and so on you'll know how **The Puffin** goes about its business, but for those who are new to the game, or are just interested in what's involved this is what happens...

The Puffin's bank balance

Nothing else is as important. We all keep an eye on **The Puffin's** bank balance because we can't publish until there's enough money in the kitty. It can be a cliffhanger at times, but we've not missed a deadline yet.

Policy

The Puffin is a community journal. It does not become involved in matters such as politics, local or national, but is intended to be a means of bringing people and communities together, celebrating our 'sense of community', so we ask that people be kind, courteous and respectful.

'Hot' topics related to the local context are fine, but we ask that people respect the fact that alternative views may be valid as well.

The start

Quite a few articles and news items will have come in even before I e-mail my list of regulars about a month before the 'submissions by date'. That makes life easier because I can check them, set the text in my template, sort out photographs and search for internet links to other sources of information.

When that's done I send the text back for checking and approving. If it's OK I can mark it as *ready*, and it's a job out of the way.

Sometimes articles need more by way of redrafting and searches for photographs and accompanying links, or may be no more than the germ of an idea. That's when the fun starts: searching, altering, adding bits until an article takes shape

and it can be called complete. The result is so satisfying.

'Submissions by...'

This date is vital, and sometimes I nag, especially if I'm waiting for something that's preventing my adding subsequent articles.

The Puffin is growing as more people become aware of its existence, with the result that each number seems to have more pages in it. That means more design and typesetting, so we ask for submissions by the 'submissions by' date at the latest. We can't guarantee a place for anything that we receive after that date because we have to work to a deadline.

'What's happening where?'

This is the information part of **The Puffin**, where we list what might be happening locally by way of events, one-offs or regulars, in community centres, village halls and so on, including important community matters such as open days and fairs. The more that comes in the more useful this part of **The Puffin** becomes.

There's also a regular 'Some useful local services' listing of local cash points, library services, mobile bank Post Office services and Penhesgyn household waste recycling centre information. We hope that people find it useful, and we ask readers to let us know if there's something that they think should be mentioned in it.

Articles

We publish almost anything of interest: articles about things that might be important and 'of the moment'; about things of local interest; about things that are simply of general interest; and stories and poems by the budding writers among our readers.

Our regulars will know the sort of things that we publish, but that's no limit, because you, our readers, have wide-ranging interests.

The word count per column is c.300 (three-column page) and c.500 (two-column page).

Advertising

The Puffin is beginning to attract more advertising, which is very pleasing. This means that bodies can spread the word about their organisation, company, events and so on. Just as importantly, it means a more steady income for **The Puffin**, and the chance for **The Puffin** to lead a less hand-to-mouth existence.

If you'd like to advertise in **The Puffin**, please e-mail us at puffinpages@gmail.com and we'll send you some information. We can design an advertisement for you if you'd like us to do so.

Bilingual

We try to be as bilingual as possible, so let us have your article in Welsh and English if you can do so, including photograph captions where appropriate. Bing Microsoft Translator (www.bing.com/translator/) is a very useful tool, and we'll use it if we need something small translating at the last moment. It copes pretty well, but it will throw up oddities on occasion, some entertaining, when it simply doesn't know what to do or misunderstands something.

Is there anybody among our readers who would be willing to do the odd piece of translation for **The Puffin** should it be needed at short notice? We'd welcome a few volunteers with open arms.

Towards the end

Eventually **The Puffin** is full. That means proofreading for the eagle-eyed members of the Editorial Team. We're pretty thorough, but the odd tiny error always seems to get through, generally the sort of error that most people wouldn't notice, like a missing full stop.

Once it's proofread I send it off to our wonderful printer who's based in Trearddur Bay. We send it via pCloud Transfer (<https://transfer.pcloud.com/>) because gremlins crept into part of **The Puffin** 40, May 2022, converting some of the text into something exotic and indecipherable: using pCloud Transfer breaks the direct link between two computers. All that we have to do then is wait for delivery so that we can bundle **The Puffin** up for distribution to its outlets...until the next 'submissions by' date approaches and the process starts all over again!

Our contact details

Our contact details always appear on **The Puffin's** back page, as does a list of all of our outlets, and we publish on-line at www.seiriolalliance.co.uk/newsletters as well.

Questions

If you have any questions, or would like to submit an article, please e-mail us at puffinpages@gmail.com and we'll do our best to answer as quickly as possible. We try to dip into puffinpages regularly, usually daily, to see what's coming in.

Feedback

We enjoy publishing **The Puffin**, and we love readers' feedback because it's so positive: it makes doing so all the more worthwhile. Even when feedback isn't so positive it's useful because it's usually constructive and asks questions. Here are a few examples:

- **Plastic sleeves:** some readers questioned **The Puffin's** use of plastic sleeves in May. There was a

www.seiriolalliance.co.uk/newsletters/

reason: the inclusion of two leaflets, one at short notice. We did wonder at the time, but decided that it was the only way to cope with packaging and delivery without the worry/bother of having leaflets slipping out all over the place, not just while we were bundling them for distribution but also when readers collect a copy from an outlet. We'll be making every attempt to avoid their use again.

The sleeves are reusable, and can be recycled wherever 'soft' plastics are accepted. See *Recycling soft/ 'problem' plastics* on page 14 for more information.

- **Print size: The Puffin** uses Arial as its main font, generally size Arial 9. Arial is a simple font, clear and easy on the eye, and we try to break the text into smallish blocks so that readers aren't faced with a sea of unbroken print.

A quick look at a selection of magazines (North Wales Magazine is one) shows that most seem to use print of much the same size.

- **Glossy paper:** It's glossy, but it's not plastic-coated. It's no different from the paper used in many magazines, and is recyclable in the same way as newspapers and other magazines.

We receive a lot of compliments about the 'quality look and feel' of **The Puffin**, and a big part of that is down to the paper that our printer uses.

Publishing **The Puffin** is a balancing act (finances, the quantity of text, the quantity and quality of the paper), particularly as we, the Editorial Team, are unpaid volunteers, and rely on donations, sponsorship and advertising. It would be nice to be able to use larger print (Arial 10, say), but that would mean more paper, which in turn would mean additional costs, or less content.

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What's happening where?

What's happening where? is on page 7.

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Our front cover

Andrew Perrott

This month's front cover picture is another of my famous/infamous art forgeries. It features Fife 38 *Sard* (correctly, a member of the Conwy and Menai Strait Fife One Design fleet) sailing off Beaumaris pier on 1 May 2021 in weather that was a good bit warmer than this year's apology for a summer.

This year is important for the Fife: the design was produced 100 years ago, and the first Fife took to the water in 1926, the class becoming such a feature of sailing on the Menai Strait.

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Almost a century: William Fife III's lovely Conwy and Menai Strait Fife One Design Class

Mike Hardie (with a little input from Andrew Perrott and Michael Leahy)

The Puffin 45 featured an article about the Menai Strait One Design (MSOD) sloop, 17 of which were built between 1937 and 1952. Henry Chesterton pointed me in the direction of source material for the MSOD article, and he's come up trumps again by pointing me towards Mike Hardie, whose very interesting article on the Fife appears below with just a little tweaking by me to make it fit: thank you, Henry and Mike.

I must thank Michael Leahy, Conway Yacht Club Sailing Captain, as well. He was kind enough to send me some notes on the Conway Restricted Class, and an interesting photograph, which follow at the end of this article.

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A class of yacht that can survive and indeed prosper after nearly 100 years of racing must be a little bit special, especially with a name as long as the Conwy and Menai Strait Fife One Design.

In 1911, a group of sailors decided to form the Conway River Sailing Club, and at that time they sailed a small fleet of boats, the Conway Restricted Class, which had a waterline length of between 20' and 22' ft and a variable sail area



20 April 2024: fresh for the season: 15 *Coila* in the early morning sun at Gallows Point, showing the Fife's purity of line

rule which produced two handicap ratings for each boat, one for light winds and one for strong. Quite how light and strong were defined I don't know, and how they handled changing conditions during a race must have been a minefield, so maybe this set of rules led to confusion and argument at times.

In 1923, the club changed its name to the Conway Yacht Club. Its fleet of boats was ageing and still the subject of

argument, and it was decided that a modern, cheaper and smaller 'one design' class should be considered as a replacement. The club approached William Fife III to design a boat with a waterline length of 16' and a draught of 3' 3", suitable for the waters of the Conwy Estuary and the Menai Strait; the combination of shallow waters and strong tides of these waters gives them a deserved reputation for challenging short steep waves in wind-over-tide conditions.

William Fife III (1857-1944) should need little introduction. He was one of a number of truly gifted designers of the late Victorian era, such as Albert Strange and Charles Nicholson, Francis Morgan Giles and Alfred Mylne to name but a few. William started his apprenticeship working at his father's yard at Fairlie in 1872, concentrating his efforts on becoming a designer rather than a boatbuilder as the yard had an ample supply of skilled craftsmen.

Having spent some time away, including time in America to watch the America's Cup races in the mid-1880s, William returned to Fairlie in 1886, where he stayed for the rest of his life. In the 1890s he designed, and the yard built, many successful 15m and 19m class boats. Other famous designs include the 36-rater *Pen Duick* of 1898), two America's cup challengers, *Shamrock* of 1899) and *Shamrock III* of 1903 for Sir Thomas Lipton which, under the America's Cup rules of the time, not only had to race against the best that the USA could produce but had to cross the Atlantic under sail before competing.

In June 1924 William Fife & Sons of Fairlie produced a specification and design for a One Design Class for the Conwy Yacht Club. It was to be of carvel construction, with mahogany planking on rock elm ribs, decks of tongue-and-groove yellow pine, an 18 cwt cast lead keel, a Bermudan two-spreader rig and a sail wardrobe comprising, Main, number 1 and number 2 jibs and a balloon jib. Not surprisingly, we consider this to be his finest design. With the plans approved, it was time to start building.

Archibald Dickie established the boatyard, Dickies of Tarbert, on the shores of Loch Fyne in 1868, a yard which soon became recognised as a builder of exceptional yachts. In 1924, having heard of an opportunity to buy the yard of William Rowlands & Co in Bangor, Archie's son Peter moved his family to North Wales, to start Dickies of Bangor and, like his father, quickly built a reputation for high quality workmanship.

Dickies were asked to build the first two boats at a cost of £275 each (the equivalent of c.£23,000 at today's

prices), number 1, *Siân II*, for Mr R Jones and number 2, *Morwys*, for Mr J Burton, both of which were launched in the summer of 1926. In January 1927, the Class association was formed and by the end of that year another four boats had been built, 4, 5, 6 & 7. The number 3 was not used as, apparently, in those days 3 was considered to be an unlucky number. It was also thought that it might be difficult to distinguish between 3 and 8 on the water.

The following year another four boats were completed, 9, 10, 11, 12. 8 was originally started for Peter Dickie, but was changed to number 9 and so 8 was never built.

The class now started to race on the Beaumaris course. Many boats had a 'paid' hand who was responsible for getting the boat ready for the day's racing, crewing during the race (he wasn't allowed to helm) and putting the boat away at the end of the racing and taking the cotton sails ashore for drying between races. As one might expect, they were not allowed into the Royal Anglesey Yacht Club (RAYC) after racing, but had suitable refreshment passed through the windows of the bar by the owners, to be drunk outside, sitting on the wall!

Number 14 was completed in 1931, with 15 and 16 built in 1934. The final two wooden boats, 17 and 18 were completed in 1938.

Following the Second World War, racing recommenced in 1945, with the first race being held starting on 28 July. The class managed to have 11 races during the season, with 5, *Thelma III*, taking seven firsts. A quote for sails from Ratsey's in 1948 suggested a price of £56 12s 0d (the equivalent of c.£2,632 at today's prices) for a full suite, comprising mainsail, number 1 and number 2 jibs and a spinnaker. Today's price for a full suite from Ratsey's is over £3,500. The fleet continued to be keenly raced at Beaumaris in the 1950s, and at this time the boom was shortened, and the mainsail redesigned to allow for the fitting of a permanent backstay. The new material, terylene/dacron was also starting to be used for sails.

By the 1960s the fleet was beginning to show its age, and with only six boats racing regularly, it was time to take drastic steps to revive the fleet. Once again, the Dickie family stepped in and, using their own boat, 17, *Merlin*, as a plug, they produced a mould to enable the class to be built in GRP. Number 20 was built as a demonstration boat; as this was a 'new' technology for Dickies, though, problems were encountered with the build quality, and apparently the boat didn't measure, this leading to Number 21 being the first GRP boat to be launched in 1970 at a cost of £4,750

(the equivalent of c.£94,000 at today's prices). Number 20 was rebuilt and eventually launched in 1974. The advent of the GRP boats also saw the introduction of metal spars.

Another 21 GRP boats were built, with the last boat, 42, *Enigma*, being launched in the early 1980s. Number 31 was never built, as it is 13 backwards!



Fifes in their element: 38 *Sard* above, 35 *Tarka* in the background, 29 *Celtic Girl* and 42 *Enigma* below (Ian Bradley)



1 May 2021: 15 *Coila* and 42 *Enigma* off Beaumaris pier

Today, of the 15 wooden boats built, number 4 was destroyed, the owner believing it to be beyond economic repair, and number 2 moved to Switzerland in the early 2000s. 13 remain in Beaumaris, and of those nine are raced regularly, all having been restored or rebuilt. The remaining four of the fleet need varying degrees of restoration.

Two other Fifes, with a double-spreader rig and increased freeboard were also built during the 1930s, *Intombi* by the Fife yard at Fairlie and *Lotus* built by Dickies of Tarbert. Both have been rebuilt in recent years and are often seen at classic regattas, and in recent years a number have been built by a yard in Spain.

Of the 22 GRP boats built, 17 are actively racing, and four need recommissioning, and all are in or around Beaumaris, with the exception of number 25, which was destroyed in an accidental fire. Last season's racing saw 22 boats afloat, and in the 'A' series of 19 races sailed, which runs throughout the season, we had ten different winners with honours evenly divided between wooden and GRP boats.

The success of the class in Beaumaris (and they are only in Beaumaris) is, I believe, down to several factors: it is a brilliant design, easy to sail, but difficult to sail well. Although a very wet boat in windy conditions, it feels a very safe boat. I don't think any have capsized, although several have been laid flat over the years. The only ones to sink have been on their moorings at the time. Several boats have tried to escape from the moorings, with number 28 being the most successful, eventually arriving in the Isle of Man, 60 miles away! We regularly race in force 4 to 5, and have been caught out in up to force 7 with no ill effects, other than ruined trousers. We are one of the biggest one-design fleets in the north west, if not the biggest.

The class had always had a closed set of rules: in other words, if it isn't mentioned, you can't have it! So, for instance, we don't have kicking straps, leading to some spectacular 'Chinese' gybes on windy days. We don't have windows in sails, electronic aids (like depth sounders) or tiller extensions, and the spinnaker is still flown inside the forestay...all of which make for interesting sailing.

Beaumaris is a beautiful but challenging place to sail, with confusing tides, interesting sandbanks and some strange local weather patterns, such as wind blowing from each end of the Strait, with flat calm in between. This makes every race different, especially as we have a fixed start time, 2.30pm on a Saturday, meaning that the state of the tide is never the same week to week...so, what worked last week won't work this week.

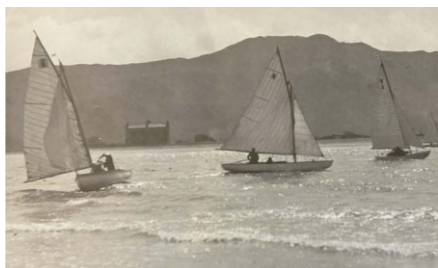
Also, racing as a one-design fleet, one always knows where one is in relation to one's competitors and, irrespective of where you are in the fleet, you always have someone to race against, the battles to avoid the wooden spoon being just as hard-fought as those for the winner's cannon! Although we have a 'short' season – early May to late September – we manage to fit in 50+ races and another ten during the Menai Strait Regattas in August.

The undoubted pride that comes from owning a classic boat that sails as well as it looks means that many of the boats are handed down through the generations, and ownerships tends to be a long-term commitment rather than a

short-term excitement. With an ongoing and healthy demand for boats, they never stay for sale for long, with many people keen to own or crew a Fife, and with most who try wanting to come again.

The Class owes a debt of gratitude to William Fife III for designing such a delightful boat, to Dickies of Bangor for building what has turned out to be a robust and lasting boat, and finally to the members of the Conwy Yacht Club for starting the ball rolling in 1924.

The Conway Restricted Class: Michael Leahy's understanding of the history of the Conway Yacht Club is that there was a club for sailors before 1910 which was called something like the Conway River Yacht Club. The term "Conway Restricted Class" referred to a list of criteria rather than a boat design *per se*, possibly something along the lines of *boat length between x and y feet, boat weight between x and y lbs, number of masts, sails, etc., allowed.*



Left and centre are two Conway Restricted Class boats, both gaff-rigged and looking quite similar; the one to the left appears to be aground. To the right is a Conway Fife One Design, possibly number 1 *Siân II*. The specification and design for the Conway Fife was produced in 1924, with the first being built in 1926, which pins down the approximate date of this photo; the Conway Restricted Class was being replaced by the Fifes by 1928.

(via Michael Leahy)

The Club changed its name to the Conway Yacht Club in 1910 and began looking for a one-design boat to replace the Conway Restricted Class. They applied to the Scottish boat designer William Fife III, who produced plans for a boat to be called the Conway Fife One Design from his yard in Fairlie. They were found to be unsuitable for sailing at Conwy, or at least not as good as a rival design by a local boat builder, W H Rowlands, which was slightly smaller and took the short chop better. The prototype was initially fitted with a lifting centre plate but this was replaced with a fixed keel with the rudder on the keel, and this design became the Conway One Design, of which another 13 wooden boats were built between 1929 and 1946. Two GRP versions were built in 1990 and a new one, sail number 19, has just joined the Class this year.

The Fife fleet moved to Beaumaris, where it still is, and that's where this story begins...

puffinpages@gmail.com

An interesting footnote: in the 1930s a boat almost identical to the Conway One Design was designed and built in Beaumaris: the Menai Strait One Design (MSOD); the design returned to the lifting centreplate and transom-hung rudder. See **The Puffin** 45, page 3.

📄 Royal Anglesey Yacht Club: Adopted Classes
<https://royalangleseyyc.org.uk/classes/>

📄 William Fife
https://en.wikipedia.org/wiki/William_Fife

📄 Conway Ones
www.conwayyachtclub.com/conway-ones/

What's happening where?

What's happening where? continues to grow, and we hope that you continue to find it useful.

If you think that an event is missing and should be mentioned, do make sure that you let us know in good time.

Our 'submissions by' dates are:

- 1 January for February
- 1 April for May
- 1 July for August
- 1 October for November

Our contact details are always given on the back page in *Editorial information and other 'useful to know' stuff*.

We want to support you, but we can't do so if you don't support us by feeding us with information. Support us to support your communities!

Keep an eye on websites, local advertising and social media, Facebook and the like, because changes can affect events either way, some happening suddenly or being cancelled just as suddenly. In short, check beforehand to make sure that an event is happening.

If your organisation has opportunities to fill, think about placing an advertisement in **The Puffin**.

Our contact details are always on the back page.

Some useful services

- **Cashpoints:** there are now no banks in the Seiriol area, but we know of two cashpoints:
 - **Jolly's**, 5 Bulkeley Terrace, Beaumaris LL58 8AU, outside, at what used to be the NatWest bank
 - **Spar**, 11 Castle Street, Beaumaris LL58 8AB: inside, during opening hours

Please let us know if you are aware of any others so that we can list them here.

- **Post Offices:** note also that you can withdraw cash with your bank card at any Post Office counter (Spar, Beaumaris and Pentraeth, and Morrisons Daily, Llangoed, for example) free of charge.

