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Er mwyn cynnwys eitemau o ddiddordeb lleol cysylltwch â'r Golygydd neu'ch Cynghorwr lleol.

Message from the Chairman of the Community Council

Dear Friends

I would like to thank the residents of Dyffryn Clydach for entrusting me with the position of Chairman for the fourth time. It is a position I shall enjoy, meeting you all.

Talking to people while I am out walking my dogs, I am pleased to see that from Cwrt Herbert to The Highlands and from Dyffryn to Neath Abbey all are happy to live here.

Living and involving in a community, and then becoming part of it, makes for a better quality of life



for all. The full richness of living in a community is being a part of it and taking responsibility for it, making it a better place to live.

In my role as both your community councillor and your county borough councillor, I am fully aware of the strengths and weaknesses in our community. Let us build on the strong points to better the life for all our residents.

I look forward to meeting many of you during the coming year.

Sincerely,
Martyn Peters

Neges gan Gadeirydd y Cyngor Cymuned

Annwyl Gyfeillion

Hoffwn ddiolch i drigolion Dyffryn Clydach am roi swydd y Cadeirydd dan fy ngofal am y pedwerydd tro. Mae'n swydd byddaf yn falch o'i gwneud er mwyn cael y cyfle o'ch cyfarfod.

Wrth siarad â phobl tra'n cerdded gyda'm cŵn, 'rwyn falch i glywed fod pawb, o Gwrt Herbert i'r Highlands ac o'r Dyffryn i Fynachlog Nedd yn falch eu bod yn byw yma.

Mae byw a chymdeithasu yn y gymuned, ac yna'n dod yn rhan ohoni, yn sicrhau gwell ansawdd bywyd i bawb. Y cyfoeth mwyaf i'w gael o fyw mewn cymuned yw bod yn rhan

ohoni ac i gymryd cyfrifoldeb amdani, i'w gwneud yn well lle i fyw ynddi.

Yn fy swydd fel eich cynghorydd cymuned a'ch cynghorydd bwrdeistref sirol, 'rwyn hollol ymwybodol o'r cryfderau a'r gwendidau yn ein cymuned. Gadewch i ni adeiladu ar ein cryfderau er mwyn gwella bywydau'n holl drigolion.

Edrychaf ymlaen at gyfarfod â llawer ohonoch yn ystod y flwyddyn nesaf.

Yr eiddoch yn gywir,

Martyn Peters

I am surprised by the lack of local information regarding autism and as a previous Senior Support Worker of vulnerable adults (including Autistic adults) I would like to offer some information on these wonderful people.

In the locality of Neath Abbey and Longford we have the Autistic Society and Longford Court who do a great job and I feel that the public should have some understanding and knowledge on this subject. Autistic people are often seen in our local area, with supervision on walks so a little understanding will not go amiss.

AUTISM

People with autism exhibit, to a greater or lesser degree, a Triad of Impairment, which is the defining characteristic of autism:

- Communication: Language impairment across all modes of communication: speech, intonation, gesture, facial expression and other body language.
 - Imagination: Rigidity and inflexibility of thought process: resistance to change, obsessions and ritualistic behaviour.
 - Socialisation: Difficulties with social relationships, poor social timing, lack of social empathy, rejection of normal body contact, inappropriate eye contact.
- (Dr Lorna Wing)

Language and communication

People with autism have difficulty understanding the meaning of words and the intention of the speaker; they take things literally and are not able to interpret gestures, intonation, facial expressions or body language. Many children will have delayed speech and some may not develop speech at all and will need other communication aids e.g. pictures, photos, gestures etc. Eye contact will be difficult for them and they will have inflexibility of thought and imagination.

People with autism have difficulty manipulating thoughts in an imaginative way. They may become unduly upset by any changes in their known pattern of life or routine. They may have a tendency towards repetitive actions within a restrictive range, such as body rocking, hand or arm flapping. Autistic children do not usually play with toys conventionally. Imaginative play is limited, especially if other children are involved, although some children can imitate something they have seen.

Lack of social skills

People with autism have little or no understanding of normal social interaction. They do not automatically make relationships and have difficulty understanding that other people have feelings, thoughts and intentions. They will have difficulty playing and communicating with others, or taking others' feelings into account.

Sensory perception and responses

Some autistic people will be over-sensitive to certain sounds, smells, sights, lights and textures. They may react to changes in their clothing, food, noise and light levels. Their daily environment should be 'autism friendly' - secure so that they cannot wander into unsafe areas, visually helpful as to what is in or behind cupboards, drawers, doors etc. As well as being hypersensitive to some stimuli, they may have very high pain thresholds, so any 'accident' should be carefully checked.

What causes autism?

To date, there is no clear answer to this question. It is believed to be present from birth (in most cases - though there is debate about whether it can develop later). It appears to have some genetic predisposing factors and is associated with some types of brain damage. Work is being done on the possibility that allergies and dietary intolerance play a part. It is now clear that it is not caused by bad parenting - an idea which, thankfully, has been discredited. It is unlikely that any single cause is going to be found. It is probable that a number of factors are operating together to give rise to the condition. As yet, there is no proven cure. As work progresses in this area it may be that prevention or improved treatment may be a possibility.

People with autism have a different view of what is important. Their perceptions are different. People with autism view the world in a different way. Different aspects of the environment interest them. It is important to note that the word is different. It is not necessarily wrong or a lesser way of being. We should always respect the right of people with autism to be themselves. However, the world in general does not share their view of life. If they are to have any chance of taking part in our world they must learn to understand it and make sense of it as best they can.

Autism is a very individual disorder. The manifestations are diverse and all of the problems can be found in relation to other disorders. It is the 'Triad of Impairment' that is the common feature to all people with autism.

It is also important to remember that people with autism are not immune to other illnesses or handicaps. It is tempting to attribute every difficulty experienced to the autism but it may be due to deafness, depression or even just the normal behaviour of a boisterous and mischievous child.

People with autism find listening and giving attention to the spoken word very difficult. Make it easier for them by keeping unnecessary 'chat' to a minimum, speak clearly and calmly, ensure you have their attention before speaking and allow lots of time for them to make sense of what you have said.

For more information please contact positivefs@aol.com

by local resident T Frere-Smith

YOUR COMMUNITY COUNCIL is responsible to you for delivering a range of services and for the provision and upkeep of local amenities.

Dyffryn Clydach Community Council is made up of thirteen members. These unpaid councillors represent the interests of all areas of Dyffryn Clydach – Cwrt Herbert, Dyffryn, Longford, Neath Abbey, Penshannel and The Highlands.

The Council held its AGM at the beginning of May during which it appointed Cllr Martyn Peters for the fourth time as Chairman.

There are four committees which are able to look at various issues (affecting Dyffryn Clydach) in depth and then report back to the full Council when policy decisions are made.

