

The Puffin

FREE community magazine • published quarterly

Number 39 • February 2022

Serving...

- Llangoed
- Glanrafon
- Penmon
- Beaumaris
- Llanfaes
- Llanddona
- Llandegfan
- Llansadwrn

...and on-line

ANOTHER YEAR IS UPON US

John Nunn

It's 3 January as I write this, so New Year thoughts are very much to the fore. By the time you read this we will be well into 2022, but it'll still be our first contact with you so I guess it's not too late to wish you all...

**Blwyddyn Newydd Dda!
Happy New Year!**

The situation regarding COVID-19 might be becoming much clearer: the Omicron variant might be causing massive devastation, or might have been discovered to be something of a paper tiger, with the result that life might be getting back to something resembling normality...then again, the word on everyone's lips might be of an as yet unnamed and unknown new variant. We can but hope. Whatever happens, **The Puffin** will continue to provide you with your quarterly fix of local news and views.

We mention this in almost every number but I feel it bears repeating: if you have concerns or needs to do with COVID-19, a good place to look for information is the special COVID-19 number of **The Puffin**, which was delivered in April 2020 to households in the LL58 and LL59 Postcode areas. You'll find it on-line at www.seiriolalliance.co.uk/newsletters/. While some of the specific details might be out of date most of the organisations listed will still be the ones to contact for information and help.

We know that, including its on-line presence, **The Puffin** is read far and wide. As a relative newcomer to the area it is a joy for me to see just the range of activities taking place in our area, and people reading **The Puffin** far from our lovely corner of Anglesey are amazed at the vibrancy of our community; however, it will always remain a fact that we can only print the information that we receive.

If you have been hiding your personal activities, or those of your group, under a bushel, now is the time to shine and let the world know what you are up to. Items are always welcome, so send them in to us! You'll find our contact details on the back page of every number.

This article isn't intended as a begging letter, but it is worth pointing out that we are entirely dependent on donations and

organisations. We can print the next two issues but after that... So, if you are feeling generous we would love to hear from you. Again, our contact details are on the back page of every number.

The response to our adoption of a magazine-style front cover has been overwhelmingly positive...thank you! At the time of writing I have no idea what will be on February's front cover, but our text-setter seems to have the ability to sniff out artists who are prepared to feature their creations. I can't wait to see the next front cover but I'm sure that it'll contain the right amount of the wow factor.

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In this number you'll find all manner of interesting stuff.

On page 17 there's an article about something amazing that came out of the COVID pandemic, and that's the story of Choir of the Earth, which started off as the Self-Isolation Choir, and which has produced some really beautiful music, thanks to musical talent and electronic wizardry. More seriously and just as relevant is the article *Mental health and the farming community* on page 10. We hope that readers will find it useful and interesting.

I'll finish with a plea: if you are the proud possessor of a printer and you know of anybody who's unable to get out to pick up a copy from one of our outlets, do print off a copy to give to that person, or pick up an additional copy from the

outlet... and, of course we still need new editorial team members: after all, who wouldn't want to be associated with a production of such outstanding quality (said he, modestly)?

THIS MONTH'S COVER PICTURE

Andrew Perrott

Take yourselves back to just before Christmas 2010...do you remember all that lovely snow?

This month's cover picture is my oil painting of the view from the field behind Capel Peniel, Llanddona, just a little way down the hill, looking across towards

Mynydd Llwydiart; Wern y Wylan and Red Wharf Bay are off to the right.

By now my nose is longer than Pinocchio's, because I've just told an almighty whopper...the picture is a photograph, in fact, one that I took during that lovely snowy period. I've just acquired a new toy for my computer, a software package by Akvis, which enables the user to convert photographs into oil paintings, watercolours, pastels and the like.

We did have a beautiful painting lined up for this month, but circumstances outside anybody's control have meant that it will now appear in **The Puffin** 40, complete with accompanying article. In the meantime, fake or not, we hope that you like our 'painting' of some proper winter weather.

WHAT'S HAPPENING WHERE?

In pre-COVID times, *What's happening where?* was where our regular quarterly

round-up of what's on in the locality appeared, regular events and one-offs near home and further afield...but we've started 2022 much as we finished 2021, with the 'lurking COVID menace' still ruling our lives, so the information here is on the scanty side. Inevitably, we don't cover everything that's on, so if you think that an event is missing and should be mentioned, please make sure that you let us know in good time. Our contact details and submission deadlines are always given in *Editorial information and other 'useful to know' stuff* on the back page.

Note We're not alone when memory fails us, so we'll point out the obvious, just in case!

- Keep an eye on local advertising and social media, Facebook and the like,

www.seiriolalliance.co.uk/newsletters/

because changes to COVID restrictions could affect events either way, with some happening suddenly, or being cancelled equally suddenly.

- Check beforehand to make sure that an event is happening.
- Remember to take a mask with you!

Beaumaris

- **Seiriol Alliance, Canolfan Beaumaris:** go to pages 11-15 and read all about all the interesting and exciting things that are happening.

The sessions listed below take place every week as well:

- Walking football
- Pickleball
- Walking netball
- Table tennis
- Ballroom dancing

☎ 01248 811200 for more information.

- **H'Artworks:** Anne Snaith is 'Artist in Residence' at the Bulkeley Hotel, Castle Street, where she runs a variety of workshops and much more besides.

Tuesdays, 4.30pm-5.30pm:

Children's Art Club for ages 6 to 12 years. £12.50 per head, includes professional tuition in a wide variety of media. Materials are included. Restarted on Tuesday 18th January.

Thursdays, 1.00pm-3.00pm:

Fun and friendly...a block of 10 sessions costs £150. 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. Started 13 January; last lesson 24 March. Half-term break 24 February.

Starting during February:

Thursdays, 4.30pm-5.30pm: Young People's Art Group for ages 13-18. The cost is £12.50 per head, and includes professional tuition in a wide variety of media. Materials are included.

Look out for information on social media, such as Facebook and Instagram.

For more information or to book a place please contact Anne Snaith:

✉ hartworks@btinternet.com
☎ 01248 490370 or 07531 384434.

- **Film Night:** people have been www.facebook.com/groups/llangoed

asking when Film Night will be back.

The team of volunteers at Canolfan Beaumaris who were running it before lockdown would love to restart, and as COVID has appeared to be in decline recently, that date must be getting closer.

Keep your eye on social media and the next number of **The Puffin!** Meanwhile, if you'd like to be involved in any way, please contact Stephen Marsden on 07774 699685.

Llanddona

- **Neuadd Bentref Llanddona Village Hall:** go to page 16 for a summary of last year's events.

Caffi Ni will probably have announced its reopening by the time **The Puffin** has gone to print.

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- **H'Artworks:** Anne Snaith's watercolour class for beginners and intermediates, at Neuadd Bentref Llanddona Village Hall.

Wednesdays, 1.00pm-3.00pm: Fun and friendly...a block of 10 sessions costs £150. 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. Started on 26 January; last lesson 6 April. Half-term break 23 February.

For more information or to book a place please contact Anne Snaith:

✉ hartworks@btinternet.com
☎ 01248 490370 or 07531 384434.

- **Caffi Cofio:** Neuadd Bentref Llanddona Village Hall, the first and third Wednesdays of the month, 2.00pm-4.00pm. Caffi Cofio is provided by Carers Trust North Wales Crossroads Care Services.

It's a friendly service for anybody who needs support; carers are welcome as well!

Please telephone 01492 542212 to book a place.

Transport to and from the group can be

arranged; it's organised by the Seiriol Good Turn Scheme, with a small fee.

The following dates have been booked:

- 2 February
- 16 February
- 2 March
- 16 March

- **Village Knit Club:** every Monday at 7.15pm, at the Owain Glyndŵr. All are welcome to this friendly group; bring your knitting, crochet, patchwork, whatever!

For more information contact Meg Marsden on 07913 223435.

- **Llanddona Table Tennis Group:** every Monday, Neuadd Bentref Llanddona Village Hall, 10.00am-12.00 noon.

Contact kirstyalisonsimpson@hotmail.com if you're interested; because of continuing COVID restrictions we need to explain to people the current guidelines for playing before they come along.

- **Llanddona Writers Group:** the group has been back meeting in person for months now, with a few new members to freshen us up. We currently meet for free every third Tuesday afternoon at 3.00pm. We welcome anyone, starters included. If you'd like to give us a try, or find out more, please contact Stephen Marsden on 07774 699685.

- **Senior Citizens Committee:** go to page 17 and read the article about "Made with Love" from Llanddona.

Llangoed

- **Llangoed WI:** we meet on the first Wednesday of the month. Meetings begin at 2.00pm on the first Wednesday of each month in Llangoed Village Hall. We are a lively group of mixed ages, so, ladies, do feel welcome to join us. See also page 19.

- **Clwb Garddio Llangoed Gardening Club:** it is with great sadness and much regret that we have to announce that Clwb Garddio Llangoed Gardening Club can continue no longer. See also page 17.

- **Seiriol Men's Shed:** we meet on Thursdays, 10.00am-12.00 noon, in our workshop at Haulfre residential home, Llangoed. See also page 20. To find us from the direction of Beaumaris:

- Go through Llangoed, past Morrisons Daily (formerly

- McColl's) on the right, and down the hill
- Go over the little bridge 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
 - Walk down towards the gardens
 - Our workshop is on the left.

PS: it's men only!...and please park thoughtfully.

Cwlwm Seiriol

- Dyma rai dyddiadau ar gyfer eich dyddiadur:

20 Chwefror: dysgwch sut i wneud blwch nythu o'r newydd gyda James Carpenter:

 - 2 sesiwn: bore a phrynhawn; 6 slot ar bob un; rhaid archebu lle
 - Lleoliad: Gwarchodfa Natur Leol Comin Llanddona

5 Mawrth: adnabod coed yn y gaeaf gyda Simon Hunt (Coed Cymru):

 - 2 sesiwn: 1.30yp-4.00yp a 4.30yp-6.30yp; 8 lle ar gael ar bob un; rhaid archebu lle
 - Lleoliad: Gwarchodfa Natur Leol Comin Llangoed ac Aberlleiniog.

10 Ebrill: taith gerdded planhigion coetir gyda'r botanegydd Julie Rose:

 - 10.00yb-12.30yp; 12 lle ar gael; dim cŵn, os gwelwch yn dda
 - Lleoliad: Gwarchodfa Natur Leol Cyttr Mawr, Hen Landegfan.

1 Mai: taith gerdded gwyllo adar a chyfle i ddod i adnabod eu caneuon gyda'r adarwr Tony White:

 - 7.00yb-10.00yb; 20 lle ar gael; dim cŵn, os gwelwch yn dda
 - Lleoliad: Gwarchodfa Natur Leol Comin Llangoed ac Aberlleiniog.
- I archebu lle ar ddiwyddiad e-bostiwrch delyth@cwlwmseiriol.com.

- Here are some dates for your diary:

20 February: learn how to make a nestbox from scratch with James Carpenter:

 - 2 sessions: morning and afternoon; 6 slots on each; places must be booked
 - Location: Llanddona Commons Local Nature Reserve.

5 March: winter tree identification with Simon Hunt (Coed Cymru):

 - 2 sessions: 1.30pm-4.00pm and 4.30pm-6.30pm; 8 spaces available on each; places must be booked
 - Location: Llangoed Commons and Aberlleiniog Local Nature Reserve.

10 April: woodland plant walk with

CYMDEITHAS RHANDIROEDD BEAUMARIS

Os ydych chi'n arddwr profiadol, neu'n ddechreuwr brwd, yna pam na wnewch chi wneud cais am randir yn nhref Beaumaris?

Mae ffurflenni cais ar gael o'r hysbysfwrdd ar y safle, drwy wefan y Gymdeithas Rhandiroedd, www.beaumaris-allotments.weebly.com/, Neuadd y Dref Beaumaris neu oddi ar eu gwefan.

Mae croeso i arddwyr o bob gallu a pob oedran i wneud cais am randir. Rydym yn derbyn ceisiadau gan unrhywun sydd a'u prif cyfeiriad yn un o'r codau pŵst canlynol: LL58, LL59, LL61, LL75 neu LL76.

Rydym yn griw cyfeillgar a chymwynasgar, sydd yn cynnal bob math o weithgareddau cymdeithasol.

Edrychwn ymlaen i glywed gennych.

Yma ers 100 mlynedd... **ac yn dal i dyfu**

CYMDEITHAS RHANDIROEDD BEAUMARIS



BEAUMARIS ALLOTMENTS SOCIETY

Over 100 years... **and still growing**

BEAUMARIS ALLOTMENTS SOCIETY

If you are a keen gardener or even an enthusiastic beginner, then why not apply for an allotment in Beaumaris?

Application forms are available from the on-site noticeboard, via the Allotment Society website, www.beaumaris-allotmentsociety.com/, from Beaumaris Town Hall or from the Beaumaris Town Hall website.

Beaumaris Allotments welcome gardeners of all ages and all abilities. Applications are accepted from anyone whose principal address is within the following postcode areas: LL58, LL59, LL61, LL75 and LL76.

We are a very friendly and helpful group with a great social calendar, so why not join us?

We look forward to hearing from you.

botanist Julie Rose:

- 10.00am-12.30pm; 12 spaces available; no dogs, please
- Location: Cyttr Mawr Local Nature Reserve, Old Llandegfan.

1 May: birdwatching walk and a chance to get to know their songs with birder Tony White:

- 7.00am-10.00am; 20 spaces available; no dogs, please
- Location: Llangoed Commons and Aberlleiniog Local Nature Reserve.

To book onto an event e-mail delyth@cwlwmseiriol.com.

MWYNHAU RHYFEDDODAU NATUR YN Y GAEAF AC EDRYCH YMLAEN AT Y GWANWYN

Delyth Phillipps, Swyddog Ymgysylltu â'r Gymuned

Gall y gaeaf ymddangos yn hir a llwm ond mae digonedd i'w weld a rhyfeddu arno o hyd. Yn ystod wythnos gyntaf y flwyddyn, ar fore hynod o oer, cymerais ran mewn Helfa Blanhigion y Flwyddyn Newydd, i chwilio am rywogaethau newydd sydd yn eu blodau, a'u cofnodi, a chefais fy synnu gan y nifer a oedd i'w gweld. Mae hwn yn ddiwyddiad blynyddol wedi'i gynnal gan Gymdeithas Fotanegol Prydain ac Iwerddon, ac mae'r data a gyflwynir yn eu helpu i greu darlun cliriach o sut mae ein blodau gwylt yn ymateb i newidiadau yn yr hinsawdd yn yr hydref a'r gaeaf.

