

EGLWYSFACH, FURNACE AND GLANDYFI NEWSLETTER

1st MARCH 2018

A BIRTH: Emrys Desai, five weeks early and doing well, to Tamsin Davies and Rinkal Desai, on 19th February. Many congratulations.

THE DEATH of George Rowlands occurred on 23rd February 2018 at his home in Eglwysfach. George had had a varied career, with a degree in Countryside Management, working at Borth Bog, and at another time as a goatherd in Greece. He kept himself to himself in latter years and his dog Zak was his only companion. He leaves a son, Carec Edward Rowlands. The date of his funeral will be announced later.

NEW CLERK TO THE COMMUNITY COUNCIL: Teresa Jones has been appointed.

MINDFULNESS COURSE: Please see end of letter.

FROGS OR TOADS: Neil Groves would like to ask the community to let him know if they see any frogs or toads on the A487 at night in the coming weeks - they are likely to be adults migrating to breeding pools from their winter refuges. Please email him at neil.groves@rspb.org.uk

WI MEETING, Monday, 5th March at 8.00pm: A musical evening for St David's Day of Welsh Folk Songs with Judith Hopkins with bara brith and Welsh cakes. Visitors pay £2.
Sat. 10th March: Litterpick, starting at 10.00am. Details with Alison on 781322.

THE COFFEE MORNING on 24 Feb for Wales Air Ambulance raised a sum which has been rounded up to **£200**. Many thanks to all contributors.
There were at least two people at the coffee morning who have used the Wales Air Ambulance: Anna, who had a sledging accident fairly recently, and who was terrifyingly winched up, and Andrew, who had a heart attack at 8.00am in Furnace and had had a stent inserted in Morrisons, Swansea, by 1.00pm that day. Heartfelt thanks to the service.

CLETWR EVENTS FOR MARCH: NB. Up till now we have included these into the newsletter for people without computers. **Please let us know if there is anybody out there who would prefer** the Cletwr Events in the body of the paper. Otherwise after this month we shall send them as an attachment.

Sat. 3	15.30-16.45 -	Board Games for All Welsh Learners – Try your hand and stretch your Welsh! Resident Games Master to help! Free!
Sun. 4	11.00-13.00	Historical Walk around Tre'r Ddôl and Taliesin – 3k walk <i>in English</i> . Booking essential. £3 suggested donation.
Wed. 7	14.15-15.00	Amser Stori - pre-schoolers story and song time. £1
Sat. 10 & 24	09.30-11	Community Litter Pick - Bring your mug and join us to tidy Tre'r ddol and Taliesin. Finish with a panad ! Just turn up!
Tue 13	19.30-21.00	RSPB with Dave Anning - RSPB Ynys-hir's Site Manager updates us on recent conservation work, RSPB plans for the future & unusual wildlife. Just turn up! Suggested donation, £3.
Thur. 15	19.15-20.30	'Telling the community story' - creative ways of interpreting the significance of a place - snapshots and soundbites!
Sat. 17	11.00	Dal ati - Monthly meet up with other Welsh Learners and fluent speakers for a panad and a chat. Just turn up!
Tue. 20	19.15-20.45	Universal Credit Rollout & home-energy economy - Presentation on the new rules and energy bill saving tips for households. With Ceredigion C.A.B.. Booking preferred.
Tue. 27	19.15-20.45	'Get Going' with Einion's Garden - Tips and question time with local gardeners for backyard food production.
Thur. 5 April	15.30-17.00	Spring Crafts - Join Jules for micro-garden making and pom pom bunnies. Booking essential. £5 suggested donation.

In the meantime, a **plea for plants for Cletwr Garden:** We are developing the green spaces around the new Cletwr building and want to plant low maintenance shrubs and ground cover plants. Also we are planting a wildlife hedge along the roadside and a herb garden. If you have any spare shrubs/herbs please could you pot them up and take to the back of the Cletwr with a name label. Also any native hedge saplings that are not too prickly nor have poisonous berries.

Any queries or offers of help to plant them please email Juliet juliet.c.regan@gmail.com

Cletwr is always looking for new volunteers whether it is to help in the cafe, assist at one of our many events, give a talk, help with translations or bake cakes. If you have time to spare either on a regular basis or just here and there, we'd be delighted to hear from you. Please contact Sue or Karen - cletwr@cletwr.com or call in.