Finance Committee: Chairman Cllr Mrs L Thomas
Cllr M Peters, Cllr Mrs M Smith, Cllr Mrs J Davies, Cllr Mrs J Phillips, Cllr H Thomas

Communications Committee: Chairman Cllr Mrs M Smith, Cllr M Peters, Cllr Mrs A J Thomas, Cllr H Thomas

Open Spaces Committee: Chairman Cllr Martyn Peters, Cllr Mrs M Smith, Cllr Mrs J Arnold, Cllr Mrs J Phillips, Cllr G Thomas

Halls Committee: Chairman Cllr Mrs J Davies
Cllr M Peters, Cllr Mrs M Smith, Cllr Mrs J Arnold, Cllr J Bryant, Cllr G Edwards, Cllr J Taylor, Cllr Mrs A J Thomas

The Council employs Mrs Tina Draper as caretaker for the Hall and Mr Harry Davies as groundsman responsible for footpaths and open spaces. Randall Shopland is the Council's respected and capable clerk. He prepares the Council's agenda, minutes and correspondence prior to every monthly meeting. He also undertakes research into planning and legal matters and handles the business of hall bookings and remittances.

If you need any information on council matters, contact the clerk (telephone 01639 635787) or any of the elected councillors who will be pleased to help you.

Mae **EICH CYNGOR CYMUNED** yn gyfrifol am gyflawni amryw gwasanaeth ac am ddarparu a chynnal mwynau lleol.

Mae gan Gyngor Cymuned Dyffryn Clydach tri ar ddeg o aelodau. Mae'r cynghorwyr di-dâl hyn yn cynrychioli buddiannau pob ardal o Dyffryn Clydach – Cwrt Herbert, Dyffryn, Rhyddir, Mynachlog Nedd, Pensianel a'r Highlands.

Cynhaliwyd Cyfarfod Blynnyddol y Cyngor ar ddechrau Mai lle yr apwyntiwyd y Cynghorydd Martyn Peters yn Gadeirydd am y pedwerydd tro.

Mae yna bedwar pwyllgor sydd yn gallu trafod pynciau (yn ymwneud â Dyffryn Clydach) yn drwyadl ac yna adrodd yn ôl i'r Cyngor llawn pan fydd polisiau yn cael eu gwneud.

Pwyllgor Cyllid: Cadeirydd Cyng Mrs L Thomas
Cyng M Peters, Cyng Mrs M Smith, Cyng Mrs J Davies, Cyng Mrs J Phillips, Cllr H Thomas

Pwyllgor Cyfathrebu: Cadeirydd Cyng Mrs M Smith
Cyng M Peters, Cyng Mrs A J Thomas, Cyng H Thomas

Pwyllgor Mannau Agored: Cadeirydd Cyng Martyn Peters, Cyng Mrs M Smith, Cyng Mrs J Arnold, Cyng Mrs J Phillips, Cyng G Thomas,

Pwyllgor y Neuadd: Cadeirydd: Cyng Mrs J Davies
Cyng M Peters, Cyng Mrs M Smith, Cyng Mrs J Arnold,

Cyng J Bryant, Cyng G Edwards, Cyng J Taylor, Cyng Mrs A J Thomas

Mae'r Cyngor yn cyflogi Mrs Tina Draper yn ofalwraig dros y Neuadd Goffa a Mr. Harry Davies yn dirmon sy'n gyfrifol am y llwybrau a'r manau agored. Randall Shopland yw'r clerc, galluog ac uchel ei barch, i'r Cyngor. Ef sy'n paratoi agenda, cofnodion a gohebiaeth i'r Cyngor cyn pob cyfarfod misol. Ef hefyd sy'n cyflawni ymchwil i faterion yn ymwneud â chynllunio a'r gyfraith ac yn trafod busnes llogi'r neuadd a thaliadau.

Os oes angen unrhyw wybodaeth arnoch am faterion yn ymwneud â'r cyngor, cysylltwch â'r clerc (ffôn 01639 635787) neu unrhyw. Gyngorydd. Fe fyddant yn falch o'ch cynorthwyo.

FINANCE COMMITTEE

Chairman Cllr Mrs Lyn Thomas

The Finance Committee comprises the chairmen of the Halls, Open Spaces and Communications committees along with three members of the Council – one of whom acts as chairman. The chairman and vice-chairman of the Council are ex officio members.

The committee's remit is to manage the Council's financial resources. It reviews and decides upon the spending requests of its committees. It determines staff wages and expenses, ensuring that they fall within the recommended national guidelines. It also reviews the charges to be levied for the use of the Memorial Hall and its facilities, taking into account the costs of heating, lighting, insurance, cleaning and repairs. Donations to charitable organisations are also dealt with in the committee's deliberations. Annually, the committee sets the amount they think will be required from the community rate in order for the Council to perform duties effectively.

All the committee's recommendations are then placed before the full Council for approval.

The clerk to the community, Mr Randall Shopland, is in attendance at the committee's meetings and his advice and expertise are of invaluable assistance to committee members during their deliberations.

Through frugal management of its affairs, the Council has recently invested £30,000 of its savings in a two-year Bond so that the interest accrued can be used for the benefit of our community.

Y PWYLLGOR CYLLID

Cadeirydd Cyng Mrs Lyn Thomas

Mae'r pwyllgor cyllid yn cynnwys cadeiryddion pwyllgorau'r neuadd, manau agored, a chyfathrebu yn ogystal â thri aelod arall o'r Cyngor – gydag un o'r rhai'n yn gadeirydd. Mae cadeirydd a dirprwy-gadeirydd y Cyngor yn aelodau ex-officio.

Gorchwyl y pwyllgor yw gofalu am adnoddau ariannol y Cyngor. Mae'n adolygu ac yn gwneud penderfyniadau ar ofynion gwariant ei bwyllgorau. Mae'n penderfynnu ar gyflogau a threuliau'r staff, gan wneud yn siŵr eu bod o fewn y canllawiau cenedlaethol. Mae hefyd yn adolygu'r prisiau i'w codi am ddefnyddio'r Neuadd Goffa a'i cyfleusterau, gan ystyried cost gwresogi, goleuo, yswiriant, glanhau ac atgyweirio. Mae rhoddion at elusennau hefyd yn cael eu trin yn nhrafodaethau'r pwyllgor. Pob blwyddyn, mae'r pwyllgor yn gosod y swm y mae yn credu bydd eisiau o'r dreth

gymunedol i gyflawni dyletswyddau'r Cyngor yn effeithiol.

Gosodir pob argymelliad gan y pwyllgor o flaen y Cyngor llawn am ei sêl bendith.

Mae Clerc y Cyngor, Mr Randall Shopland, yn mynychu cyfarfodydd y pwyllgor ac mae ei gyngor a'i gwybodaeth arbenigol o fudd mawr i aelodau'r pwyllgor yn ystod eu trafodaethau.

Wrth lywio'i fusnes yn ddarbodus, mae'r Cyngor newydd fuddsoddi £30,000 o'i gynilion mewn Bond dwy-flynedd er mwyn defnyddio'r llog cronedig at fuddiannau'r gymuned.

COMMUNICATIONS COMMITTEE

Chairman Cllr Mrs Margaret Smith

This Committee is responsible for the twice yearly production of *Ymlaen* and the Council website.

The Council is proud that *Ymlaen* is delivered free to every household (approximately 1,500) throughout Dyffryn Clydach. It is the non-political mouthpiece of the Council and our way of keeping in touch with everyone in the community.