Efallai eich bod yn disgwyl ei chael hi'n anodd adnabod coed ar ôl i'r dail ddisgyn, fodd bynnag, mae brigau, blagur, cenau coed a rhisgl yn ein helpu i adnabod coed yn y gaeaf. Mae silwetau nodweddiadol coed aeddfed hefyd yn arf diagnostig defnyddiol; nodweddion allweddol i gadw llygad amdanynt yw uchder y goeden, patrwm y canghennau a'r cynefin y mae'n tyfu ynddo. Mae hyn yn golygu mai'r gaeaf yw'r adeg berffaith i ddod i adnabod ein rhywogaethau brodorol. Byddwn yn cynnal sesiwn ynghylch hyn yn fuan.

A ydych chi wedi gweld cenau cyll melyn (*Corylus avellana*) a elwir hefyd yn 'gynffonnau ŵyn bach' eto? Gall cenau cyll newydd ymddangos ar rai coed brodorol yn ystod yr hydref, a bydd y rhain yn fyr, wedi'u cau, ac yn galed i'w cyffwrdd, ond byddant yn chwyddo ac yn aeddfedu dros amser. Mae coed eraill sydd â chenu arnynt yn ystod y gaeaf yn cynnwys y wern (*Alnus glutinosa*) a'r fedwen (*Betula spp*).

Mae'r gwaith o goedlannu'r gwarchodfeydd natur yn dechrau fis Ionawr, ac yn parhau hyd ganol mis Chwefror, cyn y bydd y coed yn dechrau tyfu. Ystyr coedlannu yw torri coed a llwyni at lefel y ddaear, sy'n hyrwyddo

ail-dyfiant cadarn a chyflenwad cynaliadwy o bren. Mae'n ddull traddodiadol o reoli coetir sydd wedi bodoli ers miloedd o flynyddoedd. Caiff coed eu coedlannu ar gyfer pren tân, creu siarcol, polion ffa a ffyn pys, yn ogystal â'r budd y mae'n ei gynnig i fywyd gwyllt. Mae coedlannu cylchdro yn cynnal amrywiaeth strwythurol ar raddfa fechan, gyda phatrwm newidiol o ardaloedd agored a phrysgwydd.

Yn y gorffennol, roedd yr holl bren o waith coedlannu'n cael ei ddefnyddio, ac arweiniodd hyn at brinder coed marw wedi cwmpo a choed marw a oedd yn parhau i sefyll, sy'n hanfodol ar gyfer ffyngau, infertebratau, mamaliaid bach ac amffibiaid. Dyma pam ein bod bellach yn gadael pentyrrau o bren ger ardaloedd sydd newydd gael eu coedlannu. Mae'r ardaloedd sydd newydd gael eu hagar i fyny'n caniatáu i olau haul gyrraedd tir y coetir, sy'n



Silwét o dderwen aeddfed yn y gaeaf/Silhouette of a mature oak in winter (Andy Shots)

annog blodau gwyllt ac mae'r rhain wedyn yn denu pryfed, gan gynnwys gloynnod byw, gwyfod a chwilod, sydd yn eu tro yn fwyd i adar ac ystlumod.

Mae gennym nifer o weithgareddau ar y gweill eleni, ac rydym wir yn gobeithio y byddwch yn ymuno â ni. Yn ogystal â'r sesiynau gwirfoddoli arferol ar ddydd Mawrth, bydd amrywiaeth o weithdai ar gael i bobl sy'n awyddus i feithrin eu sgiliau awyr agored a chyfoethogi eu cysylltiad â natur.

Yn y digwyddiadau hyn, byddwn yn rhoi coed i bobl eu plannu ar eu tir eu hunain, neu dir y maent yn ei reoli, er mwyn llenwi'r bylchau yn sgil y coed a gollwyd yn y tirlun oherwydd pethau fel clefyd coed ynn. Mae'r coed yn cael eu cynnig am ddim i unrhyw un yn Ward Seiriol sydd â lle i'w plannu ac sy'n barod i ofalu amdanynt.

Bydd y coed yn cynnig cilfachau ecolegol tebyg i'r ynn, er na fyddant yn eu disodli'n uniongyrchol gan fod gan pob rhywogaeth o goedden ei phriodolddau ei hun: masarnen fach, gwernen gyffredin, bedwen arian,

puffinpages@gmail.com

castanwydden bêr, collen, coeden afalau surion, ceiriosen wyllt, derwen ddiagoes, pisgwydden deilen fach. Gellir eu cyflenwi gyda gwialen fambŵ a gwarchodwr coed troellog pyradwy i'w diogelu rhag mamaliaid bach sy'n pori (cwningod, ysgyfarnogod, llygod y gwair).

Mae prosiect Cwlwm Seiriol yn gweithio'n agos â'r cynghorau cymunedol yn Ward Seiriol i reoli tair gwarchodfa natur leol, gyda chefnogaeth amhrisiadwy grŵp o wirfoddolwyr, ac rydym yn awyddus i ddenu mwy o bobl i

gymryd rhan. Mae'r prosiect yn cynnig cyfleoedd i ddysgu am yr holl agweddau ar reoli coetir, gan gynnwys cadwraeth a bioamrywiaeth; adfywio naturiol; coedlannu; plannu; teneuo a thocio; diogelu coed hynafol. Felly, p'un a ydych yn mwynhau cerdded drwy'r coed, yn dymuno deall rheolaeth coetir llydanddail yn well, yn ystyried prynu coetir, neu eisoes yn berchen ar goetir, cysylltwch â ni.

Anfonwch e-bost at delythmentermon.com neu ffoniwch 07815 709240.

ENJOYING THE WONDERS OF NATURE IN WINTER AND LOOKING FORWARD TO SPRING

Delyth Philipps, Community Engagement Officer

Winter can seem long and bleak, but there is still plenty to see and marvel at in nature. During the first week of the year, on a very cold morning, I took part in a New Year Plant Hunt to look for and record species in bloom, and was

amazed by how many we saw. This is an annual event run by the Botanical Society of Britain & Ireland and the data submitted helps them to build up a clearer picture of how our wildflowers are responding to climate changes in autumn and winter.

You might think that once all the leaves have fallen trees would be difficult to identify; however, twigs, leaf buds, catkins and bark help us identify trees in winter. The characteristic silhouettes of mature trees are also a useful diagnostic tool; key features to look out for are the tree's height, branching pattern and the habitat in which it's growing. This makes winter the perfect time to get to know our native species. We shall be running a session about this soon.

Have you spotted the yellow hazel (*Corylus avellana*) catkins, also known as 'lamb's tails', yet? On some native trees the new catkins can appear in the



An ash with 50% dieback (Simon Hunt)

autumn; these will be short, closed-up and firm to the touch, but over time they slowly swell and mature. Other trees that have catkins in winter are alder (*Alnus glutinosa*) and birch (*Betula spp.*).

The coppicing work in the nature reserves starts in January and continues until mid-February before the trees come into active growth. Coppicing is the practice of cutting trees and shrubs to ground level which promotes vigorous regrowth and a sustainable supply of timber. It is a traditional method of woodland management which has been around for millennia. Trees are coppiced for firewood, charcoal production, bean poles and pea sticks, plus the benefit it provides for wildlife. Rotational coppicing maintains a small-scale structural diversity, with a constantly changing pattern of open areas, and scrub thickets.

In the past all the wood from coppicing was used, which led to a depletion of fallen and standing dead wood which is essential for fungi, invertebrates, small mammals and amphibians. This is the reason we now leave piles of wood near newly coppiced areas. The newly opened areas allow sunlight to reach the

Across

- 7 Extinguish (3,3)
- 8 Replace circuits (6)
- 9 Old Russian ruler (4)
- 10 Timber fittings (8)
- 11 Big apple (3,4)
- 13 More active than normal (5)
- 15 South American mammal (5)
- 17 Add water (7)
- 20 Optical affliction (5-3)
- 21 Row (4)
- 23 Examine in detail (6)
- 24 African country (6)

woodland floor which encourages wildflowers and these attract insects, including butterflies, moths and beetles, which in turn are food for birds and bats.

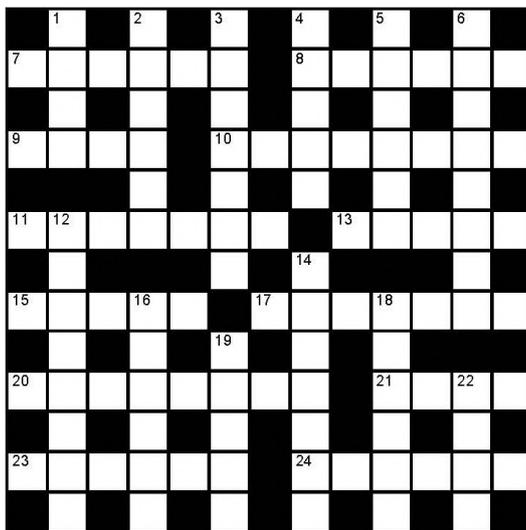
We have lots of activities planned for this year and we really hope you can join us. As well as the usual Tuesday volunteering sessions, there will be various workshops on offer for people who are keen to build on their outdoor skillset and deepen their connection with nature.

At these events we shall be giving away trees for people to plant on their own land or land that they have some control over to make up for the loss of trees in the landscape due to things such as ash dieback disease. The trees are being offered free to anybody in the Seiriol Ward who has the space to plant them and are willing to look after them.

The trees on offer will provide similar ecological niches to the ash, although they will not be a direct replacement as no one species of tree has the same attributes: field maple, common alder, silver birch, sweet chestnut, hazel, crab apple, wild cherry, sessile oak, small-leaved lime. They can be supplied with a bamboo cane and a biodegradable spiral tree guard to offer protection from small browsing mammals (rabbits, hares, voles).

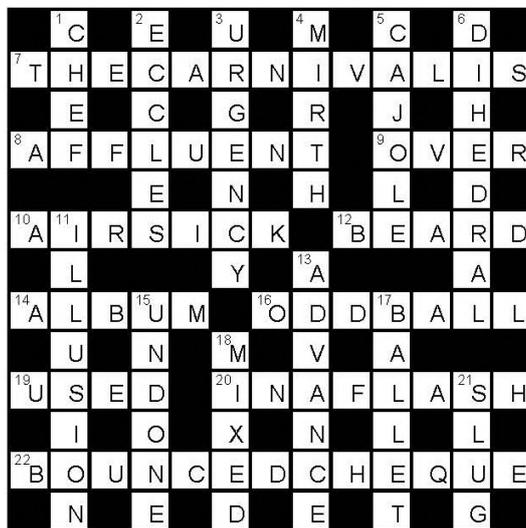
The Cwlwm Seiriol project is working closely with the community councils in the Seiriol Ward to manage three local nature reserves with the invaluable support of a group of volunteers and we are keen to get more local people involved. The project offers opportunities to learn about all aspects of woodland management including conservation and biodiversity; natural regeneration; coppicing; planting; thinning and felling; protecting ancient trees. So, whether you simply enjoy walking in the woods, wish to gain a greater understanding of the management of a broadleaved woodland, are considering buying a woodland, or already have a woodland, we would like to hear from you.

QUICK CROSSWORD NO 8

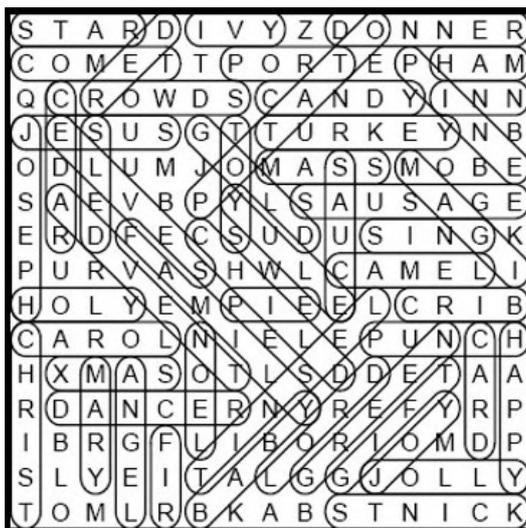


The solutions to 'the Governor's' Quick crossword no 8 will be given in **The Puffin** 40.

QUICK CROSSWORD NO 7: SOLUTION



CHRISTMAS WORDSEARCH: SOLUTION



Please e-mail deilyth@mentermon.com or phone 07815 709240.



Down

- 1 Bother (4)
- 2 In a sullen manner (6)
- 3 Cabin crew (7)
- 4 A gas (5)
- 5 In both directions (3-3)
- 6 Salacious (8)
- 12 Device for amplification (8)
- 14 Excited or tense (5,2)
- 16 Relic exhibition organisation (6)
- 18 Ceremony (6)
- 19 Three-masted vessel (5)
- 22 Slowly reduce volume (4)

TEST YOUR INTELLIGENCE: THE ANSWERS

Andrew Perrott

Readers, I wonder how many of you attempted to *Test your intelligence* in **The Puffin** 38, page 6:

Here are the answers:

Q1 How do you put a giraffe into a refrigerator?

A You open the refrigerator door, put in the giraffe and close the door.

Q2 How do you put an elephant into a refrigerator?

A If you said 'open the refrigerator door, put in the elephant, and close the door', you're wrong.

The correct answer is: open the refrigerator door, take out the giraffe, put in the elephant and close the door.

This tests your ability to think through the repercussions of your previous actions.

Q3 The Lion King is hosting a conference of the animals. All the animals attend, except one: which one?

A The Elephant: he's in the refrigerator. You just put him in there.

This tests your memory.

Even if you didn't answer the first three questions correctly, you have one more chance to show your true abilities.

Q4 There is a river which you must cross, but it's used by crocodiles and you don't have a boat. How do you cross it?

A You jump into the river and swim across. You weren't paying attention, were you? All the crocodiles are attending the animal conference.

This tests whether you learn quickly from your mistakes.

Are you a very intelligent person?

I don't think that I can be very intelligent...I failed it miserably!

www.seiriolalliance.co.uk/newsletters/

CLASSIQUE DE DANSE...A POEM

Caroline Egan

You might recall that **The Puffin** 38 dipped its dancing pumps into the world of ballroom dancing in Blackpool...

Caroline Egan, the Canolfan's Ballroom Dance and Latin in Line coach, officiated at the annual "Classique de Dance Awards" evening on 17 September. That evening was dedicated to the NHS, and Caroline composed a poem for the event:

A Pandemic arrived and left us in an awful state,
But there were those out there who stepped up to the plate.

They were kind and caring but rushed off their feet,
Each day, not knowing what they would meet.

The risk to themselves put to one side.
Round the clock care and still some died.

But many recovered thanks to their care,
Their heroic efforts, emotions laid bare.
We clapped, we cheered, we made enough sounds,
Our gratitude to them knew no bounds.

To step up further when vaccinations were needed,
A mammoth task but again they succeeded.

Every twist and turn along this road
Has seen these people take on the load.

