

The Puffin

FREE community magazine • published quarterly

Number 38 • November 2021

Serving...

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

...and on-line

WELCOME!

John Nunn

Welcome to **The Puffin** 38!

Our last edition was the first one which was not delivered door-to-door to households in our original catchment area. We hope all who wanted to see the publication were able to obtain one, either on-line or by picking up from one of our outlets, which are listed on the back page. If you've had problems obtaining a copy, or know of anybody who's had similar problems, please let us know.

We've been fortunate in the generosity of our friends who have donated funds, enabling us to continue in print and to expand our coverage, and also, in the skills of our 'typesetter', Andrew Perrott, who has nursed us through our change to more of a 'magazine' format.

We're lucky also in the number of people who respond to our regular requests for articles, news and so on; sometimes, as in my case with this piece, it's more of a desperate plea to put pen to paper, or finger to iPad. An advantage of modern technology, though, is that you can do this sort of thing anywhere... I'm writing this after a day soaking up the sun in Fuerteventura so that I can look other Editorial Team members in the eye when I return.

On the subject of editorial members: where are all you new ones? We know that we have an excellent product; each member of our existing Editorial Team specialises in certain aspects of getting an issue to the newsstands, but we're a small group of 'older' men with the enthusiasm to keep **The Puffin** flying.

Where are the individuals who are able to relate with the younger age range?... who are able to take an informed and dispassionate view of gender issues in the locality?...who can generate articles from others?...who are *au fait* with youth culture in the area?...who are able to pull in articles about Welsh language and whether in Welsh and/or English?

For **The Puffin** to be sustainable over the long term we need **YOU**, so that we can broaden our appeal and gain a wider breadth of ideas for our content and appeal, so please, think long and hard about joining our little group, even if only as an 'occasional' member. You would be made very welcome.

Have a look at out advertisement on page 18 of **The Puffin** 37...we really do need **YOU**!

Here it is, then: **The Puffin** 38... I hope that you enjoy it! I'll round off my short introduction by wishing all of you, our readers, supporters and funders, a Merry Christmas and a Happy and Health New Year! Be sure to raise a toast to a more settled and normal 2022!

The Puffin 38 • November 2021

THIS MONTH'S COVER PICTURE

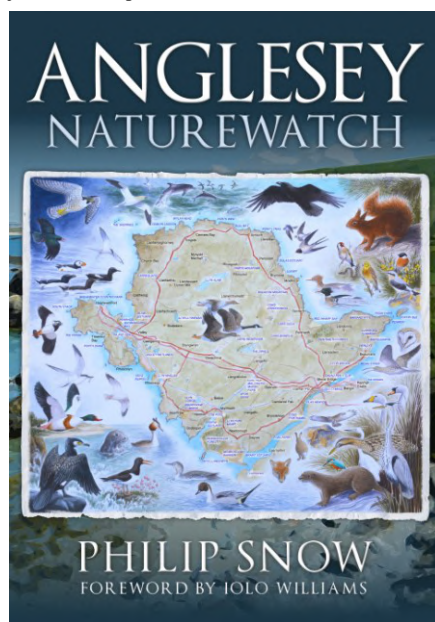
Philip Snow

The picture on **The Puffin**'s front cover is taken from my painting of squirrel doing what squirrels do...hanging out!

We're so lucky that Anglesey is a red squirrel haven. Even so, the red squirrel's continued existence is anything but secure, and red squirrels need all the support and protection that they can get. There's more on page 18.



This is me in one of my sketching workshops, with a young tawny owl which had just taken its first flight; the sketching workshops are regularly irregular, in various places in North-West Wales, and can be tailored to individual requirements, so just ask (Philip Snow)



Very enjoyable, and pretty much a model of how to produce a local or regional site guide (*Bird Watching* magazine, September 2021)

I hail from Cheshire, and have lived for many years in North Wales, mainly at Malltraeth, Anglesey. After a 'lost decade' of wandering I finally gained a BA in Graphics in 1983 at Manchester Polytechnic.

My paintings have been exhibited in many of London's and Wales's top galleries and venues, like the Design Centre and the Barbican, here in my adopted Wales, at Oriol Ynys Môn, Oriol Eryri, the Mostyn Gallery, the Beaumaris Festival, the Tegfryn Gallery and so on, and internationally as well.

My work may be found in many private, public and royal collections, including HRH Prince Charles and the National Library of Wales.

Work has also been donated to several conservation and education projects, like Glaslyn Ospreys and Red Squirrel Trust Wales and, especially, 'third world' Christian Charities.

My books are the result of over 40 years' work and investigation into the 'natural world' (creation), and reflect a deep Christian commitment and concern for our future, never more in peril than it is now!

Anglesey wildlife artist and creationist Philip Snow

https://news.bbc.co.uk/local/northwestwales/hi/people_and_places/nature/newsid_8716000/8716453.stm

Philip Snow
www.philipsnow.org/

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.

It's back again, and with many more happenings listed. The 'lurking COVID menace' means, though, that events could still be cancelled at short notice or the dates rearranged, so please be sure to check that an event is still taking place before you attend; COVID-19 restrictions may be easing, but things could change at a moment's notice.

The Puffin is always looking for events to list. Inevitably, though, 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.

We're happy to list events that might take place as long as you make it clear that they are possibilities rather than certainties.

Finally...don't forget to take a mask with you! It's amazing how easy it is to forget...

Beaumaris

- **Seiriol Alliance, Canolfan Beaumaris:** go to pages 10-16 and read all about all the interesting and exciting things that are happening.
- **Children's Christmas Crafts:** Beaumaris Church, Saturday 27 November, 10.00am-4.00pm. Come along and have a break from shopping while the children have
www.seiriolalliance.co.uk/newsletters/

some fun making Christmas decorations.

- **Christmas Tree Festival:** Beaumaris Church, 15 December-19 December. If your group or organisation would like to display a tree, decorated on the theme of 'A Christmas Carol or Song', please contact Rev Lesley Rendle on 07817 873080.
- **H'Artworks:** Anne Snaith is now 'Artist in Residence' at the Bulkeley Hotel, where she runs a variety of workshops and much more besides:

Tuesdays, 4.30pm-5.30pm: Children's Art Club for ages 7 and over. Sessions cover most media, including watercolour, acrylic, pastel, silk painting, working on glass and basic drawing and painting. This Club is full; another one is planned for either **Saturdays, 11.00-12.00 noon** or **Thursdays, 4.30pm-5.30pm**, according to demand. Names are being taken for these possible sessions.

There's a maximum of six places to ensure that the teaching quality is high and very hands-on. The charge is £12.00 per child, including all materials.

Thursdays, 1.00pm-3.00pm: Anne Snaith's watercolour class for beginners and intermediates. There's a maximum of six places as it will be almost a master class, with very hands-on teaching. This watercolour class will also cover the use of brusho powder (a powder paint, vibrant, water-based, non-toxic), gouache and more; it's watercolours with a twist!

Saturday/Sunday 27/28

November: a series of Christmas-themed workshops to fit in with the Bulkeley Hotel's Festive Fayre. They are bookable in advance, with all materials included, the sessions include:

- Paint-in-silk Christmas cards: £12.00 for a two-hour session
- Paint-in-silk suncatcher: £20.00 for a two-hour session
- Create a glass roundel: £25.00 for a three-hour session
- Create a festive silk artwork from scratch: £25.00 for a three-hour session

Saturday 4 December, Friday 10 December, Monday 13 December, Friday 17 December, at varying times: a variety of friendly, relaxed 'have a go' art classes where you can create something you can be proud of to keep or give as gifts.

Please note that the dates, times and availability of the courses may vary according to demand, so be sure to e-mail hartworks@btinternet.com or telephone 01248 490370 or 07531 384434 for more information and/or to register for a place.

There will be more courses in the Bulkeley Hotel and other venues in due course, so watch this space!

- **Beaumaris Film Night:** people have been asking when Film Night will be back.

Although the team of Leisure Centre volunteers who were running it before lockdown would love to restart, there are still concerns about dozens of people close to each other under a low ceiling for two hours or so. The restart meeting due at the start of October was therefore postponed till nearer Christmas, but the hope is to still begin screenings early in the new year.

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

Llanddona

- **Caffi Ni:** Neuadd Bentref Llanddona Village Hall, Thursday and Friday, 10.30am-3.00pm: meal deals, light snacks, drinks, home-made cakes. Takeaways are available.
- **Community Christingle Service:** Neuadd Bentref Llanddona Village Hall, Sunday 12 December, 3.00pm. All are welcome.
- **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 can be arranged. Go to page 11 to read more about it.

- **H'Artworks:** Neuadd Bentref Llanddona Village Hall, Wednesdays, 1.00pm-3.00pm: Anne Snaith's watercolour class for beginners and intermediates.

The response has been high, and places were filled very quickly, so Anne will be running another watercolour course at the Bulkeley Hotel; look under the **Beaumaris** heading for more information.

Please note that the dates, times and availability of the courses may vary according to demand, so be sure to e-mail hartworks@btinternet.com or telephone 01248 490370 or 07531 384434 for more information and/or to

register for a place on a course.

There will be more courses Neuadd Bentref Llanddona Village Hall and other venues in due course, so watch this space!

- **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. Everyone is welcome; no booking is required. For more information contact Kirsty Simpson at kirstyalison.simpson@hotmail.com, and read about the Group on page 10.
- **Llanddona Writers Group:** for more information see Stephen Marsden's article, *Newcomers boost local writers*, on page 6.
- **Santosa Yoga:** Neuadd Bentref Llanddona Village Hall, Tuesdays, 10.00am-11.30am, Fridays 7.00pm-8.30pm, Saturdays 2.00pm-3.30pm. For more information contact Sarah Walczak on 07708 688128.

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...and read more about us on page 10.

- **Clwb Garddio Llangoed Gardening Club:** Llangoed Village Hall (large hall), third Monday in the month at 7.30pm. For more information please contact Jean Whitehead on 01248 490813, Ann Donlan on 07919 031403 or Lyn Gallagher on 07857 697572...new members welcome! See also page 20.



Spotted in Rating Row, Beaumaris in June...I've no idea how I missed the stampede/round-up... (Andrew Perrott)

- **Seiriol Men's Shed:** Thursdays, 10.00am-12.00 noon, in our workshop at Haulfre residential home, Llangoed. For directions see *Seiriol Men's Shed* on page 22.

Bro Seiriol Churches

- **Service times, events, Christmas services:** the Bro Seiriol Churches are at Beaumaris, Llanddona, Penmon, Llanestyn, Llangoed and Llanfihangel din Silwy: for information about service times and events and full details of our all our Christmas services, please visit our new website: www.broseiriol.net.

RALI TRACTOR LLANESTYN

Lucy Low

Bydd darllenwyr **The Puffin** yn gwybod i Rali Tractor gael ei chynnal ym mis Awst yn Llanddona ar gyfer y gymuned gyfan, gyda'r elw'n helpu tuag at adfer Eglwys Sant Iestyn, Llanestyn.

Gwawriodd y diwrnod yn deg, yn well na'r disgwyl, ar gyfer casglu bron i 40 o dractorau yng nghanol Llanddona. Roedd lluniaeth a stondinau yn Neuadd Bentref Llanddona Village Hall yn ddechrau gwyh i'r diwrnod, ac roedd y tractorau'n cychwyn ar eu taith olygfaol 25 milltir...rhannau oddi ar y ffordd drwy Fynydd Llwydiarth a Wern y Wylan, yna ar hyd Lon Plas, Llandegfan i Fiwmars, gan stopio yng Nghartref Nyrsio Haulfre yn Llangoed am banad drwygareidgrwydd Sioned Roberts a chroeso hyfryd gan y trigolion. Yna aeth ymlaen i lawr i Draeth Llanddona am ddwrn choc a roddwyd gan Liz Pritchard o Gaffi'r Traeth, gan offren yn yr Owain Glyndŵr gyda cherddoriaeth fyw o Fônswn a rhost hogyn yn rhoddedig gan Eilir Williams o Hogs Môn.

Roedd y gefnogaeth ar y diwrnod yn wych, ac mae 'diolch' mawr yn mynd allan i bawb a ddaeth draw i hwylio ar y

tractorau, ac i bawb a helpodd mewn unrhyw ffordd i wneud y diwrnod yn bosibl. Rhoddwyd y gwobrau'n garedig gan Vicki Leverington, engrafiad gwydr:

- Tractor Hynaf: llwyd 1948 Ferguson wedi'i yrru gan Now Roberts
- Tractor sgleiniog: Nuffield 10/42 wedi'i yrru gan Dafydd Humphries
- Tractor sydd fwyaf angen rhywfaint o TLC: Massey Ferguson 35x wedi'i yrru gan Will Roberts
- Tractor Addurnedig Gorau: Ford wedi'i yrru gan Richard Parry, gyda thema 'Gwrachod Llanddona'
- Gwobr Bonws Gyrwyr Benywaidd: Nia a Lowri mewn John Deere 6330



The oldest/yr hynaf (Andrew Perrott)

Ers mis Mehefin, pan ddechreuom ein hymgyrch i dynnu sylw at drafferthion Eglwys Sant Iestyn gyda thaitgerdded nodedig, mae'r gymuned wedi codi'r swm anhygoel o bron i £10,000. Penodwyd pensaer i wneud cais am yr holl ganiatadau perthnasol ac i oruchwyllo'r gwaith a drefnwyd, ac mae arolwg ystlmod eisoes wedi'i gynnal. Mae Eglwys Sant Iestyn ar agor bob dydd i bawb ar gyfer myfyrio tawel neu edrych o gwmpas. Cynhelir gwasanaethau dwyieithog y rhan fwyaf o



Y sgleiniog/the shiniest (Andrew Perrott)

ddydd Sul am 9.30am Mae Eglwys Sant Iestyn ar agor bob dydd i bawb ar gyfer myfyrio tawel neu edrych o gwmpas. Cynhelir gwasanaethau dwyieithog y rhan fwyaf o ddydd Sul am 9.30am.