- **Beaumaris library:** Beaumaris library is at:
David Hughes Community Centre
Beaumaris
Anglesey
LL58 8AL

Opening times are:

Monday 2.30pm-6.00pm
Wednesday 10.00am-12.30pm
Friday 9.00am-1pm

☎ 01248 810659

✉ ddxlh@anglesey.gov.wales

Mobile library: the mobile library visits communities which are more than ¼ mile from one of Anglesey's libraries. It carries a small but comprehensive selection of books and tapes, and also provides a gateway to other library services.

The mobile library visits the following communities on the third Friday of the month:

- **Llanddona:**
Neuadd Bentref Llanddona
Village Hall
11.30am-12.30pm
Maes Gwyn
1.10pm-1.45pm
- **Llanfaes:**
Siop Llandêg
9.30am-10.00am
- **Llangoed:**
Pont y Brenin
10.10am-10.40am
Aberlleiniog car park
10.45am-11.15am
- **Llansadwrn:**
Tan-y-Ffordd
2.00pm-2.30pm

☎ 01248 752093, 01248 752095

Telephone Llangefni Library if you would like more information about its doorstep delivery service.

☎ 01248 752093

📄 Mobile and Home Library Service
www.anglesey.gov.wales/en/Residents/Libraries/Mobile-and-Home-Library-Service.aspx

- **Household waste recycling:** Anglesey residents do not need to book a slot to use the Penhesgyn Household Waste Recycling Centre (Menai Bridge LL59 5RY):
Vehicles must be no longer than 5.0m and no higher than 2.1m, including any attachments.

Householders must produce proof of residency on the Isle of Anglesey, such as a current Council Tax bill,

driving licence or recent (less than 3 months old) utility bill.

Opening times are:

Monday 10.00am-4.30pm
Tuesday 10.00am-4.30pm
Friday 10.00am-4.30pm
Saturday 10.00am-4.30pm
Sunday 10.00am-4.30pm

🗑️ Penhesgyn Household Waste Recycling Centre
www.anglesey.gov.wales/en/Residents/Bins-and-recycling/Recycling-centres-and-recycling-banks/Penhesgyn-Household-Waste

☎️ Waste Management
01248 752093



- **Mobile banking:** NatWest is alone among the main banks in providing a mobile banking service in our area.

A Mobile Branch visits Beaumaris and Menai Bridge every week:

- **Beaumaris:**
Castle Square
LL58 8DA
Wednesday 10.30am-11.15am
- **Menai Bridge:**
Wood Street car park
LL59 5QW
Wednesday 3.35pm-3.55pm

📖 A directory for your local banking services
www.natwest.com/banking-with-natwest/other-ways-to-bank-with-natwest-banking-me.html#mb



- **Mobile Post Office:** the Post Office provides a mobile service across Anglesey.

It makes the following weekly local stops at Llanddona and Llandegfan:

- **Llanddona:**
Neuadd Bentref Llanddona Village Hall
LL58 8TS
Tuesday 2.30pm-3.00pm
Maes Gwyn
LL58 8TP
Tuesday 3.05pm-3.30pm
- **Llandegfan:**
Bro Llewelyn
LL59 5UP
Tuesday 3.45pm-4.15pm
Maes Ffynnon
LL59 5PS
Tuesday 4.15pm-4.45pm

All the usual Post Office services are available.

Visit Maesgeirchen Mobile Post Office's Facebook page for up-to-date information about the mobile Post Office service.

📧 Maesgeirchen Mobile Post Office
www.facebook.com/people/Maesgeirchen-Mobile-Post-Office/100057490246225/



Anglesey, Gwynedd

- **Anglesey & Gwynedd Widowed Group:** please note that this is *not* a dating site; the organisers are volunteers and the group is not a charity.

It's a group for widows and widowers aged over 50 (suggested age only) who live permanently in the Anglesey, Bangor and Caernarfon (Gwynedd) areas.

We meet for regular get-togethers: coffee, lunch, days out, leisure activities, evenings out, theatre, concerts, coach trips and so on, and holidays, UK and abroad, and cruises as well.

This is not a support group, just a group of people who have been through the loss of a spouse or long-term partner, and who can empathise with each other but are ready to start enjoying life again.

We use www.meetup.com for information about events and to keep in touch. Search *Anglesey & Gwynedd widowed* and you'll find us.

We are a bilingual group, with membership at roughly 50/50, so we organise Welsh events as well as English.

If you'd like more information please contact me, Lyn Roberts.

☎️ 07474 224246

✉️ lyn2910@yahoo.co.uk

Beaumaris

- **Clwb Bowlio Beaumaris Bowling Club:** Clwb Bowlio Beaumaris Bowling Club fielded eight teams last year, in five different Leagues, and would like to welcome new members, young or old, male or female.

The Club is at Happy Valley, by the beautiful Beaumaris Castle. For more information and/or a taster session please contact Dave Mathias, Secretary.

✉️ davemathias49@gmail.com

☎️ 01248 490222, 07712 121147

📖 Beaumaris Bowling Club
<https://beaumarisbowlingclub.yolasite.com/>

📖 Beaumaris Bowling Club
www.facebook.com/people/Beaumaris-Bowling-Club/100063490482942/

- **Clwb Rhwyfo Beaumaris Rowing Club:** there's a long history of competitive rowing on the Strait. The Club runs taster events during April and September for people to learn about, and have a go at, rowing a Celtic. It doesn't matter if you've never rowed before; we'll show you the ropes.

Visit our website if you'd like to know more about us.

📖 www.beaumarisrowingclub.org.uk/



- **Beaumaris Cricket Club:** we welcome new members; our average age is somewhere around 50, a few younger and some older! If you'd like to join us give one of us a call:

Chairman: Ian Gorst Jones,

☎️ 01248 811248

Captain: David Graves,

☎️ 07851 632881

Vice-Captain: Evan Hughes,

☎️ 07999 505001

Match organiser: Philip Lewis,

☎️ 07484 262297

📖 www.facebook.com/people/Beaumaris-Cricket-Club/100057043976040/

- **Beaumaris Film Night:** put the first Thursday of every month in your diary! Have a look below at what's coming this autumn/winter.

Refreshments are available from 7.00pm; the film starts at 7.30pm. Tickets are still just £5 each, and are available in advance from reception, or telephone to book.

☎️ 01248 811200

Volunteers are always welcome at Beaumaris Film Night; please contact Stephen Marsden for more information.

☎️ 07774 699685

1 August: *One Life* (2023), starring Anthony Hopkins, Lena Olin, Johnny Flynn.



Bio-drama of a London broker saving hundreds of Jewish children fleeing the Nazis (1h 49m; 12A).

September onwards: The listing for September onwards wasn't available as *The Puffin 49* was being

www.seiriolalliance.co.uk/newsletters/

compiled, so be sure to keep an eye on social media and the Canolfan's noticeboard.

- **RNLI: volunteers wanted!** The RNLI is working hard to make itself inclusive, with the Fundraising Team, shop helpers and crews all working together as a team.

We'd give a big welcome to anyone who would like to volunteer in any capacity.

If you're interested do call in at the RNLI shop at the boathouse or telephone Valary Wakefield on 01248 811375.

200th anniversary! The RNLI's 200th anniversary takes place this year, with national and local celebrations being planned, as well as many extra events.

Some of this year's events are listed below:

- **1 August:** BBQ outside the RNLI boathouse to celebrate the RNLI's 200th Anniversary.
- **24 August:** Lifeboat Day: full day of events: various stalls, including cakes, tea, coffee, etc.

This isn't a full list, so keep a lookout for notices in Beaumaris, and check Facebook regularly.

Beaumaris RNLI Lifeboat
www.facebook.com/beaumaris.rnli.lifeboat/

Find my nearest lifeboat station
<https://rnli.org/find-my-nearest/lifeboat-stations>

The Beaumaris Fundraisers send very grateful thanks to all who support the stalls at RNLI boathouse events.

- **Beaumaris Over 50's Club:** Club meetings take place at 2.00pm on the last Monday of the month. We extend a warm welcome to new and old members.
- **Gorffennaf-Awst/July-August:** Cyfnod gwyliau Holiday period
- **30 Medi/30 September:** Sgwrs gan Peter Day ar y *Royal Charter* Talk by Peter Day on the *Royal Charter*

For more details, please contact the Chair, Mike Davies.

puffinpages@gmail.com

☎ 01248 812157, 07483 827069

✉ dmikedmail@gmail.com

📧 The Iorwerth Rowlands Centre
Steeple Lane
Beaumaris
LL58 8AE

- **Menopause Café:** the first Saturday of the month at Canolfan Hamdden Beaumaris Leisure Centre, 10.00am-12.00 noon.

It's a warm, respectful, welcoming space for those who are impacted by anything that relates to menopause, as part of providing community wellbeing places.

Entry is £2.50, the proceeds to go to The Canolfan Development Fund.

✉ enquiries@canolfanbeaumaris.org.uk

📧 Canolfan Beaumaris
www.canolfanbeaumaris.org.uk/

📧 Canolfan Beaumaris
www.facebook.com/canolfan.beaumaris.7/



- **Seiriol Good Turn Scheme:** if you live in the Seiriol Ward area (Beaumaris, Glanrafon, Llandegfan, Llanddona, Llanfaes, Llangoed, Llansadwrn and Penmon) the Seiriol

Good Turn Scheme may be able to help you.

The services offered by the Scheme are provided by volunteers, and offer help to any person living in the Seiriol Ward who, due to illness, incapacity or some other need, may benefit from the help that is available.

If you feel that the Scheme could help you please telephone us and we will arrange a home visit to discuss your needs.

☎ 01248 305014
Monday-Friday,
9.00am-5.00pm

STOP PRESS #1 Read about our smart just-arrived new minibus on page 15.

STOP PRESS #2 See the advertisement to the left, and read more about the scheme on page 16.



- **Three Generations Art Exhibition:** Canolfan Hamdden Beaumaris Leisure Centre, Tuesday 1 October - Thursday 31 October, Monday-Saturday, 9.30am-8.00pm.

This is an exhibition of art by three generations of my family: me, William Moss; my grandmother, Jessica Blyth, and my mother.

☎ 07947 938781

✉ willmoss@mail.com

- **Dancing at the Canolfan!** Want to learn to dance? You can dance but want to improve? Come along to Caroline's friendly classes at

(continued on page 11)

Tabledi a Ffonau clyfar i Ddechreuwyr

Tablets and Smartphones for Beginners

Mis Medi / September
10 Wythnos / 10 Weeks
Llyfrgell Beaumaris Library

☎ 01248 305014

✉ communitymenai@gllm.ac.uk

AM DDIM / FREE

Gan gynnwys cynllun benthyc tabledi
Including a tablet loan scheme

Am mwy o gwybodaeth ffoniwch:
Cynllun Tro Da Seiriol

For more information phone:
Seiriol Good Turn Scheme

01248 305 014

✉ enquiries@canolfanbeaumaris.org.uk

- **Canolfan Hamdden Beaumaris Leisure Centre:** There's so much happening at Canolfan Hamdden Beaumaris that we don't have room for it here. See pages 15-19, including our centre-spread, to find out what's going on, and keep up-to-date with everything via social media.

📧 Canolfan Hamdden Beaumaris Leisure Centre
Rating Row
Beaumaris
Anglesey
LL58 8AL

☎ 01248 811200

STIWDIO

BIWMARES WORKSHOPS

WORKSHOPS, ART COURSES, EVENT AND EXHIBITION SPACE

GWEITHDAI, CYRSIAU CELF, DIGWYDDIADAU A GOFOD
ARDDANGOS



- Painting
- Ceramics
- Printing
- Life-drawing
- Chalk paint
- Joinery
- Artist in residence
- Upholstery
- Junior art club
- Textiles
- Willow Weaving

AT STIWDIO BIWMARES, WE HAVE DESIGNED A WELCOMING SPACE WHERE INDIVIDUALS CAN ENGAGE IN LEARNING NEW SKILLS, CONNECT WITH LIKE-MINDED PEOPLE, AND BE CREATIVE. WE OFFER A DIVERSE RANGE OF WORKSHOPS, FACILITATED BY TALENTED ARTISTS/MAKERS SPECIALISING IN VARIOUS DISCIPLINES AND LEVELS OF EXPERTISE, SOMETHING FOR EVERYONE.

IF YOU WOULD LIKE TO BOOK A WORKSHOP, VISIT OUR WEBSITE AND FIND AVAILABLE WORKSHOPS ON THE STIWDIO BIWMARES SECTION.

IF YOU WOULD LIKE TO RUN A WORKSHOP OR ORGANISE AN EVENT EMAIL US AT STIWDIOBIWMARES@GMAIL.COM

CONTACT INFORMATION/GWYBODAETH CYSWLLT



FACEBOOK



WEBSITE
GWEFAN

TEL - 03300531897

INSTAGRAM - STIWDIO.BIWMARES.WORKSHOPS

FACEBOOK - STIWDIO BIWMARES WORKSHOPS

EMAIL - STIWDIOBIWMARES@GMAIL.COM



INSTAGRAM

(from page 9)

Canolfan Hamdden Beaumaris on Fridays, 7.00pm-9.00pm; everybody welcome.

☎ 01248 811200

✉ enquiries@canolfanbeaumaris.org.uk

- **IMPORTANT NOTICE Summer Charity Fayre:** please see page 12 for an update.
- **H'Artworks on Tour:** until recently, Anne Snaith was 'Artist in Residence' at the Bulkeley Hotel, Beaumaris. Anne is now 'H'Artworks on Tour'. She is continuing to run her classes as before, but at her Beaumaris home, and locally, in and around Beaumaris.

Anne can also book bespoke classes at your home; please ask for more information.

Here's a sampler of the classes that Anne runs:

- **Children's Art Club for ages 7-12:** £15.00 per head, including professional tuition in a wide variety of media. (Tuesdays 4.30pm-5.30pm)
- **Watercolours: beginners and intermediate:** the sessions are fun and friendly; a block of ten sessions costs £150. (Wednesdays 1.00pm-3.00pm)
Each session is 'stand alone', so people can join later and create a picture each session.
If you are late joining the course, fees will be adjusted accordingly.
- **Watercolours and mixed media:** the sessions are fun and friendly; a block of ten sessions costs £150. (Thursdays 1.00pm-3.00pm)
Each session is 'standalone', so people can join later and create a picture each session.
If you are late joining the course, fees will be adjusted accordingly.
- **Young People's Art Group for ages 12-18:** £15.00 per head, including professional tuition in a wide variety of media. (Thursdays 4.30pm-5.30pm)
Materials are included.
- **One-to-ones:** spaces are available for one-to-one private tuition in 1- or 2-hour blocks to suit.

Please contact Anne if you would like more information, or would like to book a place.

☎ 01248 810631, 07531 384434

✉ hartworks@btinternet.com

puffinpages@gmail.com

📄 www.facebook.com/HartworksGallery/

Keep an eye on social media, such as Facebook and Instagram.

- **Beaumaris Makers Market:** Castle Square, Beaumaris LL58 8AL (in front of the Castle Court Hotel, adjacent to the castle).
📄 Beaumaris Makers Market www.facebook.com/beaumarismakersmarket/



The Pilot House Café

Award Winning

PILOT HOUSE CAFE

Award-winning pizzas, burgers & cocktails

Vegan & gluten-free options available

Dog-friendly

Open daily from 10.00am

Black Point, Penmon, Anglesey LL58 8RR

☎ 01248 490140

📄 www.pilothousecafe.com/

- **Beaumaris Artisan Market:** Rating Row, Beaumaris LL58 8AP (in front of the David Hughes Community Centre).
📄 Beaumaris Artisan Market <https://beaumarisartisan.market.blogspot.com>
✉ beaumariswelshartisanmarket@outlook.com

Glanrafon

- **Ysgoldy Llanfihangel Schoolhouse,** Glanrafon LL58 8PH: gwasanaethau/services:
 - 12 Awst/12 August: Parch Robert Townsend, Beaumaris
 - 8 Medi/8 September: Dafydd Iwan, Llandwrog

- 13 Hydref/13 October: Parch Huw Pritchard, Llangefni
- 10 Tachwedd/10 November: Walter Glyn Davies, Amlwch

Holyhead

- **Canolfan Ucheldre Centre:** Holyhead may be 'over there' on the other side of Anglesey, but its Canolfan Ucheldre Centre has a lot to offer the residents of Anglesey and those further afield.

Uchedre is a performing and visual arts centre housed in a former convent chapel that sits within its own grounds and gardens.

The building itself is of interest, and is a beautiful spot to come and spend time in.

It's a leading arts centre, and its diverse programming weaves together two major strands: performers and artists of international standing bringing high-quality arts to Anglesey, and community events nurturing the creativity of local people.

Ucheldre programmes live events, concerts, films, exhibitions, clubs, societies, classes and workshops all year round, all are led by qualified specialists in their field.

You'll be able to find out about what's happening at Canolfan Ucheldre Centre via the links below, and we'll be listing events here as well. Among Ucheldre's listings are:

- **The Great Baldini's Family Magic Show and Cabaret:** Saturday 3 August, 3.30pm, Cabaret 7.30pm.
The Great Baldini is a magical legend, a relic of the music halls and a theatrical performer of the old school. Known the world over as 'The Emperor of Illusion', 'The Prince of Prestidigitation' and 'The Maharajah of Mystery', he is a hugely entertaining stage magician. Baldwin, the magical dog, is his faithful companion.
- **Rep: Wait Until Dark:** Friday 16 August, 7.30pm, Cabaret 7.30pm.

A blind woman living with her husband in a basement flat in London. Her husband innocently aquired a doll, not knowing that it was stuffed with heroin. Three crooks will stop at nothing to retrieve the doll.

The woman is alone and fears for her life; she comes up with a plan that she hopes will even the odds as she waits for the crooks to return.

All that she can do is "wait until dark"...

- o **Art for All Competition and Exhibition 2024:** Friday 19 July-Tuesday 17 September.

An exhibition and competition to encourage artists living in Anglesey, Gwynedd or Conwy, amateur or professional, to share their work with each other and the wider population and visitors.

Canolfan Ucheldre Centre
Millbank
Holyhead
Anglesey
LL65 1TE

Monday-Saturday
10.00am-5.00pm
Sunday
2.00pm-5.00pm

01407 763361

box@ucheldre.org

Ucheldre
https://ucheldre.org

Ucheldre Holyhead
www.facebook.com/
ucheldre.holyhead/

Read more about
Canolfan Ucheldre Centre
on page 11.



Llanddona

- **Neuadd Bentref Llanddona Village Hall:** we are a small and dedicated group of Committee Members and volunteers, and we would love to welcome more people on board!

Please contact us if you'd like to become involved in any way.

The Hall is available for hire. Please contact us if you would like more information or to make a booking.

secretary@neuaddbentref
llanddona.co.uk

07733 176004, 07768 018370

Neuadd Bentref Llanddona
Village Hall
.Llanddona
Anglesey
LL58 8TS

Neuadd Bentref Llanddona
Village Hall
www.facebook.com/
llanddonavillagehall/

Cymuned Llanddona Community
www.facebook.com/groups/
llanddona/

Here are some dates for your diary:

- o Friday 2 August
7.00pm-10.00pm
Bingo
- o Friday 4 October
7.00pm-10.00pm
Bingo
- o Friday 25 October
5.00pm-8.00pm
Halloween Party
- o Saturday 23 November
10.00am-2.00pm
Christmas Fair
- o Saturday 7 December
times to be confirmed
Wreath Workshop, Afternoon Tea

relaxed and friendly atmosphere for only £8 per person.

A special roast chicken dinner is available on the first Friday of every month.

All food is freshly prepared on the premises by volunteers.

Booking is advisable; please telephone Pat on 07768 018370.

- **Paned a Sgwrs:** every Tuesday, 2.00pm-3.00pm, at Neuadd Bentref Llanddona Village Hall.

Improve your Welsh-speaking skills with this small, friendly group over a complimentary paned/cuppa and biscuits. All levels of Welsh speakers are welcome.

Sessions are informal so that people can 'drop in' for a quick chat or stay for the full session if preferred.

For more information contact Gill Vaughan or Sheila Healey.

07925 184476

Gill Vaughan

01248 810619

Sheila Healey

- **Caffi Cofio:** the first and third Wednesdays of the month, 2.00pm-4.00pm, Neuadd Bentref Llanddona Village Hall.