We will be forever grateful and tonight it seems
Fitting and right to applaud our NHS Teams.

DIOLCH I DİM **The Puffin**

Cynghorydd Carwyn Jones

Wrth i ni ddechrau blwyddyn newydd gydag rhifyn arall o **The Puffin**, hoffwn gymryd y cyfle ar ran Ward Seiriol i ddiolch i'r Tîm Golygyddol gwyb am eu gwaith caled yn llunio'r adnodd cymunedol penigamp yma yn chwarterol i ni i gyd i fwynhau.

Mae'r tîm ymroddedig o wirfoddolwyr i'w ganmol am yr amrywiaeth a'r ansawdd ym mhob rhifyn ac yn ystod 2021 wedi ehangu i gynnwys Ward Seiriol gyfan gan ychwanegu Llandegfan a Llansadwrn i'r cylchrediad.

Mae **The Puffin** wedi bod yn mynd nifer dda o flynyddoedd bellach ac mae cymaint o bobl lleol yn nodi wrthyf faint maen nhw'n gwerthfawrogi derbyn eu copi a'r mwynhad maen nhw'n ei gael wrth ddarllen. Yn ogystal a bod yn darlleniad da, mae hefyd yn adnodd cymunedol hanfodol, ac mae llawer yn dal i gofio'r rhifyn arbennig 'Gwybodaeth Coronafirws Pwysig' ym mis Ebrill 2020

www.facebook.com/groups/llangoed

a oedd yn llawn gwybodaeth hanfodol i helpu pawb trwy gamau cynnar pandemig Covid ac a ddosbarthwyd trwy'r Post Brenhinol, roedd hwn mor bwysig i lawer ac yn enwedig y mwyaf bregus ac ynysig yn ein cymuned ac yn cynnwys gwybodaeth am Gynllun



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Newydd Tro Da Seiriol a sefydlwyd trwy'r Gynghrair Seiriol.

Byddaf yn meddwl bob chwarter sut ar y ddaear y fydd y tîm golygyddol yn medru gwella ar y cyhoeddiad blaenorol a tydi nhw byth yn siomi, ac yn enwedig gyda y clawr blaen! Fy hoff glawr blaen hyd yn hyn yw ein Gwiwer Goch annwyl, gyda



Cynghorydd/Councillor Carwyn Jones (Carwyn Jones)

y clawr blaen! Fy hoff glawr blaen hyd yn hyn yw ein Gwiwer Goch annwyl, gyda ac yna goleudy Trwyn Du Penmon yn ail agos! I mi mae **The Puffin** yn adnodd cymunedol hanfodol a sydd bellach yng nghalon Ward Seiriol a diolchaf i'r tîm am eu gwaith caled.

Rydym mor ffodus i fod yn byw ar yr ynys anhygoel a hardd hon, yn agos at natur, yn agos at bobl ac o fewn cymuned wych. Rwy'n dymuno 2022 hapus, iach a llewyrchus i bawb.

THANKS TO **The Puffin** TEAM

Councillor Carwyn Jones

As we start a new year with yet another super edition of **The Puffin**, I would like to take this opportunity on behalf of the Seiriol Ward to thank the fantastic Editorial Team at **The Puffin** for their hard work in putting together this fantastic community resource for us all to enjoy each quarter.

The dedicated team of volunteers are to be commended for the variety and quality within each edition, and during 2021 expanded to cover the whole of the Seiriol Ward, adding Llandegfan and Llansadwrn to the circulation.

The Puffin has been going a good number of years now and so many people locally comment to me how much they value receiving their copy and the enjoyment they get from reading it. Not only is **The Puffin** a good read, it's also a vital community resource, and many still fondly remember the special 'Important Coronavirus Information' edition in April 2020 which was packed with vital information to help everyone through the early stages of the COVID pandemic and was distributed via the Royal Mail; this was so important to many and especially the most vulnerable and isolated within our community, and included information about the new Seiriol Good Turn Scheme set up through the Seiriol Alliance.

I wonder each quarter how on earth will the editorial team top the previous publication, and always look forward with much anticipation for the front cover! My favourite so far has to be our beloved red squirrel, followed by the Penmon Point lighthouse in close second! For me **The Puffin** is now well and truly at the heart of the Seiriol Ward as a vital community resource and I thank the team for their hard work.

We are so fortunate to be living on this amazing and beautiful island, close to nature, close to people and within a fantastic community. I wish everyone a happy, healthy and prosperous 2022.

NATURE NOTES: OWLS AND OTHER WONDERS

Roz Hattey

During the darker days and longer nights between October and the winter solstice we probably all needed to try and focus on things to keep us occupied or perhaps to lift our spirits. Rain-sodden gardens and allotments have kept many

of us indoors more than usual during the last couple of months, and it's sometimes been an effort even to take the dog for another walk or to try and do a bit of bird-watching! Yet out there, in gardens, fields, woods, marshes and around the coast wildlife continues its age-old winter survival strategies, searching and competing for food and shelter.

Walking Tilly at Gallows Point on 19 December 2021, Andrew Perrott noticed a group of people hard at work in the sun, ringing oystercatchers. This would have been part of an ongoing monitoring programme to keep an eye on populations of wildfowl and waders.



An oystercatcher about to be ringed at Gallows Point (Andrew Perrott)

The British Trust for Ornithology (BTO) is the national co-ordinator of these studies, with hundreds of specially trained and licensed volunteers braving all weathers to carefully capture (usually by mist-netting) the target birds and place tiny, coded rings on their legs for future identification before releasing them again.

It is worth noting that ornithologists are concerned that human activity could be disturbing oystercatchers. Their numbers are declining and they are now classed as a 'near-threatened' British species. At Morfa Madryn, near Llanfairfechan, and in Beaumaris, Bangor University has been studying the effects of disturbance by walkers and their dogs and by more distant noises from passing boats. Traeth Lafan (the Lafan Sands), an extensive intertidal area stretching along the Menai Strait from Llanfairfechan and Beaumaris to Bangor and Menai Bridge, is a nationally important site for oystercatchers. Researchers have found that both of these human activities do cause the birds to wake more often during sleep at their high-tide roosts. Over time, this is likely to reduce both their overall fitness, particularly in harsh winter conditions, and their alertness to any threats. In other words, disturbed sleep is leaving the birds more tired and vulnerable. We should try to avoid disturbing them, especially when they are resting at high tide.

A more acute and alarming concern was reported in mid-December by the RSPB. Distressing reports were coming in from

the Solway Firth, on the England/Scotland borders. Large numbers of ducks, geese and swans were dying of avian (bird) flu. Usually the arrival of around 34,000 barnacle geese from Arctic Svalbard at this time each year to over-winter on the Solway coast is a wonderful spectacle. This year, though, avian flu has been killing thousands of them, ten per cent or more. That now familiar word 'unprecedented' is being used by the RSPB for the outbreak of this virus. As the crow, or other wild bird, flies, we are not very far from the Solway, so keep a look-out for dead birds, especially on the coast. If you do see more than one or two in one area, please don't touch them. The links at the end of this article give information about how to report what you've seen.

Not wanting to think about yet more sad news of deadly viruses, I turned my thoughts to other things. Fascinated again by a BBC Natural World programme about Rose and Lloyd Buck,



Barn owl alighting on a branch (www.istockphoto.com)

who hatched and raised two barn owl chicks, Luna and Lily, and prepared them for life in the wild, I thought of other encounters with wild owls, both my own and those of other people.

Owls have often instilled unease, even fear, in people. They have long featured in myths and traditional tales of secret or dark doings. Owls do have enormous staring eyes enabling them to see in low light and their heads are generally round with faces often strangely flattened or dished in appearance, unlike most more familiar birds. Their dense, soft feathers help to muffle sound as they hunt and the dished faces contribute to their extremely sensitive hearing ability, acting rather like a satellite dish. Most are seldom seen during the day, although many species can be active then. Owls tend to be associated with the half-light of dusk or with the night hours, when eerie or even spine-chilling calls are heard. In fact, in Britain, only the tawny or brown owl, *Strix aluco*, is truly nocturnal and although some of their 'too-wit' calls are rather harsh, it is often the scream of a vixen or even a heron flying overhead which can startle you.

Like many of us, I was first introduced to tawny owls by Beatrix Potter with her

wonderful illustrations of 'Mr Brown' in *The Tale of Squirrel Nutkin*, published in 1903. Here he is portrayed as a grumpy, rather sinister bird who is trying to get his day-time sleep while the young red squirrel pesters him. In the story, the owl punishes him by taking off his beautiful tail! I have always been thrilled to hear the real tawnies calling to each other in woods and from trees and roof-tops. Not



Nutkin was excessively impertinent in his manners, He bobbed up and down, like a little red cherry... Mr Brown paid no attention whatever to Nutkin He shut his eyes obstinately and went to sleep. (Beatrix Potter, *The Tale of Squirrel Nutkin*, 1903)

only the well-known 'hooo-hoo-hooo' of the territorial or courting male but also the sharp 'kee-wick' of both sexes. Occasionally, they utter less recognisable sounds as I've heard in Beaumaris. A pair, sitting close to each other on the edge of the churchyard one dark evening held an extraordinary conversation in clicks, gurgles and wheezes! If you're lucky, you might spot a tawny owl flying past you in the darkness, like a shadow, as it moves to another perch.

You are even luckier if you see a barn owl, *Tyto alba*, but they do sometimes hunt in daylight or at dusk. My mother and I stood mesmerised late one summer evening in our rural Berkshire garden during the 1960s as a pale ghost flew silently and low quite close-by, coming over the hedge and across the garden to the field and marsh beyond, on long, narrow wings. In the early 1970s, the tragic drowning of a barn owl in my father's uncovered water-butt on the downs in Wiltshire gave us a chance to admire the bird's beautiful plumage: speckled honey-colour and white. On a starlit night, the owl had seen, whilst hunting overhead, reflections in the water and had mistaken them for movements of a small mammal. We never saw barn owls locally again, at a time when the species was declining across the country due to agricultural intensification and widespread use of pesticides.

Another encounter with a barn owl was when two friends in Greater Manchester

were more than startled as they left their house one dark evening. A silent presence brushed one of the girl's heads as it swooped over them like a white ghost on its way into some old, disused stables nearby, where it was probably nesting. If the owl had also screeched, as barn owls do, the friends might have thought their last hour had come!

Whilst still living in a Berkshire village during the early 1970s, my mother watched, on a couple of occasions, the slow, powerful flight of a short-eared owl, *Asio flammeus*, hunting low over rough grazing land above the River Kennet. These were winter visitors, as short-eared owls do not breed in central southern England. My own rare encounters with this species were when I was working on a large expanse of moorland and blanket bog known as the Migneint, between Betws-y-Coed and Bala. As I walked across the rough ground I was fascinated by the strange flight of a short-eared owl as it crossed the land below me. Its wings were very long and the deep wing-beats were interspersed with short glides when the wings were held up in a shallow v-shape. These owls do breed on our western moorlands and peatlands, where hen harriers may also breed.



Long-eared owl (Michael Sherwin, www.birdguides.com/)

My only encounter with the slightly smaller, but equally impressive long-eared owl, *Asio otus*, was again when I was out working on a peat-bog above Ysbyty Ifan. As I listened to the hill-farmer I was with I spotted a tall, upright bird, slightly smaller than a wood pigeon, sitting in a tree on the edge of a conifer plantation. Binoculars confirmed it had long 'ear-tufts' (these are not actually ears but do look just like them!) and a narrow face, with half-closed eyes. This long-eared owl was roosting, well hidden in the trees, resting until nightfall, when it would fly off to hunt voles, mice and small roosting birds. When active, its face becomes rounded and is described as 'cat-like'. I wished I could have waited till it was dark to hear its low but penetrating call, 'hoo-hoo-hoo-hoo'.

Britain's smallest owl, the little owl,

puffinpages@gmail.com

Athena noctua, is the size of a starling, so is very small. It was actually introduced from Europe in the 19th century, but is now generally regarded as part of our own wildlife. Out walking on the Llyn Peninsula some years ago, I suddenly had the feeling I was being watched. And so I was! When I turned to look back towards a gap in the hedge, two fierce eyes with black pupils and yellow irises, were staring straight at me.



Little owl (www.trogtrogblog.blogspot.com/)

The small plump bird perching on the fence-post was grey-brown with white spots and streaks. It was sitting up very straight and suggested brave defiance! Little owls have a varied diet but they regularly hunt earthworms and other invertebrates on the ground.

The large and very beautiful snowy owl, *Nyctea scandiaca*, was only a near-encounter for me in the early 1970s. I was staying on Yell, one of the Shetland isles, and had arranged to join a small group of enthusiasts due to be taken by boat over to Fetlar, another much smaller island, where a pair of snowy owls had been nesting. To our great disappointment, the weather turned rough and the RSPB warden, Bobby Tulloch, had to cancel the trip. The snowy owl is a bird of the Arctic tundra, beyond the tree-line, and it is there that it normally breeds. The only successful breeding in the British Isles has been on Fetlar, between 1967 and 1975. After that only females arrived and now summer sightings are unusual.

Finally, the enormous and magnificent Eurasian eagle-owl, *Bubo bubo*, can occasionally be seen in the wild in parts of Britain (one of the largest owls in the world: females can reach a total length of 75cm/30" with a wingspan of up to 188cm/6' 2"). It appeared in North Yorkshire in 1996 where it bred successfully for several years. Since then more eagle-owls have been seen, some also producing chicks, in Greater Manchester, Lancashire, Northumberland and parts of Scotland. They are not always welcome as they will defend their nest-sites quite aggressively and are believed by some to be a threat to native species of raptor and livestock. One study of their pellets by the RSPB, however, showed that they were feeding mainly on rabbits. In Europe they are known to take foxes

and deer calves.

There has been much debate about the status of the Eurasian eagle-owl (there are other species of eagle-owl in the world) in Britain. Some still believe that this was once a native species here, perhaps many centuries ago, but others regard it as an alien. The first recent arrivals here may have escaped from captivity. Others may have flown in from continental Europe, perhaps Scandinavia, where they are native. It was much more straightforward to welcome the osprey which returned naturally to Britain, or the white-tailed eagle, which has been reintroduced, as both these birds are known to have become extinct here in the fairly recent past, as a result of human persecution.

My only encounter with these great owls was indoors. I was helping at the Boys and Girls Exhibition at Olympia in the late 1960s. The stall was run by Philip Wayre's Norfolk Wildlife Park Trust (now the PW Wildlife Trust) and, as part of their exhibition, two eagle owls sat on perches just above and behind my head. They certainly did attract families and we all marvelled at the way they turned their heads almost 180 degrees when they spotted a small bird flying past the window behind. I felt in awe when their huge amber eyes looked down at me from their perches!