Ewch i wefan Llanddona Fundraiser i gael y wybodaeth ddiweddaraf am ddigwyddiadau. Bwriedir helfa drysor, yn ogystal â rhai gweithgareddau adeg y Nadolig. Pwy â wŷr?... gallai Rali'r Tractor hyd yn oed ddod yn ddigwyddiad blynyddol!

📄 Llanddona Fundraiser
www.llanddonafundraiser.com

LLANESTYN TRACTOR RALLY

Lucy Low

Readers of **The Puffin** will know that a Tractor Rally was held in August in Llanddona for the whole community, the proceeds helping towards the restoration of St Iestyn Church, Llanestyn.

The day dawned fair, better than expected, for the gathering of nearly 40 tractors in the centre of Llanddona. Refreshments and stalls at Neuadd Bentref Llanddona Village Hall were a great start to the day, and the tractors



Yr addurnedig gorau/the best decorated (Andrew Perrott)

headed off on their 25-mile scenic journey...off-road sections through Mynydd Llwydiarth and Wern y Wylan, then along Lon Plas, Llandegfan into Beaumaris, stopping at Haulfre Nursing Home in Llangoed for a panad courtesy of Sioned Roberts and a lovely welcome from the residents. Then it was on down to Llanddona Beach for choc ices donated by Liz Pritchard from the Beach Cafe, finishing at the Owain Glyndŵr with live music from Mônswn and a hog roast donated by Eilir Williams from Hogs Môn.



Confoi'r tractor ar ei ffordd i fyny bryn Glanrafon/ The tractor convoy on its way up Glanrafon hill (John Briggs)

Support on the day was fabulous, and a big 'thank you' goes out to everyone who came along to cheer on the tractors, and to everyone who helped in any way to make the day possible. The prizes were kindly donated by Vicki Leverington, glass engraver:

- Oldest Tractor: grey 1948 Ferguson driven by Now Roberts
- Shiniest Tractor: Nuffield 10/42 driven by Dafydd Humphries
- Tractor Most In Need Of Some TLC: Massey Ferguson 35x driven by Will Roberts
- Best Decorated Tractor: Ford driven by Richard Parry, with a 'Llanddona Witches' theme
- Lady Drivers' Bonus Prize: Nia and Lowri in a John Deere 6330

www.facebook.com/groups/llanddona/

Since June, when we started our campaign to highlight the plight of St Iestyn's Church with a sponsored walk, the community has raised the amazing sum of nearly £10,000. An architect has been appointed to apply for all the relevant permissions and to oversee the works scheduled, and a bat survey has already taken place.

St Iestyn's Church is open daily for everyone for quiet contemplation or just for a look around. Bilingual services are held most Sundays at 9.30am.

Visit the Llanddona Fundraiser website to keep up-to-date with events. A treasure hunt is planned, as well as some activities at Christmas. Who knows?...the Tractor Rally might even become an annual event!

📧 Llanddona Fundraiser
www.llanddonafundraiser.com

VINTAGE TRACTOR RALLY

Poem © Meg Marsden

Just like a child's picture book or first
glossy Alphabet book;
Turn to page 20
T is for Tractor

And yes here they come in glorious
technicolour;
Pillar-box red,

bright green with mustard-painted
wheels;

brilliant blue;
cream and scarlet;
sparkling silver;
buttercup yellow
Gleaming

Bedecked with bunting

Even muddy – good Welsh mud.

Their mighty jumbo tyres seem to bellow
'don't mess with me'

One, two, three, 15, 25 and finally a
magnificent 32!

The lanes lined with cheering,
whistling onlookers

Each driver looking like they were born
to it...smiling, waving, relaxed

In some flamboyant tractor dance
As through the local villages they chug
Like splendid mechanical rural peacocks
And this was better than any storybook
This was real life.

A TRACTOR JOKE

Andrew Perrott

To follow on from Lucy Low's account of
August's amazing tractor rally on page 4
I shall tell you a very silly tractor joke. Be
prepared...it really is very silly.

Siôn was just an ordinary little boy,
sometimes good, often naughty, just like
little boys everywhere...but with one
difference: he was obsessed with
tractors, absolutely obsessed. He had
pictures of tractors all over his bedroom
walls; he had tractor tee-shirts, tractor

puffinpages@gmail.com

Undies, tractor toys, a tractor carpet, a
tractor duvet cover...everything to do
with tractors, in fact.

In short, Siôn ate, drank and slept
tractors, and on his 17th birthday he was
thrilled to get an invitation to go to a
tractor showroom and test-drive a brand
new tractor. The excitement was almost
unbearable, but eventually the Great Day
arrived, and off he went to the tractor



showroom for the test-drive. Something
went wrong, unfortunately, and Siôn
managed to run the tractor into a wall,
breaking a leg in the process. He was



very upset, even though the tractor
company was very understanding, and
lost all interest in tractors...down came
the posters, the toys were sold, and
tractors were out of his life, full stop.

Many years later, Siôn went into the
Owain Glyndŵr for a pint or two. Inside,
the air was full of cigarette smoke (this
was many years ago, you understand),
but through it he saw a beautiful girl
seated at the bar on her own, the tears
streaming down her face.

"Whatever's the matter?" Siôn asked; he
was a kind soul.

"Oh, it's the smoke," the girl said, "it's
making my eyes sting."

With that, Siôn looked around, took a
huge breath, sucking in all the smoke,
then went outside into the car park and
blew all the smoke out again. He went
back into the bar where the air was now
clear and sweet, and sat down by the
girl.

"Goodness!" she said, really impressed,
"that was amazing! However *did* you do
that?"

"Oh, it was easy," said Siôn, "I'm an ex-
tractor fan..."

READ ALL ABOUT IT!

Stephen Marsden

Known for her four books of mainly
poetry, Anglesey writer Meg Marsden
has broadened her scope completely
with her latest, which is published in
November.

"You can take the girl out of
Birmingham..." harks back to her early
years there, born and raised a Brummie
before moving to Wales, then Cheshire
and finally back to Wales for good.
Rather than a memoir, it's a series of
snapshots, often funny but always
entertaining, of growing up in that warm-
hearted city.

It's a book about family and for families,
about people and habits and daily life,
with the added bonus of the occasional
poem from the many she continues to
write.

Launched on 12 November, "You can
take the girl out of Birmingham..." will be
available direct from the author at £8,
with part of the proceeds going to the
British Red Cross.

You can contact Meg on 07913 223435
or via meg@tcomms.co.uk for a copy.

CALLING ALL DEDICATED FOLLOWERS OF FASHION...

Rev Lesley Rendle

Next year, Her Majesty Queen Elizabeth
celebrates an amazing 70 years on the
throne: her Platinum Jubilee. As part of
the year of celebrations, we plan to hold
a summer-long event in Beaumaris
Church entitled '70 Years of Fashion',
and we need your help.

Do you have examples of clothing that
represent fashion trends over the past
70 years? Perhaps you have examples

Across

- 7,9 60s hit for The Seekers (3,8,2,4)
 8 Rich (8)
 10 See 7
 12 Hirsute (5)
 14 LP or CD (5)
 16 Weirdo (7)
 19 Not new (4)
 20 Immediately (2,1,5)
 22 Dishonoured promissory note (7,6)

of uniforms hidden away in the loft, children's clothes from the past or even just a hat or a pair of gloves? If so, we'd love to hear from you with a view to displaying your treasures.

We'd also be interested in borrowing some photographs from over the past 70 years, but please remember that the emphasis is on fashion, although if they were taken locally and are of local people, so much the better.

So get rummaging! If you find anything which you would like to have in the exhibition, please get in touch with me at lesleyrendle@gmail.com.

Let's see what gems/horrors we can find!...and be sure keep your eyes open for an article in a future number of **The Puffin**.

TEST YOUR INTELLIGENCE

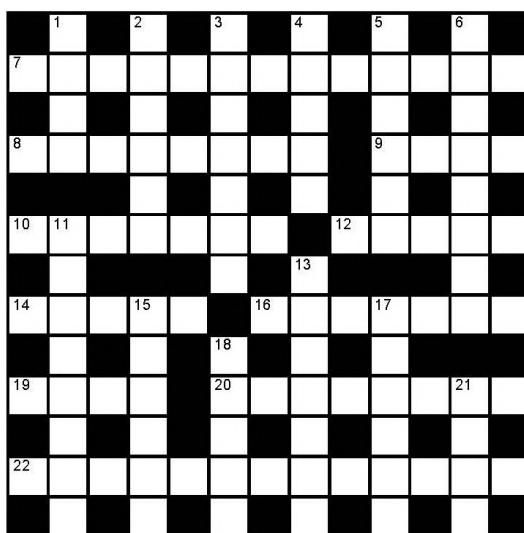
Andrew Perrott

This will determine whether you are a very intelligent person. The answers that you give to the four simple questions below will tell you whether you are qualified to be a professional. The questions aren't that difficult...

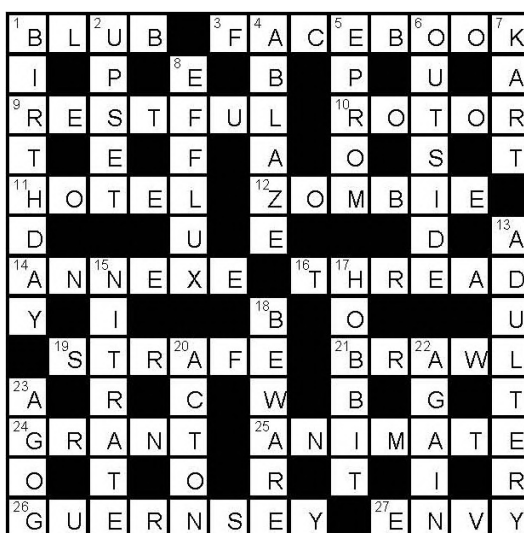
- Q1** How do you put a giraffe into a refrigerator?
Q2 How do you put an elephant into a refrigerator?
Q3 The Lion King is hosting an animal conference. All the animals attend, except one: which one?
Q4 There is a river which you must cross, but it is used by crocodiles and you don't have a boat. How do you cross it?

According to Anderson Consulting Worldwide, around 90% of the professionals whom they tested gave the wrong answer to every question; on the other hand, many pre-schoolers managed at least one correct answer. It says that this

QUICK CROSSWORD NO 7



QUICK CROSSWORD NO 6: SOLUTION



CHRISTMAS WORDSEARCH



The solutions to 'the Governor's' Quick crossword no 7 and Christmas Wordsearch will be given in **The Puffin** 39.

Down

- 1 Cook (4)
 2 Goon (6)
 3 With pressing importance (7)
 4 Laughter (5)
 5 Encourage (6)
 6 Aircraft wing angle (8)
 11 Trick (8)
 13 Get on (7)
 15 Loose (6)
 17 Dance (6)
 18 Jumbled (5)
 21 Bullet or invertebrate (4)

conclusively disproves the theory that most professionals have the brains of a four-year-old. There's hope for me yet.

The first three people to e-mail us at puffinpages@gmail.com with what they think are the correct answers will have an honourable mention in **The Puffin** 39. We'll publish the answers as well. Don't cheat...

LLANDDONA TABLE-TOP SALE RAISES FUNDS FOR LOCAL CHARITIES!

Andrew Perrott

Saturday 25 September was a fine day for Llanddona resident Carol Westlake's table-top sale.

She is donating all the proceeds to support people living with dementia in the Seiriol area.

A big 'thank you' goes to Carol and all the people who attended the event from the Seiriol Alliance and Dementia Friends!

NEWCOMERS BOOST LOCAL WRITERS

Stephen Marsden

Llanddona Writers Group survived lockdown well by reverting to e-mail, and now new members are helping replace the few who were taken up with other things. But with restrictions changing, the Group is delighted to be able to meet physically again.

Meetings were and again will normally be at 4.00pm on the second and fourth Thursday of the month.

We encourage anyone attracted to writing to get in touch – we have people with all levels of experience (or lack of it!), and for a complete variety of reasons – doing a memoir, a blog, short stories, poetry

STAR	INN	HOLY	JOLLY	PINE	CHILD	JOY
IVY	JESUS	PIE	CARD	MAGI	ADVENT	SAUCE
DONNER	TURKEY	CRIB	HAPPY	TOYS	TINSEL	JOSEPH
COMET	MASS	CAROL	CEDAR	GOLD	BABY	CHRIST
PORT	SAUSAGE	PUNCH	ST.NICK	YULE	LORD	NOEL
HAM	SING	XMAS	RED	ELVES	GREEN	MARY
CROWDS	CAMEL	DANCER	POTATO	FAMILY	GIFT	ANGEL
CANDY						FIR

and more. And we are a mix from across the area – Beaumaris, Penmon, Llangoed and elsewhere.


Please contact Stephen Marsden on 07774 699685 to find out all about us.

LEUKAEMIA AWARENESS IN THE 65+ COMMUNITY

Andrew Perrott

Leukaemia can be hard to spot because the signs and symptoms are common to other unrelated illnesses. In addition, people aged 65 and over may have additional complex health needs, making it harder to distinguish potential cancer signs and symptoms from other health issues. Knowing what to look out for could help you to spot leukaemia earlier.

Leukaemia Care has published a useful three-page leaflet, *Spotting Leukaemia in the 65+ community*, which contains some links to other sources of information.

 Spotting Leukaemia in the 65+ community
<https://media.leukaemiacare.org.uk/wp-content/uploads/Spot-Leukaemia-OPAAL-Guide-1-1.pdf>

CANOLFAN IECHYD BIWMARES: RHAGLEN BRECHU RHAG Y FFLIW 2021

Dr Hywel Jones, Dr Sarah Borlace, Dr Elliott Breaks

Rydym yn argymhell i chi drefnu i gael y brechiad fflw yn fuan. Dyma'r ffordd orau i'ch amddiffyn rhag bod yn sal iawn o'i herwydd. Mae hyn yn bwysicaf y gaeaf yma nac erioed, gyda'r Covid-19 yn parhau i fod yn lledaenu yn hawdd... felly, gofynnwn i chi drefnu i gael eich brechu rhag y fflw more fuan a phosib.