All our articles are local and have real relevance to our area. Most are written by committee members, and we always welcome contributions from locally based organisations or members of the public. Special recognition is due to Mr Robert King who regularly sends items for the "historical" article, to Mr Hugh Thomas for his contributions and Welsh translations and to Mr Gareth Richards and his staff at Glamorgan Press who work on the layout and printing of the magazine.

Committee members decide on the content of *Ymlaen*, trying to keep an even balance of articles interesting to all. Then, there is usually a flurry of activity to prepare everything for printing. Perhaps the best part is the distribution, when all is finished and we can go around the houses delivering it and meeting you.

Our website has been up and running for some time now, but we have recently run into problems with the web provider, and it is no longer available. We should like to thank Cllr Mrs Alyson Thomas for her work in setting this up and running it so efficiently in the past. Fortunately, there was no cost to the Council for running the website, so there is no financial loss. It has proved a useful experience and for the future we shall be looking at ways of keeping in touch through another provider.

So, . . . **watch this space!**

PWYLLGOR CYFATHREBU

Cadeirydd Cyng Mrs Margaret Smith

Cyfrifoldeb y pwyllgor hwn yw cynyrchu'r cylchgrawn Ymlaen ddwywaith y flwyddyn a gofalu am wefan y Cyngor.

Mae'r Cyngor yn ymfalchio yn y ffaith bod Ymlaen yn cael ei ddosbarthu yn rhad ac am ddim i bob cartref (tua 1500) ledled Dyffryn Clydach. Llefarydd anwleidyddol y Cyngor yw'r ffordd o gadw mewn cysylltiad â'r gymuned.

Mae ein herthyglau i gyd yn ymwneud â materion lleol sydd a pherthnasedd i'n hardal. Ysgrifennir y mwyafrif ohono gan aelodau'r pwyllgor, ac 'rydym bob amser yn croesawu cyfraniadau gan gyrrff lleol neu gan aelodau'r cyhoedd. Cydnabyddir yn enwedig Mr Robert King sydd yn danfon eitemau i'r erthygl hanesyddol yn reolaidd, i Mr Hugh Thomas am ei gyfraniadau ac am gyfieithu i'r Gymraeg ac i Mr Gareth Richards a'i staff yn Gwasg Morgannwg sydd yn dylunio ac

yn argraffu'r cylchgrawn.

Y Pwyllgor sydd yn dewis cynnwys Ymlaen, gan geisio cadw cydbwysedd o erthyglau a fyddant o ddiddordeb i bawb. Yna, fel rheol, mae yna gynwrf o brysurdeb i baratoi popeth at yr argraffu. Yn ddiau, y dosbarthu yw'r gwaith gorau, pan fydd pob dim wedi'i orffen a gallwn fynd o gwmpas y tai yn eu dosbarthu a chwrdd â chi.

Mae ein gwefan wedi bod mewn bodolaeth am beth amser erbyn hyn, ond 'rydym wedi cael trafferthion yn ddiweddar gyda'n cyflenwr ac nid yw ar gael bellach. Hoffem ddiolch i'r Cyng Mrs Alyson Thomas am ei gwaith yn creu hon ac am ei chynnal mor effeithlon. Yn ffodus, 'doedd na ddim cost ar y Cyngor am redeg y wefan, felly ni fu colled ariannol. Mae wedi bod yn brofiad buddiol ac yn y dyfodol byddwn yn edrych am ffordd i gadw mewn cysylltiad gan ddefnyddio cyflenwr arall. Felly, . . . rhagor maes o law!

OPEN SPACES COMMITTEE

Chairman Cllr Martyn Peters

This committee is responsible to the council for the open spaces, bridleways and paths in Dyffryn Clydach.

During the last year the Dram Road from The Highlands to Swiss Cottage has been resurfaced. 104 tons of scalping and red dust have been laid by the council groundsman, assisted by council members and members of the public. It is suitable for cyclists, horses and walkers, young and old, pushchairs and mobility scooters – all can access this popular path and enjoy the country in all weather conditions. New seats and benches have been put in throughout the area where people can rest and enjoy our wonderful scenery.

The committee is also responsible for Coed Bach and the Graig, and the well kept play areas in Longford and Lon Glynfelin.

Cllr Peters has already distributed many litterpicking packs to residents willing to help clean up the area, and more packs are available.

PWYLLGOR MANNAU AGORED

Cadeirydd: Cyng Martyn Peters

Mae'r pwyllgor hwn yn gyfrifol am y lleoedd agored, llwybrau ceffyl a llwybrau troed yn Nyffryn Clydach.

Yn ystod y flwyddyn ddiwethaf mae arwyneb llwybr y Dram Road o'r Highlands i Swiss Cottage wedi ei ail-osod. Gosodwyd 104 tunnell o gerrig mân a lluwch coch gan dirmon y cyngor gyda chymorth aelodau o'r cyngor ac aelodau o'r cyhoedd. Mae yn addas i feicwyr, ceffylau a cherddwyr, ifanc a hen, cadeiriau gwithio a sgwteri symudedd – gall bawb defnyddio'r llwybr poblogaidd hwn a mwynhau cefn gwlad beth bynnag bo'r tywydd. Gosodwyd seddau a meinciau newydd drwy'r ardal lle gall bobl gorffwys a mwynhau ein golygfeydd hyfryd. Mae'r pwyllgor hefyd yn gyfrifol am Coed Bach a'r Graig, a'r meysydd chwarae cymen ger y Neuadd Goffa ac yn Lôn Glynfelin.

Dosbarthwyd pecynau codi sbwriel eisioes i drigolion a oedd yn barod i helpu cadw'r ardal yn lân, ac mae rhagor o becynau ar gael.

HALLS COMMITTEE

Chairman: Cllr Mrs Jen Davies

This committee is responsible to Council for running the



Local residents enjoying a country walk along the newly resurfaced Dram Road. Mr Emrys Walters said, "I have used this path for the last seventy years and have never seen it looking so good."

Trigolion yr ardal yn mwynhau mynd am dro ar hyd arwyneb newydd y Dram Road. Meddai Mr Emrys Walters, "Rwyf wedi cerdded ar hyd y llwybr yma am saithdeg o flynyddoedd ac nid wyf erioed wedi ei weld yn edrych cystal."

Memorial Hall and a lot of the community events in it.

Meeting regularly, the committee makes recommendations regarding the upkeep and maintenance of the hall. Everything from repairs and decorations to new furniture and kitchen utensils is considered.

For different age and interest groups numerous events are held throughout the year. Seasonal discos for the children are held throughout the year. The summer fun day includes a barbecue, children's entertainer, games, refreshments and our famous welly wanging competition for all the family. At Christmas, there are traditional carols and mince pies and the New Year sees the annual hall users' party.

These are all organised by this hard working committee. Do come along and join in these community events, you will be sure to enjoy yourself and meet lots of people you know.

PWYLLGOR Y NEUADD

Cadeirydd: Cyng Mrs Jen Davies

Mae'r pwyllgor yn gyfrifol i'r Cyngor am redeg y Neuadd Goffa a nifer o'r digwyddiadau sy'n cael eu cynnal ynddi.