I have a yearning to see a Great Grey Owl hunting in the Canadian wilderness (just look at that amazing bird's face on-line if you have a minute), but I think I may have to be satisfied with treating myself to a copy of 'Owls of the World' for the time being! Worldwide there are 249 species of owls, in the temperate and tropical regions, so plenty more to admire and learn about.



'...and other wonders!' Swimmers braving the sea at Gallows Point last month (Andrew Perrott)

☑ Solway Coast bird flu death numbers 'unprecedented'

www.bbc.co.uk/news/uk-scotland-south-scotland-59669263

☑ Avian influenza (bird flu)

www.gov.uk/guidance/avian-influenza-bird-flu

☑ How together we can protect wild birds from Avian Flu

www.rspb.org.uk/our-work/rspb-news/rspb-news-stories/avian-flu-devastating-bird-populations/

MENTAL HEALTH AND THE FARMING COMMUNITY

Andrew Perrott

The Puffin has touched on various aspects of health and wellbeing during the coronavirus pandemic because the health and wellbeing, physical and mental, of many of us will have been affected in one way or another during this period.

In this article we're focusing on the farming community. Our beautiful corner of the world is known for farming, and its beauty attracts any number of holidaymakers. A lot of people, holidaymakers and the like, look at the countryside, the patchwork of fields with their crops, sheep and cattle, horses on occasion, and see just the 'pretty postcard' aspects of it without thinking about just how gruelling an occupation farming can be, and sometimes how lonely and isolated it is.

Several factors contribute to depression and anxiety in the farming community.

Serious weather events such as snowfall and the flooding caused by torrential rain may have a drastic impact on a season's yield, which can increase worry over finances, and the day-to-day management of these conditions can also weigh heavily on those who are responsible for handling them.

Agricultural workers are rated as 46% more likely than those in other industries to endure illness overall, which means that their risk of physical illness, especially lung disease and musculoskeletal disorders, is higher than it is for other workers, which can also contribute to stress and anxiety. Many farm jobs are very solitary, and those doing them can go for days, or even weeks, without interacting with other people.

This type of isolation is often correlated with depression, and the Farm Safety Foundation's research suggests that many agricultural workers report struggling with this issue; its recent *What is your mental health status?* survey found that over 80% of farmers under the age of 40 believe that poor mental health is the biggest hidden problem that they and their peers face today.

We hope that the information and links below will help to point the reader in directions via which they can find out more about what they need, and the help that's available. Do bear in mind, though, that this article isn't intended to be a comprehensive source of information about where to look for the

sort of help that might be needed. Look also at April 2020's special bilingual COVID-19 number of **The Puffin**; much of the information given in it remains up-to-date and relevant. You'll find it on-line at www.seiriolalliance.co.uk/newsletters/.

NHS The NHS's mental health website is clearly arranged under various broad headings which link in turn to more detailed information. There's also a set of useful links to related matters, including autism, dementia and addiction. Its *Help for suicidal thoughts*



Pretty as a postcard on the Denbigh Moors in January 2010: gruelling work the farmer, though, watching over livestock and rescuing any that get into difficulty (Andrew Perrott)

page give a comprehensive list of useful links under the broad headings *Phone a helpline*, *Message a text line*, *Talk to someone you trust* and *Who else you can talk to*.

📄 Mental health
www.nhs.uk/mental-health/

📄 Feelings, symptoms and behaviours
www.nhs.uk/mental-health/feelings-symptoms-behaviours/

📄 Help for suicidal thoughts
www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/help-for-suicidal-thoughts/

Welsh Government There are links to a lot of useful information on the Welsh Government's website.

📄 Farming and countryside
<https://gov.wales/farming-countryside>

📄 Farm worker health and safety
<https://gov.wales/farm-worker-health-safety>

📄 Mental health and wellbeing support for farming families
<https://gov.wales/mental-health-and-wellbeing-support-farming-families>

Public Health Wales Public Health Wales and the Mental Health Foundation have co-authored a report, *Supporting farming communities at times of uncertainty*, that gives insights into concerns that farmers and farming organisations have about the possible impacts of Brexit on health and wellbeing in their communities, as well

as the wider challenges that the sector faces.

The report says that more action is needed to prevent uncertainty occurring in the first place, to protect against the negative impact on mental wellbeing, and to promote health and wellbeing in the farming community. It recommends activity to reduce the amount of administrative regulations, co-produce and involve the farming community in developing a viable vision for the future of farming in Wales, and ensuring that rural communities are not left behind in terms of accessing and using digital technology to support their health.

📄 Farmers' health and wellbeing needs to be at the centre of Brexit response – new report

<https://phw.nhs.wales/news/farmers-health-and-wellbeing-needs-to-be-at-the-centre-of-brexit-response-new-report/>

📄 Public Health Wales, 2019: Supporting farming communities at times of uncertainty (56 pages)
[www.phw.nhs.wales/services-and-teams/](http://www.phw.nhs.wales/services-and-teams/knowledge-directorate/research-and-evaluation/publications/supporting-farming-communities-at-times-of-uncertainty/)

[knowledge-directorate/research-and-evaluation/publications/supporting-farming-communities-at-times-of-uncertainty/](http://www.phw.nhs.wales/services-and-teams/knowledge-directorate/research-and-evaluation/publications/supporting-farming-communities-at-times-of-uncertainty/)

NFU The NFU has represented British farmers and growers for more than 110 years, from its beginnings at the Smithfield Show in 1908. It now represents more than 46,000 farming and growing businesses in England and Wales. Its article, *Mental health: How are you feeling, really?*, is a good source of links to information, advice and help.

📄 NFU
www.nfuonline.com/

📄 Mental health: How are you feeling, really?
www.nfuonline.com/archive?treeid=140015

The Mental Health Foundation Mental health problems affect millions of people, families, communities, workplaces... many people will have mental health that fluctuate in response to life events, and it would be unwise to suggest that prevention is only for those who currently feel 'in good health'. The Mental Health Foundation defines *prevention* in the 'public health' (the health of the population as a whole) sense of the term. Under this lens, there are three types of prevention:

- Primary prevention: preventing problems before they emerge
- Secondary prevention: prevention for people exposed to inequality

www.seiriolalliance.co.uk/newsletters/

- Tertiary prevention: prevention for those already experiencing problems.

The Mental Health Foundation's website is clearly set out, with links to all manner of useful topics and publications.

📄 Mental Health Foundation
www.mentalhealth.org.uk/

📄 Mental health in agriculture
www.yellowwellies.org/mind-your-head/

📄 How to look after your mental health during the coronavirus outbreak
www.mentalhealth.org.uk/coronavirus

The Farm Safety Foundation

The mutual insurer NFU Mutual established the Farm Safety Foundation in 2014.

It is an independent charity to help young farmers challenge their behaviours and change their attitude to farm safety. Its ultimate aim is to have no avoidable deaths on our farms. To achieve this, it works closely with partners in the industry to engage, educate and communicate strong and relatable farm safety messages.

📄 Farm Safety Foundation
www.yellowwellies.org/

The Farming Community Network The Farming Community Network is a voluntary organisation and charity that supports farmers and families within the farming community through difficult times. It has helped thousands of people in the farming community, through its network of over 400 volunteers and their confidential national telephone helpline and e-helpline.

📄 The Farming Community Network
www.mentalhealthatwork.org.uk/organisation/the-farming-community-network/

☎ 03000 111999 confidential national helpline, daily, 7.00am-11.00pm
✉ help@fcn.org.uk e-helpline

FCN FarmWell is an on-line facility, free to use, which can help with:

- Keeping your business resilient through change: it provide links to the most useful and user-friendly information sources across all farm business areas, where you can find the facts to help plan successfully and efficiently
- Helping you, your family and your staff to stay resilient through change: interesting articles, tips and programmes for keeping fit and healthy
- Support and help if you need it: guidance on how you can gain access to additional support and

www.facebook.com/groups/langoed

mentoring, both from a business and personal perspective, should the need arise.

📄 FarmWell
<https://fcn.org.uk/farmwell/>

The DPJ Foundation The DPJ Foundation is a Welsh mental health charity to support those in agriculture and rural communities with mental health problems. It was set up in Pembrokeshire in July 2016 following the death of Daniel Picton-Jones. His wife Emma realised very quickly that



Pastoral tranquillity mid-year at Llangoed, near Pen y Marian, but it's not always so calm, even in the spring and summer (John Briggs)

there was a lack of support that was available for those suffering with poor mental health in rural communities.

It became clear that there was a lack of awareness around mental health, everyone had been touched by suicide but very little was being done to combat the issue.

📄 The DPJ Foundation
www.thedpjfoundation.co.uk/getting-help/

Tir Dewi Tir Dewi was founded in the mid-2010s and has grown into an organisation that covers most of Wales. Its aim is 'to help you to see the best way forwards for you and to support you in taking the right steps to get there'.

Last autumn Tir Dewi was launching a 12-month pilot of a new club, Clwb Ffermwyr Môn/Môn Farmers Club, aimed at offering something to replace the YFC, to give the 'older' farming community a club of their own and to help ease the ever increasing burden of social isolation.

📄 Tir Dewi
www.tirdewi.co.uk/

📄 Clwb Ffermwyr Môn/Môn Farmers Club
www.tirdewi.co.uk/anglesey-farmers-club/

☎ 0800 121 4722 freephone helpline, daily, 7.00am-10.00pm
✉ info@tirdewi.co.uk
📄 Support request form
www.tirdewi.co.uk/request-support/

The Addington Fund The Addington Fund exists to provide support when it is needed most. It provides assistance like housing and disaster relief in the form of animal feed or services to farmers in need across England and Wales, to help them get back on their feet.

📄 The Addington Fund
www.addingtonfund.org.uk/

Footnote This is our first farming-related article. We really would like readers' feedback about what they thought of the article, its content, what might be

missing...and their thoughts on other farming-related subjects that people would like to see. Even better would be articles from the farming community: we'd love to publish them.

NEWYDDION CANOLFAN BIWMARES

Steve MacVicar

Mae Tîm Canolfan Biwmares yn dymuno'r gorau i bawb ar gyfer 2022!

Rydym mor ddiolchgar am yr

holl gefnogaeth a gawsom gan y gymuned leol dros y 12 mis diwethaf. Rydym am ddiolch yn fawr i'n holl gwsmeriaid, staff, hyfforddwyr, gwirfoddolwyr, ffrindiau a phartneriaid.

Yn y cyfnod heriol yma, mae'n anodd bod yn gadarnhaol. Fodd bynnag, rydym yn frwdfrydig am y dyfodol ac yn gobeithio cynnig mwy o weithgareddau a digwyddiadau yn 2022. Cadwch lygad ar ein negeseuon Facebook a'n gwefan am fanylion.

Sesiynau campfa a ffitrwydd yn

gynnar yn y bore Ydych chi eisiau ymarfer corff cyn i chi fynd l'r gwaith? Ydych chi'n berson bore cynnar? Dewch i ymuno ag un o'n campfa a'n sesiynau ffitrwydd bore cynnar gan ddechrau am 7.00yb ar ddydd Mawrth a dydd Iau.

Cais y Loteri Fawr Rydym yn gyffrous i gyhoeddi ein bod yn cynllunio Cais Loteri Fawr i wella'n sylweddol yr hyn y gall Canolfan Biwmares ei gynnig l'r gymuned. I'n helpu gyda'r cais hwn, dywedwch wrthym beth yr hoffech ei weld yn cael ei ddarparu. Byddai'n ddefnyddiol iawn pe gallech gymryd ychydig funudau o'ch amser i lenwi holiadur byr. Ewch l'n tudalen Facebook neu wefan i ddod o hyd l'r ddolen l'r holiadur neu galwch heibio'r Ganolfan rhyw bryd i gael gwybod mwy.

Byddai'n hyfryd eich gweld neu glywed gennych yn 2022.

CANOLFAN BEAUMARIS NEWS

Steve MacVicar

The Canolfan Beaumaris Team wishes



**Canolfan
Biwmares**

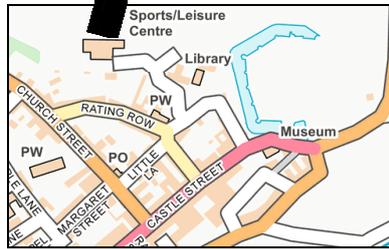
**MWY NA CHANOLFAN
HAMDDEN YN UNIG**

CERDDORIAETH FYW



Cadwch lygad am newyddion ar ein tudalennau cyfryngau cymdeithasol neu roi caniad am wybodaeth

RYDYM YMA!



**Canolfan Biwmares, Rating Row,
Biwmares, Ynys Môn LL58 8AL**
Mwynhewch eich ymweliad!

**MARCHNAD RAD DAN DÔ/
ARWERTHIANT CIST CAR**



Ail Sul o bob mis

NOSON FFILM



Dydd Iau cyntaf o bob mis
7.00yp, £5.00 y pen
HEB AILGYCHWYN ETO



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

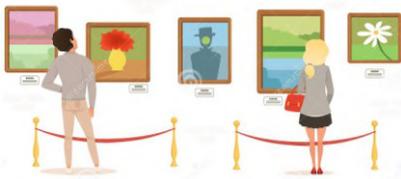
FFAIR HEN BETHAU



Trydydd Sul y mis

ARDDANGOSFA GELF

Ar agor i'r cyhoedd



Ar lunydd newydd bob mis
Yn rhad ac am ddim

**DOSBARTHADAU
FFITRWYDD**

Dydd Llun

loga 9.30yb-10.30yb
Pilates 11.00yb-12.00 canol dydd
Addas i bawb 1.00yp-2.00yp
FABBS dros 65 oed 2.30yp-3.30yp

Dydd Mawrth

Dosbarth HIIT 7.45yb-8.15yb
Atal cwmpïadau 10.00yb-11.00yb
Tai chi 10.00yb-11.00yb
Atal cwmpïadau 65+ 1.00yp-2.00yp

Dydd Mercher

Pilates 11.00yb-12.00 canol dydd
Cylchdaith 1.00yp-2.00yp

Dydd Iau

Dosbarth HIIT 7.45yb-8.15yb
loga tyner 9.45yb-11.15yb
Cam a thyndra 6.30yp-7.30yp

Dydd Gwener

Cylchdaith 1.00yp-2.00yp

● yn amodol ar newid ●

LLOGI BEICIAU

Beiciau pedal neu drydan i oedolion a phlant ar gael i'w llogi am ddiwrnod llawn neu hanner diwrnod



● mae prisiau'n amrywio ●

PARTÏON PLANT

Gellir archebu'r lleoliad ar gyfer partion plant ar ddydd Sadwrn, gyda slotiau amser ar gael:

11.00yb-12.30yp
1.30yp-3.00yp
4.00yp -5.30yp

Dewiswch rhwng gastell bownsio a phwll pêl; castell bownsio a chwrs rhystrau neu barti disgo rholio. Mae pantio wynebau yn ddewis ychwanegol.