Gallwch wneud hyn ar-lein, sydd yn hawdd i'w wneud (defnyddio *Fy-lechyd Ar-Lein*) neu ein ffonio ar 01248 810818. Mae ein ffonau'n hynod o brysur felly byddwch yn amyneddgar gyda ni.

Ychydig o bethau i'w cofio, os oes gennych apwyntiad wedi'i drefnu ar gyfer y fflw:

- Sicrhewch eich bod yn dod â mwgwd ac yn ei wisgo
- Peidiwch â mynychu os ydych chi, neu rywun rydych chi'n byw gydag ef, yn sal neu os oes gennych unrhyw symptomau COVID-19, neu os ydych chi wedi bod mewn cysylltiad â COVID neu wedi cael cyngor i ynysu
- Gwisgwch ben llewys byr i ganiatáu mynediad hawdd i'ch braich/ysgwydd uchaf
- Dewch ar eich pen eich hun lle bo'n bosibl

Dyma restr o'r grwpiau sy'n gymwys i gael y brechiad fflw eleni:

www.facebook.com/groups/llangoed

- Mae grŵp newydd eleni, unrhyw un sy'n 50 oed neu'n hŷn: dyma bawb sy'n 50 oed, nid dim ond y rhai sydd â chyflyrau iechyd
- Pawb sydd a chlefyd siwgr, sy'n asthmatic neu a COPD, clefyd y galon, yr iau neu'r arenau
- Yn ogystal unrhyw un sy'd ofalwr am berson arall
- Pawb sy'n or-drwm gyda BMI dros 40
- Merched sydd yn feichiog
- Holl blant 2 a 3 oed



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Nodyn byr ynglyn a'r rhaglen brechiadau atgyfnerthu COVID (booster): mae hyn yn cael ei drefnu gan y Bwrdd Iechyd. Bydd llythyru yn uniongyrchol ganddynt a bydd digon o rybudd i chi gyda'r dyddiad. Da chi, peidiwch ac oedi o'r brechiad fflw wrth ddisgwyl am yr un Covid. Does dim peryg o gael y ddau yn agos i'w gilydd.

Os oes ganddoch gwestiwn ynglyn a hyn, ffoniwch y rhir sydd ar y llythyr gwahoddiad. Bydd pobl sy'd gaeth i'r ty yn cael cysylltiad maes o law gan tim brechu y Bwrdd Iechyd.

Diolch!

 *Fy-lechyd Ar-Lein*
www.myhealthonline-inps2.wales.nhs.uk/web/ps/welcome

BEAUMARIS HEALTH CENTRE: FLU CAMPAIGN 2021

Dr Hywel Jones, Dr Sarah Borlace, Dr Elliott Breaks

Having the annual flu vaccination is your best protection against becoming unwell with flu. It is extremely important to have this, particularly because of the additional worries about COVID-19. People at risk of flu are also at higher risk of COVID-19 and its complications... so, a very simple message from us this autumn: please book your flu

vaccination now if you haven't already done so.

You can book on-line (using *My Health Online*, which may be easier and more convenient for you) or by phone on 01248 810818. Our phones are extremely busy so please bear with us.

A few things to remember if you have a booked appointment for flu:

- Ensure that you bring and wear a mask
- Do not attend if you are, or someone you live with is, unwell or has any COVID-19 symptoms, or you have been in contact with COVID or have been advised to isolate
- Please wear a short-sleeved top to allow easy access to your upper arm/shoulder
- Come alone where possible

A reminder of the groups of people that are recommended a flu vaccination:

- There's a new group this year, anyone aged 50 years or over: this is *everyone* aged 50, not just those with health conditions
- All diabetics, asthmatics or COPD, heart disease, liver disease, kidney disease, main Carers
- Anyone with a BMI of over 40
- Anyone who is pregnant
- All children aged 2-3 years

COVID Boosters are currently being organised by the Betsi Cadwaladr Health Board Vaccination team. Letters are being sent out by them directly. The letters are sent out several weeks in advance so you will have plenty of notice. Please do not delay your flu vaccine because you are waiting for the COVID Booster. There is no problem having these close together, and there is no gap needed between the two vaccines.

If you have queries please contact the telephone number on the Booster invitation letter. We are quite limited in how we can assist with this. Housebound patients will be contacted by the vaccination team in due course.

Thank you!

 *MyHealth Online*
www.myhealthonline-inps2.wales.nhs.uk/web/ps/welcome

RECYCLING SOFT/'PROBLEM' PLASTICS

Andrew Perrott

At long last it's becoming possible to recycle soft/'problem' plastics.

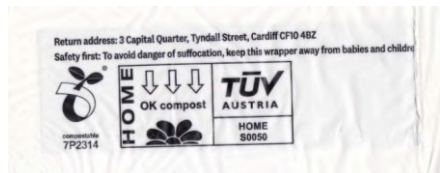
Soft plastics are lightweight plastics that often cannot be placed in domestic recycling bins at home, plastics like the peel-back film lids on yogurt pots, soft fruit bags and ready meals, and plastic crisp packets, salad bags and chocolate

or biscuit wrappers.

Recycling Recycling soft plastics is easy enough:

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

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



A bag or envelope is compostable if it has this logo on it (Andrew Perrott)

Waitrose & Partners use compostable bags for loose fruit and vegetables. They're useful for collecting compostable kitchen waste, and really do degrade very quickly in a compost bit.

Information There's quite a bit of information on-line; the standard varies, so there are a few useful links below.

📄 TÜV Austria: OK compost & Seedling
www.tuv-at.be/green-marks/certifications/ok-compost-seedling/

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

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

it's over to you now to research on-line and 'do your bit'!

Search on-line: *recycling soft plastics uk*

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CWLWM SEIRIOL: DIWEDDARIAD YR HAF

Delyth Philipps, Swyddog Ymgysylltu â'r Gymuned/Community Engagement Officer

Yn dilyn darn Simon Hunt ynghylch Cynllun Adfer Coed Ynn yn rhifyn o **The Puffin** 36 (mis Mai 2021), mae cyflwyniad ar-lein a thair sesiwn hyfforddiant yn yr awyr agored wedi'u cynnal i helpu pobl i adnabod arwyddion o'r afiechyd a'u hannog i gymryd rhan mewn prosiect i fonitro coed sydd ag ymwrthedd yn ward Seiriol. Y syniad yw cadw llygad ar goed ynn sy'n ymddangos yn iach, a'u monitro, gan gofnodi'r rhain ar dudalen Cwlwm Seiriol ar wefan Cofnod. Mae Cofnod yn un o bedwar Canolfan Cofnodion Amgylcheddol Lleol yng Nghymru, a'u

The Puffin 38 • November 2021

tasg yw dwyn ynghyd cofnodion unigol mewn cronfa ddata ganolog. Os hoffech gymryd rhan, cysylltwch â mi.

Os ydych wedi bod draw yng Ngwarchodfa Natur Leol Cyttir Mawr yn Llandegfan yn ddiweddar, efallai eich bod wedi sylwi ar y blychau ystlumed sydd wedi'u gwneud gan aelodau Clwb Ieuenctid Llandegfan gan ddefnyddio pecynnau wedi'u rhoi iddynt gan brosiect Cwlwm Seiriol. Cafodd y darnau pren eu creu gan Ganolfan Byron, canolfan ym



Lansiad Llwybr Blodau Gwylt Llanddona yn ystod digwyddiad Diwrnod Cenedlaethol y Dolydd/The Llanddona Wildflower Trail is launched during the National Meadows Day event (Delyth Philipps)

Mona sy'n cefnogi oedolion sydd ag anawsterau dysgu i fagu sgiliau gwaith coed. Mae'r blychau wedi'u dylunio i ganiatáu iddynt gael eu monitro o'r llawr gan ddefnyddio torch, er mwyn ymatal rhag amharu ar yr ystlumed. Gwelodd y grŵp ieuenctid eu blychau yn cael eu gosod a chawsant gyfle i ddysgu mwy ynghylch bywydau ystlumed fel rhan o ymweliad fin nos â'r safle ar 1 Gorffennaf.

Daeth Jean Matthews a gwirfoddolwyr o Grŵp Ystlumed Gwynedd i Warchodfa Natur Leol Aberlleiniog yn Llangoed ar 28 Awst i arwain taith gerdded ystlumed a hyfryd oedd gweld cynifer o bobl leol yn bresennol. Roedd hi'n Noson Ryngwladol yr Ystlumed 2021, a buom



Dyn trin coed cymwysedig yn gosod y blychau ystlumed a wneir gan Glwb Ieuenctid Llandegfan yn eu lle yng Ngwarchodfa Natur Leol Cyttir Mawr/A qualified tree surgeon puts the bat boxes made by the Llandegfan Youth Club into place at the Cyttir Mawr Local Nature Reserve (Delyth Philipps)

yn ddigon ffodus cael gweld a chlywed nifer o ystlumed gwahanol gan ddefnyddio canfodyddion ystlumed. Mae'r digwyddiad hwn yn ddilyniant i'r gwaith monitro ystlumed sydd wedi bod yn mynd rhagddo ar y safle. Mae ystlumed yn rhywogaeth sy'n debygol o

gael ei heffeithio gan glefyd coed ynn yn yr ardal a'r golled bosibl o safleoedd clwydo o ganlyniad i'r coed yn cael eu tynnu o'r tirlun.

Ym mis Gorffennaf, cynaliasom ddigwyddiad yn Llanddona i ddathlu Diwrnod Dolydd Cenedlaethol. Cafwyd amrywiaeth o weithgareddau: ysgrifennu creadigol, gwehyddu helyg, creu dolydd, pori er lles cadwraeth ac ioga awyr agored hyd yn oed. Lansiwyd Llwybr Blodau Gwylt Llanddona ar y diwrnod hefyd a rhoddwyd copi o'r pamffled i'r rhai a oedd yn bresennol yn y daith gerdded blodau gwylt. Yn ogystal, cawsom gwmni botanegwr a ddangosodd sut i adnabod rhai o'r blodau gwylt ar hyd y daith. Trefnwyd y digwyddiad mewn partneriaeth â phrosiect Magnificent Meadows gan Plantlife. Y syniad oedd hyrwyddo a dathlu dolydd yn ogystal â chodi ymwybyddiaeth y gymuned o'r gwaith mae Prosiect Cwlwm Seiriol wedi bod yn ei wneud i adfer a rheoli dolydd yn y pentref a thrafod yr elfen pori er lles cadwraeth sy'n perthyn i'r prosiect.



Rhieni a phlant yn dysgu gwehyddu helyg yng nghoedwig Aberlleiniog yn ystod sesiynau Hwyl yr Haf/Parents and children learning to weave willow at Aberlleiniog woods during the Summer Fun sessions (Delyth Philipps)

Yn ystod gwyliau'r haf, gweithiasom mewn partneriaeth â Ffrindiau Llangoed a Menter Iaith Môn i gynnal sesiynau Hwyl yr Haf yng ngwarchodfa natur leol Aberlleiniog. Prif nod y sesiynau hyn oedd mynd ati i ailgynnu'r cysylltiad rhwng plant â'u hamgylchedd naturiol mewn modd hwyliog ac annog creadigrwydd, gweithgarwch corfforol a chwarae.

Mae gwirfoddolwyr Cwlwm Seiriol wedi bod yn gweithio'n ddygn dros ben ac wedi cwblhau tasgau arbennig o bwysig eleni. Efallai nad yw pobl yn sylweddoli bod angen cryn dipyn o waith rheoli i sicrhau bod cynefinoedd yn cael eu cadw mewn cyflwr da ar gyfer bywyd gwylt a bod mynediad da i'r cyhoedd at

www.facebook.com/groups/llanddona/

y gwarchodfeydd natur lleol ac oddi mewn mewn mewn iddynt. Mae rhai o'r pethau sydd wedi'u gwneud ers mis Gorffennaf yn cynnwys gwaith paratoi ar gyfer rholio rhedyn a phori er lles cadwraeth yn Nhir Comin Llaniestyn, cael gwared ar Ffomlys chwarennog a gwaith i liniaru problemau draenio ar hyd y llwybr troed yn Llangoed, creu bwndeli helyg i sefydlogi ardaloedd gwlyb o'r llwybr troed yn Llanddona a gwaith i greu cylchdaith, Cylch Cyttir, yn Llandegfan. Mae sesiynau hyfforddiant pladuro a hagi wedi bod yn boblogaidd gyda diddordeb newydd yn y dull traddodiadol hwn o dorri llystyfiant. Yn ystod mis Awst, dechreuwyd ar y gwaith o dorri rhai o'r coed ynn bach sydd wedi'u heintio ag afiechyd yn Aberlleiniog. Bydd y gwaith hwn a thocio rhai o'r coed eraill yn parhau drwy gydol y gaeaf.

Yn anffodus, rydym wedi cael achosion o dipio anghyfreithlon ym mhob gwarchodfa natur leol eleni. Mae'n ddigalon nad yw rhai pobl yn cydnabod pwysigrwydd y llefydd hyn ac yn dewis eu trin fel tomenni sbwriel. Mae tipio anghyfreithlon yn drosedd dan Adran 33 Deddf Diogelu'r Amgylchedd 1990 a gallai'r rheiny sy'n gyfrifol wynebu dirwy drom. Mae tipio anghyfreithlon yn peri niwed i'r amgylchedd, yn llygru, yn annymunol ar y llygad, yn wrthgymdeithasol ac yn ddurid i'w glirio. Mae hyn yn cynnwys gwastraff yr ardd sy'n gallu cynyddu'r cynnwys maetholion gan arwain at blanhigion fel danadl, dail tafol a mieri yn tyfu. Yn ogystal, mae'r broblem o gyflwyno Rhywogaethau Estron Ymledol, megis crocosmia neu geirch cochion, gan fod y rhain yn meddiannu dros y rhywogaethau brodorol ac yn gyffredinol well am dyfu mewn amgylcheddau cyfoethog mewn cymhariaeth â'r rhywogaeth frodorol fwy bregus.