Wrth gyfarfod yn reolaidd, mae'r pwyllgor yn gwneud argymhellion parthed cynnal a chadw'r neuadd. Mae popeth yn cael ei ystyried o atgyweirio ac addurniadau i gelfi newydd ac offer cegin.

Mae nifer o ddigwyddiadau yn cael eu cynnal drwy gydol y flwyddyn gan grwpiau o wahanol oed a diddordebau. Mae disgos tymhorol i blant yn cael eu cynnal drwy'r flwyddyn. Mae'r diwrnod hwyl haf yn cynnwys barbeciw, diddanwr plant, gêm, bwyd a'n cystadleuaeth teuluol enwog o daflu'r welington. Adeg Nadolig, mae yna garolau traddodiadol a mins peis ac mae'r parti blynyddol i ddefnyddwyr y neuadd yn cael ei gynnal yn y Flwyddyn Newydd.

Trefnir yr holl weithgareddau gan aelodau gweithgar y pwyllgor yma.

Beth am ymuno? Maen siŵr y cewch fwynhad a chwrdd â

Congratulations...

to Mr Brian Heale who receives his award for service to the community.

Until recently Brian was secretary of Dyffryn Clydach Neighbourhood Watch, a post he held for thirteen years, during which he brought people together for community events promoting safety in our homes.



Llongyfarchiadau...

i Mr Brian Heale sy'n derbyn ei wobwr am ei wasanaeth i'r gymuned.

Tan yn ddiweddar Brian oedd ysgrifennydd Neighbourhood Watch yn Dyffryn Clydach, swydd a ddaliodd am dair blynedd ar ddeg, pan y daeth pobl at ei gilydd at ddigwyddiadau cymunedol i hyrwyddo diogelwch yn eu cartrefi.

Rugby Boys

Congratulations to Bryncoch RFC Under 13s who won this season's Afan Nedd Under 13s Bowl Final, beating a very good Ystalyfera side by 14 points to nil. At the start of the season it looked like the team was going to fold due to a lack of numbers, but through hard work and training and a big effort to encourage new players the team has flourished. Well done to all the boys!

Bryncoch RFC is always looking for children of any age to play rugby. Training is on Wednesday night and games are played on Sunday mornings. There is a warm welcome to everyone regardless of experience or ability.

Anyone who is interested in playing or who just wants to learn more about the game should get in touch with Steve Thomas on 07917 876588 for further details.



Dyffryn Clydach Community Map is finally drawn

The final stitch has been sewn in the Community Map Tapestry and since May 17th it is on permanent display at Dyffryn Clydach Memorial Hall. The initial public meeting to discuss and plan the project took place in September 2009 and the actual weaving commenced in January 2010. The finishing touches were made just before Easter of 2011.

Over 70 people took part in the project and a Community Celebration held on May 17th was attended by very many local people and special guests. The tapestry was unveiled by the oldest person to work on it, Mrs Louisa Davies of Heol Penlan, Longford. Mrs Davies is a past recipient of the council's citizen award and indeed fundraised for our hall when it was still just a wooden hut.

The tapestry was woven on four looms, kindly built and donated by Mr Chris Sorokin. These separate pieces were then sewn together to create a picture measuring 72" x 30" (183cm x 76 cm). The view depicted is an aspect of our area, looking up at Mynydd Drymmau from the far bank of the Afan Nedd during the autumn season. It reflects what is found unique and special by our residents. Landscape features and important buildings, past and present, show their importance both historically and to the community.

The photographic and historical research enabling this was done by former councillor Mr Hugh Thomas, previously of Dan y Graig Road, Penyard. Photographs of the project's progress and web design were done throughout the journey by Mr Adrian Williams. These were then used by Cllr Mrs Alyson Thomas to paint a picture which was converted into a design template or 'cartoon' of the tapestry which the weavers used as a pattern to follow. The smaller panels depicting community groups were designed by Lynnette Jefford, Val Berni, Gwyneth Parry and Cllr Mrs Alyson Thomas to reflect the rich social life that makes up Dyffryn Clydach.

Sessions took place every Tuesday at the hall and at the local schools. Other organisations and many different people worked either just a few stitches or sometimes for very many hours to bring the project to fruition. Core project workers Mair Axtell, Phyllis Griffiths, Marion Williams, Janet Thomas, Val Berni, Lyn Jefford, Kath Evans and Gwyneth Parry undertook a labour of love. Dwr y Felin pupils gave up their lunch hours to come to the hall with teacher Miss Adele Evans whilst the Skewen Brownies gave up an evening meeting. Cllr Mrs Alyson Thomas and Mrs Marion

Williams went into Mynachlog Nedd Juniors and Neath Abbey Infants schools and worked there with groups of children who were the youngest participants.

Work started with sourcing the materials from the Tawe Guild of Spinners, Weavers and Dyers. There were workshops to teach the skills necessary from spinning and carding right through to the weaving of the fabric. There were many other skills involved such as wrapping buttons to create symbols indicating our chapels. Washers were wrapped to represent tiny examples of pit winding gear. Volunteers embroidered, converting photographs into tapestry charts, and taught children from age six upwards to take part. Mrs Jean Saunders of the Helping Hands Group created the council's crest which titles the piece and is flanked by two miniature tapestries depicting the area's waterfalls,

woven by Cllr Mrs Lyn Thomas.

Cllr Mrs Alyson Thomas said, "The project has been a fascinating journey through our beautiful area from past to future. I have had a strong connection to Dyffryn Clydach from childhood, yet the things I discovered from sharing memories are so fascinating that I am sure that there will be future projects to further recall and preserve this knowledge. I think, too, that many strong friendships were woven together during the weaving of this work. I am so proud to have led this project

and I sincerely thank everyone who took part and made this artwork a true community effort."

Mrs Val Berni added, "We will not know what to do with ourselves all summer, but are keen to start something new in September. None of us had any idea of what to do in the beginning but we have learned many valuable new skills and remembered old ones and worked together as a team to create a thing of beauty which will be an heirloom for not just our children but our grandchildren and great grandchildren."

Council Chairman, County Cllr Martyn Peters said, "We saw the opportunity for the creation of something which really said who we are in our community. Eighty per cent funding for the work came from the Welsh Assembly's Cronfa Wledig Rural Identity Grant administered by Neath Port Talbot County Borough Council. Dyffryn Clydach Community Council contributed the remaining 20%. This is partnership working that can really be seen in our community and I was proud to be there at its unveiling."

The tapestry is located in the main hall and can be seen at any time that the hall is open.



Mrs Rita Peters, Cllr Martyn Peters, Mrs Louisa Davies, Mr James, Cllr Mrs Alyson Thomas, Mayor of Neath

Mae Map y Gymuned wedi ei orffen

Mae'r pwythyn olaf wedi ei wnio ar Dapestri'r Gymuned ac ers y 17eg o Fai mae yn cael ei arddangos yn barhaol yn Neuadd Cymunedol Dyffryn Clydach. Cynhaliwyd y cyfarfod cyhoeddus cyntaf i drafod a chynllunio'r prosiect ym Medi 2009 ac fe ddechreuwyd bwrw ati i weu yn Ionawr 2010.

