Friends of the Earth Ruthin Newsletter

Autumn 2023 Issue 6



Environmental Alliance

Ruthin Friends of the Earth invited members of the various environmental and ecological groups in Denbighshire to a meeting on 7th September in the Old Courthouse, Ruthin. The purpose was to form an environmental alliance across Denbighshire in preparation for Denbighshire County Council's public consultation meeting planned for October to review and refresh its Climate and Ecological Change Strategy.

This meeting may also provide a strengthening of the network and alliances across Denbighshire with the possibility of promoting specific local projects and initiatives through various sub groups. As an initial action to mapping the concerns across the county, participants were asked to send in a list of the environmental and ecological issues in the area.

Further information from Graham Steel at grahamsteel2509@btinternet.com

Friends of the Earth Ruthin

In this Issue

Environmental alliance
Christine Meirion

Beautiful Earth, Beautiful you, Beautiful we. Layla Oakes

The Poet and the Hare
Diana Sanders

Bionet Nature Day
Brian and Marlene Peters

The Big Green Week Poetry Workshop poems

Contacts

Beautiful Earth, Beautiful You, Beautiful We: *we didn't make this mess, but we can help to change it…*



Beautiful Earth, Beautiful You, Beautiful We: We didn't make this mess but we can change it….

Hi! I'm Layla. I'm 25 and I've cared about and been interested in the environment for as long as I can remember. I currently am lucky enough to be studying at the Centre for Alternative Technology, doing a masters in Sustainability and Behaviour Change. I am hopeful that there are things we can do to help change things for the better, but I haven't always felt that way.

For quite a long time, the sadness, anger, and fear around what is happening prevented me from doing much at all about climate change. I stopped talking about it and protesting, I tried not to think about it. Being hopeful definitely isn't easy and for me it comes and goes, (especially with the lack of action from those with power,) but it's a much nicer place to be. I think, if we can all be a bit more hopeful together, we may all feel like we have more energy to do something to help.



I get it, sometimes it feels like there's no way out of climate change, like no one who should care cares and that nothing you do will make a difference. If you feel like that too, please keep reading.

Then, think back to some of the things that once seemed unreachable. Look up the Kinder Scout Trespass, Bristol Bus Boycott, Suffrage Protests. Maybe eventually, just like these examples, people will look back in disbelief at how those in power were so slow to make changes. I'd also encourage looking for the good as well as the bad. There are plenty of groups in Denbighshire that make a difference. There is so much that we can do. Here are a few suggestions.

Power in Small things	**Working together**
Cut down on meat and dairy. Meal planning (it can be cheaper and reduces food waste) Use charity/vintage shops before buying new. Help out at a Repair Café (like the one in Ruthin organised by Friends of the Earh). Spend time in nature, when and where you can.	Sign online petitions and share them around. Write to your local M.P., local council or A.M. Carefully consider who you vote for in elections. Search for local groups who are making changes. Maybe you could start your own youth group. Join environmental protests.



Try one out and see what you think, you can come back to this list whenever! Just try doing what you can and one day, it might all be ok, especially if we all do our bit. If you have any ideas or want to start a youth group, please let us know at: foemediaruthin@gmail.com

The Poet and the Hare

She is the frisky-one, the dew-hopper, the furze-cat, the snuffler, the swift-as-wind, the light-foot, the way-beater, the sitter-in-bracken, the shapeshifter, the boxer, the witch-hare. She was sacred to Celts and Anglo-Saxons, pet to the goddess Eostre, bringer of fertility and new life. The April full moon is the Hare moon, and it is April when hares come from the surrounding sheep fields into my garden. They come for the daisies, herbs, carrot tops and other shoots. The Brown hare, unlike the rabbit, makes no burrow or permanent home. They are nocturnal wanderers covering several kilometres per night. During the day they lie in a 'form' or 'scrape' (a bed of flattened grass surrounded by vegetation) to be spotted only by the keen sighted, as their brown fur with tints of red and gold gives perfect camouflage. Hares are thought to have been brought here by the Romans but are now naturalised and have populations throughout Britain. According to the Hare Preservation Trust in the late 1800's there were about four million hares in Britain. Recent surveys show that the brown hare has declined by 80% over the past 100 years. The reasons for this are possibly the intensification of agriculture, the loss of wild flower meadows and shooting.





Hares lie still in the face of danger until there is no choice but to run. If that happens, they spring out and can outrun any other wild mammal in Britain. They are top athletes with large hearts and specialized bones in their noses which allow more oxygen for their sprints.