Fel y gŵyr nifer ohonoch, nod prosiect Cwlwm Seiriol yw helpu pobl i ailgysylltu â natur a chefnogi cymunedau i wella'r amgylchedd naturiol mewn ffyrdd sy'n dwyn mwynhad, buddion iechyd a chynaliadwyedd hirdymor ar gyfer cenedlaethau'r dyfodol. Os hoffech ragor o wybodaeth a chofrestru i'n rhestr bostio, cysylltwch delyth@mentermon.com.

 Cofnod
www.cofnod.org.uk/

CWLWM SEIRIOL: SUMMER UPDATE

Delyth Philipps, Swyddog Ymgysylltu â'r Gymuned/Community Engagement Officer

Following on from Simon Hunt's piece about Cwlwm Seiriol's Ash Dieback Recovery Plan in **The Puffin** 36 (May 2021), there have been an on-line presentation and three outside training sessions to help people recognise signs of the disease and to encourage

puffinpages@gmail.com

involvement in a project to monitor resistant trees within the Seiriol Ward. The idea is to look out for and monitor ash trees that appear healthy and to record these on the Cwlwm Seiriol page on the Cofnod website. Cofnod is one of four Local Environmental Records Centres (LERC) in Wales, and their task is to bring together individual records into a centralised database. If you would like to get involved, please contact me.

If you've been to the Cyttir Mawr Local Nature Reserve in Llandegfan recently, you might have noticed the bat boxes made by members of the Youth Club in Llandegfan, using kits supplied by the Cwlwm Seiriol project. The wooden pieces were made by Canolfan Byron, a centre in Mona that supports adults with learning difficulties to learn woodworking skills. The boxes are a type that allow them to be monitored from the ground using a torch so as not to disturb the bats. The youth group were able to see their boxes being put in place and learn more about the lives of bats during an evening visit on 1 July.

Jean Matthews and volunteers from the Gwynedd Bat Group kindly came along to the Aberlleiniog Local Nature Reserve in Llangoed on 28 August to lead a bat walk, and it was lovely to have so many local people attend. It was International Bat Night 2021, and we were lucky enough to see and hear a number of different bats using bat detectors. This event follows on from the bat monitoring that has been undertaken on site. Bats are a species which are likely to be impacted by the prevalence of ash die-back in the area and the resultant potential loss of roost sites when the trees are removed from the landscape.

Back in July we held an event in Llanddona to celebrate National Meadows Day. There was a variety of activity sessions including creative writing, willow weaving, meadow creation, conservation grazing, and even outdoor yoga. The Llanddona Wildflower Trail was launched on the day, too, and those attending the wildflower walk were given a copy of the leaflet, and there was a botanist on hand to show how to identify some of the wildflowers along the route. The event was organised in partnership with Plantlife's Magnificent Meadows project. The idea was not only to promote and celebrate meadows but also to increase community awareness of the work that the Cwlwm Seiriol Project has been doing to restore and manage areas of meadow within the village and to talk about the conservation grazing element of the project.

Over the summer holidays, we worked in partnership with Ffrindiau Llangoed and Menter Iaith Môn to provide some Summer Fun sessions in the Aberlleiniog local nature reserve. The

main aim of these was to reconnect children with their natural environment in a fun way and to encourage creativity, physical activity and play.

The Cwlwm Seiriol volunteers have been busy and have completed some very important tasks this year. People might not realise that a lot of management work is needed to ensure that habitats are kept in a favourable condition for wildlife and that there is good public access to and within the local nature reserves. Some of the things that have been done since June include preparation work for the bracken rolling and conservation grazing at Llaniestyn Common, Himalayan balsam removal and work to alleviate drainage problems along a footpath in Llangoed, creating willow bundles to stabilise wet areas of footpath in Llanddona and work to create a circular walking route, Cylch Cyttir, in Llandegfan. Scything and peening training sessions have been popular, with a renewed interest in this traditional method of cutting vegetation. During August, work to fell some of the small ash trees with die-back disease in Aberlleiniog was started; this work and the coppicing of some of the other trees will continue throughout the winter months.

Unfortunately, there have been instances of fly-tipping on all of the local nature reserves this year. It is such a shame that some people do not recognise the importance of these places and choose to treat them like rubbish dumps. Fly-tipping is an offence under the Environmental Protection Act 1990, s.33, and those responsible could face a hefty fine. Fly-tipping is harmful to the environment, polluting, unpleasant to look at, anti-social and costly to clear up. This includes garden waste which has the effect of increasing nutrient content leading to growth of plants like nettles, docks and brambles. There is also the problem of introducing Invasive non-native species such as crocosmia or montbretia, as these take over from the native species and are generally better at growing in the enriched environments that the more fragile native species.

As many of you already know, the aim of the Cwlwm Seiriol project is to help people reconnect with nature and support communities to improve the natural environment in ways that bring enjoyment, health benefits and long-term sustainability for future generations. If you'd like to find out more and be included on our mailing list, please do get in touch with me at delyth@mentermon.com.

 Cofnod
www.cofnod.org.uk/



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LET'S GET GROWING!

Jill Anker

Beaumaris Allotments Society has recently welcomed a new addition to its growers. Four-year-old Elliot really enjoys visiting the 'plotment' belonging to Will Roberts, his Taid. He's very proud of his sunflower which he sowed at school and planted on Will's plot. Will and Elliot have also planted pumpkins which are coming on really well.



Elliott with his baby sunflower (via Jill Anker)

The Society is very keen to encourage youngsters to join in with their families on the allotments. They have special awards for children such as Junior Giant Pumpkin Grower of the Year which is a very popular award every year.

Will from Llangoed is a volunteer with Beaumaris RNLI. He is a relatively new plotholder but has joined the Society Committee and taken over the role of Site Manager from his former Beaumaris RNLI colleague, Dave Jones.

Elliot is enjoying watching all his plants growing and we're sure that we have a future plotholder in the making!

NATIONAL SUCCESS FOR BEAUMARIS ALLOTMENT HOLDER

Jill Anker

New allotment holder Jasmine Hughes from Llangoed has scooped the top



Jasmine's robin eating from her hand (via Jill Anker)

award in the Wildlife category of the National Allotment Society's Annual Photography competition.

Jasmine hasn't had her plot very long, but has already transformed it into a perfect haven for wildlife.

In addition to all the usual crops and flowers, Jasmine does everything she can to encourage wildlife onto her plot and says, "it is a privilege if wild birds tolerate our presence in their habitat, but we must remember to respect that they are *wild* birds and allow them to choose whether to come close to us."

LLANDDONA TABLE TENNIS GROUP

Adrian Drake-Lee

Life is slowly returning to normal as people venture out and about and socialise. One of the activities that has restarted at Neuadd Bentref Llanddona Village Hall is table tennis.

We started to play for a few months before lockdown. Up to fifteen people came and paid each visit. We had two tables and would play doubles. One table was loaned to the Hall by the Benllech table tennis club and the other was given by members of the local community. It came to a sudden stop with lockdown.

We met the Village Hall Committee this summer to try to restart, and did so eventually in September. Sessions take place each week on Monday morning between 10.00am and 12.00 noon.

As with all charities, Neuadd Bentref Llanddona Village Hall needs funding to function. When we restarted, nine of us agreed to pay £2.50 for each two-hour session. Rather than pay cash, potentially riskier, we pay £10.00 by bank standing order into the Hall's bank account every four weeks. We follow the current COVID guidelines when we play. We would encourage others to join as it is good exercise. For those who do not have bats, there are some that we were given. All that is required is enthusiasm if anyone wishes to join us.



Hard at it, table-tennis... (Adrian Drake-Lee)

I started to learn when I was nine at the local club and continued until I left home, restarting many years later. Looking to the future, we recognise that there are young people around who might like to play. We discussed an evening session

after school at the Hall's Annual General Meeting. If there is interest, we would like to start this up. It will be at a lower cost than for adults and we shall try to seek funding.

While many people kept exercising during lockdown, others didn't do so. It helps that we are fortunate here, living in the countryside, albeit with a very brisk breeze at times. Tilly (see page 23) knows dogs like Jen, who walks with me and helped to me keep sane during lockdown.

Even if people do not want to play table tennis, the Welsh Government is keen that the over-sixties should exercise, and has funded local councils to help with this. Click on the link below.

If anyone is interested, please e-mail me, Adrian Drake-Lee, at adrakelee@yahoo.com. I will keep a note of those wanting to play.

£1m investment to help over 60s be more active
www.sport.wales/media-centre/latest-news/new-1m-investment-to-help-over-60s-be-more-active/

LLANGOED WI

Anne Lindley

Llangoed WI Members have not been able to meet together for some time due to COVID, but we do keep in touch with each other, and our Llangoed WI Officers ring round our membership on what would be our programmed meeting dates...and this year we have started to meet again!

July: Jane Jones of St David's Hospice gave us a great talk on the Hospice's work and its fundraising activities.

The winners of the competition, a heart made in any medium, were: 1st Miriam Hughes; 2nd Elizabeth Roberts; 3rd Sue Flack.

August: this month we had an indoor meeting, our first for some time. We had a picnic on Lleiniog Beach; it was a lovely hot sunny day and we sat in a big circle, eating our own food and drink, and chatting with much laughter.

September: we had an interesting talk by Susan Evans with her display of dolls' houses and miniatures.

The winners of the competition, a miniature for a doll's house, were: 1st Catherine Sproston; 2nd Pamela Turtle; 3rd Deborah Booth.

October: we had our Programme Planning Event for 2022, followed by a quiz, set by Joyce Weetman. The winning team were Christina Linford, Pamela Turtle, Sue Flack and Stephanie Dummier.

The raffle winner was Dorothy James. The competition, a corn dolly, was won by Margaret Furlong.

www.seiriolalliance.co.uk/newsletters/

DEFIBRILLATORS: SOME USEFUL INFORMATION

Andrew Perrott

Defibrillators are there for a purpose, and the hope is that you'll never have to use one.



The front of a typical defibrillator cupboard; this one is at Neuadd Bentref Llanddona Village Hall; the white Box location field should be filled in (Andrew Perrott)

What is a defibrillator? A defibrillator is a device that gives a high-energy electric shock to the heart of somebody who is having a cardiac arrest. This high-energy shock is called defibrillation, and it's an essential part of trying to save the life of somebody who's having a cardiac arrest. A defibrillator may also be referred to as a defib, an AED (automated external defibrillator) or a PAD (public access defibrillator).

One of the commonest causes of cardiac arrest is a condition called ventricular fibrillation and a cardiac defibrillator reverses this to a normal heart beat by delivering an electric shock across it.

Cardiac defibrillators in Seiriol Ward

There are 14 cardiac defibrillators in the Seiriol Ward area. See **The Puffin** 37, page 14, for details of where they're situated.

4 steps to take if somebody is having a cardiac arrest A cardiac arrest can happen to anybody, at any time. The following steps give someone the best chance of survival. If you come across someone who's having a cardiac arrest:

1. Call 999; make sure that you **ask for a key code**
2. Start CPR (cardiopulmonary resuscitation)
3. Ask somebody to bring a defibrillator if there's one nearby; if nobody is available to get one, listen to the emergency operator for instructions
4. Turn on the defibrillator and follow its instructions

www.facebook.com/groups/llangoed

Note The information in this article is from the British Heart Foundation's website in the hope that it'll be useful. It does not set out to be comprehensive, but simply to give some information and pointers to more information.

Defibrillators

www.bhf.org.uk/how-you-can-help/how-to-save-a-life/defibrillators

How to do CPR

www.bhf.org.uk/how-you-can-help/how-to-save-a-life/how-to-do-cpr

Defibrillation

www.resus.org.uk/public-resource/defibrillation

CPR: First aid

www.nhs.uk/conditions/first-aid/cpr/

Search on-line: *using a defibrillator uk*; *defibrillation uk*, and other similar searches

GOSOD TECHNOLEG LLINIARU LLIFOGYDD YM MIWMARES

Cynghorydd Carwyn Jones

Mae sgrin awtomatig newydd ar gyfer hidlo malurion wedi'i gosod ym Mill Lane, Biwmares er mwyn helpu i amddiffyn yr ardal rhag y perygl o lifogydd.



Y sgrin awtomatig newydd ar gyfer hidlo malurion ym Mill Lane/The new automatic debris removal screen at Mill Lane (Cynghorwyr/Councillor Carwyn Jones)

Yn dilyn cyfnodau o law trwm a chynnydd yn lefelau'r môr, bydd y sgrin (y cyntaf o'i math i'w gosod yng Nghymru), yn lleihau'r tebygolrwydd o ddraeniau yn blocio drwy dynnu malurion o'r dŵr.

Dywedodd y Cynghorwyr Carwyn Jones, y Cynghorydd Gary Pritchard a'r Cynghorydd Alun Roberts: "Mae hyn wedi bod yn cael ei gynllunio ers nifer o flynyddoedd ac rydym yn falch iawn o weld y cynllun newydd arloesol hwn bellach ar waith i helpu i leihau peryglon llifogydd yn y dref."

NEW FLOOD ALLEVIATION TECHNOLOGY INSTALLED IN BEAUMARIS

Councillor Carwyn Jones

A new automatic debris removal screen has been installed in Mill Lane, Beaumaris to help protect the area from

the risk of flooding.

Following periods of intense rainfall and rising high sea-water levels, the screen (the first of its kind to be installed in Wales), will reduce the risk of drain blockage by removing debris.

Councillors Carwyn Jones, Gary Pritchard and Alun Roberts commented: "This has been a number of years in the planning and we are delighted to see this innovative new scheme now in place to help further reduce the risks of flooding within the town."