Caffi Cofio is provided by Carers Trust North Wales Crossroads Care Services. It's a friendly service for people who live with memory loss, and their carers.

Transport to and from the group can be arranged, organised by the Seiriol

Good Turn Scheme for a small fee.

Please telephone for more information or to book a place.

01492 542212



- **Gong Bath:** the first Tuesday of the month, starting at 7.00pm, Neuadd Bentref Llanddona Village Hall.

It's relaxation and meditation through sound...

Lying on a mat, you close your eyes and relax for an hour whilst being bathed in powerful sound waves.

Please contact me, Steph Healy, for more information or to book a place.

www.seiriolalliance.co.uk/newsletters/

Summer Charity Fayre

◆ ◆ ◆

Church of St Mary & St Nicholas

Church Street Beaumaris

◆ ◆ ◆

Please note that, owing to unforeseen circumstances, the Summer Charity Fayre will not take place on Saturday 24 August

◆ ◆ ◆

**It will now take place on
26 October**

◆ ◆ ◆

Be sure look for posters and announcements on Facebook and other social media as well

- o Friday 13 December
times to be confirmed
Caffi Ni Christmas Meal
- o Friday 18 December
times to be confirmed
Table Decorations

There may be additions as the year progresses, so keep an eye on noticeboards and social media.

Now turn to page 33 and read more about our activities.



- **Caffi Ni:** every Friday, 11.45am-2.00pm, Neuadd Bentref Llanddona Village Hall.

Come and enjoy a home-cooked two-course meal and a drink in a

☎ 07534 118899

✉ pure.sound@outlook.com

- **Free guitar lessons:** Monday evenings, Neuadd Bentref Llanddona Village Hall:

- Under 10s: 5.30 pm
- 11+ years: 6.00pm

You don't have a guitar? That's not a problem; we have some guitars available for use in the classes.

Please contact Miriam Williams for more information.

☎ 07733 176004

- **Clwb Ffermwyr Ifanc Llangoed/ Llangoed Young Farmers Club:** meets every Monday, 7.45pm, at Neuadd Bentref Llanddona Village Hall (not Llangoed).



- **Llanddona Writers Group:** thinking of a family memoir, or short story, or just the chance to do a little writing alongside friends?

We meet every three weeks on a Friday at 11.00am.

We enjoy hearing from and encouraging each other, and maybe having a try at something new.

Why not come along and see...

If you'd like to know more, please contact Stephen Marsden.

☎ 07774 699685.

Llanddona Table Tennis

Group: we meet every Monday at Neuadd Bentref Llanddona Village Hall, 10.00am-12.00 noon.

Please contact Kirsty Simpson if you're interested.

✉ kirstyalisonsimpson@hotmail.com

- **Village Knit Club:** every Monday at yr Owain Glyndŵr, at 7.15pm... looking forward to seeing you all!

For more information contact Meg Marsden.

☎ 07913 223435

- **Yr Owain Glyndŵr:** Community Pub Hero Award Winner 2024!

Contact us for information about what's on.

☎ 01248 810710

✉ The Owain Glyndŵr Llanddona Anglesey LL58 8UF

✉ contact@ogdllanddona.co.uk

📍 Cymuned Llanddona Community www.facebook.com/groups/llanddona/

- **Rali Tractor Llanddona Tractor Rally 2024:** put Saturday 17 August in your diary: that's the date of this year's Rali/Rally.

Funds raised will support good causes, including:

- Blaen y Coed Centre for adults with learning difficulties, Llangoed
- Clwb Ffermwyr Ifanc Llangoed/ Llangoed Young Farmers Club, based at Neuadd Bentref Llanddona Village Hall
- yr Hen Ysgol, Llanddona
- St Iestyn Church Restoration

Don't miss it!



Llanfairpwll

- **Marquess of Anglesey's Column:** climb the Column's 115 steps for spectacular views over Anglesey, the Menai Strait and Snowdonia.

✉ post@angleseycolumn.org

☎ 07748 807402

📍 Tŵr Marcwis/Anglesey Column www.angleseycolumn.com

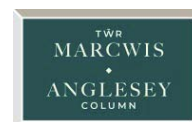
📍 Marquess of Anglesey's Column Parc Tŵr Llanfairpwll Anglesey LL61 5NJ

Opening times:

Wednesday-Sunday April-September 9.00am-5.00pm

October-March 10.00am-4.00pm

📍 Marquess of Anglesey's Column https://en.wikipedia.org/wiki/Marquess_of_Anglesey%27s_Column



Llangefni

- **Oriel Môn:** Llangefni is another place that's not on our immediate doorstep. Like Holyhead's Canolfan Ucheldre Centre, though, it has a lot to offer the residents of Anglesey and those further afield.

Oriel Môn is a museum and art gallery which tells the story of Anglesey over the years. The art gallery showcases contemporary artists and makers and, Oriel Kyffin offers exhibitions of national and international significance.

LLANDDONA VINTAGE TRACTOR RALLY

10:00 @ Owain Glyndwr pub, LL58 8UF
bacon baps, stalls, raffle & cakes

11:00 tractors depart for rally

16:00 @ Owain Glyndwr pub
Hog roast, Live Music

AUGUST 17

Map locations: OWIN GLYNDŴR LLANDDONA (START), OWIN GLYNDŴR LLANDDONA (FINISH), LLANGOED, BEAUMARIS, MENAI BRIDGE, GLAN-YR-AFON

St Iestyn's Church and Local Causes
for more info contact : Lucy Low 0777 447 2511

It's now in its fourth year!

Please come and support us, and enjoy the spectacle of tractors of all sizes, and entertainment as well, at yr Owain Glyndŵr in Llanddona.

- 10.00am: Owain Glyndŵr opens; refreshments all day, including bacon baps, tea, coffee, and Hogs Môn will be hog-roasting in the evening
- 11.00am: tractors depart
- 4.00pm(ish) onwards: tractors return.

Entertainments:

- Miv, Kev and Dave from 3.00pm
- Wil, Tan & Teulu from 6.00pm
- Adelphi & Guests to finish the evening off.

Find out about what's happening via the links below. We'll be listing events here as well. Among Oriel Môn's listings are:

- **Mapping Anglesey:** until 19 January 2025: exploring Anglesey through maps, revealing how mapping techniques have evolved.
- **Alone Together:** 23 September-5 November: an exhibition by three female artists, Jess Bugler RCA, Leonie Bradley and Prerna Chandiramani, exploring the nature of aloneness.

✉ Oriel Môn
Rhosmeirch
Llangefní
Anglesey
LL77 7TQ

Tuesday-Sunday
10.00am-5.00pm

☎ 01248 724444

✉ orielynysmon@anglesey.gov.uk

🌐 Oriel Môn
www.orielmon.org/

🌐 Oriel Môn
www.facebook.com/orielmon/



Llangoed

- **Neuadd Bentref Llangoed Village Hall:** Llangoed Village Hall is home to community events, concerts, performances, films, health and wellbeing.

It is available for parties, functions and weddings.

Please contact us for more information or to make a booking.

✉ info@llangoedvillagehall.com

Visit our website and Facebook page for more details.

🌐 www.llangoedvillagehall.com

🌐 www.facebook.com/llangoed.villagehall

🌐 www.instagram.com/llangoed.villagehall

Sign up for our newsletter!

🌐 www.llangoedvillagehall.com/subscribe

- **Regular events at Neuadd Bentref Llangoed Village Hall:**

- **Yoga:** Mondays, 6.30pm-7.45pm

✉ emilykyleyoga@gmail.com

- **Pilates:** Tuesdays, 9.30am-10.30am

✉ andreacross@hotmail.co.uk

- **Clog dancing:** Tuesdays, 7.30pm-8.00pm

✉ info@llangoedvillagehall.com

- **Zumba:** Wednesdays, 6.30pm-7.30pm

Contact Louise via Facebook.

- **Forthcoming events:** Please see our events page.

🌐 www.llangoedvillagehall.com/events

- **Gŵyl y Cynhaeaf Llangoed Harvest Festival:** Llangoed Village Hall, Saturday/Sunday 19/20 October, 10.00am-4.00pm: community apple pressing, well celebration, lectures, and more...



- **Llangoed WI:** we meet on the first Wednesday of the month in Neuadd Bentref Llangoed Village Hall; meetings begin at 2.00pm.

We're a lively group of mixed ages, so, ladies, do feel welcome to join us. Contact our Secretary, Catherine Sproston, for more information.

☎ 07900 382200

See also page 28.



- **Camau Bach:** Llangoed Village Hall, every Friday during term-time, 9.30am-11.00am: for children and their carers.

☎ Rev Lesley Rendle 07817 873080

- **Llangoed Knitting Club:** we meet at the Pont y Brenin Hub on the third Monday of the month, 2.00pm-4.00pm.

If you'd like to join us, please contact:

Elizabeth Roberts
Bodwyn
Llangoed
LL58 8NP

- **Seiriol Men's Shed:** we meet on Tuesdays and Thursdays, 10.00am-1.00pm, in our workshop adjacent to Haulfre Residential Home, Llangoed.

From the direction of Beaumaris:

- Go through Llangoed, past Morrisons Daily on the right, and down the hill
- Go over the little bridge over the stream at the bottom and up the hill for about 200 yards
- Turn right at the *Gerddi Haulfre Gardens* sign into the Haulfre Residential Home car park and

walk down the slope (to the right if you're facing Haulfre) towards the gardens

- Our premises are very close; our workshop is on the left, and our other premises are on the right.

PS: it's men only!...and please park thoughtfully; the car park is used by others as well.

See also page 28.

For more information, or if you'd like to join us, please contact:

☎ Steve Jones 07368 219048

☎ Mike Thomas 07941 103386

✉ _mensshedseiriol@gmail.com



Llansadwrn

- **Tŷ Neuadd Hafoty:** Tŷ Neuadd Hafoty is scheduled to be open on Saturday/Sunday 28/29 September for tours as part of Cadw's Open Doors programme.

It's well worth visiting, but if the weather's wet, take stout footwear with you because the approach to it can be muddy.

🌐 Cadw
<https://cadw.gov.wales/>

🌐 Visit Hafoty Medieval House
<https://cadw.gov.wales/visit/places-to-visit/hafoty-medieval-house>

🌐 Hafoty
<https://en.wikipedia.org/wiki/Hafoty>



Penmon

- **National Open Garden Scheme 2024:** two gardens will be opening in Penmon on Sunday 1 September, 11.00am-4.00pm:

- Llwyn Onn, Penmon LL58 8SG
- The Old School, Penmon LL58 8RU

Detailed information appeared in The Puffin 48, pages 23-27.



Recycling soft/'problem' plastics
Andrew Perrott

This article appeared in The Puffin 38, November 2021, and I've taken the opportunity to update it.

www.seiriolalliance.co.uk/newsletters/

Soft plastics are lightweight plastics that often cannot be placed in domestic recycling bins at home, plastics like the peel-back film lids on yogurt pots, soft fruit bags and ready meals, and plastic crisp packets, salad bags and chocolate or biscuit wrappers.

Recycling

According to Wrap, at the end of 2021 only 16% of Welsh local authorities collected some plastic film made of polyethylene (PE, known as polythene), the material which represents the largest volume of household flexible plastic waste at nearly 40%.

The position has improved little since then; for example, Isle of Anglesey CC still doesn't offer a kerbside 'soft' plastics recovery service. In fact, its website says specifically: 'no plastic bags'.

Recycling soft plastics is easy enough:

- Clean it: first of all, rinse it or wash it
- Scrunch it up tight: if it springs back, it's a useful indicator that it's soft plastic
- Recycle it: take it to a supermarket soft plastics recycling point

Some supermarkets offer a very good 'soft' plastics collection service; as an example, Tesco provides a deposit point near its checkouts.

Composting

Organisations like *Which?* have started to use compostable packaging for sending out magazines by post. They're useful for use as dog-poo bags, but make sure that they're not torn...



A bag or envelope is compostable if it has this logo on it

Waitrose & Partners and Lidl are among supermarkets that use compostable bags for loose fruit and vegetables. They're very useful for the collection of compostable kitchen waste, and I've noticed that they really do degrade very quickly in a compost bin.

Information

There's quite a bit of information on-line; the standard varies, so here are some useful links.

Wrap

<https://wrap.org.uk/>

Plastics pacts – Scaling impact
<https://wrap.org.uk/resources/report/plastics-pacts-scaling-impact>

Where Can I Recycle My Plastic?
www.bpf.co.uk/recycling/where-can-i-recycle-my-plastic.aspx

puffinpages@gmail.com

Recycle the unrecyclable with TerraCycle®
www.terracycle.com/en-GB/

OK compost, Seedling & REAL
www.tuv-at.be/okcert/certifications-ok-compost-seedling-real/

What to do with plastic film & carrier bags
www.recyclenow.com/what-to-do-with/plastic-film

Shoppers can now return all their soft plastic packaging to recycling points at every large Tesco store in the UK
www.tescopl.com/shoppers-can-now-return-all-their-soft-plastic-packaging-to-recycling-points-at-every-large-tesco-store-in-the-uk/

Soft Plastic Recycling
www.coop.co.uk/environment/soft-plastics

Search on-line: *recycling soft plastics uk* for more information.

Canolfan Hamdden Beaumaris:

aelod newydd o staff!

Steve MacVicar

Hoffem eich cyflwyno i Joe, aelod mwyaf newydd Tim Canolfan. Rydym yn croesawu Joe i'n tîm ar 1 Gorffennaf. Gyda chymorth Sam ac Arron, bydd yn ymgymryd a phrentisiaeth fel hyfforddwr ffitrwydd ar ei ffordd i fod yn Hyfforddwr Personol.



Joe, aelod mwyaf newydd Tim Canolfan (via Steve MacVicar)

Mae Joe yn byw ym Miwmares ac aeth i ysgol David Hughes, bod rhai ohonoch wedi ei weld ar waith yn y digwyddiad Bocsio MMA a gynhaliwyd yn ddiweddar yn y Ganolfan.



Canolfan Hamdden Beaumaris: new member of staff!

Steve MacVicar

We would like to introduce you to Joe, the newest member of Team Canolfan.

We welcomed Joe to our team on 1 July. With the help of Sam and Arron, he will be undertaking an apprenticeship as a

fitness instructor on his way to being a Personal Trainer.

Joe lives in Beaumaris and went to David Hughes school; some of you may have seen him in action at the Boxing MMA event held recently at the Canolfan.

Mae bws mini newydd Cymunedol Seiriol wedi cyrraedd!

Steve MacVicar

Cododd yr Apêl Bws Mini dros £40,000, diolch i haelioni anhygoel nifer o unigolion, grwpiau cymunedol, sefydliadau cymunedol a busnesau yn ardal Seiriol.

Mae'r arian wedi cael ei ddefnyddio i brynu Mercedes-Benz Sprinter ail law. Mae mewn cyflwr da iawn a gall gymryd hyd at 16 o deithwyr neu hyd at chwech o ddefnyddwyr cadair olwyn.



Steve Jones yn cael allwedd i Phil o Heaton's Motor Company
Steve Jones receiving the keys from Phil of Heaton's Motor Company (Tom Cooke)



Y bws mini Cymunedol Seiriol newydd
The new Seiriol Community minibus (Tom Cooke)

Aeth dau o'n gyrrwyr gwirfoddol i'w nôl, Steve Jones a Tom Cooke. Bydd mwy o wybodaeth yn dilyn yn rhifyn nesaf
The Puffin.



The new Seiriol Community minibus has arrived!

Steve MacVicar

The Minibus Appeal raised over £40,000 thanks to the amazing generosity of numerous individuals, community groups, community organisations and businesses in the Seiriol area.

The Puffin 49 • August 2024

The money has been used to purchase a second-hand Mercedes-Benz Sprinter. It is in very good condition and can take 16 passengers or up to six wheelchair users.



16 o deithwyr neu hyd at chwech o ddefnyddwyr cadair olwyn!
16 passengers or up to six wheelchair users!
(Tom Cooke)

It was collected by two of our volunteer drivers, Steve Jones and Tom Cooke on 1 July.

More information will follow in the next edition of The Puffin.

• • • • •
Gŵyl Fwyd Beaumaris Food Festival
Steve MacVicar

Gŵyl Fwyd Beaumaris Food Festival will take place on Saturday/Sunday 7/8 September.

This mouthwatering event will be showcasing over 100 food, drink and craft stands, and there'll be plenty more to see and do as well.

It's being run in a partnership of Cyghrair Seiriol Alliance, Canolfan Hamdden Beaumaris and Anglesey Events. It is a not-for-profit event whose aim is to raise money for the local community.

Volunteers: volunteers will be needed for a wide range of roles, including:

- Setting up from Thursday 5 September onwards, and clearing up on Monday 9 September
- Entry gate admission sales
- Cash counting and recording
- Waste disposal
- Welcome team at each tent
- Chef demonstration tent support
- Car parking
- Minibus driving

If you can help in any way with the event please contact me, Steve MacVicar, by telephone or e-mail.

☎ 01248 811200

✉ enquiries@canolfanbeaumaris.org.uk

✉ ctdseiriolgts@gmail.com

📍 Beaumaris Food Festival
www.facebook.com/BeauFoodFest/



• • • • •
Tablets and smartphones for beginners
Steve MacVicar

In a world where technology evolves daily, staying up-to-date can feel overwhelming. A local partnership between Grŵp Llandrillo Menai, Age Cymru, Seiriol Good Turn Scheme, the Canolfan and Gwynedd and Môn Community Learning has been tackling this challenge head-on with a successful Digital Skills classes for adults.

These classes focus specifically on equipping learners with the knowledge and confidence to navigate smartphones and tablets.

"The ever-changing nature of technology can be daunting," says Cherie Duffy, one of the lecturers facilitating the sessions notes, "and the beauty of these classes is that they provide the much-needed support to get comfortable with smartphones and tablets that often isn't available upon purchase of a device. Resources that do exist are often designed for a one-size-fits-all approach, which can be frustrating for beginners. Here, we tailor the learning to individual needs and create a safe space where learners can experiment and ask questions without judgment. This supportive environment allows them to build confidence and master the skills they need at their own pace."

The classes cater for all levels, from absolute beginners who are just getting to know their devices to regular users who want to explore more features. As one student said, "We started at the very beginning and learned how to switch it on and step by step become familiar with how it works. This took away the fear and mystery, which gave us a lot of confidence. We used to be frightened we could break it!"

The supportive environment fostered in the classes allows learners to experiment without worry. Another student remarked, "We were able to try different things in safety and without risk." This sense of security is crucial for building a strong foundation in digital literacy.

The benefits of these classes extend far beyond just mastering the technical aspects. Digital skills are essential for navigating everyday life, from on-line banking and shopping to gaining access to healthcare services and government

information. They can also be a powerful tool for social connection, allowing you to stay in touch with loved ones, join on-line communities, and explore new interests. The classes have also provided a valuable social outlet, as evidenced by a student who said, "Not only did we enjoy learning how to use a smartphone and tablet, it has also been fun to chat to other people."

These Digital Skills classes are a shining example of how community collaboration can empower individuals to embrace technology and bridge the digital divide. By equipping learners with the confidence and skills that they need, the programme fosters not only digital fluency but also social connection.

If you'd like to upskill yourself or know someone who would benefit from these classes, please contact Seiriol Good Turn Scheme for more information and to register your interest, and see our advertisement on page 12.

Classes will resume in September 2024.

☎ 01248 811200

✉ ctdseiriolgts@gmail.com



• • • • •
Chess is old, really old
Fianchetto 66

Every time we move a chess piece we follow in the footsteps of 1,500 years of former players.

Chess is perhaps our oldest game, and can trace its roots back to the 6th century and the Indian pastime, *chaturanga*, which consisted of four groups of pieces. By the 7th century it had spread to Persia and developed into *shatranj*, at this point a game for two players.

It is in this period that we find the etymological source of the best known word connected with chess, *checkmate*. It derives from "shah mat", Farsi for "the king is helpless".