On a particular morning in April a female hare moved from plant to plant in the garden until she settled by a large rosemary bush near the kitchen door. She sat under it and scraped away at the earth. When she had finished, she moved off into the adjoining sheep field. That evening when I came home from work, she sprinted by me as our paths crossed near the house. Opening the curtains, the next morning, her two newly-born leverets were sitting still as stones near the kitchen door.

I experience something almost sacred when watching hares - a gift that lifts me out of the ordinary. Separateness falls away and I become part of something finer, deeper. To imagine the world of the hare is to have all senses heightened. Colours are brighter, sounds sharper. You can hear a vole rustle in the next field – know the secret places where the fox does not go. Drink from gold-mirror pools lit by the dawn sun. On moonless nights you find your way by the stars and on pitch-black nights trust remembered paths to guide you back to the untamed moor.

The full article was published in the summer 2023 edition of Natur Cymru.

Bionet Nature Day

Friends of the Earth Ruthin were invited to have a stall at the Bionet Nature Day which was held in the walled garden area of Nantclwyd Y Dre in Ruthin on Sunday 30 July. The stall was shared with Incredible Edible.



Bionet local partnership is an environmental network in the North East region of Wales for the counties of Denbighshire, Conwy and Wrexham. Their purpose is to conserve, protect and enhance Biodiversity.

It was a fun family event which attracted over 400 visitors from all corners of North Wales. There were twelve stalls which included the following organisations – Bionet, The Rivers Trust, Wild Ground, Clocaenog Red Squirrel Trust, Hedgehog help Prestatyn and Chirk Swift/Martin Rescue. There was also a refreshment stall provided by a new local bakery.
There were activities for children with face painting, nature talks and walks around the garden areas. The FOE stall had a Create Nature Friendly Spaces board which was busy throughout the day with children drawing pictures of their favourite wild animals and plants.



This was a great opportunity to network with other organisations, local people and communities.

We had a visit from Carolyn Thomas the Senedd Member for North Wales who was very supportive and keen to know what was going on in the local communities around the Ruthin area. We also had an interesting discussion with Laura Owen Sanderson, CEO of the North Wales Rivers Trust about the poor condition of the river Clwyd and the work that is planned to try and restore the river quality.

Thanks to Nantclwyd Y Dre staff and volunteers for hosting the event and setting up the stalls and gazebos.

The Big Green week Poetry Workshop in Ruthin Library on Saturday 10th June was organized by Diana Sanders and Pat Sumner. Some wonderful poems came out of the workshop, three of which, are below. It was such an inspirational event for Pat and Diana that they decided to set up a regular writing class at the library on the last Saturday of the month. Anyone interested please contact Pat on pat.cilan@outlook.com or text Diana on 07936 078995.

To my father for Father's Day

Seed of your seed
and two more generations
follow in my wake.

Eighty years ago
so many of your young friends
died.

Through my childhood
you carried the impact of that.
Horror and fear made you
distant and rigid.

In your long dying, we grew close.
I am grateful for your hundred years.
Your burgeoning family
carries me through my grief.

Christine Meirion

Requiem

That was the night my mother fell in love
with Mozart. She raved
about his *Lachrymosae*, was singing
et semini eius when she went to bed.

My father cursed in his usual way,
believed only in JS Bach.

Now both parents
are in the promised land
or at rest under turf
by the river Mole

while I am singing Mozart
in Llanelwy.

Edmund Dixon

Transplanted

Jostling together, deerskin caressing
seed-coats, a weight hidden
in the darkness of hems.
Uprooted, migrating, waiting,
skirts skimming the earth
you steal us from homeland
to unknown land.

Displaced by the pale-faced
preserving produce passed from hand
to land by generations,
I am remedy, sustenance, solace.

Feet finally stand still.

Stitches unpicked, I am freed
from unknown to new home. Hungering
for safety, sovereignty, prosperity,
you scatter hope
as you surrender me to soil.

Leaf Pettit

Projects and Contacts

Group Secretary	Jean Leith
Terracycle	Mair Davies
Litter Picks	Steven Hoyle
Plastic Free Ruthin	Richard Barrie
FoE Chair	Richard Barrie
Repair Café	Anne Lewis
Climate Emergency	Mair Davies
Resilient Communities	Graham Steel/ Christine Meirion
Newsletter	Diana Sanders
Translation	Sian Gwyn-Ifan
Denbighshire Environmental alliance	Graham Steel

Groups FoE Ruthin works alongside

Drosi Bikes	Beth Ward/Robin Hughes
Y Ty Gwyrdd	Marguerite Lovegrove
Bws Benthyg/Borrow Bus & Resouce	Janine Cusworth/ Jozsef Vass
Resource Young Volunteers	Janine Cusworth

Cylchlythyr Cyfeillion y Ddaear Rhuthun

Hydref 2023 Rhifyn 6



Cynghrair Amgylcheddol

Cafodd gwahanol grwpiau amgylcheddol ac ecolegol eu gwahodd gan Gyfeillion y Ddaear Rhuthun i gyfarfod a gynhaliwyd ar 7 Medi yn yr Hen Lys yn Rhuthun. Y nod oedd creu cynghrair amgylcheddol i Sir Ddinbych i baratoi ar gyfer cyfarfod ymgynghoriad cyhoeddus y Cyngor Sir ym mis Hydref i adolygu ac adnewyddu ei Strategaeth Ecoleg a Newid Hinsawdd.