Mae'r prisiau o £90 i hyd at 25 o blant. Rhowch ganiad am fwy o fanylion ac archebion.

YSTAFELLOEDD FFITRWYDD

Dydd Llun 9.30yb-8.30yp
Dydd Mawrth 7.00yb-8.30yp
Dydd Mercher 9.30yb-8.30yp
Dydd Iau 7.00yb-8.30yp
Dydd Gwener 9.30yb-3.30yp
Dydd Sadwrn 10.00yb-5.30yp
Dydd Sul AR GAU

● yn amodol ar newid ●

**CAMPFA MERCHED
YN UNIG**

Dydd Llun-Dydd Iau 5.00yp-6.00yp

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



**Canolfan
Beaumaris**

**MORE THAN JUST
A LEISURE CENTRE**

LIVE MUSIC



Look out for news on our social media pages or ring for information

WE ARE HERE!



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

Enjoy your visit!

**INDOOR FLEA MARKET/
BOOT SALE**



The second Sunday of the month

FILM NIGHT



The first Thursday of the month at 7.00pm, £5.00 per person
NOT RESTARTED YET



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!

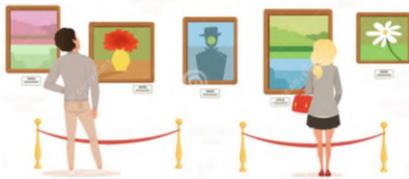
ANTIQUES FAIR



The third Sunday of the month

ART EXHIBITION

Open to the public



New artist each month

Free of charge

FITNESS CLASSES

Monday

Yoga 9.30am-10.30am
Pilates 11.00am-12.00 noon
Fit for all 1.00pm-2.00pm
FABBs over-65s 2.30pm-3.30pm

Tuesday

HIIT class 7.45am-8.15am
Falls prevention 10.00am-11.00am
Tai chi 10.00am-11.00am
Falls prevention 65+ 1.00pm-2.00pm

Wednesday

Pilates 11.00am-12.00 noon
Circuits 1.00pm-2.00pm

Thursday

HIIT class 7.45am-8.15am
Gentle yoga 9.45am-11.15am
Step and tone 6.30pm-7.30pm

Friday

Circuits 1.00pm-2.00pm

● **subject to change** ●

BIKE HIRE

Adults' and children's bikes, pedal or electric, available for full-day or half-day hire



● **prices vary** ●

FITNESS ROOM

Monday 9.30am-8.30pm
Tuesday 7.00am-8.30pm
Wednesday 9.30am-8.30pm
Thursday 7.00am-8.30pm
Friday 9.30am-3.30pm
Saturday 10.00am-5.30pm
Sunday CLOSED

● **subject to change** ●

LADIES-ONLY GYM

Monday-Thursday 5.00pm-6.00pm

CHILDREN'S PARTIES

The venue can be booked for children's parties on Saturdays, with three time slots available:

11.00am-12.30pm
1.30pm-3.00pm
4.00pm-5.30pm

Choose from bouncy castle and ball pond; bouncy castle and obstacle course or a roller disco party. Face painting is an optional extra.

From £90 for up to 25 children. Call for more details and bookings.

☎ 01248 811200

✉ enquiries@canolfanbeaumaris.org.uk

🌐 www.canolfanbeaumaris.org.uk/

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

everyone all the best for 2022!

We are so grateful for all the support we have received from the local community over the past 12 months. We want to say a big thank you to all our users, staff, coaches, volunteers, friends, and partners.



Ein campfa newydd!/Our new gym! (Steve MacVicar)

In these challenging times it is difficult to be positive. However, we are enthusiastic about the future and hope to offer more activities and events in 2022. Keep an eye on our Facebook posts and website for details.

Early morning gym sessions Do you want to exercise before you go to work? Are you an early morning person? Come and join one of our early morning gym and fitness sessions starting at 7.00am on Tuesdays and Thursdays.

Big Lottery bid We are excited to announce that we are planning a Big Lottery Bid to substantially improve what Canolfan Beaumaris can offer to the community. To help us with this bid, please tell us what you would like to see provided. It would be really helpful if you could take just a few minutes of your time to complete a short questionnaire. Please go to our Facebook page or website to find the link to the questionnaire or pop into the Canolfan some time to find out more.

It would be lovely to see you or hear from you in 2022.

NEWYDDION CYNGHRAIR SEIRIOL

Steve MacVicar

Diolch i holl wirfoddolwyr y Cynllun Tro Da a nifer o eraill sydd wedi cefnogi a pharhau i gefnogi cymunedau ardal Seiriol.

Os hoffech gael unrhyw wybodaeth am

Angen rhywbeth gael ei drwsio am ddim?

Allwch CHI drwsio pethau?

Mae Caffis Trwsio yn ddigwyddiadau pop-up lle mae gwirfoddolwyr yn trwsio eitemau cartref am ddim er mwyn lleihau gwastraff, dysgu sgiliau a dod â'r gymuned at ei gilydd.

☎ Repair Café Wales
www.repaircafewales.org

Mae Caffi Trwsio ar ei ffordd i'r Canolfan Biwmares Dydd Sul cyntaf o bob mis

Mae trwsio nodweddiadol eitemau cartref yn cynnwys:

- **Eitemau trydanol:** tostwyr, tegelli, glanhawyr gwactod, ayb.
- **Dillad:** jeans, bagiau, crysau, ayb.
- **TG:** PCs, laptops, ayb.
- **Cyffredinol:** teganau, addurniadau, dodrefn bach, ayb.
- **Beiciau:** cynnal a chadw beiciau sylfaenol, ayb.

Dewch â'ch eitemau atom i'r ganolfan a byddwn yn ceisio ein gorau i'w drwsio!

Os ydych yn medru trwsio a helpu, cysylltwch a ni:

☎ 07395 326572
✉ rhianseiriol@gmail.com



Do YOU want something fixed for free?

Can YOU fix things?

Repair Cafés are monthly pop-up events where volunteers fix household items for free in order to reduce waste, teach skills and bring the community together.

☎ Repair Café Wales
www.repaircafewales.org

A Repair Café is on its way to Canolfan Beaumaris every first Sunday of the month

Typical household item repairs include:

- **Electrical items:** toasters, kettles, vacuum cleaners, etc.
- **Clothing:** jeans, bags, shirts, etc.
- **IT:** PCs, laptops, etc.
- **General:** toys, ornaments, small furniture, etc.
- **Bikes:** basic bike maintenance, etc.

Bring your items to us at the Canolfan and we'll try our best to fix them!

If you are able to fix things and help, please contact us:

☎ 07395 326572
✉ rhianseiriol@gmail.com

wirfoddoli, y Cynllun Tro Da, Cludiant Cymunedol, Caffi Ni a theithiau siopa yn y dyfodol, ffoniwch 01248 305014 o ddydd Llun i ddydd Gwener 9.00yb-5.00yp.



Siôn Corn a'i gynorthwywyr ym Miwmares/Santa and his helpers in Beaumaris (Steve MacVicar)

Cynhelir y Caffi Trwsio yng Nghanolfan Biwmares ar ddydd Sul cyntaf pob mis ac mae'n rhedeg rhwng 11.00yb-2:00yp. Meddylwch ddywywaith cyn i chi daflu unrhyw beth i ffordd: a ellir ei drwsio? Dewch ag ef i'r Caffi Trwsio i weld a ellir ei atgyweirio!

Yn olaf...oeddech chi'n gwybod bod gan y rhan fwyaf o gerbydau trydan (EV) batri car 12v cyffredin yn ogystal â'r prif fatri sy'n pweru'r modur trydan? Mae'r batri 12v yn rhoi pŵer i offerynnau a



Mair yn dod adref yn y bws mini ar ôl taith siopa Nadolig Cynllun Tro Da Seiriol (nid Mair yn unig biau'r holl siopa!)/Mair coming home in the minibus after a Seiriol Good Turn Scheme Christmas shopping trip (the shopping isn't all hers!) (Steve MacVicar)

goleuadau'r EV ac, yn bwysig iawn, mae ei angen i ddechrau'r cerbyd. Felly, fel y gwelwch yn ddiweddar, os byddwch yn draenio'r batri 12v (drwy adael golau ymlaen yn yr EV dros nos, er enghraifft), ni fydd yr EV yn dechrau hyd yn oed os yw'r prif fatri yn llawn!

Yn ffodus gallwch ddechrau'r cerbyd drwy ddefnyddio "jump leads" sy'n gysylltiedig â cherbyd arall (cerbyd nad yw'n drydan yn unig!). Diolch yn fawr iawn i Garej y Castell, Biwmares, am ddod i'n cymorth yn rhad ac am ddim a

www.seiriolalliance.co.uk/newsletters/

chael yr EV Cymunedol yn ôl ar y ffordd: gwerthfawrogr yr fawr.

SEIRIOL ALLIANCE NEWS

Steve MacVicar

Thank you to all the Good Turn Scheme Volunteers and countless others who have supported and continue to support the communities of the Seiriol area.



Y Parti Nadolig Caffi Ni yn y Neuadd Bentref Llanddona Village Hall/The Caffi Ni Christmas Party in Neuadd Bentref Llanddona Village Hall (Steve MacVicar)

If you want any information on volunteering, the Good Turn Scheme, Community Transport, Caffi Ni and future shopping trips please ring us on 01248 305014, Monday-Friday 9.00am-5.00pm.



Trwsio nwyddau wedi torri yn y Caffi Trwsio misol/Repairing broken goods at the monthly Repair Café: Peter Williams a/and Tom Cooke (Steve MacVicar)

The Repair Café is held at Canolfan Beaumaris on the first Sunday of every month and runs from 11.00am-2.00pm. Think twice before you throw anything away: can it be fixed? Bring it to the Repair Café to see if it can be!

www.facebook.com/groups/llangoed

Finally...did you know that most electric vehicles (EV) have a standard 12v car battery as well as the main battery powering the electric motor? The 12v battery powers the EV's instruments and lights and, very importantly, is needed to start the vehicle. As we found out recently, if you drain the 12v battery (by leaving a light on in the EV overnight, for example), the EV won't start even if the main battery is fully charged!



Diolch yn fawr iawn i Garej y Castell am ddod i'n cymorth yn rhad ac am ddim a chael yr EV Cymunedol yn ôl ar y ffordd/Thank you, Castle Garage, for coming to our aid free of charge! (Steve MacVicar)

Fortunately, you can start the vehicle by using jump leads connected to another vehicle (a non-electric vehicle only!). Thank you so much to Castle Garage, Beaumaris, for coming to our aid free of charge and getting the Community EV back on the road: really appreciated.

READ MORE ABOUT IT!

Meg Marsden

It's great to start the year with the good news of being able to tell **The Puffin's** readers that a cheque for £800 has already been sent to the British Red Cross Society as the proceeds so far, from the sale of my book 'You can take the Girl out of Birmingham...'

My target is £1,000 and I'm nearly there.



Meg and her book (Meg Marsden)

My sincere thanks to all who bought copies at my book launch or who have since purchased it, and also for the lovely and enthusiastic response to it.

I do still have copies, so please don't hesitate to contact me at meg@tcomms.co.uk.

LIFE AT WHITE BEACH

Oriole Parker-Rhodes

I've lived here at Penchwarel since 1987; that's 35 years!

We love it here; it's not just the beach, but also Fedw Fawr Common. Anyone can enjoy the common, but only the four properties whose land adjoins have commoners' rights. That means we can graze livestock here. I did have goats there a few years back, but they eventually managed to wander off. Goats are well known as escapologists. For most of the time I've been here my neighbours have grazed my land.

Sadly a horse fell off the cliff recently; my neighbour blamed dogs on the footpath. There is an area of Fedw Fawr that I own, and I could fence it off I wanted to, but never have.

My granddaughter has said that she wants to live here; her plan is to go to agricultural college, and keep cows and she's learning to ride. She goes to riding school in East Anglia, where she lives. She's also had some lessons here when they visit. She's found that useful as the teacher notices, or teaches some things differently.



A sea of buttercups above White Beach (John Briggs)

I think the place must have received some online publicity recently. In the summer I saw a woman in the little parking area looking down in horror. She was expecting a lovely sandy beach and was not happy that it was "all stones"! I directed her to Lligwy. I hope she liked the sand, the car park you have to pay at, and the ice cream van.



White Beach: a beautiful, secluded cove (John Briggs)

I've been here for more than 30 years and have observed the sea level rising. Once I happened to think I could walk across from the Bonc field on a high tide, when it was windy. I got wet! I

did try to slip between the bigger waves, but got wet anyway. I had to change all my clothes! Don't they say something like "every seventh wave is a big one"? I watched carefully, counting, and still got wet. It was never like that before.

The Coastal Footpath goes along the cliff top now. In theory it follows the coast, as the name suggests, but some of the land belonging to the Bulkeley Estate is excluded, which means you can't walk from White Beach to Penmon Point.

We approved the footpath happily as it would improve the income from tourists, but when it's busy I often walk further inland because of our dog, Cadi. People see her, and say, "What a lovely dog!" She is quite beautiful, and appreciates a compliment, with her feet on the chest and big wet kiss. Oddly, the walkers don't always appreciate that!

There are a few disadvantages. Mark drags the bins right up to the top of the lane. That's all very well until he meets a car. It's odd how some people don't like reversing! He has occasionally lifted the stack of bins, complete with plenty of bottles, right up onto the wall. It's not easy without anything falling out. I'm not strong enough to even attempt that. I keep thinking I should ask the council to put up a sign saying "narrow road". There are no actual passing places, just three farm gateways. The farmer is entitled to leave a trailer or tractor in them if he pleases.

📍 Isle of Anglesey Coastal Path
www.visitanglesey.co.uk/en/about-anglesey/isle-of-anglesey-coastal-path/

📍 The Anglesey Coast Path
www.walkthewalescoastpath.co.uk/wcp-sections/the-wales-coast-path-interactive-map/wales-coast-path-the-anglesey-coast-path/

LLANGOED FOOTBALL CLUB: CHRISTMAS RAFFLE RESULTS

Owen Williams

Here are the results of Llangoed Football Club's Christmas Raffle:

- 1 £50 Llais Aderyn voucher: Dan, ticket 00101
- 2 £25 Libertine/Midland voucher: Liz, ticket 00122
- 3 £50 Seawake Ribride voucher: Eira, ticket 00247
- 4 2 Tickets for Flip Out, Chester: Richard, ticket 00173
- 5 £15 Cut Above voucher: Derwyn, ticket 00056
- 6 Castle Garage fuel voucher: Lisa, ticket 00229
- 7 Dockshack £25 voucher: Tracey, ticket 00271
- 8 Bottle of Wine: Malcolm, ticket 00224
- 9 Bottle of wine: Bill, ticket 00202

christians
against
poverty

CAP

Debt
management,
COVID 19 and CAP

Nobody can doubt that COVID-19 has had a massive effect on the way we live our lives. Some of these have been relatively minor, such as the need to wear face coverings. Others have altered the very fabric of our every day lives: the requirement to work from home where possible, for example, and, at the height of the pandemic, restrictions on some of our personal liberties, such as the freedom to visit relatives when and where we wish.