By the medieval era the game had spread via the trade routes and silk roads to Europe and the Far East where, by the late middle ages, it had become a fashionable pastime for the wealthy and well-connected, who often had exquisite sets handcrafted for themselves from the finest materials. Margaret of Flanders owned a priceless set made from crystal and jasper, which still exists and is in the StiftsMuseum in Germany.

It was not until the 16th century, however, that the game evolved into something approximating the one that we play today. Before this point, there was a variety of differences in the pieces

(continued on page 20)




RASYS HWYL, HANNER MILLTIR, MILLTIR, 10K A HANNER MARATHON
Bydd angen i bob plentyn gofrestru cyn y digwyddiad. Archebwch le yn fuan i sicrhau lle!

GŴYL RHEDEG BIWMARES | NEPTUNE FISH & CHIPS 2024

GWYL RHEDEG I BLANT (3-12 OED), AC OEDOLION YM NGHASTELL HANESYDDOL BIWMARES!
DYDD SADWRN 21ain & SUL 22ain MEDI

POB RAS YN GORFFEN TU MEWN I GASTELL BIWMARES!

RASYS PLANT £7
10K OEDOLYN £27 (yn cynnwys crys-TI)
1/2M OEDOLYN £35 (yn cynnwys crys-TI)

MEDALAU I'R HOLL REDWYR

GWOBRAU I'R 3 CYNTAF YM MHOB CATEGORI

ADLONIAENT A LLUNIAETH AR GAEL AR Y DIWEDD

YMWELWCH Â www.tdentservices.co.uk
AM FANYLION LLAWN

BEINGWYD GAN:      BYDD YR HOLL ARIAN A GESGLIR YN MYND I ELUSENNAU LLEOL.



www.beumarisfoodfestival.co.uk

BEAUMARIS FOOD FESTIVAL

Sept 7th and 8th

OVER 100 STANDS INCLUDING LOCAL, NATIONAL AND INTERNATIONAL PRODUCE, CRAFTS AND STREET FOOD

GREAT LIVE MUSIC

FREE PARKING

£5 ADULT AND ACCOMPANIED CHILDREN FREE




www.beumarisfoodfestival.co.uk

GŴYL FWYD BEAUMARIS

Medi 7fed and 8fed

DROS 100 O STONDAU GAN GYNNWYS CYNNYRCH LLEOL, CENEDLAETHOL A RHYNGWLADOL, CREFFTAU A BWYD STRYD

CERDDORIAETH FWY YCH

PARCIO AM DDIM

£5 OEDOLION A PHLANT YNG NGHWMNI OEDOLYN AM DDIM




FUN RUN, HALF MILE, ONE MILE, 10K AND HALF MARATHON
All children and adults need to enter in advance
Book soon to secure a place!

NEPTUNE FISH & CHIPS | BEAUMARIS RUNFEST 2024

RUNNING FESTIVAL FOR CHILDREN (3-12 YRS) AND ADULTS IN HISTORIC BEAUMARIS
SATURDAY 21st & SUNDAY 22nd SEPTEMBER
ALL RACES FINISH INSIDE BEAUMARIS CASTLE!

MEDALS FOR ALL RUNNERS

PRIZES FOR TOP 3 IN EACH AGE CATEGORY

ENTERTAINMENT & REFRESHMENTS AT THE FINISH

CHILDREN'S RACES £7
ADULT 10K £27 (includes T-shirt!)
ADULT 1/2M £35 (includes T-shirt!)

PLEASE VISIT www.tdentservices.co.uk TO ENTER AND FOR FULL DETAILS

EVERY SUPPORTED BY:      ALL MONIES RAISED GO TO LOCAL CHARITIES



**Canolfan
Hamdden
Beaumaris**

MWY NA CHANOLFAN HAMDDEN YN UNIG

Dydd Gwener 9 Awst
Drysau 7.30yp

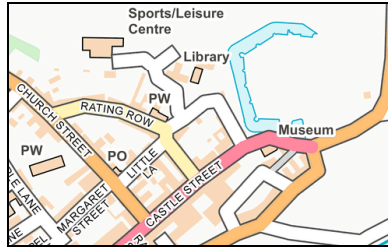
THE HORNETTES

Dydd Gwener / Friday
Awst 9 August 2024
Drysau/Doors 7.30
Ticedi/Tickets \$12.50 from venue 01248 811200

**CLASSIC MOTOWN AND SOUL
WITH SUPPORTING DISCO**

Ticedi £12.50 ☎ 01248 811200

RYDYM YMA!



**Canolfan Biwmares, Rating Row,
Biwmares, Ynys Môn LL58 8AL**

Mwynhewch eich ymweliad!

LLE CROESO CYNNES

Te, coffi a chacennau!
Ymhlith y gweithgareddau mae peintio
cerrig mân, ffeltio, potiau atgofion a
llawer mwy

Bob dydd Gwener
1.00yp-3.30yp

Rhyddhewch eich ochr crefftsu!

Paned a Sgwrs

i ddysgwyr Cymraeg
bob dydd Gwener
11.30yb-12.30yp

NOSON FFILM BIWMARES



Dydd Iau cyntaf o bob mis
Gweler y dudalen 8

7.00yp, £5.00 y pen



Ystafell ffitrwydd, chwaraeon, dosbarthiadau
ffitrwydd, campfa merched yn unig,
arddangosfa gelf, llogi beiciau, nosweithiau
ffilm, adloniant, cerddoriaeth fyw, partiön
plant, llafnrollo, marchnad rad, ffair hen
bethau, digwyddiadau, dawnsio a llawer mwy!

GWEITHGAREDDAU PLANT

Dydd Llun Crefft a Chreu: 4.00yp-5.30yp
Dydd Llun pêl droed 4.00yp-4.45yp
Dydd Mawrth pêl pickle pant 4.00yp-5.00yp
Dydd Mawrth gymnasteg 4.00yp-4.45yp
Dydd Mercher gymnasteg 4.00yp-4.45yp
Dydd Mercher Hwyl a Gêmau 5.00yp-6.00yp
Dydd Iau trampolinio 4.00yp-5.00yp
Dydd Iau Hwyl a Gêmau 5.00yp-6.00yp
Dydd Iau sgleffryddio 7.00yh-7.30yh
Dydd Sadwrn Disgo Rholio 10.00yb-11.15yb
Dydd Sadwrn Disgo Rholio Misol
6.30yh-8.00yh
Dydd Llun-Dydd Gwener (yn ystod gwyliau
ysgol) Gwersyll Dydd 9.00yb-5.00yp

ANGEN HELP YN Y GYM?

Mae gennym seren newydd
Cyfarfod Arron Tregenza!



Sesiwn campfa gyda chymorth 5.30yh-6.30yh
£4.70 aelod • £5.20 dim aelod

CANOLFAN LLES SEIRIOL

gan gynnwys

- Dosbarthiadau ffitrwydd •
 - Tai chi •
 - Aciwbigo •
 - Ffisiotherapi •
- Therapiâu holistaidd •
- Ymwybyddiaeth ofalgar •
 - Osteopathi •
 - Tylino chwaraeon •
 - Reiki •



**Cysylltu â ni
os hoffech
mwy o wybodaeth**

**Ein manylion
yn cael eu rhoi isod**

SESIYNAU NEWYD A DECHREUWYR

Dydd Llun Cylchedau 5.30yh-6.30yh
Dydd Llun Cardio Tone 1.00yp-2.00yp
Dydd Llun Yogalates 6.45yh-8.00yh
Dydd Mercher Campfa gyda chymorth
5.30yh-6.30yh
Dydd Mercher Spin 7.00yh-8.00yh
Dydd Gwener Pêl-rwyd i ddechreuwr
.9.30yb-10.30yb
Dydd Gwener Pêl-rwyd 10.00yb-11.00yb
Dydd Gwener Pêl-pickle i ddechreuwr
5.30yh-6.30yh

GWEITHGAREDDAU MISOL

1^{af} Ddydd Llun o'r mis
Noson Ffilm Biwmares
Dydd Gwener
Cwis Gwener (dyddiadau'n amrywio)
Dydd Sadwrn
Meic Agored (dyddiadau'n amrywio)
1^{af} Ddydd Sadwrn o'r mis
Caffi Menopôs
3^{ydd} Ddydd Sul o'r mis
Ffair Hynafiaethau

☎ 01248 811200 ✉ enquiries@canolfanbeaumaris.org.uk
🌐 www.canolfanbeaumaris.org.uk/ 🌐 www.facebook.com/canolfan.beaumaris.7/



**Canolfan
Hamdden
Beaumaris**

MORE THAN JUST A LEISURE CENTRE

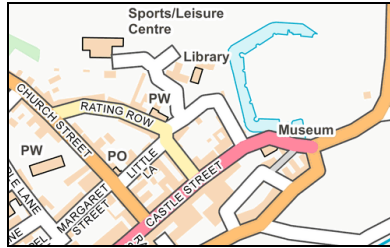
Friday 9 August
Doors 7.30pm



**CLASSIC MOTOWN AND SOUL
WITH SUPPORTING DISCO**

Tickets £12.50 ☎ 01248 811200

WE ARE HERE!



**Canolfan Beaumaris, Rating Row,
Beaumaris, Anglesey LL58 8AL**

Enjoy your visit

WARM WELCOME SPACE

Tea, coffee and cakes!
Activities include pebble painting,
felted, memory pots and
much, much more

Every Friday
1.00pm-3.30pm

Unleash your crafty side!

Cuppa and Chat

for Welsh learners
every Friday
11.30am-12.30pm

BEAUMARIS FILM NIGHT



The first Thursday of the month
See page 8

7.00pm, £5.00 per person



Fitness suite, sports, fitness classes,
ladies-only gym, art exhibitions, bike hire,
film nights, entertainment, live music,
kids 'parties, rollerblading, flea market,
antiques fair, events, dancing
and much more!

KIDS' ACTIVITIES

Monday Craft and Create 4.00pm-5.30pm
Monday Football 4.00pm-4.45pm
Tuesday Kids pickleball 5.00pm-6.00pm
Tuesday Gymnastics 4.00pm-4.45pm
Wednesday Gymnastics 4.00pm-4.45pm
Wednesday Fun and Games 5.00pm-6.00pm
Thursday Trampoline 4.00pm-5.00pm
Thursday Fun and Games 5.00pm-6.00pm
Thursday Skateboarding 6.00pm-7.30pm
Saturday Roller Disco 10.00am-11.15am
Saturday Monthly Roller Disco
6.30pm-8.00pm
Monday-Friday (in school holidays)
Daycamps 9.00am-5.00pm

NEED HELP IN THE GYM?

We have a new star

Meet Arron Tregenza!



Assisted gym sessions 5.30pm-6.30p
£4.70 member • £5.20 non-member

CANOLFAN SEIRIOL WELLNESS CENTRE

including

- Exercise classes •
 - Tai chi •
- Acupuncture •
- Physiotherapy •
- Holistic therapies •
 - Mindfulness •
 - Osteopathy •
- Sports massage •
 - Reiki •



**Contact us
if you'd like
more information**

**Our details
are given below**

NEW AND BEGINNERS' SESSIONS

Monday Circuits 5.30pm-6.30pm
Monday Cardio Tone 1.00-2.00
Monday Yoyalates 6.45pm-8.00pm
Wednesday Assisted gym
5.30pm-6.30pm
Wednesday Spin 7.00pm-8.00pm
Friday Beginners' Netball
9.30am-10.30am
Friday Netball 10.00am-11.00am
Friday Beginners' Pickleball
5.30pm-6.30pm

MONTHLY ACTIVITIES

1st Thursday of the month
Film Night

Fridays
Quiz Night (dates vary)

Saturdays
Open Mic (dates vary)

1st Saturday of the month
Menopause Café

3rd Sunday of the month
Antiques Fair

☎ 01248 811200

✉ enquiries@canolfanbeaumaris.org.uk

🌐 www.canolfanbeaumaris.org.uk/

🌐 www.facebook.com/canolfan.beaumaris.7/

Across

- 1 Perplexed (7)
- 5 Surround (5)
- 8 Plant fibre (5)
- 9 Money (7)
- 10 Transition due (anagram) (5,8)
- 11 Drink measure (6)
- 12 Chocolate and cream cake (6)
- 15 Senior officers responsible for discipline on board ship (7-2-4)
- 18 Entrance (7)
- 19 Quick (5)
- 20 Display (5)
- 21 Berkshire castle (7)

(from page 16)

make: the bishop was an elephant and could only move one square diagonally or one square forward; the rook was a chariot; the pawn was a foot soldier; and, most strikingly of all, the queen was a vizier (an adviser to the king) who could only move one square diagonally.

For **The Puffin** 49 we turn the clock back to the 9th century, with an ancient puzzle composed by the Turk, Al Adli, who was one of the foremost players of his time.

It is white to play and mate in three, with a sacrifice on both of the first two moves.

StiftsMuseum
<https://www.stiftsmuseum-xanten.de>

Libro de los juegos
https://en.wikipedia.org/wiki/Libro_de_los_juegos

Alfonso X: The Book of Games (Libro de Juegos)
<https://healthy.uwaterloo.ca/museum/VirtualExhibits/Alfonso/index.html>

Al-Adli
<https://en.wikipedia.org/wiki/Al-Adli>

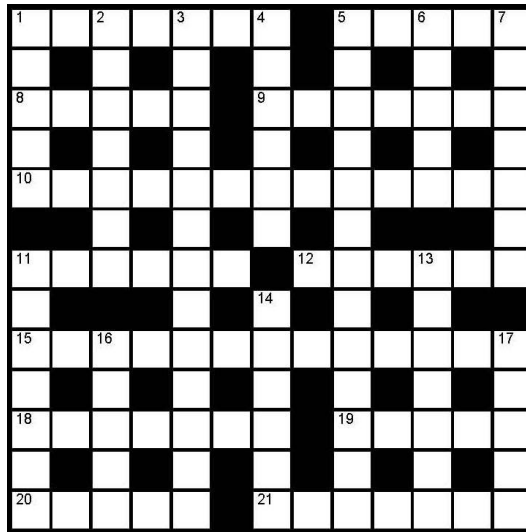
Canolfan Lles Seiriol: Osteo yr Ynys

Helen Wither

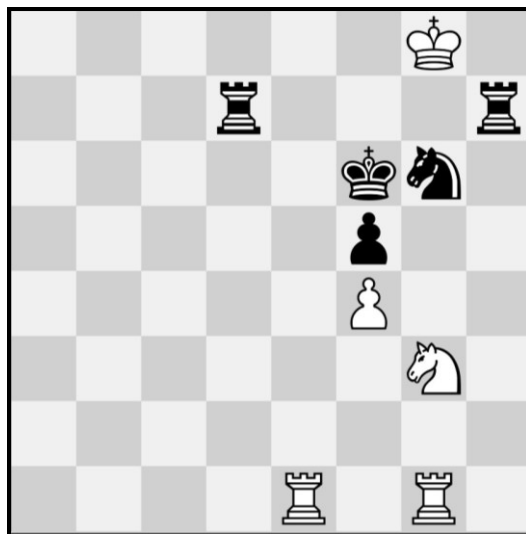
Wel, mae blwyddyn gyfan wedi mynd hebio ers i mi sefydlu fy mhraectis newydd 'Osteo Yr Ynys' yng Nghanolfan Lles Seiriol, rhan o Ganolfan Hamdden Biwmares.

Cyn dychwelyd adref i Ynys Môn, roeddwn yn rhedeg practis teuloul prysur yn Knutsford, Sir Gaer, am bron i 13 mlynedd, a chyn hynny, bŵm yn ymarfer am gyfnod byr yn Ffrainc. Mae cannoedd o gleifion gwych wedi dwad trwy fy nrysau ers hynny ac felly meddyliais ei bod yn hen bryd i mi dderbyn gwahoddiad caredig **The Puffin** i ysgrifennu erthygl, yn egluro beth yn union yw Osteopathy.

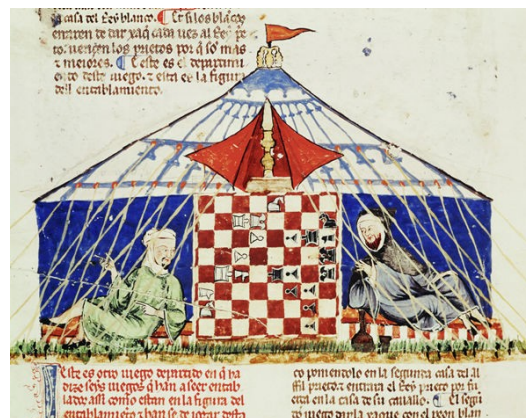
Governor's Quick Crossword no 17



Fianchetto 66's Chess no 8



The solutions are on page 32.



A 13th century Arabian game, from Alfonso the Wise's *Libro de los juegos*, published in 1283 (Alfonso X of Castile, Galicia and León: *Book of chess, dice and tables/Libro de axedrez, dados e tablas*)

Mae Osteopathy wedi bod yn broffesiwn rheoledig ers 1993. Rydym yn cael ein hyfforddi a'n rheoleiddio mewn ffordd debyg iawn i nrysys, ffisiotherapists, OTs ac yn y blaen. Rydym yn dilyn gradd BSc pedair neu bum mlynedd, sy'n cwmpasu anatomeg, ffisioleg, afiechyd a chamweithrediad, diagnosis gwahaniaethol yn ogystal âg egwyddorion a thechnegau Osteopathig.

Down

- 1 Harrass (5)
- 2 Horse (7)
- 3 Obviously (4-9)
- 4 Specify (6)
- 5 OAP (6,7)
- 6 Boredom (5)
- 7 Voter (7)
- 11 African country (7)
- 13 Well-timed and appropriate (7)
- 14 Avoid (6)
- 16 Drain (5)
- 17 One who speaks wisdom? (5)

Wrth ei wraidd, mae Osteopathy yn ymagwedd iechyd sydd yn trin y person cyfan. Rydym yn gweld y corff fel system o systemau cydberthynol, lle mae bob cydran yn effeithio ar y cyfan. Mae hyn yn golygu bod yr hyn sy'n digwydd y tu mewn i'r corff yn effeithio ar y tu allan; a'r hyn sy'n digwydd ar y tu allan (er enghraifft i "gynwysyddion" y corff, fel y pelfis neu geudod thorasig) yn gallu effeithio ar yr hyn sy'n digwydd tu mewn.

Felly yn hytrach na rhannu'r corff mewn i adrannau (e.e. dim ond edrych ar eich penelin poenus), mae gennym ddi-ddordeb yn y "stori gyfan" o sut mae eich corff wedi addasu i salwch, anafiadau, llawdriniaethau ac eich ffordd o fyw dros y blynyddoedd, i ddod â chi i'r pwynt lle rydych chi yn ceisio ein cymorth. Mae ein datrysiadau yn cymryd mewn i ystyriaeth y "corff cyfan" hefyd. Weithiau mae hyn yn golygu efallai y byddwn yn annog symudiad mewn ardal nad yw o angenrheidrwydd yn eich brifo ond sydd ddim wedi bod yn symud ers blynyddoedd, gan achosi traul a phoen i'w deimlo rhywle arall yn y corff.

Mae Osteopaths yn cydnabod bod y corff yn addasu ac yn ceisio hunan-reoleiddio. Bydd y rhan fwyaf ohonom, dros y blynyddoedd, wedi cyraedd patrymau addasu sydd mewn gwirionedd yn ein gwasanaethu yn eithaf da! Ond weithiau fydd na ddigwyddiad sydd, fel dywedir yr idiom Saesneg "y gwellt a dorrodd gefn y camel" ac yn sydyn rydyn ni'n cael trafferth. Fel Osteopaths, ein gwaith ni yw gwneud rhywfaint o waith ditectif a cheisio darganfod gwraidd yr hyn sy'n digwydd yn awr. Yna, byddwn yn ceisio gweithio gyda, yn hytrach nag yn erbyn y corff i hybu iachâd hirdymor.