NORTH WALES DEMENTIA CENTRE AND CAFFI COFIO, LLANDDONA

Lucy Jones

North Wales Dementia Centre The new North Wales Dementia Centre opened in Colwyn Bay in July.

If you live in North Wales and need information or advice, or are interested in our Dementia Services, do telephone us on 01492 542212 for more information.

The Centre is at the Quinton Hazell Enterprise Parc, Glan y Wern Road, Mochdre, Colwyn Bay LL28 5BS.

North Wales Dementia Centre

www.nwcrossroads.org.uk/news?aid=26751

Ymddiriedolaeth Gofalwyr Gogledd Cymru/Carers Trust North Wales

www.nwcrossroads.org.uk

North Wales dementia 'centre of excellence' more than just pipe dream for charity

www.dailypost.co.uk/news/health/north-wales-dementia-centre-excellence-21016918

Caffi Cofio, Llanddona The Caffi Cofio group meets at Neuadd Bentref Llanddona Village Hall on the first and third Wednesdays of the month, 2.00pm-4.00pm.

It's a free service at the moment, and is for anybody living in the area who is feeling a bit isolated, or for anybody who needs support. It's a very friendly and welcoming group, where everybody can have a good chat over a cuppa.

Transport to and from the group can be arranged; it's organised by the Seiriol Good Turn Scheme, with a small fee; see pages 14 and 15.

The Caffi Cofio group has just started, but has been well attended. Our first meeting was just a 'get to know you' session, and during the last group we had a short Chair Yoga session, which was very relaxing.

Each week will be slightly different, with poetry and music, for example, and we'll be led by requests from the members.

If you'd like to come along, telephone 01492 542212 to book a place.



**Canolfan
Biwmares**

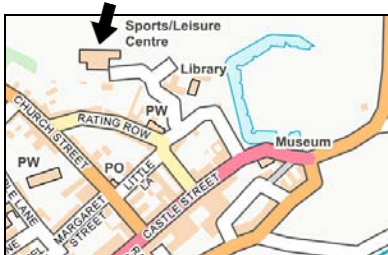
**MWY NA CHANOLFAN
HAMDDEN YN UNIG**

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 lau cyntaf o bob mis
7.00yp
£5.00 y pen



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

FFAIR HEN BETHAU



Trydydd Sul y mis

ARDDANGOSFA GELF

Ar agor i'r cyhoedd



Arlunydd newydd bob mis
Yn rhad ac am ddim

DOSBARTHADAU FFITRWYDD

Dydd Llun

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

Dydd Mawrth

Tai chi 10.00yb-11.00yb
Atal cwmpiadau 65+ 1.00yp-2.00yp

Dydd Mercher

Cylchdaith 11.00yb-12.00 canol dydd
Pilates 1-2yp
Lladin mewn Llinell 6.30-7.30yh

Dydd Iau

Ioga tyner 10.00yb-11.30yb
Pilates 1.30yp-2.30yp
Pilates 5.15yp-6.15yp
Cam a thyndra 6.30yp-7.30yp

Dydd Gwener

Cylchdaith 1.00yp-2.00yp
Dawns neuadd 7.00yp-9.00yh

● 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 ●

YSTAFELLOEDD FFITRWYDD

Dydd Llun 10.00am-8.30pm
Dydd Mawrth 10.00am-8.30pm
Dydd Mercher 10.00am-8.30pm
Dydd Iau 10.00am-8.30pm
Dydd Gwener 10.00am-3.30pm
Dydd Sadwrn 10.00am-5.30pm
Dydd Sul AR GAU

● yn amodol ar newid ●

CAMPFA MERCHED YN UNIG

Dydd Llun-Dydd Iau 5.00yp-6.00yp

PARTÏON PLANT

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

12.00 canol dydd-1.30yp
2.00yp-3.30yp
4.00yp -5.30yp

Dewiswch rhwng gastell bownsio a phwll pêl; castell bownsio a chwrw rhwystrau neu barti disgo rholio. Mae paentio wynebau yn ddewis ychwanegol.

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

☎ 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



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

Tai chi 10.00am-11.00am
Falls prevention 65+ 1.00pm-2.00pm

Wednesday

Circuits 11.00am-12.00 noon
Pilates 1.00pm-2.00pm
Latin in line 6.30pm-7.30pm

Thursday

Gentle yoga 10.00am-11.30am
Pilates 1.30pm-2.30pm
Pilates 5.15pm-6.15pm
Step and tone 6.30pm-7.30pm

Friday

Circuits 1.00pm-2.00pm
Ballroom 7.00pm-8.00pm

● **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 10.00am-8.30pm
Tuesday 10.00am-8.30pm
Wednesday 10.00am-8.30pm
Thursday 10.00am-8.30pm
Friday 10.00am-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:

12.00 noon-1.30pm
2.00pm-3.30pm
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/

CYNGHRAIR SEIRIOL: BETH SYDD WEDI BOD YN DIGWYDD?

Steve MacVicar

Paentio cymunedol yn Llanfaes Gyda chefnogaeth Rhian Hughes, ein Swyddog Datblygu Cymunedol, mae plant ac oedolion yn Llanfaes wedi bod yn paentio a phlannu y tu allan i'r Ganolfan Gymunedol!

"Diolch" arbennig i'r busnesau lleol a helpodd gyda phaentiau, deunyddiau a phlanhigion.



Cael llawer o hwyl! / Having a lot of fun! (Rhian Hughes)

Caffi Cofio yn yr Hen Ysgol, Llanddona

Mewn partneriaeth â Chynghrair Seiriol, mae Ymddiriedolaeth Gofalwyr (Gwasanaethau Gofal Croesffyrdd Gogledd Cymru) yn cynnal sesiynau "Te, Gweithgareddau a Sgwrsio" yn Neuadd Bentref Llanddona Village Hall ar brynhawniau'r Dydd Mercher cyntaf a'r trydydd o bob mis rhwng 2.00yp a 4.00yp.

Os oes gennych ddiddordeb mewn cymryd rhan, ffoniwch Gynllun Tro Da Seiriol ar 01248 305014 neu cysylltwch â'r Ymddiriedolaeth Gofalwyr yn uniongyrchol ar 01492 542212.



Glynis, Marion, Joan a Mair yn cael sgwrs cyn dechrau Ioga Cadair! / Glynis, Marion, Joan and Mair having a chat before starting Chair Yoga! (Steve MacVicar)

Cludiant cymunedol Mae Cynllun Tro Da Seiriol yn parhau i ddarparu cludiant i'r rhai sydd angen cymorth ychwanegol i fynd i siopa, mynychu apwyntiadau gofal iechyd, neu gyrraedd digwyddiadau cymdeithasol. Darperir cludiant gan wirfoddolwyr sy'n defnyddio eu ceir eu hunain, ein bws mini neu ein cludwr criw trydan llawn (EV) sydd

newydd gyrraedd.

Gall yr EV newydd hefyd gario un teithiwr yn eistedd mewn cadair olwyn. Mae'r bws mini a'r EV hefyd ar gael i'w defnyddio gan grwpiau a chlybiau cymunedol lleol. Ffoniwch 01248 305014 am fwy o wybodaeth.

"Ydych chi'n gwybod eich diffibriliwr?" enillydd gwobr

Llongyfarchiadau i Jace Topping am ennill y wobwr o £50. Penderfynodd wario ei wobwr o £50 ar deganau yn Sugacane, Biwmares.



Jace gyda Lucy, cynorthwy-ydd siop, y tu allan i Sugacane, ac, yn ôl adref, yn rhannu ei wobwr gyda'i frawd a'i chwaer / Jace with Lucy, shop assistant, outside Sugacane, and, back home, sharing his prize with his brother and sister (Steve MacVicar)



Cronfa Gymunedol Cynghrair Seiriol

Mae Cronfa Gymunedol Cynghrair Seiriol ar gael i gefnogi gweithgareddau a phrosiectau sy'n gwella lles pobl, yn cynnal eu hannibyniaeth, ac yn hyrwyddo cymunedau cryf a gwydn.

Ym mis Hydref, roedd y Gynghrair yn falch o ddyfarnu'r grantiau canlynol:

- Canolfan Gymunedol Llanfaes: padiau diffibriliwr amnewid: £100
- Cymuned Llanddona: cabinet diffibriliwr Traeth Llanddona: £490
- Cymuned Llangoed a Phenmon: diffibriliwr ar gyfer Penmon: £500
- Cymuned Llangoed a Phenmon: meinciau awyr agored cymunedol: £500
- Canllawiau i Ferched Llangoed: lloriau newydd: £200

- Neuadd Plwyf Llandegfan: diffibriliwr: £500

Ewch i www.seiriolalliance.co.uk i gael rhagor o wybodaeth a ffurflen gais am grant.

Hwyldaith Beic Cynghrair Seiriol, Dydd Sul 12 Medi

Cymerodd 62 o feicwyr ran a beicio o amgylch Seiriol, gan godi dros £1,400 ar gyfer sefydliadau cymunedol lleol. Diolch yn fawr i'r holl feicwyr a'u noddwyr, Canolfan Biwmares am gynnal y digwyddiad, Maer Rhian Jones am gychwyn y beicwyr ar eu ffordd, Seindorf Band Biwmares am ddarparu'r



Ar y dechrau / At the start (Maurice Lock)

gerddoriaeth, a Neuadd Blwyf Llandegfan, Neuadd Bentref Llanddona (a'u cacennau bendigedig!) a Neuadd Bentref Llangoed am ddarparu lluniaeth. Yn olaf, diolch yn arbennig i'r holl wirfoddolwyr a helpodd ym mhob un o'r canolfannau cymunedol ac allan ar y llwybr: gwerthfawrogi'r fawr.



Gwirio'r llwybr / Checking the route (Maurice Lock)

Caffi Trwsio Mae Caffi Trwsio yn dechrau yng Nghanolfan Biwmares, 11.00yb-2.00yp ar y Sul cyntaf o bob mis, yn dechrau 7 Tachwedd ac yna 5 Rhagfyr. Dewch i gael golwg; cewch ragor o wybodaeth ar dudalen 15.

Teithiau siopa Nadolig A fyddai gennych ddiddordeb mewn mynd ar daith siopa Nadolig yn ein bws mini a/neu gludwr criw trydan newydd? Rydym wedi trefnu tair taith siopa Nadolig wahanol dros dro:

- Dydd Mawrth 9 Tachwedd, 10.00yb-1.00yp: Pringles (Llanfairpwll) a Chanolfan Arddio Holland Arms (Gaerwen)
- Dydd Mawrth 16 Tachwedd, 10.00yb-3.00yp: Parc Siopa Brychdyn (Bretton, Sir y Fflint)
- Dydd Mawrth 23 Tachwedd, 10.00yb-1.00yp: Canolfan Arddio Fron Goch (Caernarfon)

www.seiriolalliance.co.uk/newsletters/

Os oes gennych ddiddordeb mewn ymuno ag un o'r teithiau hyn mae angen i chi gofrestru gyda Chynllun Tro Da Seiriol yn gyntaf. Os yw'r galw'n uchel, byddwn yn ceisio cynnal mwy o deithiau. Ffoniwch 01248 305014 am fwy o wybodaeth.

SEIRIOL ALLIANCE: WHAT'S BEEN HAPPENING?

Steve MacVicar

Community painting in Llanfaes With the support of Rhian Hughes, our Community Development Officer, children and adults in Llanfaes have been painting and planting outside the Community Centre!

A special "thank you" goes to the local businesses that helped with paints, materials and plants.

Caffi Cofio in the Old School, Llanddona In partnership with the Seiriol Alliance, Carers Trust (North Wales Crossroads Care Services) are running "Tea, Activities and Chat" sessions in Neuadd Bentref Llanddona Village Hall on the afternoons of the first and third Wednesdays of every month between 2.00pm and 4.00pm.

If you are interested in taking part please ring the Seiriol Good Turn Scheme on 01248 305014 or contact the Carers Trust direct on 01492 542212.

Community transport The Seiriol Good Turn Scheme continues to provide transport for those requiring extra help to go shopping, attend health care appointments, or get to social events. Transport is provided by volunteers using their own cars, our minibus or our newly acquired fully-electric (EV) people carrier.



Chris yn dilyn ein cyngor covid llym iawn ar ei daith i gwrs with-wythnos Coetiroedd Lleiniog sy'n cael ei redeg gan Cwllwm Seiriol! Chris following our very strict Covid advice on his trip to the Lleiniog Woodlands eight-week course run by Cwllwm Seiriol! (Steve MacVicar)

The new EV can also carry one passenger sitting in a wheelchair. The minibus and EV are also available for use by local community groups and clubs. Please ring 01248 305014 for more information.

"Do you know your defibrillator?" prizewinner Congratulations to Jace Topping for winning the £50 prize. He

Angen rhywbeth gael ei drwsio am ddim?

Allwch CHI drwsio pethau?

Mae Caffi 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

decided to spend his £50 prize on toys at Sugacane, Beaumaris.



Minnie yn cyrraedd y Ganolfan Iechyd yn y cerbyd trydan newydd/Minnie arriving at the Health Centre in the new electric vehicle (Steve MacVicar)

Seiriol Alliance Community Fund The Cynghrair Seiriol Alliance Community Fund is available to support activities and projects that improve people's wellbeing, maintain their independence, and promote strong and resilient communities.

In October the Alliance was pleased to award the following grants:

- Llanfaes Community Centre: replacement defibrillator pads: £100
- Llanddona Community: cabinet for Llanddona Beach defibrillator: £490
- Llangoed & Penmon Community: defibrillator for Penmon: £500
- Llangoed & Penmon Community: communal outdoor benches: £500
- Llangoed Girl Guides: new flooring: £200
- Llandegfan Parish Hall: defibrillator: £500

Visit www.seiriolalliance.co.uk for more information and a grant application form.