Among all these changes, one well-documented result has been the increase in the number of people struggling to manage their finances. There have always been people facing financial hardship because of changes in personal circumstances, such as becoming unemployed, or simply not being very good with money, but these numbers have increased dramatically during the pandemic.

It is known that some people have been driven to utter despair by the change in their personal circumstances, and others have lived with the constant worry of where the next meal is coming from. Fortunately, there are organisations which can help, but people are often reluctant to ask for help, seeing this as some sort of admission of failure.

The first step on the road to financial security is, nevertheless, the admission that help is needed.

This is where CAP comes in.

CAP stands for Christians Against Poverty, and, since it was founded in 1996, has lifted literally thousands of people out of poverty. As the name suggests, CAP is run by Christians, but it is for everyone: it is not a surreptitious attempt to convert people to Christianity, just a Christian-run organisation that wants to help.

CAP runs regular short courses of three two-hour sessions which, from experience, they know can completely turn people's lives around. They can also refer people to more specialist services if required. Courses are run nationwide, including in this area, are completely free and can be run face-to-face or over Zoom as appropriate.

Go to www.capuk.org/help or call 0800 328 0006 to find out about local help. If you are facing financial difficulty and debt this could be the most important decision you make to sort it out.

Thousands of people have already taken this step and have turned their lives around.

10 Bold Arms Vodka: Cai, ticket 00139

11 Six-pack: James, ticket 00063

12 Bottle of whisky: Pauline

Thank you, everyone, for your generous donations.

We hope that you had a nice Christmas and New Year, and hope to see you at the ground soon.

NEUADD BENTREF LLANDDONA VILLAGE HALL

John Hawke

Dros y misoedd diwethaf mae Neuadd Bentref Llanddona wedi dychwelyd yn araf o'r cyfnodau clo a'r aflonyddwch o'r misoedd diwethaf gyda dosbarthiadau yn dychwelyd a Caffi Ni yn gweithredu. Mae Lisa Boas yn rhedeg dosbarthiadau yoga, Anne Snaith dosbarthiadau poblogaidd celf a tenis bwrdd wedi ail-gychwyn ar ddydd Llun. Yn ogystal mae amryw o ddosbarthiadau tymor byr wedi eu cynnal a Ffermwyr leuanc yn cyfarfod eto.

Ddechrau Rhagfyr cynhaliwyd Ffair Nadolig llwyddiannus yn y Neuadd. Agorwyd y Ffair gan y Cynghorydd Carwyn Jones a 'roedd Siôn Corn yn rhannu anrhegion i blant. 'Roedd nifer fawr o stondinau da yn darparu digon o adloniant i'r rhai oedd yn bresennol a gwobrwyon raffl gwyd oedd wedi eu cyfrannu gan fusnesau a theuluoedd lleol. Codwyd cyfanswm o £700.

Digwyddiad olaf y flwyddyn oedd cinio Nadolig Caffi Ni. Cafodd cyfanswm o 64 pryd Nadolig eu gweini dros gyfnod o ddau ddiwrnod. Derbyniwyd sylwadau calonogol gan rhai a fynychodd y cinio a oedd yn deyrnged i waith caled parhaus y gwirfoddolwyr.

Neuadd Bentref Llanddona Village Hall has been slowly recovering from the lockdowns and disruptions of the previous months, with classes returning and Caffi Ni operating. Lisa Boas is running yoga classes, Anne Snaith her popular art tuition and table tennis has returned on a Monday. In addition, various other one-off- and short-term classes have taken place, and Young Farmers have been meeting again.

At the beginning of December a very successful Christmas Fair took place in the Hall. It was opened by Councillor Carwyn Jones, and Father Christmas handed out gifts to the children. A good number of excellent stalls provided ample entertainment for those who attended, and the raffle had magnificent prizes provided by generous donations from businesses and local families. A net total of £700 was raised.

The final event of the year was the Caffi Ni Christmas Lunch. This took place over two days, during which a total of 64 Christmas meals were served. Judging

by the comments made by the departing diners the meal was very well received, a tribute to the sustained hard work of all the volunteers.

• • • • •
BEAUMARIS CHRISTMAS TREE FESTIVAL: THE WINNER!

Rev Lesley Rendle

Beaumaris Church's Christmas Tree Festival took place on 15 December-19 December, the theme being 'A Christmas Carol or Song'.



The Christmas Tree Festival's winning Christmas tree... (Rev Lesley Rendle)

Thank you to the various groups and organisations who displayed a tree.

There were 32 trees in all, and the church looked magnificent. Visitors were asked to vote for their favourite.

Congratulations go to the pupils and staff of Llangoed School! They decorated the winning tree and were awarded a lovely trophy, provided by Beaumaris Town Council.

The Christmas Tree Festival raised £672, which has been divided equally between the Seiriol Churches and Hosbis Dewi Sant/ St David's Hospice in Holyhead.

• • • • •
'DOLIG YN LLANDDONA

Rhian Hughes

Wel, dyma ni unwaith eto...blwyddyn arall drosodd, blwyddyn arall digri ofnadwy...gan obeithio gawn flwyddyn gwell I pawb. Wedi bod yn amser caled ofnadwy I pawb felly unwaith eto mi benderfynwyd gwneud rhiwbeth syml eto – sef y bocs "Cariad o Llanddona". Dosbarthwyd dros 85 o'r bocs I trigolion Llanddona, rhiwbeth bach ond gyda lot of feddwl ynddo. Gan obeithio gawn Ginio Nadolig yn yr Hen Ysgol blwyddyn yma, ac fyddant yn dathlu 50 mlynedd puffinpages@gmail.com

ers sefydlwyd yr Pwyllgor yr Henoed yma yn Llanddona.

Diolch o galon i'r Cyngor Cymuned am ei cefnogaeth ar hyd yr blynyddoedd ac yr Pwyllgor, wrth gwrs.

♦ ♦ ♦
CHRISTMAS IN LLANDDONA

Rhian Hughes

Well, here we are again...another year over, another unusual year...let's hope we all have a better year. It has been a very difficult year for everybody, so we took the decision again this year to make a simple gesture – the box "Made



Yn barod i'w gyflwyno.../Ready for delivery... (Rhian Hughes)

with Love" from Llanddona. We despatched over 85 of the boxes to residents of Llanddona, a little something, but with a lot of meaning. Let's hope we can have our Christmas Lunch at yr Hen Ysgol this year, and we will be celebrating 50 years since the Senior Citizens Committee was formed here in Llanddona.

A big thank you to the Community Council for their support over the years and, of course, the Committee.

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CLWB GARDDIO LLANGOED GARDENING CLUB

Lesley Honnor

It is with great sadness and much regret that we have to announce that Clwb Garddio Llangoed Gardening Club can continue no longer.

It's a sad fact of life that we all grow older, our circumstances change and, often, 'life gets in the way'. We've had no response to our plea for a Programme Secretary, so we aren't able to function. COVID's sudden appearance, ruling our lives with a rod of iron, hasn't helped, either!

Clwb Garddio Llangoed Gardening Club was active for over 30 years, and we hope that members, and speakers, will all have happy memories of our enjoyable evenings, garden visits and fun at our varied social events over the years.

We mustn't forget to thank everybody

who had a hand in organising and running Clwb Garddio Llangoed Gardening Club over the years, people like Jean Whitehead, Gay Williams, Lyn Gallagher, Ann Donlan, Andy Stewart, Carol Kilcross, and many others besides!...so, a big THANK YOU to you all!

Looking to the future, it might be possible to arrange some *ad hoc* events in the community as COVID lessens (we hope) its grip on life, or a walk, meal, whatever, so that we can catch up with each other so that we don't lose touch! One way of keeping in touch would be to broadcast suggestions about meeting up through **The Puffin**.



... ac edrychwch beth sydd y tu mewn!...and look what's inside! (Rhian Hughes)

The funds that remain in Clwb Garddio Llangoed Gardening Club account will be donated to Treborth Botanical Garden, a most worthwhile cause.

• • • • •
HOW 31 MAY BECAME "HALLELUIAH DAY"...OR THE EVOLUTION OF CHOIR OF THE EARTH

Jane Lowe, COTE Member, November 2021

To quote...

Thank you for the music, the songs I'm singing

Thanks for all the joy they're bringing
 Who can live without it, I ask in all honesty
 What would life be?

Millions of people around the world won't argue with that. Yet by the second week of March 2020, I went from being a very busy and in demand singer to a social outcast – a super-spreader, an undesirable without sympathy – people had other stuff to worry about. Of course I wasn't alone, and in fairness we singers took it on the chin because we too for a while had other stuff to worry about. Nevertheless, up and down the British Isles, and in multiple other countries societies and cultures, we singers, regardless of levels of ability and however important the fundraising fixture we were booked for, were instructed basically to "button up and deal with it".

Disregarded by governments across the world, along with the rest of my kind, I was in despair as self-expression, destressing and also maintaining a healthy cardio-vascular system lay in the ability to give voice. It has also been a very valuable social tool, so essential for a healthy mind. For many other individuals, this has been a significant part of their worship and thus emotional support in times of strife. In the great scheme, singing is pretty damn' important, actually.

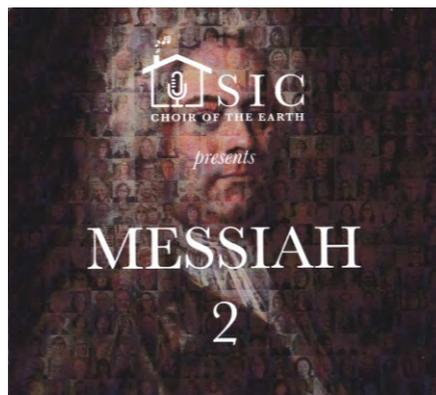
So...help! Out of the gloom came hope and a still-evolving new art form in the name of a man called Mark Strachan (pronounced "Strawn"). His vision for the future was the Self-Isolation Choir, now rebranded as we emerge from lockdown as Choir of the Earth. Mark has told us via the now familiar YouTube medium that, following a family visit, he was on the last flight to depart Kuala Lumpur that would arrive before full UK lockdown in March 2020. As a very musical man himself, involved and interested in so many aspects of music, he spent the whole flight conceiving a cunning plan which would result in those around the world with internet not being silenced.

The motif was born: "Apart but Always Together".

Enter also Ben England, a young cherubic faced, almost "shouldn't he still be in school?"...Bristol-based music lecturer, chorister, and sickeningly gifted musician who has been known to Mark from various musical interchanges. One assumes Ben, alongside many others of his ilk, was also wondering how his life was going to unravel over the coming months. The experiment had gained momentum by the end of March 2020. Mark had anticipated the worst and was correct. E-mails circulated across the globe via established choirs and singers who knew each other, asking would anyone like to sign up to an online concert performance of Handel's Messiah, led by Ben, on 31 May 2020. All we singers would work in isolation at home thus not breaking any rules but perhaps breaking ground into a new way of working as a team. What was there to lose?

The first thing to make abundantly clear is this was not Zoom – people immediately think we all look at tiny faces on a screen via that medium. Not so. Around the world, with hundreds and potentially thousands of participants, Zoom is not designed for that. It was even better – Ben let us into his home, broadcasting live to me (and me only, it felt) via YouTube in a small makeshift studio (in the first week by his front door I think), and introduced me to his wife and spoke of his family and pets. Such a great thing to be trusted enough to share his home life as week on week,

rehearsals happened and the "England Saga" ran alongside. The rehearsals must have been a gruelling schedule for Ben. Each week there was a collective rehearsal, then the note-bashing ones for each voice separately. Imagine how difficult it must be to ensure that each hour-long (sometimes 75 minutes) is timed to a nicety to ensure that every piece of teaching happens to time (don't forget YouTube just cuts you off) and that there remains time to spend time with all your students. You may ask how does that work? A fair question. Alongside the tutorial, for those who want to contribute as well as receive, there has been an ongoing chatline.



Reaching and making colleagues and mates across the world (from the UK to Germany, Spain, Finland, Australia, Thailand; the list is endless) has helped so many people struggling with total isolation. At the forefront of this at every rehearsal has been Mark Strachan (or a techie buddy) wielding a "troll hammer" to ensure no rude gremlins crept through, and that every session has been civilised.

The downside? In any experiment there will be one or two. The strangest sensation is not being able to hear the others beside or behind you, to have to practice getting used always to the sound of one's own voice. Those not prepared to have a go have simply said, "I couldn't do that", or words to that effect. The answer is, of course, until you try it you don't know.

The benefits? Where do I start? Ben used his musical contacts to engage professionals, both singers and instrumentalists with Baroque skills, also working in isolation, to make a backing recording for our choral performance. Handel's Messiah was performed on 31 May 2020 by hundreds of us from around the world, money was collected for various music charities, and I got to sing with world standard musicians.

This sowed the seeds for more. Two Summer Schools (2020 and 2021) have followed, allowing us to learn Russian Masters, modern American, and African music. Paul McCartney threw his hat in our ring, alongside Patrick Hawes (known to some as a Classic FM

Composer in Residence) whose "Quanta Qualia" has become an anthem. Mendelssohn's Elijah, Haydn's Creation and so much more has followed, with almost daily back-to-back sessions being streamed with different tutors. I have learned so much from suites of talks about Handel, The Singers' Toolkit (absolutely invaluable), and John Suchet coming into my home from his living room – I can't wait for the next one about Mahler.

As 2021 progressed, so did we. It was proposed by Mark Strachan and agreed by us, that as a group, we shall never attempt to meet in person, as this has the potential to create an "us and them" situation which could never sit with the ethos of what we are about. In fairness it is Mark's choir and it seemed churlish to disagree, despite a little disappointment at the outset of this proposal, as a meeting had been mooted. But the decision was right.

Finally...if you are still with me, readers, may I boast that, as an outcome of efforts by many people far more able than I am, I have become a recording artist? Yes, I conquered the technophobe in me, worked out how to download free recording software, bought myself a set of headphones and off I went! Choir of the Earth has issued a number of MP3 files and CDs (top quality so I'm told), all recorded within confines of home and for a few professionals, small studios. Respect to those valiant few technicians who undertook the task of collating thousands of music submissions into a Dropbox, and mixing them to produce something of which all we shall remain proud to the end of our days. The story continues and there is so much more to tell, but you need to pick it up for yourself.