Fel Osteopaths rydyn ni'n trin gyda'n dwylo a thrwy hybu symudiad. Datganodd sylfaenydd Americanaidd Osteopathy, Andrew Taylor Still: "Movement is Life!" Mae angen i bob strwythur a meinwe yn y corff allu symud yn rhydd, fel bod siociau o'n hamgylchedd yn cael eu

dosbarthu'n gyfartal, yn hytrach na rhoi gormodedd o straen ar rai cydrannau cyn y lleill. Ond yn bwysicach na hyn, symudiad hefyd yw'r gorriad i gael gwaed i bob rhan o'n corff; a gwaed yn ei dro yw'r "superhighway" neu'r 'brifmeiniwe' sy'n cario'r holl egni, ocsigen a chatalyddion cemegol sydd eu hangen arnom.

Bob tro rydyn ni'n symud, yn dawnsio, yn ymestyn neu'n mynd am dro, rydyn ni'n rhoi "bwst" neu yn hybu ein cylchrediad, a thrwy hynny yn gwella maeth ein meinweoedd. Fel Osteopaths rydym yn gwneud y gwaith yma gyda dwylo hynod o ddawnus a phrofiadol, gan werthuso ac addasu yn ysgafn symudiadau y cyhyrau, asiadau, gewynnau a ffasgia. Mae gennym amryw o dechnegau ysgafn i'w defnyddio o'r technegau "cranial" lleiaf ymledol i waith mwy uniongyrchol. Yn sicr nid ydym yn "clicio" popeth, er gwaethaf yr hyn gallwch ei weld ar YouTube! Mae meinweoedd mewn bywyd yn hydrin iawn ac yn hawdd eu hymestyn. Rwy'n aml yn meddwl am y gyfatebiaeth o "Blu Tack": unwaith y byddwch chi'n ei gynhesu â'ch dwylo gallwch chi ei symud mewn pob math o ffyrdd na fyddai'n bosib ei symud tra mae'n bodoli yn ei baced oer, anystwyth.

Gall Osteopaths drin unrhyw un, o fabanod i bobol mewn oed, ac mae'n wych bod yr ystafell yng Nghanolfan Lles Seiriol yn hygyrch i'r rhai sy'n defnyddio cadeiriau olwyn a cherddwyr. Mae gen i fel ymarferydd ddiddordebau arbennig mewn trin babanod a phlant ac hefyd merched yn ystod eu cyfnod 'beichiogrwydd', sydd yn gyfnod o addasu strwythurol mawr. Rwyf hefyd yn trin artistiaid perfformio megis dawnsywyr, cantorion a cherddorion. Rwy'n ymarferydd cofrestredig gyda'r British Association of Performing Arts Medicine (BAPAM), ac yn credu mai fi efallai yw'r unig un yng Ngogledd Cymru ar hyn o bryd. Mae hwn felly yn faes gwaith rwy'n edrych ymlaen yn fawr at ei ehangu yn y dyfodol.

Mae Osteopaths yn adnabyddus am eu harbenigedd mewn gwerthuso, diagnosis a rheoli'r system gyhyrsgerbydol gyfan

Acupuncture
Vivien Shaw PhD Dip Ac MBAcC

Vivien is a professional acupuncturist with over 30 years' experience. She specialises in helping with pain relief and anxiety disorders.

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SCAN ME

a'i pherthynas â systemau eraill yn y corff, ond mae pobl hefyd yn ymweld ag Osteopaths am lot o resymau iechyd eraill. Mae pobl yn aml yn gofyn i mi pa rannau o'r corff y gallaf eu trin, ac er fy mod yn glir i nodi hyn, a nad oes gennym digon o ymchwil ddigonol ar ei gyfer hyd yn hyn – fel arfer rwy'n ateb "unrhyw beth y gallaf roi fy nwylo arno" – sydd yn golygu felly bron yn bopeth! Mae rhai o'r materion mwyaf diddorol y mae cleifion wedi'u cyflwyno i mi yn ystod y misoedd diwethaf yn cynnwys problemau treuliad, anystwythder gên, problemau sinws, niwralgia trigeminol a gwlychu'r gwely mewn plant ifanc.

Efallai nad oes gennym eto'r holl ymchwil sydd ei hangen arnom i ddangos sut y gall triniaeth gyda'n dwylo wella pethau i'r cleifion hyn, ond gallwn barhau i edrych ar y problemau hyn o safbwynt Osteopathig, drwy geisio adfer symudiad a cylchrediad, a bob amser gweithio ochr yn ochr â gofal meddygol prif ffrwd/traddodiadol. A'r bonws wrth gwrs yw bod trin gyda'n dwylo yn broses sâff, ysgafn a'r un mor ddiogel ag ymarfer corff.

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Seiriol Wellness Centre: The Island Osteopath

Helen Wither

Well, more than a year has passed already since I set up my new practice, The Island Osteopath/Osteo Yr Ynys, within the Seiriol Wellness Centre at Canolfan Beaumaris.

Before coming back home to Anglesey I ran a busy family practice in Knutsford Cheshire for nearly over 13 years and before that practiced for a short time in France. Hundreds of lovely patients have passed through my doors since then and so I thought it was about time that I accepted **The Puffin's** kind invitation to write an article explaining what Osteopathy is.

Osteopathy has been a regulated Healthcare Profession in the UK since 1993. We are trained and regulated in a very similar way to nurses, physiotherapists, occupational therapists and so on, through a four or five year BSc degree covering anatomy, physiology, disease and dysfunction and differential diagnosis as well as Osteopathic principles and techniques.

At its heart, Osteopathy is a whole person approach to healthcare. We view the body as a system of interrelated systems where all the components affect the whole. This means that what happens on the inside of the body affects the outside and what happens on the outside (i.e., to the "containers" of the body, such as the pelvis or thoracic cavity for example) can affect what happens within.

So, rather than compartmentalising the body (e.g., only looking at your painful elbow), we are interested in the whole story of how your body has adapted to illness, injuries, operations and lifestyle over the years to bring you to the point in time where you are seeking our help.

Our solutions are going to be "whole body", too, and sometimes this means we might be encouraging movement in an area that isn't hurting you but hasn't been moving for years, causing excessive wear and pain to be felt elsewhere.

Osteopaths recognise that the body is a master of adaptation and healing and is always trying to self-regulate. Most of us will have found patterns of adaptation to life's injuries and challenges which are

actually serving us pretty well!

Sometimes there may just be an event that is "the straw that broke the camel's back" and suddenly we find ourselves struggling. As Osteopaths, our job is to do some detective work and try to establish the root cause of what is happening now, and then try to work with the body rather than against it, to promote long-term healing.

As Osteopaths we treat with our "hands on" and by promoting movement. The American founder of Osteopathy, Andrew Taylor Still, declared that "Movement is Life"! All structures and tissues within the body need to be able

movements of muscles, joints, ligaments and fascia. We have a range of gentle techniques ranging from the minimally invasive "cranial" osteopathic techniques to more direct muscle work, and it certainly isn't all about "clicking", despite what you might see on YouTube!

Tissues in life are very malleable and stretchable, and I am often struck by the analogy of "Blu Tack": once you warm it up with your hands you can move it in all sorts of ways that it wouldn't move whilst it was in its cold, stiff packet.

Osteopaths can treat anyone, from premature babies to the very elderly and it's great that the room at the Seiriol

Wellness Centre is accessible for those using wheelchairs and walkers. I have personal special interests in treating babies and children, and during pregnancy (a time of major structural adaptation) as well as in treating performing artists (dancers, vocalists and musicians). I am a registered practitioner with the British Association of Performing Arts Medicine (BAPAM) and believe I may currently be the only one in North Wales, so this is an area of work I am looking forward to expanding in the future.

Osteopaths are well known for their expertise in the evaluation, diagnosis and management of the whole musculoskeletal system and its relationship with other systems in the body, but people also visit osteopaths for a variety of other health reasons.

People often ask me what parts of the body I can treat and, whilst I am clear to point out what we do and don't have good evidence for so

far, I usually reply "anything I can put my hands on". Which, through a system of leverage, is nearly everything!

Some of the more interesting issues patients have brought to me in recent months include digestive issues, jaw stiffness, sinus problems, trigeminal neuralgia and bedwetting in young children.

We may not yet have all the evidence we need to show how hands on treatment can improve things for these patients, but we can still approach these problems from an Osteopathic point of view by trying to restore movement, circulation and drainage and good communication between the body parts, always working alongside the mainstream medical care and



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The Chartered Society of Physiotherapy is the professional, educational and trade union body for the UK's 65,000 chartered physiotherapists, physiotherapy students and assistants.

Denry Aal is registered with the Health & Care Professions Council (PH84906) and is a member of the Chartered Society of Physiotherapists.

to move freely so that shocks and forces from our environment are evenly distributed, rather than wearing out some components before others. But, more importantly, movement is also the key to getting blood to every part of our body; and blood, in turn, is the "superhighway" of tissue nutrition, carrying all the energy, oxygen and chemical catalysts our organs and tissues need to function as they are meant to.

Every time we exercise, dance, stretch or go for a walk, we give our circulation a boost and thereby improve our tissue nutrition.

As Osteopaths we do the same thing with our very experienced hands, evaluating and gently modifying the

investigations a patient is receiving. And the bonus is that treating with our hands is very low risk and gentle and as safe as exercise.

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Sunshine is here!

Vivien Shaw PhD Dip Ac MBAcC

A guide to staying well this summer

Summer is a time of rejuvenation, adventure, and sunshine. It's the season when we eagerly swap our winter coats for swimsuits, and our indoor routines for outdoor escapades. While the long days and warm weather offer endless opportunities for fun, it's crucial to prioritise your health and well-being. Here's how you can make the most of summer while staying safe, healthy, and vibrant.

1 Bask in the benefits of vitamin D

Vitamin D, often referred to as the "sunshine vitamin," is crucial for maintaining healthy bones and a robust immune system. During summer, your body can naturally produce vitamin D when your skin is exposed to sunlight. This process boosts your mood, supports bone health, and enhances your immune response.

Safe sun exposure: Aim for short, regular periods of sun exposure. About 10-30 minutes several times a week is often sufficient, depending on your skin type, age, and geographic location. Midday sun (from 10.00am to 3.00pm) is the best source of UVB rays necessary for vitamin D production. However, it's important to balance sun exposure with skin protection.

Supplementation and diet: In addition to sun exposure, incorporate vitamin D-rich foods into your diet, such as fatty fish (like salmon and mackerel), fortified dairy products, and egg yolks. Supplements can also be a good option, especially for individuals with limited sun exposure or those with higher needs.

2 Prioritise sun safety

While the sun provides essential vitamin D, its UV rays can also be harmful. Overexposure can lead to sunburn, premature aging, and increase the risk of skin cancer. Here's how to protect yourself:

Use sunscreen: Apply a broad-spectrum sunscreen with an SPF of at least 30. Reapply every two hours, or more often if you're swimming or sweating. Don't forget areas like your ears, neck, and the tops of your feet.

Seek shade: When the sun is at its peak, seek shade under umbrellas, trees, or shelters. Wearing a wide-brimmed hat and UV-blocking sunglasses can also provide additional protection.

Wear protective clothing:

Lightweight, long-sleeved shirts and long pants made from tightly woven fabric offer excellent protection. Many outdoor clothing brands now offer garments with built-in UV protection.

3 Stay hydrated

Dehydration can sneak up on you during hot summer days, leading to fatigue, dizziness, and other health issues.

Here are some tips to stay hydrated:

Drink plenty of water: Aim for at least 8-10 glasses of water a day, and increase your intake if you're active or spending extended periods outdoors. Carry a reusable water bottle with you to make hydration convenient.

Eat hydrating foods: Incorporate water-rich fruits and vegetables into your diet, such as watermelon, cucumbers, oranges, and strawberries. These not only hydrate but also provide essential vitamins and minerals.

Limit dehydrating beverages: Be mindful of the consumption of alcohol and caffeinated drinks, as they can contribute to dehydration. If you indulge, balance it out with extra water.

4 Engage in outdoor activities

Summer is the perfect time to engage in physical activities that get you moving and keep you fit.

Here are some ideas:

Swimming: Whether you're at the beach, a lake, or a pool, swimming is a full-body workout that's easy on the joints. It also helps keep you cool in the heat.

Hiking and biking: Explore nature trails, parks, or urban paths. These activities provide cardiovascular benefits, strengthen muscles, and

offer a great way to enjoy the scenery.

Team sports and group fitness:

Join a local sports league or participate in group fitness classes like yoga, Pilates or boot camps. These not only improve physical health but also foster social connections.

5 Mind your diet

Eating a balanced diet is crucial for maintaining energy levels and overall health during summer.

Here's how to keep your diet in check:

Seasonal produce: Take advantage of summer's bounty by eating fresh, seasonal fruits and vegetables. Farmers' markets are great places to find local, nutrient-rich produce.

Light and nutritious meals: Opt for lighter meals that are easier to digest, such as salads, grilled vegetables, lean proteins, and whole grains. Avoid heavy, greasy foods that can weigh you down in the heat.

Healthy snacking: Keep healthy snacks like nuts, seeds, yogurt, and fruit handy. These provide sustained energy without the added sugars and empty calories found in many processed snacks.

6 Listen to your body

Finally, pay attention to your body's signals and take steps to care for yourself:

Rest and recover: Make sure to get adequate sleep and take breaks when needed. Summer can be busy, but it's important to rest and allow your body to recover.

Manage stress: Incorporate relaxation techniques such as meditation, deep breathing, or simply enjoying quiet time in nature. Reducing stress is essential for maintaining overall well-being.

Regular check-ups: Don't neglect routine health check-ups. Summer is a good time to schedule appointments and ensure you're in good health.

Conclusion

Staying well in summer is about balancing fun and health.

By embracing the benefits of the sun, practicing sun safety, staying hydrated, engaging in outdoor activities, eating well, and listening to your body, you can enjoy a vibrant and healthy summer season.

Remember, the key is to make mindful choices that enhance your well-being while making the most of the beautiful weather. Enjoy your summer, stay safe, and stay healthy!

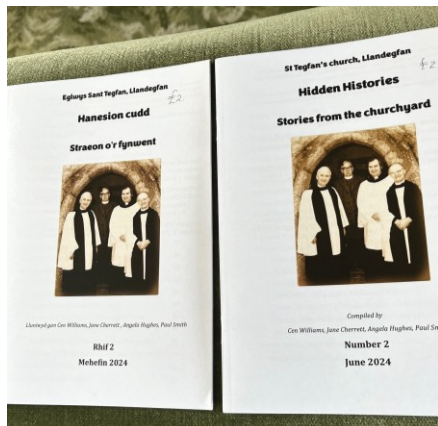
'Love Your Churchyard Day' in Llandegfan

Jane Cherrett, Sub-Warden, St Tegfan's Church, Llandegfan

There were celebrations a-plenty in St Tegfan's Church on Saturday 8 June. On sale was the second edition of our 'Hanesion Cudd, Straeon o'r fynwent'/'Hidden Histories from the churchyard' (separate Welsh and English versions), which is available in Welsh or English, £2 a copy, at Llandegfan's Siop Llandêg. Our thanks to Richard and Ffion for taking them to sell on our behalf.

The writing team of Paul Smith, Angela Ungeod Hughes and myself were delighted when Dr Cen Williams joined us with his extensive contacts and memories of Llandegfan, his home village.

This edition has some fascinating accounts of the lives of folk living in our area many years ago, and some who are still remembered today. It is a history of the villagers over time: blacksmiths, footballers, a surgeon, clog makers, a cobbler, a Dean of Bangor Cathedral, a West Indian maidservant, to name a few.



Hanesion Cudd/Hidden Histories, available from Siop Llandêg (Francis Cherrett)

Long stakes in the ground mark the position of each grave and the name of the person, so it is easy to follow the route, which will remain in place for several weeks. The menfolk who hammered the stakes into the ground won't forget that day, earlier in the week, when they were caught in a tremendous downpour...all soaked to the skin!

It was a pleasant sunny day and many books and plants were sold on the stall set up by the church gate. The church interior is always interesting, with the memorials to the Copper King, from Craig y Don, and his son Owen Williams, MP for Marlowe & family. The alabaster half-effigy of Thomas Davis, Gent, to the right of the altar dates back to 1649. He was King's Messenger to Charles I.

Several people tackled the bilingual quiz in the churchyard, devised by Tom and

Ruth Brown. Teas were served in the side chapel by Pat Borlace and Ruth Brown and helpers, and the ploughman painting retrieved from Hen Ysgol (the old National School) was on view, leaning against the altar rail. Its future remains in the balance.

Publicity for the event was tackled by Deirdre di Palma who stitched the sheet banners which she and Gareth Williams put at the bottom of Cichle Hill and on the church wall. We were on Facebook as well.

Whilst taking tea and cake, visitors could watch the TV screen showing scenes of church activities on a loop: harvest festival, repair of the clock on the tower, etc. All this current technology was in the capable hands of Tom Brown.

Our thanks to our organist Michael Bridges for his tuneful renditions in the afternoon, and to David Roberts the gardener, who had a late start in grass cutting. The continuous wet conditions made work impossible at times, but it all looked splendid on the big day.

May Blossom's Garden

May Blossom

I started my last article 'What a stormy breach it's been...' I'm still trying to work out what I meant!

Aren't we having an appalling summer? Out in the garden in fleeces, anoraks, woolly hats...! When it's not raining it's blowing, and it's often a combination of the two. There's one saving grace: nothing in the garden has shrivelled for want of water, and the NGS Open Gardens Day in Llanddona on 13 July was a really exciting day. There's more on page 25.

Now, down to business!

August

The season for many plants is beginning to close, and while your borders may be starting to look tired, the vegetable patch will be bountiful as your crops mature.

- Harvest fruits and vegetables as soon as they are ready and deadhead flowering plants regularly to prolong their display.
- Feed borders. Use a general fertiliser such as Growmore, or blood, fish and bone.
- Use a liquid feed for pots and hanging baskets.
- Weed beds and borders regularly including the vegetable patch.
- Deadhead and feed roses to encourage repeat flowering.
- Mow the lawn regularly. Don't worry if your lawn turns brown in dry weather (if we're lucky to have some); it'll go green when the rain returns. There's no need to water.
- Prune current season's growth of wisteria back to 5-6 leaves.

- Choose a dry day to collect seeds from seed-heads and pods. Crush them, put them in labelled envelopes, and store them in a cool dry place ready for sowing next year.
- Take cuttings of tender perennials such as penstemon, fuchsia and geranium/pelargonium.
- Check ties on fruit trees in case they are too tight.
- Remove any fallen leaves and plant debris from the surface of ponds.
- Clear away any old growth and debris as plants and crops die back.
- Provide water for birds and garden wildlife.
- Water well during dry spells: irregular watering can lead to problems with blossom end-rot in tomatoes and the splitting of root vegetables.
- Remove any tomato leaves that start to turn yellow or are shading the fruit.
- Lift onions on dry days, and shallots and garlic bulbs when their foliage starts to turn yellow, and allow them to dry out.
- Prune out fruited raspberry canes and tie in new ones.
- Beware! Slugs and snails are a bane of all sowings at this time of year, especially if it's wet. Don't give in to the temptation to throw them next door because they have the homing instincts of pigeons (and the speed of snails)...they will be back!.

September

September can be a glorious month in the garden, and a time for harvesting. The temperatures can fluctuate, and it's possible to experience chilly mornings as well as some late summer sun.

Swallows and house martins are among the many migrants that are likely to be gathering for their long migration back to Africa, and it is always sad when they depart on their return journey. Make the most of their company when they come swooping down into the garden to catch insects on the wing.