Seiriol Alliance Bicycle Fun Ride, Sunday 12 September 62 cyclists took part and cycled round Seiriol, raising over £1,400 for local community organisations. Many thanks to all the cyclists and their sponsors, Canolfan Beaumaris for hosting the event, Mayor Rhian Jones for setting the cyclists off on their way, Seindorf Beaumaris Band



Seindorf Band Biwmares/Seindorf Beaumaris Band (Maurice Lock)

for providing the music, and Llandegfan Parish Hall, Llanddona Village Hall (and their wonderful cakes!) and Llangoed Village Hall for providing refreshments.

Finally, a special thanks to all the volunteers who helped at all the community centres and out on the route: really appreciated.

Repair Café A Repair Café is starting in Canolfan Beaumaris, 11.00am-2.00pm on the first Sunday of every month, starting 7 November followed by 5 December. Come and have a look; you'll find more information on page 13.

Christmas shopping trips Would you be interested in going on a Christmas shopping trip in our minibus and/or new electric people carrier? We have provisionally arranged three different Christmas shopping outings:

- Tuesday 9 November, 10.00am-1.00pm: Pringles (Llanfairpwll) and Holland Arms Garden Centre (Gaerwen)
- Tuesday 16 November, 10.00am-3.00pm: Broughton Shopping Park (Bretton, Flintshire)
- Tuesday 23 November, 10.00am-1.00pm: Fron Goch Garden Centre (Caernarfon)

If you are interested in joining one of these trips you need to register with the Seiriol Good Turn Scheme first. If demand is high we will try to put on more trips. Please ring 01248 305014 for more information.

CANOLFAN BIWMARES: LLAWER O NEWYDDION

Steve MacVicar

Dydd Pickleball, Dydd Sul 26 Medi

Cafodd 22 o oedolion a phlant gyfle i chwarae yn y Ganolfan yn y bore. Wedi'u hysbrydoli gan hyfforddiant arbenigol Elaine Shallcross (Hyfforddwr Pickleball y DU), roeddent yn chwarae gemau dwbl yn fuan!



Mae pawb yn cael hwyl!/Everybody's having fun! (Karen Begley)

Yn y prynhawn cymerodd 20 o chwaraewyr profiadol ran yn nhwrnament pickleball.

Os ydych chi am roi cynnig ar y gamp hon sy'n tyfu'n gyflym, rydym bellach yn cynnal dwy sesiwn yr wythnos:

- Dydd Mawrth: 6.00yp-8.30yp
- Dydd Iau: 11.30yb-1.30yp (ar gyfer chwaraewyr sy'n newydd i'r gamp)

Pam na wnewch chi roi cynnig arni?

Hyfforddwr dawn dyfarnu yn

Blackpool Mae Caroline Egan, ein hyfforddwr Dawns Neuadd a Lladin mewn Llinell, wedi bod yn cyflwyno "Classique de Dance Awards" blynyddol ar 17 Medi a'r "British Sequence Dance Championships" a gynhaliwyd rhwng 16 a 19 Hydref yn Blackpool.

Mae Caroline yn dysgu Dawns Neuadd a Dawnsio Lladin yn y Ganolfan. Croeso i ddechreuwr. Os oes gennych ddiddordeb, ffoniwch y Ganolfan am fanylion: 01248 811200.



Mae Caroline yn dawnsio gyda Pasha, gynt o *Strictly Come Dancing*/Caroline dancing with Pasha Kovalev of *Strictly Come Dancing* fame (Caroline Egan)

Dechreuodd 'marchnad flea' ym mis

Hydref Mae marchnad ar ei newydd wedi cymeryd drosedd yr hen Arwerthiant Pen Bwrdd yn y Ganolfan. Mae'r 'Farchnad Flea' yn cael ei chynnal ar yr ail Sul o bob mis. Cynhaliwyd y cyntaf ar 10 Hydref. Roedd yn llwyddiant mawr a chafwyd dros 50 o fyrddau yn y Neuadd.

Mae'r nesaf ar Ddydd Sul 14 Tachwedd. Dewch i gael golwg.

Gŵyl Biwmares, 19-21 Tachwedd Mae tocynnau ar gael ar-lein o a dros y ffôn neu'n bersonol yn:

Canolfan Hamdden Beaumaris
Leisure Centre
Rating Row
Beaumaris
LL58 8AL

☎ 01248 811200

Mynd i tudalen 17 am fwy o wybodaeth.

Dyfalwch bwysau y bwmpen! Dewch lawr i'r Ganolfan i weld y bwmpen enfawr!



Y bwmpen enfawr!/The mighty pumpkin (via Steve MacVicar)

Diolch i Gymdeithas Rhandroedd Biwmares. Bydd yr holl elw a godir ar gyfer y Ganolfan a Chynllun Tro Da Seiriol.

Yn olaf oll...mwy o ddyddiadau ar gyfer eich dyddiadur!

- **3 a 4 Rhagfyr:** Cyngerdd Seindorf Band Biwmares
- **11 Rhagfyr:** Sioe Adar Môn

CANOLFAN BEAUMARIS: A LOT OF NEWS

Steve MacVicar

Pickleball Day, Sunday 26 September

22 adults and children attended a taster event in the Canolfan in the morning. Inspired by the expert tuition of Elaine Shallcross (UK pickleball Coach), they were soon playing doubles matches!

In the afternoon 20 experienced players took part in the pickleball pairs tournament.



Karen Hawkings a Dave Barker, enillwyr, gan Elaine Shawcross, canol/Karen Hawkings and Dave Barker, winners, with Elaine Shawcross, centre (Karen Begley)

If you want to try this fast-growing sport we now run two sessions a week:

- Tuesday: 6.00pm-8.30pm
- Thursday: 11.30am- 1.30pm (for players new to the sport)

Why don't you give it a try?

Dance coach officiates at Blackpool

Caroline Egan, our Ballroom Dance and Latin in Line coach officiated at the annual "Classique de Dance Awards" on 17 September and the "British Sequence Dance Championships" held on 16-19 October in Blackpool.

Caroline teaches Ballroom and Latin dancing at the Canolfan. Beginners are welcome. If you are interested, please ring the Canolfan for details: 01248 811200.

'Flea market' started in October

A new-look market has just replaced the Table Top Sale at the Canolfan. The 'Flea Market' is being held on the second Sunday of every month. The first event, held on 10 October, was a great success and had over 50 tables in the Hall. The next is on Sunday 14 November. Come and have a look.

www.facebook.com/groups/llandona/

Mae mwyl! Ymweld â
www.beumarisfestival.org
 ar gyfer y rhaglen lawn

Gŵyl Beumaris Festival 2021



Shan Eccles

Tachwedd 19-21 November

There's more! Visit
www.beumarisfestival.org
 for the full programme

**Dydd Gwener Friday
Tachwedd 19 November**

**Jeremy Huw Williams & Mared Emlyn
The Best of Welsh Folksongs**

Bulkeley Hotel Ballroom
 1.00yp to cynnau £12.00
 1.00pm tickets £12.00

Including Y Gwŷdd, Dafydd y Garreg Wen,
 Hiraeth, Clychau Aberdyfi and Bugeilio'r
 Gwenith Gwyn

Arranged by Alun Hoddinott, William
 Mathias, John Thomas and Grace Williams

**Arddangosfa Gelf
Art Exhibition**

Canolfan Hamdden Biwmares
 Beaumaris Leisure Centre
 2.30yp digwyddiad am ddim
 2.30pm free event

Arddangosfa yn cynnwys gwaith Shan Eccles
 Exhibition featuring the work of Shan Eccles

**Ymarfer Cerddorfaol Agored
Open Orchestral Rehearsal**

Canolfan Hamdden Biwmares
 Beaumaris Leisure Centre
 4.00yp am ddim i ddeiliad to cynnau a
 myfyrwyr
 4.00pm free to concert ticket holders and
 students

**Sgwrs cyn y Cyngerdd
Pre-concert Talk**

Canolfan Hamdden Biwmares
 Beaumaris Leisure Centre
 6.30yp
 6.30pm

Rhiannon Mathias a'r cyfansoddwr Nathan
 James Dearden yn trafod cyngerdd heno
 Rhiannon Mathias and composer Nathan
 James Dearden discuss tonight's concert

**Y Gerddorfa Siambr Cymru
Welsh Chamber Orchestra**

Canolfan Hamdden Biwmares
 Beaumaris Leisure Centre
 7.30yp to cynnau £20.00
 7.30pm tickets £20.00

Haydn Symphony No 91 in E \flat major
 Nathan James Dearden, Pedair Cân o
 Forgannwg (new commission)
 Saint-Saëns, Prélude "Le Déluge"
 Mozart, Symphony No 40 in G minor

Leader David Juritz
 Jeremy Huw Williams, baritone
 Conductor, Anthony Hose

**Dydd Sadwrn Saturday
Tachwedd 20 November**

Canolfan Gerdd William Mathias

Canolfan Hamdden Biwmares
 Beaumaris Leisure Centre
 10.30yb to cynnau £8.00
 10.30am tickets £8.00

Mae myfyrwyr o un o ysgolion cerdd
 blaenllaw Cymru yn arddangos eu doniau
 Students from one of Wales's leading music
 schools showcase their talents

Mavron String Quartet



Eglwys St Mary a St Nicholas
 St Mary's and St Nicholas's Church
 3.00yp to cynnau £12.50
 3.00pm tickets £12.50

Haydn, Quartet, Op 50 No 6 in D major "The
 Frog"
 Gershwin, Lullaby
 Mendelssohn, Quartet Op 80 No 6 in F minor



Gweithgareddau i blant, gweithgareddau i oedolion, a mwyl!

Gweithgareddau i blant		Dechrau mis Tachwedd!	Activities for children
Dydd/ amser	Gweithgaredd/ grŵp oedran		
Dydd Llun 4.00yp-4.45yp	Pêl-droed 7-11	Dydd Mawrth a Dydd Iau 7.00yb-9.00yb Agor cynnar y gampfa 7.45yb-8.15yb HIIT/cylchedau Starting in November! Tuesday and Thursday 7.00am-9.00am Early gym opening 7.45am-8.15am HIIT/circuits	Monday 4.00pm-4.45pm Football 7-11
Dydd Llun 5.00yp-6.00yp	Dewch i ddawnsio 7-11		Monday 5.00pm-6.00pm Let's dance 7-11
Dydd Mawrth 4.00yp-4.45yp	Gymnasteg 4-16		Tuesday 4.00pm-4.45pm Gymnastics 4-16
Dydd Mawrth 4.45yp-5.30yp	Gymnasteg 4-16		Tuesday 4.45pm-5.30pm Gymnastics 4-16
Dydd Mercher 4.00yp-4.45yp	Gymnasteg 4-16		Wednesday 4.00pm-4.45pm Gymnastics 4-16
Dydd Mercher 4.45yp-5.30yp	Gymnasteg 4-16		Wednesday 4.45pm-5.30pm Gymnastics 4-16
Dydd Iau 4.00yp-4.45yp	Trampolinio 4-16		Thursday 4.00pm-4.45pm Trampolining 4-16

Pethau arall i drio

pêl-droed cerdded • pel-rwyd cerdded • cwrs lles
 walking football • walking netball • wellbeing programme

Other things to try

Beaumaris Festival, 19-21 November

Tickets are available on-line at www.beaumarisfestival.org and by phone or in person at:

Canolfan Hamdden Beaumaris
Leisure Centre
Rating Row
Beaumaris
LL58 8AL

☎ 01248 811200

Go to page 17 for more information.



'Marchnad flea': dros 50 o fyrdau yn y Neuadd/
'Flea market: over 50 tables in the Hall (RJG Events)

More dates for your diary!

- **3 and 4 December:** Seindorf Band Beaumaris Concert
- **11 December:** Anglesey Bird Show

Guess the weight of the pumpkin!

Come down to the Canolfan and see the mighty pumpkin!

Thank you to Beaumaris Allotment Society. All funds raised will be for the Canolfan and the Seiriol Good Turn Scheme.

ANGLESEY'S RED SQUIRRELS

Robert Macaulay

Red squirrels are now an iconic species for Anglesey, an attraction for visitors and residents alike and an exemplar of community-led conservation.

Like elsewhere in the UK, Anglesey's red squirrels were on the brink of extinction due to the invasive non-native grey squirrel, with just 40 surviving in Pentraeth forest when, through a citizens' initiative, their decline was reversed. Now they number over 800 and are seen in gardens, parks and woodlands across the Island.

The highly-endangered red squirrel is rightly protected by law but ironically its woodland habitat is not. Cop26 aside, conservationists are deeply concerned about this contradiction, and are petitioning for change in the law to give equal protection to red squirrel woodlands from careless felling.

This is particularly significant for Anglesey, which has only about 4% woodland cover, about a third of the average for Wales, yet it now boasts the highest number of red squirrels.

📄 Red Squirrels Trust Wales
<http://www.redsquirrels.info/>

📄 Wildlife highlights – red squirrel
www.visitanglesey.co.uk/en/things-to-do/activities/wildlife-highlights-red-squirrel/#.YXL90hrMLcs



Another lovely red squirrel portrait, this time featuring Plas Newydd in the background (Philip Snow)

Donate to support our work
📄 www.redsquirrels.info/shop/donate-to-support-our-work/

📄 Red Squirrel (*Sciurus vulgaris*) Conservation Plan for Anglesey & Gwynedd
www.redsquirrelsunited.org.uk/wp-content/uploads/2019/09/Action-A2-DELIVERABLE-Island-colonisation-Prevention-Plan.pdf

NATURE NOTES

Roz Hattey

Good naturalists are almost always regular, organised observers who make detailed, clearly dated notes. They are invariably passionate about their studies as well.

Famous naturalists of this kind include the 18th century parson, Reverend Gilbert White of Selborne, in Hampshire, whose book, *The Natural History and Antiquities of Selborne*, has been very popular ever since its publication in 1789. It has never been out of print, with more than 300 editions to date. It is beautifully written and paints a picture of pre-industrial England. White's work is also seen as an early contribution to the study of ecology and the links with climate.