See what joy you can experience. You don't really need to be able to sing. Who's going to know?

Footnote 'Top quality, so I'm told'? Yes: the two CDs that I have are a revelation. I've known Jane for many years; until I moved back to Anglesey in 2015 I was a dedicated 'old groupie', attending and enjoying all sorts of musical events in and around North Devon in which she was performing, in all sorts of interesting and unusual venues: the church in Great Torrington (a dour building, but with superb acoustics), for example, and Woolhanger Manor in the wilds of Exmoor (with a spectacular octagonal music room) are just two that come to mind. (Andrew Perrott)

📧 Choir of the Earth
<https://choiroftheearth.com/>

📧 New Year Honours: Choir of the Earth founder given British Empire Medal
<https://www.bbc.co.uk/news/uk-england-dorset-59838938>

www.seiriolalliance.co.uk/newsletters/

FIREWORKS: THE ANIMAL WELFARE ACT 2006

Andrew Perrott

'Captive or domestic animals' (including pets) may be affected badly by fireworks.

The Animal Welfare Act 2006 brings together and updates legislation that exists to promote the welfare of vertebrate animals (other than those in the wild), some of which dates from 1911. The categories of animals that are protected under the Act depend on the offence in question. For example, the duty to ensure an animal's welfare applies only to animals that are owned or for which somebody is otherwise responsible, but the cruelty and fighting offences have a wider application.

The Act aligns welfare standards for farmed animals, which have generally kept in line with developments in scientific understanding, and non-farmed animals which are largely protected by laws formulated in the early 20th century. It:

- Introduces a 'duty of care' on people to ensure the needs of any animal for which they are responsible.
- Creates a new offence of failing to provide for the needs of an animal in one's care.
- Allows action to protect animals to be taken much earlier; rather than having to wait for an animal to show the signs of suffering, enforcers will be able to intervene before suffering begins.
- Places more emphasis on owners and keepers who will need to understand their responsibilities and take all reasonable steps to provide for the needs of their animals.

A person should not cause any unnecessary suffering to any captive or domestic animal. Fireworks must not be set off near livestock or horses in fields or close to buildings where livestock is housed. Anybody who is planning a firework display in a rural area should warn neighbouring farmers in advance.

The Animal Welfare Act 2006, s.4 says:

- (1) A person commits an offence if—
- (a) an act of his, or a failure of his to act, causes an animal to suffer,
 - (b) he knew, or ought reasonably to have known, that the act, or failure to act, would have that effect or be likely to do so,
 - (c) the animal is a protected animal, and
 - (d) the suffering is unnecessary.

Animal Welfare Act 2006 (summary) <http://adlib.everysite.co.uk/adlib/defra/content.aspx?id=000HK277ZX.0FG51IZNV9M42>

www.facebook.com/groups/llangoed

LLANGOED WI

Anne Lindley

It's a short update this month, but here's hoping that things will improve as the years go on!

December: the winners of the competition were: 1st Jean Whitehead; 2nd Christina Linford; 3rd Miriam Hughes.

The raffle was won by Anne Lindley.

January: the winners of the competition were: 1st Margaret Charles; 2nd Kath Sproston; 3rd Margaret Furlong.

The raffle was won by Margaret Furlong.

EGLWYS IESTYN SANT, LLANIESTYN

Lucy Low, Warden

Wedi'i sefydlu gan Iestyn Sant, bu eglwys ar y safle ers y 7^{fed} ganrif. Mae'r adeilad presennol yn dyddio o'r 14^{eg} ganrif, ac mae ein bedyddfan yn dyddio o'r 12^{fed} ganrif.

Dechreuwyd prosiect adfer yn ddiweddar ac mae codi arian ar y gweill i sicrhau dyfodol yr eglwys ar gyfer cenedlaethau'r i ddod. Os ydych wedi ein helpu dros y 12 mis diwethaf, diolch o galon am eich haelioni. Rydym wedi codi £10,000 sy'n anhygoel!

Dyma beth sydd wedi digwydd hyd yn hyn:

- Arolygiadau a gynhaliwyd gan bensaer a chontractwr
- Paratowyd arolwg, cynlluniau a gweddlluniau mesuredig
- Cynhaliwyd arolwg ecology
- Cynhaliwyd arolwg strwythurol.



Eglwys Iestyn Sant, Llaniestyn /St Iestyn's Church, Llaniestyn (Lucy Low)

Rwan, mae rhaid i ni:

- Cynnal arolwg asbestos
- Adolygu maint y gwaith
- Paratoi'r gwaith paup'r i gefnogi cais am ffacwliti.

Os fedrwrch ein helpu yn fwy, gwnewch hynny, ar www.ilanddonafundraiser.com. Am bob £5 a roddwyd ar-lein bydd coeden yn cael ei phlannu. Helpa ni a'r byd!

ST IESTYN'S CHURCH, LLANIESTYN

Lucy Low, Warden

Founded by St Iestyn, there has been a church on the site of St Iestyn's since

the 7th century. The present building dates from the 14th century, and our font dates from the 12th century.

A restoration project has been started recently and fundraising is ongoing to preserve the church for future generations. If you have helped us over the last 12 months, thank you for your generosity. We have raised an amazing £10,000!

This is what has happened so far:

- Inspections undertaken by architect and contractor
- Measured survey, plans and elevations prepared
- Ecology survey undertaken
- Structural survey undertaken.

We now need to:

- Undertake an asbestos survey
- Review the scope of works
- Finalise drawings to support faculty application.

If you can help us more please do so, at www.ilanddonafundraiser.com. For every £5 donated online a tree will be planted. Help us and the world!

HELPWCH I GROESAWU YMWELWYR I'R DREF AC EGLWYS BIWMARES

Canon Robert Townsend

Pryd oedd y tro diwethaf i chi gael golwg dda o gwmpas Eglwys y Plwyf ym Miwmares? A welsoch chi'r plac hwn? Dyma set ddiddorol o enwau pwysigion o'r dref a roddodd yn hael i'r tlodion gan gynnwys, tua hanner ffordd i lawr, "Tabora'r Ddu". Beth yw ei stori? Sut y daeth gwraig o Affrica i fyw ym Miwmares yn 1743?

Mae stori Tabora yn un o lawer o straeon y gall ymwelwyr eu harchwilio. Beth am weld caead arch y Dywysoges Siwan, (merch y Brenin Ioan o Loegr a gwraig Llywelyn Fawr). Mae gennym hynny. Beth am weld misericordiau? Oes, mae gennym rai gwych! Pa eglwys sydd â'r unig res lawn o glychau ar Ynys Môn. Ie, Biwmares yw hwnnw hefyd!

Ydych chi'n hoffi cwrdd â phobl? Oes gennych chi ddiddordeb mewn hanes lleol? Oes gennych chi ddiddordeb mewn ffasiwn, cerddoriaeth neu gelf? Ydych chi'n hoffi stori dda? Yr haf hwn, byddwn yn cynnal ein 'tymor' cyntaf erioed yn ystod y gwanwyn a haf gyda rhaglen o ddiwyddiadau yn Eglwys Biwmares. Byddwn yn rhannu hanes yr eglwys ym mywyd y dref drwy'r oesoedd. Byddwn yn adrodd stori'r Pasg. Bydd gennym rai cyngherddau amser cinio, bydd Arddangosfa Gelf ar y gweill, ac rydym yn bwriadu cael arddangosfa haf o 'Ffasiwn Blatinwm', ffasiwn drwy 70 mlynedd teyrnasiad y Frenhines.

Ni fydd dim o hyn yn digwydd heb

rywfaint o help. Rydym yn recriwtio pobl fel chi i ymuno â thîm i groesawu ymwelwyr i'r eglwys. Oes gennych ddi-ddordeb? Dewch draw i gael sgwrs yn ein Diwrnod Agored rhwng 11.00yb a 4.00yp Dydd Sadwrn, 26 Chwefror 2022. Byddwn yn rhannu manylion tymor 2022 a sut y gallwch gymryd rhan.



Mae'r plac hwn yn Eglwys Biwmares yn cynnwys enw "Tabora'r Ddu"/This plaque in Beaumaris Church includes the name of "Tabora the Black" (via Stephen Buckley)

Os nad cwrdd â chyfarach yw eich peth chi mewn gwirionedd, mae angen i ni hefyd ffurfio tîm bach o bobl sy'n canolbwyntio ar fusnes. Mae angen gwaith atgyweirio brys ar yr Eglwys, ac mae angen inni godi arian drwy grantiau a rhoddion eraill. Os ydych chi wrth eich bodd yn ysgrifennu achosion busnes, rhifau a thaelenni, byddem wrth ein bodd i glywed gennych. Cysylltwch â Stephen Buckley, pm@broseiriol.net, neu dewch draw i'r Diwrnod Agored.

Yn nes at y dyddiad, bydd mwy o fanylion ar wefan yr Eglwys, www.broseiriol.net, neu gallwch anfon e-bost ataf bob amser: robert@tsend.org.

HELP WELCOME VISITORS TO THE TOWN AND BEAUMARIS CHURCH

Canon Robert Townsend

When was the last time you had a really good look round the Parish Church in Beaumaris? Did you see this plaque? An interesting set of names of good folk from the town who generously gave to the poor including, about half way down, "Tabora the Black". What's her story? How did a lady from Africa come to be living in Beaumaris in 1743?

Tabora's story is just one of many stories that visitors can explore. Want to see the coffin lid of Princess Joan, (daughter of King John of England and wife of Llywelyn the Great)? We have that. Want to see misericords? Yes, we have some fine ones! Which church has the only full peal of bells on Anglesey. Yes, that is Beaumaris as well!

Do you like meeting people? Are you interested in local history? Have you got a passion for fashion, music or art? Do you like a good story? This summer, we will be running our first ever spring and summer 'season' with a programme of events in Beaumaris Parish Church. We will be sharing the story of the church in the life of the town through the ages. We'll tell the Easter story. We'll have some lunchtime concerts, an Art Exhibition is in the works, and we plan to have a summer exhibition of 'Platinum Fashion', fashion through the 70 years of the Queen's reign.

None of this will happen without some help. We are recruiting people like you to join a team to welcome visitors to the church. Interested? Come along to have a chat at our Open Day from 11.00am to 4.00pm on Saturday, 26 February 2022. We will be sharing the details of our 2022 Season and how you can get involved.

If meeting and greeting is not really your thing, we need business-orientated people to form a small team. The Church is in need of urgent repairs, and we need to raise funds through grants and other donations. If you love writing business cases, numbers and spreadsheets, we'd love to hear from you. Get in touch with Stephen Buckley, pm@broseiriol.net, or come along to the Open Day.

Nearer the date, there will be more details on the Church website, www.broseiriol.net, or you can always e-mail me: robert@tsend.org.

SEIRIOL MEN'S SHED

Mike Thomas

The group is progressing well but it will be a relief to see the end of COVID.

Our workshop is well equipped and we can tackle a wide variety of jobs with confidence. Very soon our studio/hobbies room will be in use: we're developing a railway model based on a local station and goods yard. We have options to model buildings and landscape in clay or timber.

Our potters wheel and kiln will soon be in use and we will be experimenting with different glazes and finishes.

We will have acrylic, water colour and pastels to experiment with, and couple of artists easels. We have two glass panes ready to repair the greenhouse and will soon be making a start on preparing the ground and planting in the garden area.

There are many other activity possibilities, and developing them is up to members. New members are welcome: our subscriptions are £10 per month (after a free trial period) which includes the use of all our facilities plus

tea/coffee and biscuits.

There's a lot to do...join us, you will be welcome. We meet on Thursdays between 10.00am and 12.00 noon, and often on other days by arrangement. Come and see us, or phone Mike Thomas on 07941 103386.

Footnote We have a fully equipped workshop and are able to carry out repairs to wooden and metal furniture. If you have any chairs, tables, cabinets, etc., that need attention, we may be able to help out. We would have to charge for any materials that we have to supply, but our labour is free. A small donation to the Men's Shed would be appreciated, as we do have overheads to cover, such as insurances. Please contact us for more information.

HEDGEHUGGLES RESCUE

Sue Timperley

Our native western European hedgehog (*Erinaceus europaeus*) is in serious trouble in the UK, and is now on the Red List, making it at risk of extinction. The hedgehog has been on our planet since the time of the dinosaurs, but loss of habitat, pesticides, tidy gardens, strimmers, busy roads, have all contributed to its massive decline.



Hedgehogs are nocturnal, so if you see one out in the day, assume it is in trouble, unless it is big and busy: on a mission with purpose, and likely to be a mother taking a short break from her hoglets.

What to do if you find a hedgehog in need of help Hedgehogs do not sunbathe or sleep out in the open, so:

- If you find a hoglet (baby hedgehog) check the area for more of them.
- Never just walk by: they don't have the luxury of time. Pick it, up using gloves, a towel, or anything else that you have handy.
- If there is blood or an obvious injury take it to a vet as soon as possible.
- Put it in a high sided box and take the box inside away from flies; even very sick hedgehogs will try to escape.
- Fill a hot water bottle or plastic bottle

www.facebook.com/groups/llandona/

with hot tap water, wrap it and put under, or next to, the hedgehog: warmth is vital, and they can absorb heat only from underneath.

- Cover the hedgehog completely with an old towel: they are very nervous animals and feel less stressed covered over and in a quiet area, and it helps to keep the heat in.
- Place a shallow dish of water in the box, but **do not feed** (food takes energy and, more importantly, takes fluid away from the vital organs; in a sick or dehydrated hedgehog this can dramatically reduce its chances of survival).
- Now call your nearest hedgehog rescue, which for Anglesey and North Gwynedd is Hedgehuggles.



One of Anglesey's blonde hedgehogs (Sue Timperley)

How to help hedgehogs in the wild

There are several simple things that you can do:

- Avoid using pesticides such as slug pellets
- Make a hedgehog highway so that they can travel from garden to garden; a hedgehog will travel 2-3 kilometres a night



The damage caused to a hedgehog by a strimmer (Sue Timperley)

- Place shallow dishes of water around the garden; this can be a life-saver
- Check before strimming or mowing
- If you use netting for vegetables or fruit, keep it 4"/100mm off the ground so that hedgehogs and other wildlife can pass under it

puffinpages@gmail.com

- If you're having a bonfire, build it on the day or check it thoroughly before lighting it (a pile of wood and other materials is a tempting hideout for a hedgehog): use a broom handle to lift it at the base and check for sleeping hedgehogs
- If you have a pond make sure that there's a sloped end or stones so that they can get out; they are good swimmers, but can be trapped in the water if there's no means of escape
- Plant wildflowers: have a wild corner to attract insects for food



Twin hoglets (Sue Timperley)

- Build a simple feeding station to support visiting hedgehogs, especially in dry or very cold weather
- Be aware when driving. Hedgehogs are nocturnal, and can often be seen crossing the road, and their defence to an oncoming vehicles is to roll up into a ball, which is no match for a car.