- As summer bedding and hardy perennials die back, remove all dead growth and check for signs of disease. Any diseased foliage should be burnt to prevent it from spreading further.
- Now is the time to look ahead to plant spring bulbs in borders and pots. Plant the bulbs apart three times their bulb height; the only bulbs to delay planting are tulips, which are best planted in November.
- Plant spring bedding such as wallflowers and violas.
- Stake plants to avoid damage in windy weather.
- It's time to prepare the lawn to weather the colder months ahead. As growth slows raise your mower height a notch. Scarify and aerate the lawn to remove moss and thatch,

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- then spread a slow-release fertiliser.
- Begin lifting and dividing perennials that have finished flowering.
- Continue to deadhead dahlias as they'll flower for a few more weeks yet provided that there are no early frosts.
- Camellias make their flower buds at this time of year, so give them a thorough soak of water to get a good show of blooms next spring.
- Begin planting trees and shrubs towards the end of the month, and move evergreen shrubs while the soil is warm.
- Keep trimming hedges, especially evergreen ones, as you'll get a much sharper outline for winter.
- Start lifting main crop potatoes and store in hessian bags or paper bags.
- Get a head start on spring by planting autumn onion sets,
- Prune fruit trees.
- Plant Brussels sprouts and cover them with netting to protect against pigeon attack. They can become top-heavy, so insert canes or mound soil around the base to keep them upright.

October

The nights lengthen and the temperatures start to take a turn downwards: this is the month in which you'll notice the leaves starting to turn from green to gold, orange and red in preparation for autumn. There's a chance of strong winds and increased rainfall, so be sure to keep an eye on the weather forecast.

- Mulch borders to lock in soil moisture.
- Continue deadheading as required, and tidy borders of weeds and leaves.
- Transplant any plants that need to be moved.
- Between now and November is the best time to lift and divide perennials. Do this every three years or so to keep them young and strong.
- Plant up containers, etc., for winter bedding displays.
- Sow sweet peas under glass.
- Lift summer flower bulbs/tubers, like gladioli, dahlias and canna lilies, and overwinter them in the greenhouse or mulch them heavily and leave them in the ground.
- Cut back herbaceous perennials as they die back.
- Prune climbing roses.
- Lift and divide rhubarb.
- Clear away old strawberry foliage to prevent pests and disease.
- Pot up herbs and put them in the greenhouse for continued cropping through the winter.
- Plant spring cabbage, but cover them to avoid pests.
- Refill bird feeders regularly.

puffinpages@gmail.com

- Tomatoes will need attention now. All remaining fruit should be picked off: the small green ones can be made into chutney. The rest of them will usually ripen indoors.
- Maintain the greenhouse. Clear out spent plants, weeds and debris. Sanitise the greenhouse to reduce the risk of diseases and pests overwintering.

The National Garden Scheme in Llanddona: what a day!

Andrew Perrott

There's not enough time to do justice in **The Puffin** 49 to the Grand Open Gardens Day in Llanddona on 13 July. It really was an amazing day; it was cold, but at least it was dry.

There's another small NGS Open Day locally, in Penmon on Sunday 1 September, 11.00am-4.00pm:

☼ Llwyn Onn, Penmon LL58 8SG

☼ The Old School, Penmon LL58 8RU

so if you missed the Llanddona event do go: you won't be disappointed.

Here are a couple of snippets:

- Over £3,000 was raised: that amazing sum will be even larger because late donations are still being received.
- My garden, Glangors, saw c.200 visitors on the day, others will have had a similar footfall.

Big thank-yous are due to the garden owners, the volunteers, the NGS team, the Owain Glyndŵr, everybody involved with the Seiriol Good Turn Scheme and its superb new Mercedes-Benz Sprinter minibus (see page 15) and, of course to the wonderful visitors who helped us to raise such an amazing sum, all for good causes, including:

- Marie Curie
- Macmillan Cancer Support
- Hospice UK
- Carers Trust
- The Queen's Nursing Institute
- Parkinson's UK

There will be a full article in **The Puffin** 50, November 2024.

There are still plants for sale. Please text me on 07757 980424 if you'd like to buy any; the proceeds will go to the NGS.



Nature Notes: Walking in Nature

Roz Hattey

The benefits of 'being in Nature' or 'walking in Nature' have so often been

talked about and promoted over the last few years; ever since Covid appeared, in fact, when people were suddenly prevented from travelling more than a few miles from home and were obliged to find enough to occupy themselves locally. For many these restrictions became a nightmare, but for many others they presented unexpected opportunities to get to know their own 'patch' much better. People, especially families with younger children, began to use local footpaths and explore open spaces and the countryside around them.

Everyone began to notice bird-song much more, especially during that first Spring of Covid restrictions when there were some glorious sunny days and very little traffic to mask the sound of the natural world. Being in nature regularly has become more widely recognised as a valuable part of looking after our mental health as well as our physical well-being.

The huge increase in numbers of visitors to the countryside during and after Covid has also brought its problems. Everyone must have noticed how many more dogs there are around in the last few years: mostly young, energetic dogs accompanying almost every family now, most with smart new harnesses and quite well-behaved. We also know, though, that not everyone was able to keep their new dogs when they had to return to work and life returned towards normality. Dog rehoming centres have been overwhelmed by the large influx of unwanted pets.

Farmers have also reported increases in the number of livestock attacks by stray dogs, resulting for some in dozens of animals, mostly sheep and lambs, killed or maimed every year. Many people were also not keeping their dogs on leads as they walked through fields or open hill-land with livestock. This often results in animals being unsettled and moving away from their usual grazing areas. Young animals can also be separated from their mothers.

Social media have done a lot to help people locate beauty-spots where they can enjoy being in greener or more natural surroundings. Many then send photos and details of these places to their friends. The effects of all this sharing and wide publicity have given countryside managers like National Parks and the National Trust increasing problems of how to deal with traffic congestion and large numbers of people using car-parks, roadside verges, footpaths and other limited facilities. At peak times, some beauty-spots are left with huge quantities of litter strewn around and physical damage to fences, walls and paths.

Many here will remember how the

narrow lanes leading down to Penmon Point and Trwyn Du were jammed with vehicles and camper-vans during the Covid restrictions. I heard on Radio 4 recently a resident of Nant Gwynant, in Eryri/Snowdonia, recounting how, sometimes now, their small village is overwhelmed by visitors. One day more than 400 cars, parked or searching for parking places, were counted along the valley. Road verges had become seas of mud and the tranquil lake-side greatly overcrowded. No doubt more serious consideration will have to be given to introducing more severe and perhaps unwelcoming management measures.

Encouragement of visitors to use 'park and ride' schemes, linked to special public transport like the Sherpa buses in Snowdonia, might need to be strengthened to ensure that fewer cars are taken into the heart of the National Park. Earlier suggestions that all visitors to National Parks should pay some form of entrance fee might have to be put in place, perhaps by means of an accommodation fee, to include camper-vans.

All these issues occupy my thoughts as I set out on a local walk one morning during those two weeks of fine, dry weather we had in May. During much of the month we had prolonged spells of gloomy and chilly sea frets. I don't remember being enveloped by these strange, cold sea-fogs on our coast so often in previous years.

This type of coastal fog is technically known as a 'haar', from an old Dutch word meaning a cold, sharp wind. In Welsh it is called a 'ia' (accent on the a) meaning ice. It typically develops as warm, moist air moves across the cooler sea, causing the moisture in the air to condense. Haars are usually associated with the UK's east coasts and the North Sea. Easterly sea breezes bring the haars over the coast and will sometimes extend for several miles inland, reducing air temperatures significantly. These fogs can be quite frequent on the east coasts, but this year the Irish Sea has brought an abundance of haars on north-westerly breezes. Brrr!

So on this beautiful sunny day I need to slow down and enjoy it while it lasts, settle my mind and practise a few Mindfulness techniques. These should bring me back in touch with the detail of observations that can be made even on a short stroll of half an hour or an hour.

On this May morning, along the verge, tall, strong stems of Alexanders, *Smyrniium olusatrum*, an early, yellow-flowered umbellifer, are dying back and gradually being replaced by a web of elegant, lacy white-flowered Cow Parsley, another of the umbellifer family. Garlic mustard is also flowering and coiling stems of wild clematis are

reaching out from the hedges. The strong scent of May blossom drifts on the breeze as hawthorn bushes are dressed in white again.



25 June 2024: a haar in the late evening; it flowed up from Traeth Coch/Red Wharf Bay obscuring Llanddona's Eiffel Tower from time to time



The first lines of a lovely poem by Edmund Blunden come to mind – Now the white flowering days, the long days of blue and golden light – and we sang Gerald Finzi's setting of this when I was in the school choir.



Alexanders, *Smyrniium olusatrum* (www.wildfooduk.com/wp-content/uploads/2018/02/Alex-11.jpg)



20 July 2024: ash trees in Llanddona with ash dieback

All the countless shades of fresh green foliage now clothe the trees. The vivid lime-green when sunlight shines through tissue-thin young leaves on the parkland lime trees. Variations of pale, yellow-green oak leaves on some trees and others with foliage of a darker, almost amber hue.

This year, though, it's impossible to ignore the increasingly sad sight of dead and dying ash trees everywhere around us. There are many gaunt skeletons in the hedgerows now, and even a few of the larger ashes, which I had hoped might have some built-in resistance to the fungal disease, Chalara ash dieback, now have much-depleted foliage and many dead or almost bare branches. Will we have to get used to roadsides and hedgerows with far fewer trees?

Ash has always been one of the commonest trees in our landscape. Are there any major, long-term plans for replacing these familiar trees with other native species such as oak, rowan or alder, or possibly sycamore? No doubt local authorities are strapped for cash, but surely farmers and other land-owners could be encouraged to replace the fast-disappearing ash as part of the new farm payment schemes being set up to enhance biodiversity and the wider rural environment.

Trying to get back to more cheering observations, I listen to a medley of bird-song: wrens, dunlocks, wood-pigeons, a distant thrush, chaffinches, a blue-tit chattering an alarm call overhead as I walk past its nest site, and the drum of a woodpecker from the woods beyond.

I love to see, every year, a large field grazed in spring and early summer by a herd of suckler cows. They now (in May) have young calves at foot and if you stop too long to watch them the protective cows become restless until you move on. These suckler cows are generally beef breeds and their calves are able to stay with them and feed from them for some months. It is very noticeable what small, compact udders these cows have compared with the very large udders of the hard-pressed modern dairy cow: pendulous, and sometimes frankly rather grotesque and uncomfortable-looking.

A hefty golden-brown bull (a Limousin?) is in the field with them now and the young heifers in another field just across the lane are standing looking and sniffing by the fence, obviously very impressed by him!

I climb the old stone steps at the top of the lane and head down the footpath alongside the golf-course. It's good to see that quite extensive areas of grassland around the fairway are again being left unmown and allowed to become rough meadows, providing nectar and pollen for insects. The spring and early summer have been so wet and cool this year though that there have been very few insects around. Not many species of bee and very few hoverflies for instance. Flying insects of many kinds are vital food for bats and for swallows, house-martins and swifts, so it is concerning that they may be

struggling to breed successfully.

The footpath reaches a damp hollow where poplars and willows grow and continues over the golf-course towards Llanfaes Church. Before I go that way I turn right through some marshy grassland to look at the prolific natural regeneration taking place beneath one of the mature oaks bordering the golf-course. It's fascinating to see just how many young trees are developing here, in the absence of grazing.

As I approach the church I listen to a familiar sound, the drawn-out 'caawing' of rooks as they busy themselves at one of their regularly used colonial nest-sites high up in a group of tall trees.

Rookeries are often located in villages or around farms, so they are a feature of the countryside rather than urban or suburban areas. Although similar to the carrion crow the rook has a very distinct greyish face due to pale skin around the base of the bill. In profile it has a vertical forehead and high, peaked crown. Rooks are very sociable and feed in flocks; I quite often see them feeding on fields at the top of Henllys Lane, foraging for invertebrates. In winter they form large, communal roosts quite often accompanied by jackdaws.

The sight and sound of rooks' spring activities always evoke feelings of nostalgia for me, remembering different rookeries over many years. One was in a beautiful group of tall elms which sadly disappeared in that other tree pandemic, Dutch Elm Disease, first appearing in the UK in the late 1960s. It has killed millions of elms and is still moving north. Another memorable rookery was in the grounds of an old rectory in rural Norfolk. I stayed there with the family one week-end when I was young and I can still remember waking early each morning to the raucous chorus of rooks filling the still air. I wonder if that rookery is still there.

Walking in quiet places can be therapeutic in triggering pleasant memories. For many people it also provides solace and comfort after bereavement. I'm thinking of a friend who died this month, unexpectedly, when I spot a little brown bundle of feathers on the side of the lane as I walk home. I pick it up carefully and see that it's a tiny fledgling wren, still warm with open eyes. It must have been hit by one of the cars that just passed me. As I gaze at its still bright eyes and speckled wing feathers, a sudden loud chirring, rattling call explodes from under the lime-tree branches. There on a fence-post an adult wren is flicking its wings and tail and shouting at me in clear agitation. Sorry, I hear myself say, I didn't do it. Relieved then to see two or three other fledglings flitting around close to the parent, I lay the little body

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amongst the ivy leaves on the wall and move on.

📖 [Smyrniolumsatrum](https://en.wikipedia.org/wiki/Smyrniolumsatrum)
<https://en.wikipedia.org/wiki/Smyrniolumsatrum>

📖 Ash Dieback Disease: A Guide for Tree Owners
<https://treecouncil.org.uk/guidance-resources/ash-dieback-disease-a-guide-for-tree-owners/>

📖 Ash dieback: Spotter's guide and maps
www.bbc.co.uk/news/science-environment-20171524

• • • • •
Pink grasshoppers in Llandegfan

Gary Phillips

I couldn't believe my eyes when I first saw a pink grasshopper in my garden in July last year.

I was weeding the borders in my garden in Llandegfan when I caught a glimpse of colour; when I looked closer, I saw that it was a "Barbie" pink grasshopper!

It was a meadow grasshopper, a common species, found in non-arid grasslands throughout the well-vegetated areas of Europe and some adjoining areas of Asia.



A meadow grasshopper, *Pseudochorthippus parallelus*; the unusual colouration is caused by erythrism (Gary Phillips)



They can be variable in colour, with green, brownish, purple-red and pink forms recorded.

They are small: the females grow to approximately 2cm long, and are less active than the males, which grow to approximately 1.5cm long. Both sexes are flightless.

The exotic colouration in this case is caused by erythrism, which causes too much red pigment and not enough black, and which can be passed through successive generations.

The good news is they are back again this year, so be sure to keep a lookout!

📖 Rare pink grasshopper spotted in garden
www.bbc.co.uk/news/articles/czknv1233dko

📖 *Pseudochorthippus parallelus*
https://en.wikipedia.org/wiki/Pseudochorthippus_parallelus

📖 Erythrism
<https://en.wikipedia.org/wiki/Erythrism>

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St Cawrdaf's coming

Gareth Phillips

The church in Llangoed is dedicated to St Cawrdaf...

♦ ♦ ♦
Seagulls drift from sea to land.
Churches built upon the sand.
Wind and wave make war against the Black rocks.
Kite my soul on Penmon wind
Fly me freely into things
I cannot see and cannot feel without you.

Dusty seas surround the isle,
Dusty seas and half a smile.
Her people work and live the land
Which gives no quarter.
But they laugh and dance, sing and pray
Through their lives, day by day
Ynys Môn, my mother sister brother.

Wind and rain can no more
Move me from your sacred shores
Than songs of seagulls change your holy landscape.
My way of life had led me here
through distant paths and many fears
With heavy weight upon my soul you took me.
And raised me high on magic winds,
Born again to laugh and sing and hear upon your beaches wide
The wind drifted thoughts of the nameless God-
Blessed lovers
Hand in hand
as loving sea embraces land

Ynys Môn, my mother sister brother.

📖 St Cawrdaf's Church, Llangoed
https://en.wikipedia.org/wiki/St_Cawrdaf%27s_Church,_Llangoed

📖 Cawrdaf, King of Fferreg
www.earlybritishkingdoms.com/bios/cawrdff.html

📖 Cawrdaf
<https://seintiadur.saints.wales/en/chwilio.php?saintid=42>

Seiriol Men's Shed: the latest news

Steve Jones

All's going well at the Shed! The workshop is busy as ever and the garden is looking great.

The observatory: we've recently finished the refurbishment of the observatory for the Dark Skies Project, and will be shipping it out to Plas Bodfa, Llangoed, where it will be erected.

Its structure was very tired when it arrived at the workshop, and it wasn't until we started work on it that it became apparent that there were more problems than we'd anticipated.



The observatory nearing completion, and looking like something that Doctor Who might covet! (Steve Jones)



We soldiered on and decided to make some major changes to the dome roof, completely redesigning the sliding aperture doors. The extra work was well worth the effort and the finished structure is looking great (we think!). Thanks, Jonathan and Julie, for the donation to Seiriol Men's Shed for our contribution to the project. We can't wait to see the observatory in place and working!

National Open Gardens, Llanddona: the organisers of July's National Open Gardens 'Big Day' requested our help with the manufacturing of signage for the participating gardens. We were able to fabricate the notice boards at cost price and were happy to have been able to help with this local event (...and the organisers say a big 'thank you' for your help! The signage was really sturdy and

has been stored safely for the next event).



One of the NGS signs in place; the photograph doesn't do justice to the signs' sturdiness

The garden: everything planted in the garden is coming on now that the rain has eased off. The guys have planted all manner of vegetables, including potatoes, cabbage, sweetcorn and beans to name but a few.

The raised beds in the partially-finished polytunnel have been planted up with salad crops, and we intend to use one of the remaining beds as a herb garden. Tomatoes and cucumbers have been planted in the greenhouse and the grapevine that was planted a couple of years ago is loaded with fruit!

More rooms: as well as the workshop and garden we're fortunate enough to have two more rooms available to us as well as a kitchen and bathroom.

One of the rooms, the "executive lounge", is where we have a brew and a biscuit and put the world to rights.

The second room is a work-in-progress, and will eventually become our crafting room. We have a potter's wheel and a small kiln as well as various art materials.

The bathroom: this is being renovated and improved to make it accessible to members with mobility issues. The old bath has been removed and the washbasin will be replaced and resited.

This will create space for wheelchair access. New vinyl flooring has been kindly donated by Peter Lee Carpets. Thank you!

Materials: as ever, we're on the lookout for materials for repurposing, such as timber, discarded furniture, and so on.

We're able to repair tables and chairs, build bespoke garden planters and timber features, as well as sharpen and repair gardening tools.

Join us! If you have time on your hands and are interested in any of our activities, or would just enjoy some company, why not call over and see what we can offer you...or maybe what you can offer us!

New members are always welcome. Subscriptions are £10 a month, and members need to be DBS-checked;

because adults with learning difficulties occupy the same area, we deal with this.

Do try us: there's no obligation. Tuesday or Thursday mornings, it's for men aged 18 to 108...

You'll find directions to Seiriol Men's Shed and other useful information on page 14.



Llangoed WI

Deborah Booth, Press Officer

Llangoed WI is a friendly group of ladies from Llangoed and the surrounding areas. We usually meet in Llangoed Village Hall 2.00pm on the first Wednesday of the month, where we enjoy a variety of activities, including talks, crafts, music and games.

May: we had a very interesting talk by the Anglesey Search and Rescue, who gave us an overview of their job, which is often quite grim. They cover the area between the high-tide line and the foot of the mountains, often being called out to find missing persons.

June: Lara Watson gave a very entertaining and enlightening talk: MyCorePhysio. Who knew that smiling can help your pelvic floor?

As well as our branch activities, Llangoed WI also gets to enjoy the various events and courses put on by the Anglesey Federation, which usually take place at the WI Hall and Museum in Llanfairpwll, the home of the first WI in the UK. Additionally, WI members can access the WI Learning Hub, where they can choose from a wide variety of free courses.

If you think you might be interested in joining our group, you're welcome to come along to our meetings; you may come to three meetings free of charge to "test the water", or speak to our Secretary, Mrs Catherine Sproston, who will give you more details.