Cymerwyd rhan yn y prosiect gan dros 70 o fobl a mynychwyd Dathliad Cymunedol ar Fai'r 17fed gan nifer o bobl o'r ardal a gwestai arbennig. Dadorchuddiwyd y tapestri gan y person hynaf i weithio arno, sef Mrs. Louisa Davies o Heol Penlan. Mae Mrs Davies eisioes wedi derbyn gwobr "dinas-yddiaeth dda" gan y cyngor a bu hefyd yn helpu casglu arian tuag at ein neuadd pan oedd ond yn gaban pren.

Gwewyd y tapestri ar bedair ffrâm, a adeiladwyd a rhoddwyd gan Mr. Chris Sorokin. Gwniwyd y darnau at eu gilydd i greu darlun sy'n mesur 183cm x 76cm (72" x 30"). Mae'r olygfa sy'n cael ei phortreadu yn wynebwydd o'n hardal, yn edrych i fyny at Fynydd Drummau o lan bella'r Afon Nedd yn ystod tymor yr hydref. Mae'n adlewyrchu'r hyn sy'n arbennig ac unigryw am ein hardal. Mae nodweddion tirwedd ac adeiladau pwysig, presennol ac o'r gorffennol, yn dangos eu pwysigrwydd yn hanesyddol ac i'r gymuned.

Gwnaethpwyd yr ymchwil drwy ffotograffiaeth a thrwy ymchwil hanesyddol gan y cyn gynghorydd Hugh Thomas, gynt o Heol Danygraig, Peniard. Tynwyd ffotograffiau o ddatblygiad y prosiect a chynllun y wê drwy ein taith gan Mr. Adrian Williams. Defnyddiwyd y rhai'n wedyn gan y Cyng. Mrs. Alyson Thomas i beintio darlun a gafodd ei addasu i wneud patrymlun neu "cartwn" o'r tapestri er mwyn i'r gwehyddion ei ddilyn.

Cynlluniwyd y paneli llai sy'n portreadu grwpiau o fewn y gymuned gan Lynette Jefford, Val Berni, Gwyneth Parry a'r Cyng. Alyson Thomas i adlewyrchu'r bywyd cymdeithasol cyfoethog sy'n bodoli yn Nyffryn Clydach.

Cynhaliwyd sesiynnau bob dydd Mawrth yn y neuadd ac yn yr ysgolion lleol. Bu cyrff ac unigolion eraill yn gwnio ambell i bwyth, weithiau am oriau lawer, i ddod â'r prosiect i ben. Llafur cariad oedd i'r gweithwyr craidd sef Mair Axtell, Phyllis Griffiths, Marion Williams, Janet Thomas, Val Berni, Lyn Jefford, Kath Evans a Gwyneth Parry. Rhoddodd plant Dŵr-y-felin eu hawr ginio i fyny er mwyn mynychu'r neuadd gyda'u hathrawes Miss Adele Evans tra ildwyd un o'u nosweithiau gan Brownies Sgiwen. Aeth y Cyng. Mrs. Alyson Thomas a Mrs. Marion Williams i mewn i ysgol

Iau Mynachlog Nedd a Neath Abbey Infants i weithio yno gyda grwpiau o blant a nhw oedd yr ieuengaf i gymryd rhan.

Dechreuwyd y gwaith drwy ffynonellu'r deunydd crai o'r *Tawe Guild of Spinners and Weavers and Dyers*. Yna fe gynhaliwyd gweithdai i ddysgu'r sgiliau anghenreidiol o nyddu a chribo a thrwodd at wehyddu'r deunydd. 'Roedd nifer o sgiliau eraill i'w defnyddio hefyd fel lapio botymau i greu symbolau i gynrychioli'n capeli. Lapiwyd wasieri i bortreadu esiamlpau bychain o olwynion pen pwll. Brodiodd

gwirfoddolwyr, gan droi ffotograffau i mewn i siartiau tapestri, a dysgu plant o chwech oed i fyny i gymryd rhan. Mrs. Jean Saunders o grŵp *Helping Hands* creodd arflun y cyngor sydd yn deitl i'r gwaith ac mae wedi ystlysu â dau dapestri yn portreadu sgydau'r ardal, a wehyddwyd gan Mrs Lyn Thomas.

Dywedodd y Cyng Mrs Alyson Thomas, "Mae'r prosiect wedi bod yn daith gyfareddol o'r gorffennol i'r dyfodol

drwy ein hardal prydferth. Mae gen i gysylltiadau cryf â Dyffryn Clydach o'm mhlentyndod, eto mae'r pethau a ddarganfyddais drwy rannu atgofion mor ddiddorol fel 'rwyn teimlo bydd prosiectau pellach yn y dyfodol i rannu atgofion a diogelu'r gwybodaeth hyn. 'Rwy'n credu hefyd crewyd cyfeillgarwch cryf rhyngom wrth ymgymryd â'r gwaith hyn. 'Rydw i mor falch fy mod wedi arwain y prosiect hwn a hoffwn estyn fy niolch yn ddidwyl i bawb a gymerodd rhan a gwneud y gwaith celf hwn sy'n wir ymdrech gymunedol." Ategodd Mrs. Val Berni, "Fe fyddwn ni ddim yn gwybod beth i'w wneud gyda'n hamser drwy gydol yr haf, ond rydym yn awyddus i ddechrau rhywbeth newydd ym mis Medi. 'Nid oedd gan yr un ohonom unrhyw syniad o beth oedd eisiau ei wneud ar y dechrau ond rydym wedi dysgu nifer o sgiliau newydd, a chofio hen rai, wrth gweithio gyda'n gilydd fel tîm i greu rywbeth prydferth a fydd yn eiddo etifeddol nid yn unig i'n plant ond i'n hwyron a'n gor-wyrion."

Meddai Cadeirydd y Cyngor, y Cyng Martyn Peters, "Gwelsom gyfle i greu rhywbeth oedd yn datgan ein bod yn gymuned. Daeth 80% o'r nawdd am y gwaith o'r Gronfa Wledig sydd yn cael ei weinyddu gan Gyngor Bwrdeistref Sirol Castell-nedd Port Talbot. Cyfranwyd yr 20% arall gan Gyngor Cymuned Dyffryn Clydach. Dyma engraffft berffaith, yn ein cymuned, o bartneriaeth effeithiol ac 'roeddwn yn hynod falch i fod yn y dadorchuddio."

Mae'r tapestri yn hongian yn y neuadd goffa a gellir ei weld ar unrhyw adeg pan fydd y neuadd ar agor.



Nature notes

For 250 years the great oak tree has been growing in the Coed Bach. It stands proud and tall, providing shelter and food for squirrels, birds and insects. Sadly, its future is now in jeopardy due to sheer vandalism. Cans and drink bottles abandoned by drunken idiots litter the area, but far worse is the damage to the tree itself. Repeated attempts have been made to burn it using anything to hand – picnic benches, wheelie bins and other nearby trees. It seems there is no respect for anything and the things we care about are damaged and destroyed.