Another renowned – and even earlier – naturalist was Edward Llywd (often spelt Llwyd), from a long-established Welsh family in south-west Wales. He worked in the famous Ashmolean Museum in Oxford and travelled widely across the British Isles and Brittany. He listed the flora of Snowdonia in 1688 and one of

our rare Arctic-alpine flowers, the Snowdon Lily, formerly *Lloydia serotina* (now *Gagea serotina*), was named after him. So, too, was Cymdeithas Edward Llwyd, the national naturalists' society of Wales, still going strong. Llwyd is also famous for publishing the first ever catalogue of English fossils, in 1699, funded by his friend Isaac Newton.

In recent times, there have been many fine naturalists, some whose jobs have involved work in the natural world, others who have become excellent amateur recorders. Some have gone on to become skilled nature writers and broadcasters, notably Richard Mabey, Iolo Williams, Chris Packham and, of course, Sir David Attenborough.

My own local observations are mostly irregular and are really just lucky bonuses out on my daily walks. I encourage myself by finding that any interesting, unusual or particularly vivid observations are worth recording and sharing with others. Here are a few observations made since the last number of **The Puffin**.

10 July: a friend spotted a pair of small wading birds running up and down the little fan-shaped beach by the pier in Beaumaris. He also found several beautiful olive-green, spotted eggs amongst the very sparse vegetation along the higher section of the beach. I confirmed these were ringed plovers...not a good place for them to choose to nest, on a tiny, busy beach which people were using every day! As ringed plovers normally begin breeding in April or May, these birds had probably already been displaced from another breeding site. Sadly, it seemed there was nothing to be done here and the birds disappeared after a couple of days.



Ringed plover (*Charadrius dubius*)
(www.birdspot.co.uk/bird-identification/little-ringed-plover)

Ringed plovers breed on beaches around the British and Irish coasts and can be seen throughout the year as it is a widespread resident. In winter, numbers are increased when migrants from Europe join them. In the UK, however, breeding pairs of ringed plover have decreased, largely due to disturbance and habitat loss. Of even more concern, the species has been added to the Red List under the Birds of Conservation Concern (2015) because

of increasingly marked declines in wintering populations.

14 July: walking with friends on Mount Field on a beautiful summer evening, we were excited to watch (with binoculars) a spectacular sight in the Strait far below. Around fifteen red-breasted mergansers were fishing in the shallows at low tide, not quietly standing to watch for a fish as herons do, but running and flying fast together through the small waves, all in the same direction, darting, bobbing and diving into the water as they followed and caught some of the shoaling fish.



Small tortoiseshell butterflies (*Aglais urticae*) on self-seeded *Allium* (Andrew Perrott)

Sometimes one would lift itself above the water to flap its wings and stretch its long neck and sharply pointed bill, possibly as it swallowed a fish. There's a fascinating description of this fishing technique by this species in Mexico, on an incoming tide. It's described as "co-operative feeding behaviour". They are handsome, streamlined diving ducks with long, narrow bills which have saw-like 'teeth' for gripping slippery fish.

16 July: it was a hot, humid evening with a mixed flock of black-headed gulls and herring gulls wheeling overhead, catching flying ants, which always seem to take to the wing in this weather. Both male and female ants develop wings so they can leave their nests and swarm in great numbers to mate.

I have been struck this year again by the apparent absence of bats feeding on flying insects over the castle moat on warm summer evenings. I used to watch them regularly flitting and swooping over the water at dusk. Someone has suggested that since the moat was dredged so thoroughly a few years ago the freshwater ecology is likely to be much poorer now and hence fewer midges and other insects emerging from the water. There seems to be a dearth of moths, too, flitting under the trees in the castle floodlights. These also used to attract bats. Has anyone else seen bats over the moat recently?

27 August: friends stood on the limestone pebble storm-beach at Penmon watching a lone gannet diving for fish, maybe mackerel. It circled and dived repeatedly for about quarter of an hour. They were thrilled by its agility and speed. Adult gannets are large, mostly



MOBILE POST OFFICE SERVICES

The Post Office provides a mobile Post office service across Anglesey, including weekly stops on **Tuesday** at:

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

All the usual services are available, including:

- Post, including next day/express, home
- Shopping returns, QR codes, international
- Banking: cash out, cash/cheques in
- Bill payments: utilities, charge keys/cards, etc.
- Travel: order currency, insurances, etc.

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

Maesgeirchen Mobile Post Office
📱 www.facebook.com/profile.php?id=100057490246225

white, ocean-living birds, with black wing-tips, a yellowish-orange head, and a blue and black dagger-like bill... stunning. They breed on steep sea-cliffs and islands, and the UK and Ireland together support 70% of the world's population. They will fly more than 250 miles from their nests in search of fish, 'pockets' of which are often indicated by the presence of dolphins, whales or fishing vessels. As they can fly long distances for food gannets are thriving, doing much better in recent years than other sea-birds such as puffins or kittiwakes, which are dependent on fish populations closer to their breeding colonies. Climate change is partly responsible for declining fish stocks around some of our coasts, with a knock-on effect on sea-bird colonies. The lone gannet at Penmon may have been one of this year's young on its way to the African coast.



A diving gannet (*Morus bassanus*) (Ian Bollen, www.birdguides.com/)

3 September: a long walk around Rhoscolyn's coastal heath and cliffs with a friend. A cloudy day, but we watched and heard several chough. Also a small gathering of wheatears, popping up on rocks to watch us and call out 'chack-chack', then disappearing as we approached. These smart little birds are summer migrants and would soon be leaving for Africa, too, mostly flying at night. As we sat to eat our snack on heathy ground looking out over small islets where cormorants were resting, swallows swooped low around us and red admiral butterflies darted about. Our natural finale was provided by a large flock of about fifty goldfinches flying past us, filling the air with their tinkling calls and landing to feed on a large expanse of thistle-down in the adjacent field.

9 September: a friend reported seeing a kingfisher at Aberlleiniog today. Lovely to know they are about.

15 September: a warm, calm day. About mid-day, people were watching about thirty house martins at the front of Victoria Terrace in Beaumaris. They were perching along the ledge below the main apex, then flying out over the Green. Much twittering. Soon they will be flying south, across the Sahara Desert to South Africa. Bon voyage, little



MOBILE BANKING SERVICES

NatWest provides an extensive mobile banking service in North West Wales, including weekly stops on **Wednesday** at:

- **Beaumaris**
Castle Square, Beaumaris LL58 8DA
9.45am-10.30am
- **Menai Bridge**
Wood Street car park, Menai Bridge LL59 5QW
3.10pm-3.40pm

The mobile banks do not operate on Bank Holidays.

The stops and timings were correct at the time of publication.

A full list of the North West Wales mobile banking service is available on-line.

📱 Mobile Branch Timetable: North West Wales
<https://personal.natwest.com/content/dam/natwest.com/waystobank/documents/mobile-branch-timetables/north-west-wales.pdf>

beauties! I do hope your local nest-sites will still be here for you when you return next spring.

18 September: a warm, cloudy, very humid day again. Rain forecast. Entomological notes. Neglect or lazy gardening often help wildlife! I'm glad I still haven't 'tidied up' the hedge, as the ivy flowers have been alive with pollinators all week: honey bees, bumble bees, hoverflies and others. The buddleias I didn't prune in March have had a mass of flowers: bumble bees and butterflies still linger on the last of them, mostly small tortoiseshells now. Around the trees and shrubs speckled woods have been mating again.



Speckled wood butterfly (*Pararge aegeria*) (Andrew Perrott)

Small wasps have been nesting this summer somewhere behind a hole in the woodwork in my old shed; they found the door wouldn't quite close any more. They are not the common wasp, *Vespula vulgaris*, that we love to hate at this time of year. They take no notice of me and the adjacent window open into the house as they speed in and out of the shed. They are busy foraging in my garden and beyond. One has just captured a spider in the hedge that I'm trimming, wrapped it up into a little ball and flown off with it. A second spider approached then beat a hasty retreat!

There are many different species of wasp native to Britain, some unrecognisable as wasps to most of us, with no black and yellow stripes and in a vast array of shapes and sizes, occurring in a wide range of habitats and behaving in many different ways. Some are solitary and can be tiny, but the larger, social wasps live in large colonies in nests built of wood pulp. There are three genera of 'social wasps', one of which is the *Vespula* group which includes the common wasp and the very similar, much rarer Austrian cuckoo wasp! Other wasps in this same broad family, the *Vespidae*, are known as potter wasps (see **The Puffin** 33, page 11) and mason wasps, most of which also have black and yellow stripes.

Autumn fruits have been very prolific this year. There are abundant hips on the roses – briars, rugosa, rubrifolia and Frau Dagmar alike – the hawthorns are covered in haws, which might be good

feeding for migrant redwing later, and everyone seems to have a great crop of damsons, attracting butterflies and wasps as they ripen and open up or fall to the ground. Blackberrying has been very productive, too, providing welcome seasonal bowls of blackberry and apple and a winter stock of jam.

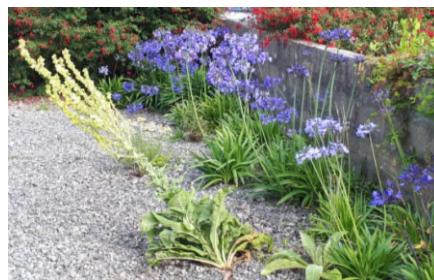
Request If readers have their own local wildlife observations that they'd like included in nature notes, please e-mail me at rozhat49@gmail.com...or you could write your own article!

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CLWB GARDDIO LLANGOED GARDENING CLUB

Jean Whitehead

The last few weeks have been lovely and sunny, just the kind of weather for getting out in the garden, whether it be on a nice comfy chair enjoying the sun and sounds of the sparrows and the bees, or for some hard work tidying up straggly leaves and dead heading roses, mowing lawns and trimming hedges.



Mid-August: agapanthus, mostly self-seeded, in the granite chippings in front of our house. The chippings mimic their natural habitat, and they seed like grass. I've given hundreds of seedlings away this year. The self-seeded verbascum was vertical until a recent windy day (Andrew Perrott)

What a lovely end to the summer months to take us into autumn with all its mellow fruitfulness...

We're looking forward (although several months away) to seeing all Clwb Garddio Llangoed Gardening Club members in January 2022, when we will start again with a full programme for the year. New members will be welcome!

For more information please contact Jean Whitehead on 01248 490813, Ann Donlan on 07919 031403 or Lyn Gallagher on 07857 697572.

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RAS HWYAI D LLANGOED

Delyth Jones

Cynhaliwyd Ras Hwyaden Llangoed ar 26 Medi. Fe'i trefnwyd gan Geidiaid Merched Llangoed i helpu i godi arian ar gyfer atgyweiriadau i'w cwt.

Dechreuodd y digwyddiad gyda'r Cynghorydd Alun Roberts yn cyflwyno llond bwt o flodau i Cathy Rowlands am fod yn Arweinydd Tywyswyr am 40 mlynedd.

Mae Ymddiriedolaeth Gwiwerod Coch Cymru wedi rhoi benthg camera i'r

Geidiaid Merched i gofnodi gweithgarwch gwiwerod coch yng nghoedwig Aberlleiniog. Rhoddwyd bocys bwydo gwiwerod coch iddynt hefyd wedi'i wneud o blastig wedi'i ailgylchu.



Ras yr Hwyaden yn mynd rhagddi! The Duck Race gets under way! (Delyth Jones)

Gwnaethom daflen sbotio natur a roddasom i deuluoedd fel y gallent archwilio rhan o'r warchodfa natur.

LLANGOED DUCK RACE

Delyth Jones

The Llangoed Duck Race took place on 26 September. It was organised by Llangoed Girl Guides to help to raise funds for repairs to their hut.

The event started off with Councillor Alun Roberts presenting Cathy Rowlands with a bouquet of flowers for being a Guides Leader for 40 years.



Craig Shuttleworth o Ymddiriedolaeth Gwiwerod Coch Cymru gyda Cathy ac aelodau o Ganllawiau Merched Llangoed/Craig Shuttleworth of the Red Squirrel Trust Wales with Cathy and members of the Llangoed Girl Guides (Delyth Jones)

The Red Squirrel Trust Wales has loaned the Girl Guides a camera to record red squirrel activity in Aberlleiniog woods. They were also given a red squirrel feeding box made from recycled plastic. We made a nature spotter sheet that we gave out to families so that they could explore a part of the nature reserve.

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BEAUMARIS: 'BEATING THE BOUNDS'

John Briggs

In Spring 2022 a very unusual walk will take place. Starting at Beaumaris, it takes in a circuit of some 14 miles following the boundaries of the old Borough. This is a historical custom occurring every seven years, commonly known as 'Beating the Bounds', and has

been exercised in Beaumaris since the original Charter of King Edward I in 1296. In centuries past its practical purpose was to acquaint each succeeding generation with the alignment of the boundaries as no maps were available, to ensure that no encroachment occurred, a serious duty that was performed at the command of the Constable of the Castle and the Mayor of the Borough.



Departing Beaumaris by way of the sea front (John Briggs)

In 1562, Queen Elizabeth I granted Beaumaris its Charter of Incorporation, giving the town Corporate status. Special reference was made in it to the extent of the Borough, and the document also gave powers to "perambulate" the Borough boundaries and also, if expedient, to cast down, destroy, break, burn all such hedges, walls, ditches, boundaries, houses, house walls, crosses and all other enclosures without any payment. The custom usually took place on the Sunday before Ascension Day, Rogation Day. The Charter says: "It shall be lawful to the Mayor, Baliffs and Burgesses of the Borough to make a presentation or perambulations of it to know superintend and limit their liberties and franchises around, within and without the borough".



Crowning Sal Casey, the oldest lady in the Borough, as Queen (John Briggs)

Much has changed since then. We no longer beat the local boys to make sure that they remember the town limits or cast down any walls and hedges that encroach on the boundary, but ceremonies such as throwing a stone into the sea or crowning the 'Queen' at Gorslywd provide a tangible link with our history and the traditions of the past.