☎ 07900 382200



Newyddion o'r rhandir cymunedol at yr Rhandiroedd

Biwmares

Jon Keymer

Mae gwaith wedi mynd ymlaen at yr rhandir cymunedol ym Miwmares. Mae gynnon ni ddau wely wedi'u cloddio efo amrywiaeth o blanhigion: ffa dringo, pwmpenni, sgwash, corbwmpenni.

www.seiriolalliance.co.uk/newsletters/

Mae'r pridd wedi elwa o ddwy flynedd braenar – mae o'n llyw tywyll cyfoethog. Yn anffodus, dydy'r bywyd gwyllt lleol ddim mor amynedd â ni. Mi ddylai'n buddsoddiad nesa fod yn cloches a rhwydi! Mae Caffi Happy Valley yn rhoddi i ni hen coffi daear i wrthyrur' gwlithod.

Hefyd dan ni'n glirio'r perimedr. Dan ni wedi plannu artisiogau a mae blodyn yr haul yn aros i fynd i mewn yn fuan. Mi fydd y planhigion hyn yn gwneud sgrin naturiol o'r maes parcio.

Mae arolwg planhigion ar y plot wedi dod o hyd i rai darganfyddiadau cyffrous: ffrwyth ciwi, aeron goji, ceirios morello, gellyg cynhadledd, deutzia a weigela.

O fis Awst ymlaen, bydd partioedd gwaith at y plot cymunedol ar prynhawniau dydd Sul efo'r jobsys hyn i'w gwneud: Cloddio ac adeiladu welyau uchel; adeiladu baeau compost; cloddio i fyny danadl poethion a planhigion gwyllt eraill yn y lle anghywir; creu llwybr caled newydd ar gyfer gwell hygyrchedd. Mi hoffwn ni ddenu gwirfoddolwyr o'r cymuned. Os gynnoch chi ddiddordeb mewn helpu ni, cysylltwch â fi.

✉ keymerjonathan@gmail.com

☎ 07583 252021



News from the Beaumaris Allotments community plot

Jon Keymer

Work has been going on at the community plot in Beaumaris. We have two beds dug and planted with a variety of seedlings: climbing beans, pumpkins, squashes and courgettes. The soil has benefitted from a couple of fallow years and is a rich dark colour. Unfortunately, the local wildlife are not as patient as humans and our next investment should be cloches and netting! Happy Valley Café are donating us their used coffee grounds to repel the slugs.

We also are clearing the plot's perimeter where we have planted some artichokes and have sunflower seedlings waiting to go in soon. These plants will create a natural screen from the car park.

A survey of other perennial plants on the plot has turned up some exciting findings: kiwi fruit, goji berry, morello cherry, conference pear, deutzia and weigela.

From August, work parties at the community plot will be held on Sunday afternoons with jobs to be done including: digging and building raised beds; building a couple of composting bays; digging up nettles and other wild

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plants in the wrong place; creating a new hard-standing path for improved accessibility. We are very keen to attract volunteers from the community. If you are interested in coming along, please contact me.

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Beaumaris Youth Band in Lithuania

Sam Lindenbaum (aged 12)

I play tenor horn in Beaumaris Youth Band, having moved up through the junior and Intermediate bands. I am one of the youngest players, with some members being in their early twenties.



Fundraising concert at Neuadd Bentref Llangoed Village Hall (Julie Upmeyer)

I started in the band in August 2023, just in time to compete with them in the National Eisteddfod. We came first in our class, which qualified us to represent Wales in the European Brass Band Championships (EBBC) in Lithuania. We were all ecstatic and could not wait to start preparing for the big trip.



Beaumaris Youth Band with our leader, Pete Cowlshaw (Gary Pritchard)

However, getting 40 kids and their instruments (including multiple tubas) all the way across Europe was not an easy task, or a cheap one either! In fact, we needed to raise over £40,000 in order get us all there. We got straight to brainstorming ideas for fundraising, with plenty of carolling, concerts in Llangoed and Llanddona, sponsored walks and bike rides – and one of us even jumped out of a plane! We are incredibly thankful to everyone locally who came

out to support us – your generosity helped us to raise the money to fund our trip.

A direct flight to Lithuania was not an option if we wanted to travel with our instruments. Instead we had to take several flights and coaches to get there.



The first of many flights: (L-R) Ava O'Brien, Sam Lindenbaum, Nia Wyn Kilminster, (photobombing, front) Gary Pritchard (Gary Pritchard)

Everyone was lively as we set off from Beaumaris to Manchester at midnight on the Thursday before the competition, flying first to Amsterdam and then on to Warsaw. From Poland, we took an eight-hour bus trip all the way through to Lithuania. Most of the band had barely even napped for over forty hours, so it was very nice to arrive at Palanga as we were all really looking forward to a good night's sleep.

Lithuania is a beautiful country, and all the people we met were friendly and kind. But what we were really there for was the EBBC, which was an experience of a lifetime. The hall was stunning and the acoustics were magical. The day before our competition, we listened in to some of the top bands in Europe (although I admit I did nod off after all our travelling!). Then we headed back to our hotel for our final practice.

By the time that we got into the concert hall on Sunday morning we were all buzzing – for the last three quarters of a year we had all been preparing for this moment, and every second of practice was well used.



Post-performance euphoria! (Gary Pritchard)

We really enjoyed performing the music we had worked so hard on, and when the results came in we were placed third in Europe, ahead of national bands. If you put it into perspective, we are a local

band from an island in Wales that has been placed third in one of the biggest youth band competitions in the world!

After this experience, we want to keep working hard together, and would really like to compete in the EBBC again. The competition will be in Norway next year, and we already have plans to play at the Eisteddfod again as well as going to Gateshead to compete in the Youth Brass Band contest in November. Lots to look forward to!

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The Puffin for children: Simon Squirrel and Benjamin Badger go for a picnic in the woods

John Nunn

It was summer in the woods. The air was still and warm and even the famous Penmon wind seemed to have gone on holiday. Simon Squirrel and Benjamin Badger met at the foot of Simon's tree, carrying rucksacks packed with their favourite food by their mothers. To be honest, Simon didn't much like the sort of food that Ben liked and Ben didn't think much of the kind of food that Simon loved. They were off on an adventure: to explore the forest where they lived.

There was a rustle of feathers and a voice called out, "T'wit t'woo, how do you do?" It was Tomos the Tawny Owl. Tomos was a good friend of Simon's parents and lived in the tree next door. Unknown to Simon, Mrs Squirrel had asked Tomos to keep an eye on him when he was playing on the woodland floor.

"T'wit t'woo, what do you do?," said Tomos. "Where are you going?"

"We're going on an adventure," said Simon importantly. "A journey of discovery, like explorers of old."

"Well, watch where you're going," said Tomos. "It's easy to get lost in these woods."

"I know the woods like the back of my paw," said Simon. "From the tops of the trees, anyway...all I have to do is climb right up and I'll know just where we are."

"Hmm," said Tomos. "Perhaps... anyway, have a good time."

Without further ado the two friends set off. They weren't in any hurry and weren't going anywhere in particular anyway, so they took their time. Every now and then they took off their rucksacks and played catch around the tree trunks, and often when they came upon a grassy bank they just lay for a bit feeling the warmth of the dappled sunlight on their fur.

Eventually with the sun high in the sky, they decided it was time to stop for lunch. They spread their food out on the forest floor and tucked in. Simon looked

at Ben's food and said, "ugh". Ben looked at Simon's food and said, "ugh". But they both loved their own food and loved the companionship of sitting with each other, enjoying their lunch in the sunlight.

Eventually they set off again and soon came to a little bridge over a stream.



"I know what," said Ben. "Let's play Pooh Sticks."

Pooh Sticks is a game played by children of all ages and known by lots of different names but often called after a game in a book called 'Winnie the Pooh'.

"I don't know that game," said Simon. Well, to be fair, there aren't a lot of streams up in the tree tops.

"Well," said Ben. "This is what you do. You get a twig and pretend it's a boat. Then you throw it into the stream on one side of the bridge and run across to the other side to see which twig comes out first. That's the winner."

"Oh, yes," said Simon. "That sounds like fun."

So they collected a pile of twigs each and got ready to start.

"When I say 'start'," said Ben, "drop a twig and run across the bridge to see which one comes out first."

"It's mine!" exclaimed Simon, jumping up and down with excitement. "I won, I won!"

"I want a rematch!" demanded Ben. And so the afternoon went on with the two friends losing all track of time. Then Simon shouted out, "We should have started home by now. Look, the sun is nearly setting."

"Oh, my goodness, you're right. We'll never get home before dark. My Mum will kill me," moaned Ben.

"And mine," said Simon. "Never mind, I know the way. We just turn left by the old oak tree."

"I can't see an oak tree," said Ben.

"It's just over there...Oh..." Simon couldn't see it, either. "I'll just run up a tree to the canopy," he said confidently, and with a flick of his tail he vanished.

"What can you see?" yelled Ben.

"I'm really sorry," said Simon, jumping to the ground. "I can't see anything I recognise." And with increasing panic the two friends ran this way and that trying to find anything they could recognise. They had just about decided they needed to look for somewhere to shelter for the night when they heard a familiar and very welcome voice.

"T'wit t'woo. Where are you?" It was Tomos.

"We're here," the two friends shouted. With a rustle of feathers Tomos alighted on a nearby branch.

"Your parents are besides themselves with worry, my boys," hooted Tomos. "I wouldn't like to be in your shoes when you get home. Now, come on, follow me."

And flitting from branch to branch, he led the two friends home, where his prediction turned out to be true. Both the boys were given a really good talking too and sent straight to bed. Actually, they didn't mind that as they were both absolutely exhausted. They both thought it had all been worth it, though, as they had thoroughly enjoyed themselves. And as they slept they both dreamed of being famous sailing captains, guiding their giant Pooh boats to victory, time and time again.

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Lt Robert William Hanmer Everett D.S.O., R.N.V.R.: more about an amazing life

Andrew Perrott

Lt Robert William Hanmer Everett D.S.O., R.N.V.R.

Lieutenant Royal Naval Volunteer Reserve Fleet Air Arm, HMS Heron; flew Hawker Hurricanes from catapult ships; killed in air accident January 29 1942, age 40; aeroplane found on Llanddona beach; buried in Churchyard of St Dona, Llanddona

♦ ♦ ♦
Lt Robert Everett was mentioned in Lucy Low's article in **The Puffin** 47, page 8.

The article obviously piqued people's interest because The Puffin received two sets of information about what is known of Lt Everett's life. It followed three distinct threads: Everett the Australian, Everett, the Grand National winner, and Everett, the naval pilot of the Second World War.

Bob Everett, the Grand National winner, appeared in **The Puffin** 48, page 36, and the other two threads are covered below.

Once again, thank you, Bridget Geoghegan and Andrew Dickie for sending the information to **The Puffin**: Bridget for what is known of the Australian part of his life, and Andrew for his winning of the 1929 Grand National.

Bob Everett in Australia

The name *Everett* is familiar to the people of the Northern Tablelands of New South Wales, Australia.

There is an Everett Street in the town of Guyra and one of the Guyra School's "houses" was named Everett.

The Everetts (George, William and Edwin) were among the earlier settlers and graziers in the area, their properties including Ollera and Tenterden. One member of the Everett family made a name for himself, though, in two quite different pursuits. His story is not a complete picture, unfortunately, but there are enough highlights for a ripping yarn, and just a touch of mystery.

That family member, Robert William Hanmer (Bob) Everett, was a decorated pilot from WW2, awarded the DSO for bravery and the first pilot to record an enemy kill from a Fighter Catapult Ship (or Catapult Aircraft Merchant (CAM) Ship), HMS *Maplin*, flying a "Hurricat" (a rocket-launched adaptation of a Hawker Hurricane IA). He was also the winning jockey of the 1929 Grand National, the story of which appeared in **The Puffin** 48, page 36.

From living on a farm as a child to joining the war effort in the UK, and his death on 26 January 1942, details of Everett's life are sketchy, and not even his war record gives the complete picture. Just how his birth in Tenterfield and early years near Guyra led to such an eventful life is something of a mystery, and even where apparent facts are given, close checking reveals they may not be entirely accurate.

Bob Everett was born on 29 May 1901 in Tenterfield. His parents were Colonel William Frank and Charlotte (née Hickson) Everett. Bob was the eldest son. His father was District Engineer in the Armidale and Glen Innes district for four years as roads were being built for the introduction of motorised traffic. Later he owned the Tenterden Station, a large property near Guyra.

Some information can be gleaned from newspapers of the time and various organisations specialising in historic events, however, because Everett apparently left the district around the age of 10, but there are still some unknowns.

It was reported that as a boy Everett was taught to ride at Tenterden by a Mr Parker, one writer noting Mr Parker's horse often came home without the rider, so presumably he went to school in the Guyra-Tenterden district.

Another report said that Everett had been "put in the navy" as a boy but had preferred riding horses, while yet another report said that he joined the Army after he left the Guyra district but

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gave no indication of where he went, other than to say that he "gave up the army and took up land in Africa".

A later report said that he went to South Africa where he was a farmer and amateur jockey. A possible link is that his father had fought as an Australian officer in the Boer War there (1899-1902) at the rank of captain.

A report in the UK said that Everett emigrated there in 1928, aged 27. He took up riding steeplechasers, and had several wins as an amateur before becoming a professional jockey, which is where his Grand National win comes into the story.



Bob Everett
(via <https://floggerblogger.com/2020/04/23/grand-national-winner-fighter-pilot/>)

It was reported that in 1934 Everett entered an aeroplane with the celebrated South Australian flyer, Jimmy Melrose, in the Melbourne (MacRobertson) Centenary Air Race from the UK to Australia as part of Melbourne's centenary celebrations.

It was said the trip was completed in 120 hours, including a stopover in Darwin when the plane ran out of fuel, but other apparently reliable reports of the race said that Melrose was the only solo pilot in the race, and the list of entries published in Australian newspapers did not show Everett among them; so who knows what the true story is?

It was noted in a 1940 report that Everett had obtained a commercial pilot's licence to keep him busy during the off-season for steeple chasers.

He re-enlisted in 1940; this might have had something to do with the outbreak of war and his possible previous naval experience.

Bob Everett in the Fleet Air Arm

The Hurricats: the incredible true story of Britain's 'Kamikaze' pilots of World War Two, by Ralph Barker, tells the story, exciting and astonishing in equal part, of Everett's shooting down of an enemy aircraft while piloting a rocket-launched fighter.

Everett joined the Royal Naval Volunteer Reserve and Fleet Air Arm in October 1940 and served with 760 Naval Air Squadron at HMS *Heron* (RNAS Yeovilton). Later he volunteered for 804 Naval Air Squadron, which supplied

pilots for fighter catapult ships for a while.

While he was on HMS *Maplin*, a Focke-Wulf Fw200 Condor was sighted on 1 August 1941 and Everett's Hawker Hurricane IA was rocket-launched. After a hard fight, he shot the Condor down with his last shots.

"By this time I had reached the starboard bow and three machine guns opened up as well as the forward cannon. I did a quick turn to port and opened up just abaft the beam I fired five second burst at this range and my guns were empty."

Everett managed to ditch near to HMS *Wanderer* which was escorting the nearby convoy, SL.81. He was awarded the DSO for this action.

Everett died on active service on 26 January 1942. He was flying a Hawker Hurricane from Belfast to Abingdon when it came down in shallow water close to the beach at Llanddona.

Witnesses reported that the aircraft seemed to be suffering from engine problems. The aircraft wreck was soon recovered but the cockpit was empty. Everett's body was washed ashore several months later, a post-mortem revealing that he had drowned. He is buried in St Dona's Church, Llanddona.

Sources: these are some of the sources, including the Australian source from Bridget Geoghegan that set me off on a very interesting piece of research.

- 📖 The Bob Everett story – or part of it <https://floggerblogger.com/2020/04/23/grand-national-winner-fighter-pilot/>
- 📖 Robert W. H. Everett https://en.wikipedia.org/wiki/Robert_W._H._Everett
- 📖 Fighter catapult ship https://en.wikipedia.org/wiki/Fighter_catapult_ship
- 📖 Focke-Wulf Fw 200 Condor https://en.wikipedia.org/wiki/Focke-Wulf_Fw_200_Condor
- 📖 Hawker Hurricane https://en.wikipedia.org/wiki/Hawker_Hurricane

📖 The Hurricats: the incredible true story of Britain's 'Kamikaze' pilots of World War Two
Ralph Barker (author)
Pelham Books, 1978
Silvertail Books, 2019
ISBN 978-1-909269-86-6

Sioe Flodau Llangoed 2024 🍁

Julie Upmeyer

Dychwelodd Sioe Flodau Llangoed i Neuadd Bentref Llangoed gyda ffrwydrad o egni creadigol ar 6 Orffennaf 2024. Gyda dros500 o geisiadau gan

The Puffin 49 • August 2024

dros 200 o wneuthurwyr a thyfwrwyr brwdfrydig, roedd y Neuadd yn fwrwm o weithgareddau o fore gwyn tan nos.

Llongyfarchiadau i fyfyrwyr Ysgol Llangoed, a wnaeth cyflwyniadau i'r categori barddoniaeth Gymraeg am arddangosfa ysbrydoledig iawn. Arweiniodd eu gweithdy yn gynharach yn y flwyddyn gyda'r bardd a'r gantores Casi Wyn at gerdd orffenedig o bob dosbarth. Gwnaethpwyd y cerddi yn bosteri addurniadol, un a roddwyd i bob myfyriwr, y mae copïau ohonynt ar gael ar ein gwefan.



Ian Flack gyda'i drefniant blodau mewn tebot
Ian Flack with his flower arrangement in a teapot
(Julie Upmeyer)



Rhys Latham a Jo Alexander gyda'u gwobrau arbennig
Rhys Latham and Jo Alexander with their special awards
(Julie Upmeyer)

Diolch yn fawr i'r beirniaid gweithgar: Brenda Williams, Norman Evans, Medwyn Williams, Anita Malhotra, Audrey Jones, Mari Rose Pritchard, Jo Alexander, Ness Owen, Mike Linford a'r Parch Leslie Rendle.

Ac at y gwirfoddolwyr di-ofn ac aelodau'r pwyllgor: Julie Upmeyer, Kirsty Lindenbaum, Jonathan Lewis, Lucy Low a Clare Tewson.

Mwy o luniau a rhestr o'r holl enillwyr ar ein gwefan, Instagram a Facebook.

Gwnewch yn siŵr eich bod wedi tanysgrifio i'n cylchlythyr.

Welwn ni chi yng Ngŵyl y Cynhaeaf ar y 19/20 Hydref!

Sioe Flodau Llangoed Flower Show
www.llangoedflowershow.com

The Puffin 49 • August 2024

The Governor's Quick Crossword no 17: solution

B	E	M	U	S	E	D		S	I	E	G	E
E		U		E		E		E		N		L
S	I	S	A	L		F	I	N	A	N	C	E
E		T		F		I		I		U		C
T	R	A	D	E	U	N	I	O	N	I	S	T
		N		V		E		R		E		O
N	O	G	G	I	N		E	C	L	A	I	R
A			D		E			I		P		
M	A	S	T	E	R	S	A	T	A	R	M	S
I		E		N		C		I		O		A
B	E	W	I	T	C	H		Z	I	P	P	Y
I		E		L		E		E		O		E
A	R	R	A	Y		W	I	N	D	S	O	R

Fianchetto 66's Chess no 8: solution

1 Nh5+ Rxh5

2 Rxc6+ Kxc6

3 Re6#

In plain language, the white knight moves two spaces forward and then one space to the right, putting the king in check. The black rook to the far right is then forced to capture the white knight. White's right hand rook then moves five spaces forward, taking the black knight, putting the king in check and forcing the king to capture it. The remaining white rook then moves five spaces forward, neatly achieving checkmate.

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<https://cy.llangoedflowershow.com/subscribe>

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www.facebook.com/groups/sioeflodau
www.instagram.com/llangoedflowershow



Llangoed Flower Show 2024

Julie Upmeyer

Llangoed Flower Show returned to Llangoed Village Hall with an explosion of creative energies on 6 July 2024. With over 500 entries from more than 200 enthusiastic makers and growers, the Hall was a flurry of action from morning until evening.

Congratulations to the students of Ysgol Llangoed, whose submissions to the Welsh Language poetry category made for a very inspirational display. Their workshop earlier in the year with poet and singer Casi Wyn resulted in a finished poem from each class. The poems were made into decorative posters, one given to each student, copies of which are available on our website.