If you see any incidents of vandalism, please report them to the police.

To speak to local officers about local issues use 07805 301569.

Continue to use 999 for all emergencies and 101 for non emergencies.



County Cllr Martyn Peters and Neath Port Talbot County Borough Council Arboriculturist Nick Thomas inspect fire damage to the old oak tree

Y Cyng Sir Martyn Peters a Swyddog Coedyddiaeth Cyngor Bwrdeistref Sirol Castell-nedd Port Talbot Nick Thomas yn archwilio effaith y tân niweidiol ar yr hen dderwen

Am 250 o flynyddoedd mae'r dderwen fawr wedi bod yn tyfu yng Nghoed Bach. Mae'n sefyll yn uchel a balch, yn cyflenwi bwyd i'r wiwerod, adar a phryfed. Gwaetha'r modd, mae ei dyfodol nawr mewn perygl o achos fandaliaeth. Mae caniau a photeli diod meddwol a adawyd gan ynfydion meddw yn gwneud llanast o'r lle, ond yn waeth byth yw'r niwed i'r goeden ei hun. Gwnaethpwyd sawl ymdrech i'w llosgi gan ddefnyddio unrhywbeth wrth law – meinciau picnic, biniau olwyn a choedydd eraill gerllaw. Mae'n debyg nad oes gan rai parch at unrhywbeth ac mae'r pethau 'rydym yn eu caru yn cael eu difrodi a'u difetha.

Os welwch chi unrhyw enghreifftiau o fandaliaeth, rhowch wybod i'r heddlu os gwelwch yn dda.

I siarad â'r swyddogion lleol am faterion lleol defnyddiwch 07805 301569.

Cariwch ymlaen i ddefnyddio 999 am bob argyfwng a 101 am faterion llai difrifol.

What is a Tree Surgeon?

What do you think of when you hear the word tree surgeon, or arborist? Is it a man (or lady) wearing jeans and trainers in a transit van which they will stuff full of branches, or a gang of people dressed in garish, space-age clothing, climbing out of a sign written van attached to a huge, noisy wood chipper? Will they be carrying bow-saws, ladders, and a length of frayed rope from the local DIY store, or will they have a number of loud chainsaws, climbing harnesses clinking with gizmos and gadgets, and smooth, modern ropes, neatly wound or packed lovingly into bags?

There is no easy way to spot a good tree surgeon, but through this column, I hope to help you to choose the right people to do this highly skilled and dangerous job, and make sure you are getting your money's worth. As with all industries, there are unscrupulous and dishonest people posing as arborists, overcharging people for work that is not up to standard, and leaving a mess or damaging property in the process. There are even those that pose as workers, but are more interested in checking if you have any valuables in the shed, or even in your home, who return when you are away or asleep to steal your lawnmower or television (a practice known as casing).

You can deter opportunists like this in the following ways:

- The most important of all: Do not deal with cold callers!
- Ask for a written quotation, and get them to sign it.
- Get a number of quotes. If someone is much cheaper than the others, be wary.
- Before you let them on to your property, make sure that you have their business address and landline number. "Cowboys" will often operate from their mobile phone alone.
- Ask what qualifications they and their workers hold. There are certificates for chainsaw use and climbing which no arborist should operate without (CS30, '38, and '39 are a must).
- Arborists or Tree Surgeons will advertise as such. If the advert or the van advertises another service (e.g Fencing, Gardening, Building etc., and has trees on the list as a sideline, avoid this company).

Next Time: How to make sure you're getting the service you deserve from your arborist.

If you have any questions in the meantime, or would like informal advice about trees in and around your property, please contact me on garethbob@gmail.com or 07877 620848.

Gareth Thomas

Taking Flight Theatre Company

When the *Taking Flight Theatre Company* brought their latest production to Neath Abbey at Easter, the sun shone on a wonderfully warm day. Visitors to the Abbey enjoyed Mark Ryan's new adaptation of Branwen's story from the Mabinogion with live music and puppetry.

Look out for posters advertising their performance of *Twelfth Night* later in the summer.



Branwen sends her starling home to Bendigeidfran
Branwen yn danfon ei drudwy adref at Bendigeidfran

Cwmni Theatr Taking Flight

Pan ddaeth Cwmni Theatr *Taking Flight* gyda'i cynhyrchiad diweddaraf i Fynachlog Nedd yn ystod y Pasg, tywynnodd yr haul ar ddiwrnod tesog. Mwynhawyd gan y rhai a ddaeth i'r Fynachlog addasiad newydd Mark Ryan o stori Branwen o'r Mabinogion gyda cherddoriaeth byw a phypedau.

Edrychwch allan am bosteri yn hysbysu'r perfformiad o *Twelfth Night* yn hwyrach yn yr haf.

LONGFORD SENIOR CITIZENS/OAP'S CLUB

Longford Seniors have had a very interesting winter season of meetings at the Memorial Hall with a wide variety of speakers and entertainers. Their special guests are of a consistently high calibre and the members would like to thank their committee for all the hard work they put into compiling their programme.

Before Christmas, Mr Will Nedin and his daughter Miss Laura Nedin provided an afternoon of wonderful entertainment with a selection of popular hit songs and ballads which spread real warmth in the bitterly cold weather. The seniors would like to thank them heartily and also to offer Mr Nedin their hopes for better health in the future as he has been rather ill.

Many of the pensioners attended the community

council's post Christmas party in January and thanks go to the hall's chairman Cllr Mrs Jennifer Davies and her hard working team of volunteers for the lovely food. Sixties and Seventies music was provided by talented guitar duo Ken and Wynne who hope they will be back again next year.

The members are always on the lookout for new ideas for their programme and would welcome any suggestions. Summer activities include talks and excursions including meals out in the Gower Peninsula and a strawberry tea at the hall.

If you are over 50 and fancy some company then please come along and join them at the Memorial Hall where they meet fortnightly between 2pm and 4pm or ring Mrs Jean Baker on 01792547277

HELPING HANDS KNITTERS

Alyson Thomas

The group has had an action packed year so far. Meeting at the hall every Thursday between 12 and 3pm, the knitters work tirelessly to create, recycle and despatch supplies to areas of real need in Europe and the Third World. They also fundraise and enjoy getting together for social and educational reasons.

They have recently been on two fun fact finding trips, the first to the NEC in Birmingham and the second to Builth Wells showground where they investigated new skills and materials as well as enjoying each other's company.

Already this year they have dispatched several transit vans of supplies to Romania including over 100 babypacks for which they are famous. The packs contain everything a new mum may need for the first six weeks of a baby's life.

Recently Miss Elizabeth Page of Skewen came along to the group and spoke passionately about the people and the opportunities to help that there are in Romania. Elizabeth had very interesting

experience about a charitable crochet and craft trading company DECE which had been set up by herself and others to create employment for women in Romania. Elizabeth is a young woman who has demonstrated her selflessness working in many difficult situations including with children in orphanages there and with some of the poorest and most socially victimised women in that society. *Helping Hands* congratulated her on all her work and also on her recent engagement.