Beating the Bounds is now an enjoyable

family day out, and a Public Holiday is normally chosen to give everyone an opportunity to take part. We may not need to claim the town boundary any more, but by walking together around the town we reinforce the sense of community that makes Beaumaris so special.

I went on the last walk in 2014 and made three 15-minute films to cover the first, second and third parts of the walk, using my GoPro camera mounted on a selfie stick, which some of you might recall.



The ribbon of walkers near Llaniestyn (John Briggs)

Each part is distinctive in its own way, showing various unusual ceremonies as well as some tricky river crossings.

You can watch these films using the YouTube links, and maybe spot some familiar faces. I am extremely grateful to Ian Davies, the then Mayor of Beaumaris, for his commentary, and to officers of Beaumaris Town Council and volunteers for giving me access to much information and support. I look forward greatly to the 2022 walk, delayed from 2021 because of COVID.

📺 Beating the Bounds Beaumaris Part 1 of 3: to Cefn Farm and crossing the roof <https://youtu.be/xBEPK2TfUsA>

📺 Beating the Bounds Beaumaris Part 2 of 3: Crowning the Queen and Turf ceremony <https://youtu.be/rKwXv0H1mYA>

📺 Beating the Bounds Beaumaris Part 3 of 3: getting wet around Llangoed https://youtu.be/_INXRdzGAcQ

📄 Beating the Bounds 26 May 2014 www.beaumaristowncouncil.gov.uk/resources/Guide%20for%20Walkers%20-%20Beating%20The%20Bounds%202014.pdf

THE CO-OP'S DONATION HELPS LOCAL HOSPICE GROW FROM STRENGTH TO STRENGTH

Jill Anker

Beaumaris Allotment Society recently took delivery of bags of organic compost which were kindly donated by the Co-op in Llanfairpwll.

The compost will be used to grow plants which will be sold in aid of local charities including Marie Curie and Hosbis Dewi Sant/St David's Hospice.

Jill Anker from Beaumaris Allotments Society said, "We are so grateful to the Co-op for their generous donation. We spend a great amount on compost every year to grow plants and flowers in aid of local charities. Donations of over £200 have been raised for Marie Curie from selling flowers, and the St David's Hospice shop in Menai Bridge has been successfully selling plants we have grown this year.

"It will really help to have the compost. We are particularly delighted to see that the Co-op is selling peat-free compost as well."



Siôn Davies, General Manager of the Co-op in Llanfairpwll hands over bags of compost to Beaumaris plotholder Keevan Anker (via Jill Anker)

GREETINGS AND WARM WISHES FROM THE LAND OF AUS!

Well...we achieved the accolade of being the most locked down place in the world, so I haven't seen my friends in Beaumaris (Down Here) for quite a while, but we chat on the phone and they send their best wishes.

After a long, wet and at times very stormy winter, springtime came with a spectacular blaze of flowers. The gardens here are at their best in the winter and spring.



Best wishes for a Happy Aussie Christmas from the Concourse in Beaumaris (Down Here)! (Liz Millman)

SEIRIOL MEN'S SHED

Mike Thomas

Many people seem to think a Men's Shed is just for retired men who like DIY. Well, it's not: everyone is equally important, and we especially look after members who need a bit of help.

There's a social side to Seiriol Men's Shed. We're working on it: darts and dominoes, cards, scrabble and, of course, tea, coffee and chat with an occasional trip out to see something of interest. It's not only for retired men; men of any age who enjoy company and have a little time on their hands are welcome, especially if they know how to work a computer!



Safety railings at Canolfan Beaumaris, a little job that we did recently (Mike Thomas)

At Seiriol Men's Shed we're working hard at the moment to put things in place so that we can accommodate wheelchair-users and men with mobility and other problems. We now have a tidy and well-equipped workshop, and our focus has moved to painting and sorting out a room where men can relax and chat in comfortable seating. Another room will be for art and craft projects: painting, drawing, model-making, pottery and whatever takes a member's fancy.

A Men's Shed is owned and run by its members, and it's said that the single most important item is a kettle. We try to be self-sufficient, but we cannot escape overheads like insurance, and need a little help from a grant occasionally.

We meet on a Thursday 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.

Directions To find us from the direction of Beaumaris:

- Go through Llangoed, past 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.



CYNGOR SIR
YNYS MÔN
ISLE OF ANGLESEY
COUNTY COUNCIL

RECYCLING CENTRES

Anglesey has two household waste recycling centres for the use of residents:

- **Penhesgyn** (LL59 5RY)
Pre-booking of a slot **is not** required at the Penhesgyn centre
- **Gwalchmai** (LL65 4PW)
Pre-booking of a slot **is** required at the Gwalchmai centre

The **Penhesgyn** centre's opening times:

Monday	10.00am-4.30pm
Tuesday	10.00am-4.30pm
Wednesday	closed
Thursday	closed
Friday	10.00am-4.30pm
Saturday	10.00am-4.30pm
Sunday	10.00am-4.30pm

Conditions

- **COVID-19:** no householder should attend the Penhesgyn centre if he/she or any member of his/her household/extended household has tested **positive** for COVID-19, has any symptoms, is awaiting a test result, or if he/she is required to self-isolate following advice from Test, Trace, Protect (TTP), foreign travel, or whilst awaiting medical treatment.
- **Vehicle size:** all vehicles must be no longer than 5 metres and no higher than 2.1 metres, including any attachments.
- **Proof of residency:** householders visiting the Penhesgyn centre must bring proof of residency on the Isle of Anglesey, such as a Council Tax bill (current financial year), driving licence or utility bill (no older than 3 months). With the vehicle stationary, the proof of residency should be held up to the windscreen/closed window to allow a Council staff member to inspect it through the glass to ensure compliance. The householder will not be allowed access to the site if he/she does not provide the required proof of residency.
- **Track, Trace, Protect:** householders will be required to comply with Track, Trace, Protect (TTP) requirements. The Penhesgyn centre will have QR code signs present to allow householders to confirm their attendance using a scanning process.

For more detailed information, including information about the Gwalchmai centre and the use of trailers, visit:

Recycling Centres
www.anglesey.gov.uk/en/Residents/Bins-and-recycling/Recycling-centres-and-recycling-banks/Recycling-Centres.aspx

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

Request If anyone has a spare rug about 12' x 10' which would make a room 15' x 12' feel cosy it would be gratefully accepted; the present dark blue glued-down carpet is functional but extremely austere.

BANGOR ROTARY CLUB NEWS

Pauline Kenyon

After such a long time relying on Zoom to continue our regular meetings, supplemented by some localised mini garden parties where we could socially distance safely, we are happy to resume our weekly sessions at the Victoria Hotel, Menai Bridge, on Thursday evenings! We're now using a 'hybrid' arrangement, however, so those who are unable to join us physically can still participate on-line.



Hybrid meeting, with 15 in the room and nine on Zoom (via Kate Maskall)

We were really disappointed not to be able to run our 'Annual Beaumaris Rotary Charity Fair on the Green' this year due to COVID public safety regulations, but we already have plans in place for next year!



Bangor Rotary Club President Kate with auction lots in Pauline's garage (via Kate Maskall)

Despite obvious problems, members have striven to support Bangor and Anglesey communities wherever possible. Rotarians have continued to volunteer to assist at vaccination centres, contributed to food bank funds (and sent foodstuffs, providing sturdy bags for the rapidly increasing demand for foods). We have also provided much-

needed toiletries for the local homeless.

Rotakids (a mini-Rotary Club for 10-11-year-olds) has continued in a local primary school both, remotely and now face to face. The enthusiasm and resilience of these lively youngsters is inspiring: they organise their own projects to support their school, their community (and even wider) with great success whilst learning many organisational skills on the way! Please contact our Rotary Secretary (details below) if your local school would like more information.

Thanks to the kind and generous support of Morgan Evans Auctioneers, we are holding another Rotary Charity Auction soon, and my garage is overflowing with a huge range of interesting and amazing items to go 'under the hammer'! All proceeds will again go to local charities. Watch this space!

The Club is also developing many other service projects to support local needs. These include providing books and some educational toys for children to enjoy at home, working with local councils to support possible Afghan refugee families who may be housed in the area and investigating the provision of cold weather clothes for those in need in these increasingly difficult times.

We also hope to facilitate tree and wildflower seed planting in school grounds to encourage environmental education and improvements.

We are always looking for likeminded people to join us. If you are interested, please contact Bob Maskall, Bangor Rotary Club Secretary, at booblmaskall@gmail.com or on 07932 149679.

THE HOLLIE GUARD APP

Andrew Perrott

The subject of women's safety has been prominent in the media recently, and rightly so. Quite by chance I saw a Facebook post recently about something called the *Hollie app* and did some research on it.

The Hollie Guard Trust The Hollie Gazzard Trust was created following the murder of 20-year-old Hollie Gazzard in 2014 by an ex-partner. Set up by her parents Nick and Mandy and her sister Chloë, the charity helps reduce domestic violence through creating and delivering programmes on domestic abuse and promoting healthy relationships to schools and colleges.

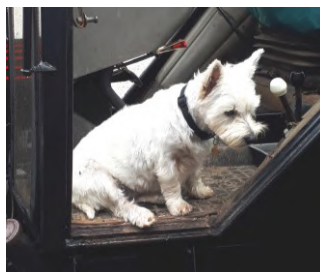
The ultimate aim of the Trust is to change the lives of young people positively through partnerships in communities, as well as working alongside other charities and professional agencies.

The Hollie Guard app If the user of this app feels concerned or insecure he/she can shake his/her phone and alert key contacts. The app will start recording audio and visual information which will be saved and sent to emergency contacts, so that they can call emergency services on the user's behalf if required. A repeated shake by the user will set off a flashing light and high-pitched audio alert.

www.facebook.com/groups/llangoed



I found a tractor...Dafydd Pritchard's classic tractor, no less! Where's that thing to start it? (Andrew Perrott)



Nope...couldn't find it... (Andrew Perrott)



...then I found another tractor... Edward Evans's tractor this time, another classic...but I couldn't find out how to start this one, either (Andrew Perrott)



There was no help from Andrew... (Andrew Perrott)



There was no help from Edward... (Andrew Perrott)



...so I went for a swim (Andrew Perrott)

VISAV, a partner in the Neighbourhood Alert messaging system, has confirmed that a number of police forces across the UK has sent alert messages endorsing the Hollie Guard app.

Footnote I compiled this article using information that is available to anybody on the internet. It is the reader's responsibility to ensure that information gathered from the article and links is right and appropriate for him/her.

■ The Hollie Gazzard Trust
www.holliegazzard.org/

■ Hollie Gazzard Trust: Charity number 1156804
<https://register-of-charities.charitycommission.gov.uk/charity-details/?regid=1156804&subid=0>

■ Neighbourhood alert
www.neighbourhoodalert.co.uk/

TAILPIECE: THE WEARY WESTIE, TRACTORS AND TANKERS

Tilly Barker (dogtated to Andrew Perrott)

Life in (almost) post-Llanlockdown continues to be up and down, mostly *up* on a tractor or *down* on the ground...

When I'm down on the ground I take myself off to visit people, and the Boss gets cross when I don't respond to his calls...until I do that doggie-in-a-chocolate-box-picture look! He falls for it every time.

I rather blotted my copybook a few weeks ago! There was a tractor rally in Llanddona a few weeks ago. I like tractors. I like anything with wheels that makes a noise and moves... It's even better when it has a comfy bed on the back seat.

The Boss decided that he'd go to see what was happening at the tractor rally, and take some photographs. He decided that he'd take me but, do you know, I simply couldn't be bothered because it meant walking...*walking!* Anyway, I made the point by sitting down in the middle of the lane, thinking that he might take me in the car. He *did* take the car (I'd made him late, *he said*...he was in a strop), but he didn't take me, so that was me put in my place...

After that unfortunate episode, though, I did find a tractor...I gave the Boss that doggie-in-a-chocolate-box-picture look again and he lifted me up onto it! I really wanted to be going somewhere, but I just couldn't work out how to start it, so that was that.

Then there was all that fuss and bother about petrol and tankers...and a few days later I found *another* tractor! That chocolate-box-picture look worked like a dream... If I can start it, I thought, it might be like driving a tanker; then I realised that, with my eyesight, or lack of, nobody would let me drive a tanker anyway....and nobody would show me how to start one. Never mind. It was fun just trying to work out what does what.

I drowned my sorrows by going for a swim (a splash, more like) at Gallows Point.

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**

- **Beaumaris**
ABC Service Station, Gallows Point, Beaumaris LL58 8YH
Canolfan Beaumaris Leisure Centre, Rating Row, Beaumaris LL58 8AL
Central Bakery, 22 Margaret Street, Beaumaris LL58 8DN
Ena's Newsagents, 24 Castle Street, Beaumaris LL58 8AP
Spar, 11 Castle Street, Beaumaris LL58 8AB
Town Hall (entrance lobby), Castle Street, Beaumaris 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 Beaumaris Health Centre	01248 810818
Canolfan Beaumaris Leisure Centre	01248 811200
Cynllun Tro Da Seiriol Good Turn Scheme	01248 305014
Dŵr Cymru/Welsh Water:	leaks
	water services and emergencies
	sewerage services and emergencies
Electricity (SP Energy Networks):	information about power cuts
Floodline	0345 988 1188
Gas:	National Gas Emergency Service
Isle of Anglesey County Council:	Beaumaris library
	Children's Services
	missed waste collections
NHS (NHS Direct closed in 2014):	for non-emergency medical help
NSPCC:	help for adults concerned about a child
	help for children and young people
Police: non-emergency	Police Community Support Officer:
	Teleri Jones
Post Office:	customer helpline
	McColl's, Llangoed
	Spar, Beaumaris
RSPCA:	daily, 9.00am-6.00pm
Samaritans:	English language
	Welsh language
Ysbyty Gwynedd Hospital	