At Hedgehuggles we do not receive any funding; we're just a small team of volunteers. Donations are always gratefully received, and may be made easily via PayPal at [paypal.me/hedgehugglesrescue](https://www.paypal.me/hedgehugglesrescue).

📧 Hedgehuggles Rescue
www.facebook.com/Hedgehugglesrescue/

☎ 07887 425109

✉ hedgehugglesrescue@gmail.com

Hedgehuggles Rescue



facebook.com/hedgehuggles



BANGOR ROTARY CLUB NEWS

Pauline Kenyon, Bangor Rotary Service Team Leader

After such a long time relying on zoom meetings to continue our regular meetings, we were able to resume some evenings at a new venue now that the Victoria Hotel is closed. So, after our

Christmas service at St Mary's Church, Menai Bridge, many members and guests enjoyed a celebratory Christmas meal together at the Masonic Hall, Parc Menai.

Despite the many difficulties and restrictions caused by the pandemic, and limits on our normal fund-raising activities, Bangor Rotary Club managed to support the community in a variety of valuable ways.

Firstly, Rotarians and friends contributed many interesting lots to the second charity auction that Morgan Evans so generously ran on our behalf, which raised even more than last year! We are really grateful to Simon Bower and his team for their generous support, and a significant amount from our proceeds will be sent to St David's Hospice at Ysbyty Penrhos Stanley, Holyhead, on their behalf in recognition of their amazing kindness.



President Kate Maskall amongst the donations ready to be taken to the Morgan Evans saleroom (Rotarian Bob Maskall)

Secondly, Rotarians, families and friends donated around 300 children's books, from Nursery age to Year 6 age groups, to Glancegin School, Bangor, so that every child had a book to take and keep at home. The boxes of books were presented to the Deputy Headteacher and the Chair of Governors by Chief Elf, Rotarian Derek Hainge, just before the end of term.



Rotarians Pauline Kenyon and Ian Thompson, Chair of Governors, Rotarian Derek Hainge and children from Ysgol Glancegin (Rotarian Ian Thompson)

Additionally, Rotarians have recently collected a vast amount of surplus IT equipment and old phones, plus all those leads and stuff that we were all too afraid to throw away 'in case it might come in useful', to a wonderful company in Llangefni that recycles, rebuilds and distributes working kit to charities and

those in need.

Another success was collecting and delivering a huge number of warm coats, fleeces and jackets to be distributed by North Wales Housing Association and St Mary's Hostel, Bangor at "The Gate"; these organisations support those who are homeless or in great need of warm winter clothing. We intend to give this group more support when their storage facilities allow.

We have continued to support the Food Banks and other local needs wherever possible, and two of our members still act as volunteers at local vaccination centres.

Bangor Rotarians and their families also contributed a great supply of 'wipeable' toys (COVID regulations!) to support the new mother and baby/toddler group 'Little Steps' being set up at St. Mary's Church, Menai Bridge on Tuesday mornings, which is doing such important work at this difficult time.

We are being positive and planning further events in 2022, when hopefully things will enable more involvement as COVID becomes more manageable. One of these new ventures is to facilitate a 'Volunteers Mini Expo' at Bangor Cathedral by kind permission of the Sub-Dean Rev Siôn Evans, where local charitable and volunteer groups will be invited to set up a display area to publicise and celebrate their work (and hopefully attracting new members), to visitors on Saturday 28 May 2022. The displays can be set up on Friday 27 May 2022 and there will be a special Cathedral service to support the venture that evening, with full public access to the various displays on the Saturday. Full details will be available for interested voluntary groups from Secretary Bob Maskall on 07932 149679 or at secretarybangor@gmail.com.

Our bigger Rotary ventures may be on hold, but as St. David said, "Do the little things!". We've found out what a really valuable difference these little things can make!



DOGTOR LOUIE: HEAD OF ANIMAL THERAPY

Dogtor Louie Lunn (dogtated to Kate Lunn)

Hello! My name's Louie, *Dogtor* Louie. When I'm not running about on the beach at Wern y Wylan having fun, I'm hard at work as Head of Animal Therapy in a psychiatric rehabilitation unit 'somewhere in England'.

I'm a three-year-old Cockerpoo, and I just love people and attention. My colleagues are two very fat rabbits called Flopsy and Sky. I have my very own staff ID badge with my title, full name, job role and photograph on, and I'm involved in all the various staff meetings

as they love my company, too.

Dogs like me have been known to offer humans companionship for centuries. More recently, however, therapy animals, such as dogs, have been recognised by medical science for the benefits they provide.



President Kate Maskall with Lorna Hughes from North Wales Housing Association (Rotarian Bob Maskall)

Working in a mental health setting, some of my jobs are to help to calm anxiety, provide emotional support, help patients regain peace and to have a better quality of life. Everyone looks forward to me being on shift!



This is me, having fun out of my uniform... (Kate Lunn)

A lot of people battling depression and psychological traumas find it therapeutic playing with animals or by simply being around them. I like to keep people entertained with endless games of



...and this is me, looking very smart in my uniform (Kate Lunn)

'fetch', tug-of-war and my favourite, walking groups! People who may usually prefer to stay in will walk miles with me. I love it when we go out in the minibus to try a new route; it's always a great

adventure, especially when picnics are involved.

I'm so important to the patients that the consultant psychiatrist and the multi-disciplinary team insist that I'm there for weekly ward rounds, as I have such a calming effect. I'm also great at providing an easy topic of conversation to 'break the ice' and help patient and clinician form those all-important therapeutic relationships.

I love my job, and enjoy the beaches of Anglesey as my own 'R&R' to recharge my batteries, sometimes with my friend, Tilly!



SILENT 999 CALLS: SOME GUIDANCE

Andrew Perrott

If you're in an emergency and need police help but can't speak, make yourself heard and let the 999 operator know your call is genuine.

When you dial 999 All 999 calls are directed to call centres and will be answered by BT operators. You will be asked which service you need. If no service is requested but anything suspicious is heard throughout the process, BT operators will connect you to a police call-handler.

If you dial 999 from a mobile phone It is always best to speak to the operator if you can, even by whispering. You may also be asked to cough or tap the keys on your phone in response to questions.

If making a sound would put you or someone else in danger and the BT operator cannot decide whether an emergency service is needed, your call will be transferred to the Silent Solution system.

The Silent Solution system is a police system used to filter out large numbers of accidental or hoax 999 calls. It exists also to help people who are unable to speak, but who genuinely need police assistance. You will hear an automated police message, which lasts for 20 seconds and begins with 'you are through to the police'. It will ask you to press 55 to be put through to police call management. The BT operator will remain on the line and listen. If you press 55, they will be notified and transfer the call to the police. If you don't press 55, the call will be terminated. Pressing 55 does not allow police to track your location.

What happens then? When transferred to your local police force, the police call-handler will attempt to communicate with you by asking simple yes or no questions. If you are not able to speak, listen carefully to the questions and instructions from the call-handler so he/she can assess your call and arrange help if it is needed.

If you dial 999 from a landline The Silent Solution system is not used because it's less likely that 999 calls are made by accident from landlines. If, when an emergency call on a landline is received:

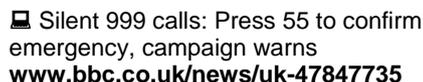
- There is no request for an emergency
- The caller does not answer questions
- Only background noise can be heard and BT operators cannot decide whether an emergency service is needed

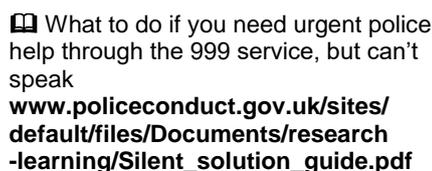
you will be connected to a police call-handler because a doubt exists.

If you replace the handset, the landline may remain connected for 45 seconds in case you pick it up again. If you pick up again during this 45 seconds and the BT operator is concerned for your safety, the call will be connected to police. When 999 calls are made from landlines, information about where you're calling from should be available automatically to the call-handlers to help provide a response.

Footnote I took this text from the IOPC's leaflet *What to do if you need urgent police help through the 999 service, but can't speak*; I searched on-line using the phrase *dial 999 press 55 uk* and found a lot of other useful information.

It is the reader's responsibility to ensure that information gathered from the leaflet and links is right and appropriate for him/her.

 www.bbc.co.uk/news/uk-47847735

 www.policeconduct.gov.uk/sites/default/files/Documents/research-learning/Silent_solution_guide.pdf

ASSISTANCE DOGS: A GUIDE

Andrew Perrott

Dogs are made unwelcome on occasion, unjustifiably so in many cases. This unwelcoming can affect people who rely on assistance dogs: many thousands of people in the UK rely on highly-trained assistance dogs to help them get around and to complete every-day tasks.

Transport for London has published an excellent 12-page leaflet, *Your guide to assistance dogs*. Although it's aimed at private hire drivers and operators, it gives all sorts of useful information, not just for people who rely on assistance dogs, but also for those who come into daily contact with them.

Several different types of assistance dogs are recognised in the UK. The

www.facebook.com/groups/llangoed



My bezzie, Edie, came to stay for a weekend just before Christmas (Andrew Perrott)



I visited my friend Louie while he was on holiday and showed him how to sponge treats like a Westie...he's a dogtor and has an ID tag to prove it! (Andrew Perrott)



I thought that I'd try to teach my friend Daisy how to do the same thing as well, but she didn't need much teaching at all (Andrew Perrott)



Edie and I looked very smart in our Christmas outfits... (Andrew Perrott)



...and after all the Christmas excitement Edie decided that she needed a rest...she can be very lazy at times (Andrew Perrott)

charities accredited by Assistance Dogs UK are:

- Guide Dogs
- Hearing Dogs for Deaf People
- Dogs for Good
- Dog AID
- Support Dogs
- Medical Detection Dogs

There are also people who have self-trained dogs; this means that they have trained their dog to meet their own particular physical, mental and other needs.

 Your guide to assistance dogs <http://content.tfl.gov.uk/new-dogs-assistance-leaflet.pdf>

 Assistance Dogs UK www.assistedogs.org.uk/

 How to guide people with sight problems www.rnib.org.uk/sites/default/files/How-to-guide-sight-problems.pdf

TAILPIECE: THE WEARY WESTIE'S SOCIAL WHIRL

Tilly Barker (dogtated to Andrew Perrott)

My goodness me! What a busy time I had of it in the run up to Christmas and the New Year. I saw lots of my friends in Llanlockdown and managed to sponge treats and biscuits off most of them... they always fall for that doggie-in-a-chocolate-box-picture look and a gentle scratch at the ankle; I just hope that they don't catch on...

In December the Boss took me to see the vet for my eyes to be checked. It was good(ish) news: the vet said that my eyes were stable, but would get no better. The Boss gives my eyes a really good clean every morning, bathing them with warm water before removing the sticky bits with cotton buds. I really don't like it, but he's bigger than I am so I know that I can't do a runner...

I saw my friend Dogtor Louie while he was on holiday and taught him the doggie-in-a-chocolate-box-picture look... he was very good at it. We did a lot of sponging and I raided his food bowl as well. I thought that I'd teach Daisy how to sponge treats as well, but she taught me a thing or two...

We went to stay with my bezzie (that's Westie-speak for best friend) Edie at Christmas. I had a lot of presents...one with five squeaks in it took me half an hour to kill. The Boss uses its remains to play tug-of-war with me.

On Boxing day Edie's friends Timmy and Ralph visited. Ralph's still a bit of a pup and I had to shout at him because he wanted to play all the time. He went away to sulk while he licked the things in the dishwasher... Then my social whirl was over, and we came back home.

EDITORIAL INFORMATION AND OTHER 'USEFUL TO KNOW' STUFF

The Editorial Team

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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 10 January
May: submissions by 10 April
August: submissions by 10 July
November: submissions by 10 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**

- **Beumaris**
ABC Service Station, Gallows Point, Beumaris LL58 8YH
Canolfan Beumaris Leisure Centre, Rating Row, Beumaris LL58 8AL
Central Bakery, 22 Margaret Street, Beumaris LL58 8DN
Ena's Newsagents, 24 Castle Street, Beumaris LL58 8AP
Spar, 11 Castle Street, Beumaris LL58 8AB
Town Hall (entrance lobby), Castle Street, Beumaris LL58 8AP
- **Llanddona**
The Owain Glyndŵr, Llanddona LL58 8UF
Wern y Wylan, Llanddona LL58 8TR: look for the labelled mailbox at Wern y Wylan Court
- **Llandegfan**
Siop Llandêg, Lon Ganol, Llandegfan LL59 5UA
- **Llangoed**
Morrisons Daily, China House, Llangoed LL58 8NW
- **Penmon**
The Pilot House Café, Black Point, Penmon LL58 8RR
- **On-line**
www.seiriolalliance.co.uk/newsletters/

Some useful contacts

| | |
|---|---|
| Alcoholics Anonymous | 0800 917 7650 |
| Canolfan Iechyd Beumaris Health Centre | 01248 810818 |
| Canolfan Beumaris Leisure Centre | 01248 811200 |
| Cynllun Tro Da Seiriol Good Turn Scheme | 01248 305014 |
| Dŵr Cymru/Welsh Water: | leaks 0800 281 432 |
| | water services and emergencies 0800 052 0130 |
| | sewerage services and emergencies 0800 085 3968 |
| Electricity (SP Energy Networks): | information about power cuts 0800 001 5400 |
| Floodline | 0345 988 1188 |
| Gas: | National Gas Emergency Service 0800 111 999 |
| Isle of Anglesey County Council: | 01248 750057 |
| | Beumaris library 01248 810659 |
| | Children's Services 01248 752722 |
| | missed waste collections 01248 752860 |
| NHS (NHS Direct closed in 2014): | for non-emergency medical help 111 |
| NSPCC: | help for adults concerned about a child 0808 800 5000 |
| | help for children and young people 0800 1111 |
| Police: non-emergency | 101 |
| Police Community Support Officer: | Teleri Jones 07814 646320 |
| Post Office: | customer helpline 0345 611 2970 |
| | Morrisons Daily, Llangoed 01248 490056 |
| | Spar, Beumaris 01248 810326 |
| RSPCA: | daily, 9.00am-6.00pm 07490 642555 |
| Samaritans: | English language 116123 |
| | Welsh language 0808 164 0123 |
| Ysbyty Gwynedd Hospital | 01248 384384 |