TRANSPORT: BUSES. Probably everyone who has a senior citizen bus pass knows that this can be used on the railway to Pwllheli which is free until the end of March. Also, you can get the T2 to Bangor bus and change very easily and comfortably at Dolgellau to go to Wrexham via Bala and Corwen. **Any other useful tips?**

Y TABERNACL in March. Wednesday, 7th March 12-00 Etifeddiaeth. A talk on Robert Owen- "From Newtown to the World" by Colin Laker. Non members welcome. £3.

Music Club concert on Friday 9th March 7-30pm Alexander Panfilov(piano) non members £12

TABLE TENNIS: 13th and 27th February in the Iron Room, starting at 7.00p, and every month on the second and last Tuesday of the month. All welcome!

SCOTTISH DANCING on Wednesday, 21st March at 7.30pm in the Iron Room. Informal and fun -- all welcome. £2.50 an evening.

EASTER AT ST MICHAEL'S CHURCH, EGLWYSFACH/ST MATTHEWS, BORTH

Thursday 29th March: 7 pm: Passover Meal in the Iron Room. All are welcome. Price £7

Good Friday 30th March: 2 pm. Joint parish service in St. Matthew's Borth. The Last Hour of the Cross.

A service of hymns, readings and meditations.

Easter Sunday 1st April: 9.30 am. Easter Sunday Communion

LOCAL EVENTS FOR MARCH 2018, all in the Iron Room unless otherwise indicated

Thu. 1	14.30	Tai Chi
Fri. 2	15.00	Women's Day of Prayer, Gwel Enlli, Borth
Sun. 4	09.30	Holy Communion, St Michael's, Eglwysfach
Mon. 5	20.00	WI. Judith Hopkins, A musical evening of Welsh Songs
Thu. 8	14.30	Tai Chi
Fri. 9	14.30	Book Club, <i>The Muse</i> by Jessie Burton. All welcome
Sat. 10	10.00	WI's Litterpick
Sun. 11	09.30	Morning Service, St Michael's
Tue. 13	19.00	Table Tennis
Thu. 15	14.30	Tai Chi
Sun.18	09.30	Holy Communion, St Michael's
Wed.21	19.30	Scottish dancing. All welcome.
Thu. 22	14.30	Tai Chi
Sun. 25	09.30	Palm Sunday, Morning Service, St Michael's
Tue. 27	19.00	Table Tennis
Thu. 29	14.30	Tai Chi
	19.00	Passover Meal
Fri. 30	14.00	Good Friday Parish Service, St Matthews, Borth
Sun. 1 April	09.30	Easter Day Communion, St Michael

PLEASE EMAIL [janem@gmail.com](mailto:janiem@gmail.com) WITH ANY NEWS OR VIEWS FOR THE APRIL NEWSLETTER,

Ysgogi'ch Bywyd

Pedwar dosbarth wythnosol
bob dydd Llun
6:00—8:00yh yn Ystafell Vane Tempest
Y Plas Machynlleth

Deall eich
meddwl
Bod yn
ymwybodol

Gwneud yr
hyn sy'n
bwysig
Wynebu
bywyd

Dosbarthiadau am ddim:
Cyfle i ddysgu ac ymarfer
egwyddorion craidd Therapi
Derbyn ac Ymrwymo
Acceptance & Commitment Therapy
ACT



5ed Mawrth
Deall eich meddwl
12fed Mawrth
Bod yn ymwybodol
19fed Mawrth
Gwneud yr hyn sy'n bwysig
26ain Mawrth
Wynebu Bywyd

ACTivate Your Life

4 weekly classes Mondays in March
6:00—8:00pm @ Vane Tempest Room
Y Plas Machynlleth

Get wise
to your
mind
Be Mindful

Do what
matters
Face up
to life

Free Classes:
Learn and practice the core
principles of
Acceptance &
Commitment
Therapy. **ACT**



5th March
Get wise to your mind
12th March
Be mindful
19th March
Do what matters
26th March
Face up to life