Helping Hands Knitters regularly takes a stall at the *Skewen Craft and Produce Fayre* held on the first Saturday morning of each month so if you don't enjoy yarn crafts yourself but appreciate hand made goods and their ethos then pop along to Skewen and support them. The *Helping Hands* would like to thank everyone who supported their Easter raffle which raised £200, all of which will support the group through the work they do.

If you would like to join them, remember, no skill level is necessary as patient people can start you from scratch. If you would just like to pop in occasionally for a natter and a cuppa, that would be fine too. If you have any yarn or needles to donate then please ring Val 01792423359 or Alyson on 07523916356.

Get Gardening

Margaret Smith

By now the weather should have warmed up and as there is no further risk of frost it is safe to plant out summer bedding and tender vegetables and to enjoy early crops of gooseberries and strawberries. Beware pests and diseases which spread rapidly at this time of year, and try to keep control of weeds which seem to grow even faster than the garden plants.

LAWN CARE

Lawns will need mowing frequently at this time of year. Avoid too close mowing, as this may result in shallow rooted weaker grass and weed and moss growth. Tackle isolated weeds by carefully digging them out with a sharp knife or small fork, shaking loose any excess earth. Level any depression with topsoil and reseed. Where grass is worn consider countersinking stepping stones. Trimming the edges of the lawn with sharp long-handled shears will make your lawn much smarter and show off your house and garden to best advantage.

VEGETABLES

Try to avoid unnecessary watering, although in hot dry weather it may be necessary to water fruit and vegetable crops. Weeds will continue to thrive. They will take valuable moisture and nutrients from the soil

as well as causing increased humidity around crops resulting in the build up of pests and diseases like mildew and rust. So try to at least ensure that weeds do not become too big.

Harden off and plant out any tender vegetables which may have been raised under glass. Plant out tomatoes, ensuring they are watered in well. Support peas and beans. Continue sowing salad and summer vegetables like spinach, carrots, sweet corn and marrows.

FLOWERS

Cut back fading foliage on spring flowering bulbs. Deteriorating leaves will encourage slugs and snails in borders and will spoil lawns and make mowing more difficult. Add supports to herbaceous perennials. Plant up summer bedding containers and hanging baskets. Pinch out shoot tips on summer bedding for stronger bushier plants.

For gardening supplies remember to visit Longford Gardening Club. The shop is to be found in the garage compound off Heol Penlan and is open on Sundays between 10.30am and 12.30pm. For supplies at other times ring 01792 813465.

THE COST OF VANDALISM

Harry Thomas

I have always considered Dyffryn Clydach to be a pleasant and safe place to live. Perhaps I am somewhat biased, having been born here and lived here most of my life. We are blessed with miles of footpaths and the scenery, while not as dramatic as in some places, is still very attractive. The Community Council has sought to maintain standards during a time of uncertainty and financial cuts. A lot of work has been done to improve the surface of the footpaths, particularly the Dram Road. It is a pleasure to see the woods and the wild flowers in such good heart after one of the most severe winters for many years. Thanks are in order to those residents who volunteer to keep the place clean and tidy by picking up litter. And also to those who organise events which bring the community together.

Unfortunately, there is also a minority who cause disruption and vandalise community facilities. To be fair, many of these are from outside the community, but this is of no consolation to those who are trying to maintain and improve amenities in Dyffryn Clydach. Vandalism is not a victimless offence. Damage is done to both community and private property. Restitution has to be met either from community and private funds or insurance claims. These, in turn, attract higher premiums and can also affect premiums on neighbouring residential properties and vehicles.

As yet, this problem is reasonably confined but it is a nuisance to those residents who live near some of the places where the young people congregate. Money is being spent needlessly on repairs and this could be put to better use elsewhere. This is unacceptable behaviour and benefits no-one, not least the health of the under-age drinkers. The police can only act if matters are brought to their attention and priorities are determined in proportion to the number of complaints made. It is up to all residents who think that Dyffryn Clydach is a pleasant place to do all they can to keep it so.

Longford Football Club

David Brennan

Into only their second season the Longford "A" and "B" teams continue to make good progress.

The Longford "A" Team presently sits 5th in its Division and amongst its better performances was a 2-2 draw with table topping Pontardawe Town. Also the side reached the semi final of the Borough Cup when it lost to Cimla.

The Longford "B" Team is fourth in its Division, having achieved some excellent results this season against sides above it, including a 5-1 win over second in the table Ystradgynlais. Its most notable performance was the 7-1 demolition of top of the table Cimla in the semi final of the Division Cup. At the beginning of May the team won the Reserve Division 3 Cup in only their second season, beating Bryn Rovers 6-3 in the final. "Well done, Lads!"

Special thanks go to all the management and players of the "A" and "B" sides and to the people who help out behind the scenes.

With such strong squads next season looks promising.



DAVID THOMAS (1774-1882) Robert King

David Thomas was born at Tyllwyd Farm, Bryncoch on 3rd November 1794. He was the only son of David and Jane Thomas, who also had three daughters. The young David was schooled in Alltwen, Pontardawe, and then at the acclaimed Neath Academy. Unusual for this period Thomas was literate in both the Welsh and the English languages. On completion of his primary education he worked with his father on his small farm. In 1812 he took up employment at the Neath Abbey Iron Company and was placed under the tutelage of the company's chief engineer, Henry Taylor, who very soon recognised the qualities and intellect of the eighteen year old Thomas and during his term of apprenticeship sent him to Cornwall to oversee the installation of a blowing engine.

Thomas worked at the Neath Abbey works until 1817, leaving there to take up employment under Mr Richard Parsons at Ynyscedwyn Iron Company in the Upper Swansea Valley.

Soon after taking up this employment Parsons went bankrupt and Mr George Crane, a Bromsgrove nail maker, was brought in to manage the works by the creditors. Thomas was still only 23 years old and stayed at Ynyscedwyn for 22 years. During that time he found fame in the iron trade by successfully converting a furnace to anthracite coal and blowing the furnace with hot air. Previously the method used was with dirty bituminous coal. The new method was quicker, cleaner and produced a better product. The furnace was successfully blown early in February 1837.

The idea that hot blast could work was realised in 1828 by Beaumont Neilson of Glasgow and following a seemingly unimportant event it is said took place in Mr Crane's house, located near the Ynyscedwyn works, when he was talking with Mr Crane and was told to use the blower to encourage the fire in the grate to spark up. Thomas did his bidding and said: 'If this blower was pumping hot air the anthracite coal would burn like pinewood.'

Considering this comment and the Neilson idea, which had been patented, Crane sent Thomas to Scotland to learn more about it. He returned to South Wales with a licence to take the idea forward. Neilson's idea was to use coke blasted by hot air,



Thomas thought that the idea would work equally well, if not better, with anthracite coal. History tells us that he was right.