Many thanks to the hard-working judges: Brenda

Williams, Norman Evans, Medwyn Williams, Anita Malhotra, Audrey Jones, Mari Rose Pritchard, Jo Alexander, Ness Owen, Mike Linford and Rev Leslie Rendle.

And hats off to the fearless volunteers and committee members: Julie Upmeyer, Kirsty Lindenbaum, Jonathan Lewis, Lucy Low and Clare Tewson.

More pictures and listing of all the winners on our website.

Make sure you are subscribed to our newsletter.

See you at the Harvest Festival on 19/20 October!

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www.llangoedflowershow.com

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www.instagram.com/llangoedflowershow

Neuadd Bentref Llangoed: Prosiect 'Chwifio Baneri'

Julie Upmeyer

Bydd polyn baner yn Neuadd Bentref Llangoed unwaith eto!



Yr artist a'r dylunydd Ffion Pritchard sy'n arwain gweithdy dylunio baner yn Ysgol Llangoed

Artist and designer Ffion Pritchard leads a flag design workshop at Ysgol Llangoed
(Julie Upmeyer)



Julie Upmeyer, cyfranogwr y gweithdy Ffion Lewis a Ffion Pritchard yn dangos rhai o'r dyluniadau

Julie Upmeyer, workshop participant Ffion Lewis and Ffion Pritchard show some of the designs
(Julie Upmeyer)

Bydd y polyn baner yn cael ei lansio gyda chyfres o ddeg baner wedi'u
www.seiriolalliance.co.uk/newsletters/

hargraffu'n arbennig. Bydd rhai o'r rhain yn cael eu dylunio gan ddisgyblion Ysgol Llangoed a bydd eraill yn cael eu dylunio gan gystadleuaeth dylunio agored.

Fel rhan o'r prosiect 'Chwifio Baneri' trefnwyd dau weithdy dylunio baneri, un yn Ysgol Llangoed ac un yn Neuadd Bentref Llangoed. Dysgodd cyfranogwyr chwilfrydig am ddylunio graffeg, dylunio baneri a rhoi cynnig ar ddylunio eu baner eu hunain gyda'r artist a dylunydd Ffion Pritchard.

Gweler tudalen y prosiect am fanylion y dathliad lansio.

📄 Chwifio Baneri yn Llangoed
<https://cy.plasbodfa.com/projects/flags-flying-in-llangoed>

NEUADD Y PENTREF
LLANGOED
VILLAGE HALL

Llangoed Village Hall: 'Flags Flying' project
Julie Upmeyer

Llangoed Village Hall will once again have a flagpole!

The flagpole will be launched in September 2024 with a series of ten custom-printed flags. Some of these will be designed by students at Ysgol Gynradd Llangoed and others will be designed by an open design competition.

As part of the 'Flags Flying' project we organised two flag design workshops, one at Ysgol Llangoed and one at Llangoed Village Hall. Curious participants learned about graphic design, flag design and had a go at designing their very own flag with artist and designer Ffion Pritchard.

Please see the project page for details on the launch celebration

📄 Flags Flying in Llangoed
www.plasbodfa.com/projects/flags-flying-in-llangoed

• • • • •
Neuadd Bentref Llanddona Village Hall: newyddion yr haf 🍁
Debbie Oulton

Mae'r Ymddiriedolwyr a'r gwirfoddolwyr yn parhau i weithio'n galed i hyrwyddo Neuadd Bentref Llanddona ac i drefnu gweithgareddau i'r gymuned.

Ebrill: trefnwyd sel top bwrdd gyda bargeinion ar gael am eitemau ail-law. Am gyfle gwych i gael gwagio a chlririo a chael arian am nwyddau nad ydych yn ei ddefnyddio.

Cynhaliwyd y cyntaf o dri sesiwn o Ymwybyddiaeth Ofalgar gan Gwenan a oedd yn anelu tuag at hyrwyddo ar sut i ymlacio a delio gyda straen.

Mai: Digon o hwyl a chyfle i ennill arian a gwobrau eraill yn y gweithgareddau Bingo Teulu. Mae'r 'Bingo Eistedd i

puffinpages@gmail.com

Lawr' yn boblogaidd, ble mae'r person olaf sydd yn sefyll yn ennill yr holl arian sydd yn y pot. Fel y gwelwch, mae'r enillydd yn hapus iawn. Yn ychwanegu



Y sêl top bwrdd
The table top sale
(Debbie Oulton)

at yr hwyl, mae bwyd a diod ar gael. Mis Awst fydd y Bingo nesaf. Llygaid lawr, edrychwch mewn.



Mae digwyddiadau Bingo Teulu yn llawer o hwyl
The Family Bingo events are great fun
(Debbie Oulton)

Cynlluniwyd y murlun gwych, sydd yn gweddwid wal ddfilas y tu allan i'r Neuadd, gan y dalentog Emily, un o'n Ymddiriedolwyr. Edrychwch ymlaen i gael gweld y murlun gorffenedig fydd yn amlygu rhywfaint o hanes Llanddona.

Mehfin: cyflwynwyd sesiynau wythnosol cadw'n heini i rai dros 60 am gymorthdal o £3. Ffordd wych o gadw'n heini mewn awyrgylch hwyliog a chyfeillgar.



Dosbarthiadau ffritrwydd ar gyfer pobl dros 60 oed bob dydd Mawrth
Fitness classes for the over-60s every Tuesday
(Debbie Oulton)

Parhaodd y sesiynau poblogaidd Ymwybyddiaeth Ofalgar gyda Gwenan a byddant yn ail-gychwyn yn yr Hydref. Dysgwch sut i ddelio gyda'ch pryderon mewn awyrgylch saff a chyfeillgar.

I gyd-fynd gyda'n themau cadw'n heini, gosodwyd cyfarpar campfa yn yr ardal fu allan sydd ar gael am ddim i oedolion.

Unwaith eto bu'r Ffair Haf a'r Sioe Gwn yn lwyddiant mawr gyda danteithion blasus ar gael a stondinau diddorol yn arddangos amrywiaeth o eitemau ar werth am bris rhesymol.



Mali, enillydd gwobr y Cŵn Bach Gorau, a enillodd wobwr Alwen
Mali, winner of Best Puppy award, entered by Alwen
(Debbie Oulton)

Mae ein gweithgareddau rheolaidd yn parhau drwy'r flwyddyn. Sesiynau bwrdd tennis ar ddydd Llun, paned a sgwrs dydd Mawrth, cinio Caffi Ni a sesiynau sylfaenol TG ar ddydd Gwener, Grwp Ysgrifennu bob tair wythnos, Caffi Cofio, Gong Bath.

Dewch draw i gael hwyl a chefnogi eich Neuadd Bentref.



Neuadd Bentref Llanddona Village Hall: summer news
Debbie Oulton

Trustees and volunteers have continued working hard to promote Llanddona Village Hall and arrange fun events for the community.



"Efallai y bydd gen i'r tegan hwnnw, os gwelwch yn dda?"
"Please may I have that toy?"

April: we held a table top sale with pre-loved items available at bargain prices. What a great opportunity to have a spring clean and make some cash from your unwanted stuff.

Gwenan hosted the first of three Mindfulness sessions aimed at

promoting relaxation and destressing.

May: the Family Bingo events are great fun and a chance to win both cash and other prizes. A popular twist is the 'Sit Down Bingo' where the last person standing wins the whole cash pot. As you can see from the photo, the winner is delighted. Drinks and food are available to add to the fun. The next Bingo event is planned for August. Eyes down, look in.



Mae enillydd y Bingo Eistedd i Lawr yn amlwg yn falch iawn!

The winner of the sit-down bingo clearly delighted!

(Debbie Oulton)

The very talented Emily started work on a fabulous mural in the grounds of the Hall which will brighten up what was an unsightly bare wall. We can't wait to see the finished painting which illustrates some of the history of Llanddona, created by one of our Trustees.

June: we introduced new weekly fitness sessions for the over-60s at a subsidised cost of £3. A great way to keep fit in a fun and friendly atmosphere.

Mindfulness sessions with Gwenan continued due to popular demand and will resume in the Autumn. Learn how to still your mind and your anxieties in a safe and friendly atmosphere.



Trigolion Llanddona yn rhoi cynnig ar yr offer campfa awyr agored newydd a osodwyd ym mis Mehefin

Llanddona residents try out the new outdoor gym equipment installed in June

In keeping with the fitness theme, a suite of outdoor gym equipment was installed in the grounds which is available free of charge to all adults.

The annual Summer Fair and Fun Dog Show was once again a big hit with both two and four legged friends. An array of home-made cakes and sandwiches was on offer and lots of interesting stalls

displayed a wide variety of items for sale at reasonable prices.



Wynebau hapus yn y Ffair Haf
Happy faces at the Summer Fair
(Debbie Oulton)

Our regular activities continue throughout the year: weekly table tennis sessions on Mondays, Paned a Sgwrs on Tuesdays, Caffi Ni lunch and basic IT sessions on Fridays, Writers Group every three weeks, Caffi Cofio, Gong Bath.

Come along and have some fun and support your Village Hall.

• • • • • **The lads...it's the 1960s**

Mike Thomas

This follows on from **The Puffin** 48, page 25: *Motorbikes*.

♦ ♦ ♦
It's 1960s. The lads, David, Sam and William were doing anything they could to earn some money.

The only way to get a job in those days was to knock on doors and ask or keep a close check on the situations vacant adverts in the local paper.

Sam and William had found jobs at a local factory which made lavatory seats, coffins and hardwood flooring. Sam started as a time clerk, he looked after the 'clocking in' cards which was the first and last thing the workers did, most of the men arrived on bikes, often having ridden five or six miles; most of them had at least one finger missing and they had distinctive village accents. William worked in the offices mainly as a wages clerk, his task was to multiply the hours worked by the skill rate, the highest rate was for the 'saw doctor'.

This was done with the aid of a 'Friden Comptometer' which was German and pounds, shillings and pence had to be converted. For instance, a penny was input as .083, one twelfth, .166, was tuppence and the machine chuntered and rattled and displayed the total. When this was all done the correct number of £5 notes, ten shilling notes and change had to be sorted before the calculations were checked and money ordered from the bank. A labourer's wage was between £8 and £9 for a 44-hour week; machinists got a little more.

The money was then put into the wage

envelopes, if it was a penny short or a penny over it all had to be checked. It was imperative that the error had to be found.

Charlie had passed his test and with his grandad's help again, he upgraded his motorbike from a Triumph Tiger Cub to a big powerful T110 500cc. Huge envy from his friends who, with new found ingenuity, repaired, repainted and fettled various old motorbikes which had been bought on the 'never never'. Nothing daunted them, bikes were rebushed, rebored, valves were reground, new clutches fitted, and when they took to the road they knew their machines 'inside out'.

David's father died and his mother remarried. David, who must have been deeply upset, took up the Government's offer of a ten pound one way passage to Australia. Charlie's grandad also died and left Charlie a fair sum of money, and he set up as a motor trader. At first things were fine but his 'after sales service' was non-existent and he was soon no better off than the others.

It was an interesting time; there was an optimism in the air, and despite a shortage of money almost everyone seemed to be happy.

One Saturday some squealing pigs escaped from the pork butcher's and caused mayhem on market day. There was a youth club, a rugby club, Scouts, Guides. A motorbike group was formed, welcomed and offered the use of a workshop. The middle-aged proprietor of a classy shoe shop, Mr C, always tidy and polite, offered to start a judo club. He was not the sort of person one would expect to engage in combat sport. A group of teenagers went to see what was on offer at the judo club. 'Run at me,' said Mr C, who was standing on a big mat and wearing a judo suit with a black belt. 'Knock me over.' A huge lad called Neil, 6' 3" and renowned as slightly deranged, ran at him. With no apparent effort Mr C put him flat on the mat. He tried again from behind, same result. There was a rush to join.

Another group was formed; they purchased a well-used old double-decker bus and about a dozen of them set off to India.

It was a parting of the ways for the lads. Their close friendship from infancy to adulthood seemed to be at an end, but was it? Find out what happened a few decades later when a chance meeting brings them together again.

Up to this point all the events, adventures (and many, many more) really happened, but to a wider group of lads (including me) than I related.

The next episode will be pure fiction... well almost; I have been stuck up a tree.

Tailpiece: a Weary Westie on teaching a new dog old tricks, sleeping and other bits and pieces

Dame Tilly Barker of Llanddona (dogtated to Andrew Perrott)

The words *winning prizes* were supposed to be in the title. No such luck; the Boss said that he wasn't having any of *that*, and that I'd gone on about it long enough. "You've done nothing but bark on about it." So I sulked.



I can sulk like a professional when I want

[The Boss: she *did* sulk, so I relented. Tilly won two prizes, first place for the scruffiest dog and third place for the dog that the judge would most like to take home. She was very scruffy, having walked through the trees and wet grass to the Village Hall, and was bedraggled and covered with goosegrass and other seeds. She was a good girl.]

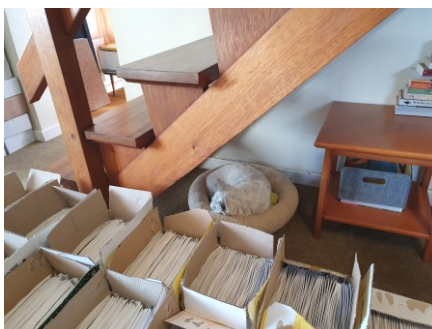
A few weeks ago I went to see my friend Robbie in Llansadwrn. Robbie is a very



Robbie just sits and watches while I chew his toys old boy and lets me play with his toys.

I like Robbie. Sometimes I get a bit carried away and chew off an ear or two, but he never seems bothered about it.

I have a doughnut bed under the stairs. The Boss thinks little of my convenience; when about a zillion boxes of **The Puffin** were delivered in the spring he simply plonked all the boxes on the floor in



How is a girl meant to find her bed for a good sleep when there are boxes all over the place?

front of my bed...it took me ages to find it, just when I needed a recuperative sleep (or do I mean a power nap?). Do



Just look what he did a few weeks ago...but he does let me sleep in my bed in the back of the car when the weather's dry which is very nice



you know, he sometimes takes the mickey by putting a *do not disturb* sign on me when I'm asleep, which isn't very kind because visitors laugh at me. They

give me treats as well, so I don't really mind too much.

When I go to see Daisy and Nancy I usually pull toys out of the cupboard,



Teaching a new dog old tricks; Nancy didn't take long to learn...

and I decided to teach Nancy how to do the same thing. She soon caught on. She's a noisy little terror and steals toys and other things from me when I'm not looking. It makes me very tired, of course, so I usually ignore her and go for a sleep. The Boss disturbs me



The Boss says that I look like a bag of potatoes when I sleep in his armchair



This is me looking down my nose at the Boss because he woke me up

sometimes when he sits in my [The Boss: it's *mine*, not hers] armchair when I'm asleep. It really is a dog's life...

Local Facebook links

- Anglesey Community Noticeboard/Hysbysfwrdd Cymunedol Môn
www.facebook.com/groups/205528177434085/
- Friends of Beaumaris
www.facebook.com/groups/521368261344315/
- Beaumaris Community Activities and Information/Gweithgareddau Biwmares
www.facebook.com/groups/400365856820659/
- Ffrindiau Cwlwm Seiriol Friends
www.facebook.com/groups/395263584239092/
- Cymuned Llanddona Community
www.facebook.com/groups/llanddona/
- Cymuned Llandegfan Community
www.facebook.com/groups/1518554195120520/
- Ffrindiau Llangoed
www.facebook.com/groups/1458577214379355/
- Cymuned Llangoed Community
www.facebook.com/groups/Llangoed/
- Pobol Llansadwrn People
www.facebook.com/groups/3140572646162274/
- Hysbysfwrdd Seiriol Noticeboard
www.facebook.com/groups/1600203890233039/

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Editorial Policy

- **The Puffin** is a community journal. It does not become involved in matters such as politics, local or national, but is intended to be a means of bringing people and communities together, celebrating our 'sense of community' and the beautiful part of the world in which we live, so please be kind, courteous and respectful. 'Hot' topics related to the local context are fine, but we ask that people respect the fact that alternative views may be valid as well.
- We welcome news, letters and interesting articles, in Welsh and in English, as long as they are attributed to an author; please don't send us anything marked 'not for publication'.
- The views expressed in **The Puffin** do not necessarily represent those of the Editorial Team.
- We review all items for material that is obviously libellous or offensive, but we cannot check for factual accuracy because we might not be sufficiently expert on the topic, and because of time constraints.
- If you have strong feelings about what is said, or is not said, in **The Puffin**, don't bottle it up: get in touch with us or join the group of volunteers who form the Editorial Team who enable its production.

General information and publication dates

- We will do our best to reply to your e-mails quickly.
- If you e-mail photographs and other pictures to us for inclusion in **The Puffin**, please send them in .jpg format if possible. If you send photographs or documents to us by post, be sure to enclose a stamped, self-addressed envelope so that we can return them to you after they've been scanned.
- The word count per column is c.350 (three-column page) and c.520 (two-column page).
- **The Puffin** is published in:
February: submissions by 1 January
May: submissions by 1 April
August: submissions by 1 July
November: submissions by 1 October

Submissions and donations by post

- We are happy to receive submissions – and donations, of course! – by post. Please send them to:
 Andrew Perrott
 Glangors
 Llanddona
 Anglesey
 LL58 8TU
 Mark the envelope **The Puffin** and enclose your address, an e-mail address and/or telephone number so that we can let you have an acknowledgement and a 'thank you'.
- If you would like to make a donation by bank transfer, our details are:
 Bank: **NatWest**
 Account name: **The Puffin**
 Account number: **88609782**
 Sort code **54-10-01**

Sponsorship and advertising

- Please contact us by e-mail if you would like to sponsor **The Puffin** or place an advertisement in it.

Where to pick up your copy of **The Puffin**

- **Beaumaris**
 ABC Service Station, Gallows Point, LL58 8YH
 Canolfan Hamdden Beaumaris, Rating Row, LL58 8AL
 Central Bakery, 22 Margaret Street, LL58 8DN
 Ena's Newsagents, 24 Castle Street, LL58 8AP
 Spar, 11 Castle Street, LL58 8AB
 Town Hall (entrance lobby), Castle Street, LL58 8AP
- **Llanddona**
 Yr Owain Glyndŵr, LL58 8UF
 Wern y Wylan, LL58 8TR (at Wern y Wylan Court)
 Neuadd Bentref Llanddona Village Hall, LL58 8TS
- **Llandegfan**
 Siop Llandêg, Lon Ganol, LL59 5UA
- **Llangoed**
 Morrisons Daily, China House, LL58 8NW
 Neuadd Bentref Llangoed Village Hall, LL58 8NY
- **Penmon**
 The Pilot House Café, Black Point, LL58 8RR

On-line

www.seiriolalliance.co.uk/newsletters/

Some useful contacts

Alcoholics Anonymous	0800 917 7650
Canolfan Iechyd Beaumaris Health Centre	01248 810818
Canolfan Hamdden Beaumaris	01248 811200
Cynllun Tro Da Seiriol Good Turn Scheme	01248 305014
Dŵr Cymru/Welsh Water:	leaks
	water services and emergencies
	sewerage services and emergencies
Electricity (SP Energy Networks):	information about power cuts
Floodline	0345 988 1188
Gas:	National Gas Emergency Service
Isle of Anglesey County Council:	Beaumaris library
	Children's Services
	missed waste collections
NHS (NHS Direct closed in 2014):	for non-emergency medical help
NSPCC:	help for adults concerned about a child
	help for children and young people
Police: non-emergency	101
PCSO: Caitlin McGonigle	07989 159178
PCSO: Dave Webster	07989 159457
Post Office:	customer helpline
	Morrisons Daily, Llangoed
	Spar, Beaumaris
RSPCA:	daily, 9.00am-6.00pm
Samaritans:	English language
	Welsh language
Ysbyty Gwynedd Hospital	01248 384384