Thomas' development of hot blast was brought to the attention of industrialists in North America when the method was published in a scientific magazine, the London Mining Journal in 1838. One of the directors of the Lehigh Coal and Navigation Company in Pennsylvania, Mr Erskine Hazard travelled to Ynyscedwyn to see the hot blast system's operation. Mr

Hazard was taken to meet David Thomas, who had moved to Defynog to supervise the building of the Brecon Forest Tram road link to the Ynyscedwyn works. In America the system of hot blast had failed but on seeing it working under Thomas' stewardship a five year contract was offered to David to go across the Atlantic to develop the method there.

Undoubtedly Thomas was faced with a dilemma. He was married with four children and was 43 years of age. At Ynyscedwyn he held a post of responsibility, he was the superintendant of the works, which included Banwen iron works and was relatively financially well off. He owned property and had clearly exercised his fiscal affairs efficiently. Whether he was seen to waver at the offer of a five year contract and whether it was for only for him to travel isn't known but Mr Hazard then offered to ship Thomas and his entire family across the Atlantic. This clearly was attractive and he signed a contract on 31st December 1838 to build furnaces in the Lehigh Valley that would be fired by anthracite coal. Certainly Thomas' character was clearly of a direct and determined nature. He possessed only a contract for a five year period yet in the early months of 1839 he put all his property (he owned between five and eight cottages) up for auction at the Castle Hotel, Neath. The fact that his wife, Elizabeth, was a monoglot Welsh speaker couldn't have had a bearing on his decision. In the May of 1839 he travelled with his wife, three sons and two daughters from Swansea along the coast of West and North Wales to Liverpool where they boarded the Roscius at Waterloo Dock and set sail for a new life.

To be continued

RECIPE ♦ RECIPE ♦ RECIPE

FRESH GRAPEFRUIT DRINK

Make your own fresh fruit drinks using only natural ingredients.

Ingredients:

2 grapefruits
2 rounded tablespoons sugar
1½ litres water

Method:

Thinly pare the grapefruit rind using a potato peeler and squeeze the juice



Bring the water to the boil, then add the rind and sugar

Stir to dissolve the sugar and leave to cool

Add the juice and strain into a jug and chill

Variations:

Lemonade: use 3 lemons, 3oz sugar and 1½ pints water

Mint Lemonade: add bruised mint leaves before straining/add crème de menthe/garnish with mint leaves

Keep your drinks cool and pretty: Add frozen orange or lemon slices instead of ice cubes

ARCHIVE PHOTO

HEN LUN

The children playing in the sand tray in the last edition of Ymlaen were Susan Prout, Jean Preece, Janet Penney and Pauline Allen

This time, we know the people in the photograph are Gethin Jones, Dennis Harry, Tom Hopkins and Malcolm John. But, what was the occasion? If you know this, then please tell your local councillor or contact the editor on 01639 681112.



Y plant oedd yn chwarae yn y blwch tywod yn y rhifyn diwethaf o Ymlaen oedd Susan Prout, Jean Preece, Janet Penney, Pauline Allen.

Y tro hwn 'rydym yn gwybod mai enwau'r rhai yn y llun yw Gethin Jones, Dennis Harry, Tom Hopkins a Malcolm John. Ond beth oedd yr achlysur? Os ydych yn gwybod, yna dwedwch wrth un o'ch cynghorwyr cymuned neu cysylltwch â'r golygydd ar 01639 681112.

National Javelin Coach

Retired steelworker, John Davies was nominated for a major award last season. Shortlisted for male coach of the year, John said he was honoured to be nominated for the Sport Wales Coach of the Year award. He has held the position of Welsh National Coach for javelin and has also coached numerous Welsh record holders, schools and clubs.

Taking up coaching over twenty years ago, John has progressed up the coaching ladder with his qualifications. In an average week, he attends six or seven training sessions, coaching novice athletes and veterans as well as elite athletes at Welsh and international levels. Last season saw Lee Doran, one of his senior athletes, competing in the Commonwealth Games in Delhi.

"I always had an ambition to get an athlete to the Commonwealth Games and to coach an athlete to throw over 75metres, and now I've done that," he said. "To see people improving is what makes coaching special."



Hyfforddwr Cenedlaethol y Gwaywffon

wobr pwysig y llynedd. Ar y rhestr fer am hyfforddwr y flwyddyn, dywedodd John ei fod yn anrhydedd i gael ei enwebu am wobwr Hyfforddwr y Fwyddyn gan Chwaraeon Cymru. Mae wedi dal swydd Hyfforddwr Cenedlaethol Cymru i'r gwaywffon ac mae wedi hyfforddi sawl daliwr recordiau Cymreig, ysgolion a chlybiau.

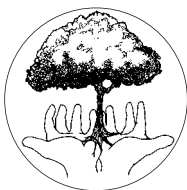
Wedi cymryd at hyfforddi dros ugain mlynedd yn ôl, Mae John wedi dringo'r ysgol hyfforddi gyda'i gymwysterau. Mewn wythnos mae'n mynychu chwech neu saith sesiwn hyfforddi ar gyfartaledd, yn hyfforddi athletwyr ifanc a phrofiadol yn ogystal â'r athletwyr gorau ar lefelau

Cymreig a rhyngwladol. Llynedd gwelwyd Lee Doran, un o'i athletwyr hŷn, yn cystadlu yng Ngemau'r Gymanwlad yn Delhi.

"Roedd yn uchelgais gennyf erioed i fynd ag athletwr i Gêmaw'r Gymanwlad ac i hyfforddi athletwr i daflu dros 75medr, a 'nawr 'rwyf wedi cyflawni hynny," meddai. "Gweld athletwyr yn datblygu sy'n gwneud hyfforddi yn arbennig."

Dyffryn Clydach Environmental Group

Margaret Smith



Throughout the winter months the group has been active on many fronts.

Daffodils have been planted in Cwrt Herbert and in the Spring they provided a splendid display to brighten an otherwise dreary corner.

The street trees recently planted in Longford appear to be doing well and when fully established will add significantly to the appearance of the area. The native cherry and pear trees are an unusual planting and their blossom is quite stunning.

Group members have been working in Coed Bach and Coed y Graig, helping to clear the paths of leaves and debris.

Littering and dumping of rubbish, which are both unsightly and totally unnecessary, continue. Regrettably, too many people make excuses for dropping litter. They will carry their garden waste and leave it in our woods and open spaces where they will also dump their bags of dog mess. They will say that there are not enough bins, or that the bins were overflowing, that one extra bit wouldn't make a difference or that someone else would clear it up later. Well, hard working group members have been out and about cleaning up after these thoughtless people and they have made a real impact. This year has seen a great improvement and a lot of the credit for this must also go to individual people who pick up litter when out and about in the community. Working with Keep Wales Tidy the Dyffryn Clydach Environmental Group organises regular litter picking sessions throughout Dyffryn Clydach.

Anyone wanting to have pickers or to join the Group should contact the Secretary Mrs Margaret Smith on 01639 681112.

Extra copies of Ymlaen will be available at Abbeygate Stores and Longford Stores. Thank you to Jagtar and to Jan for their support. Remember to support your local shops and businesses.

Bydd copi'au ychwanegol Ymlaen ar gael yn Siop y Gât a Siop Rhydhir. Diolch i Jagtar a Jan am eu cymorth. Cofiwch gefnogi eich siopau a busnesau lleol.