Roedd y cyfarfod hefyd yn gyfle i gryfhau'r rhwydwaith a'r cynghreiriau sydd ar waith ar draws Sir Ddinbych, gyda'r posibilrwydd o hyrwyddo prosiectau a mentrau lleol penodol drwy wahanol is-grwpiau. Fel cam cyntaf i fapio pryderon ar draws y sir, gofynnwyd i'r rheini a gymerodd ran anfon rhestr o broblemau amgylcheddol ac ecolegol yn eu hardaloedd.

I gael rhagor o wybodaeth, e-bostiwch Graham Steel:

grahamsteel2509@btinternet.com

Cyfeillion y Ddear Rhuthun

Yn y Rhifyn hwn

Cynghrair Amgylcheddol
Christine Meirion

***Beautiful Earth, Beautiful You, Beautiful We*.**
Layla Oakes

Y Bardd a'r Ysgyfarnog
Diana Sanders

Diwrnod Natur Bionet
Brian a Marlene Peters

Cerddi Gweithdy Barddoniaeth yr Wythnos Werdd Fawr

Enwau cyswllt

"Beautiful Earth, Beautiful You, Beautiful We": nid ni sy'n gyfrifol am greu'r llanast sy'n bodoli ar hyn o bryd, ond yn sicr gallwn ni helpu i wneud rhywbeth amdano...



Hi! Layla ydy f'enw i. Dw i'n 25 oed, a dw i wedi ymddiddori yn yr amgylchedd a theimlo awydd i ofalu amdano ers imi gofio. Ar hyn o bryd dw i'n lwcus i fod yn astudio yn y Ganolfan Technoleg Amgen yn gwenud gradd meistr mewn Cynaliadwyedd a Newid Ymddygiad. Dw i'n obeithiol y gallwn ni wneud pethau a fydd yn helpu i newid ein sefyllfa er gwell, ond doeddwn i ddim bob amser yn teimlo fel hyn yn y gorffennol.
Am gyfnod eitha hir, roedd y tristwch, y dicter a'r ofn oedd yn codi ynof yn sgil yr argyfwng hwn yn fy atal rhag trio gwneud llawer i ymateb i'r newid yn yr hinsawdd. Ar un adeg stopiais i siarad amdano a chollais yr awydd i brotestio. Yn hytrach roeddwn i'n trio peidio a meddwl amdano. Dydy bod yn obeithiol yn bendant ddim yn hawdd, ac imi mae'n gyflwr meddwl sy'n mynd a dod (yn enwedig yn wyneb y diffyg gweithredu gan y rheini sydd a'r pwer i drawsnewid y sefyllfa), ond serch hynny mae byw mewn stad o obaith yn llawer brafiach na gorfod byw gydag anobaith. Dw i'n meddwl os gallwn ni fod ychydig bach yn fwy obeithiol gyda'n gilydd, efallai bydd gyda ni mwy o egni i wneud rhywbeth i helpu'r sefyllfa.
Weithiau mae'n teimlo nad oes unrhyw ffordd o atal y newid yn yr hinsawdd. Mae'r bobl ddylai falio yn ymateb mewn ffordd mor ddifater, mae'n ymddangos weithiau nad yw'n bosibl i'r un ohonom wneud unrhyw wahaniaeth. Os ydych chi'n teimlo fel hyn hefyd, darllenwch ymlaen.
Mae'n werth cofio pethau o'r goeffennol oedd yn ymddangos mor anodd i'w gwireddu ar y pryd. Edrychwch ar y *Kinder Scout Trespass*, *y Bristol Bus Boycott*, a'r holl brotestio o blaid cael yr hawl i bleidleisio. Efallai yn y pen draw, yn union fel yr enghreifftiau hyn, bydd pobl yn edrych yn ol ac yn ei chael yn anodd credu sut yr oedd y rheini a oedd mewn pwer wedi gwrthod newid am gyhyd. Dw i hefyd yn annog pobl i sylwi ar y pethau da yn ogystal a'r pethau drwg. Mae llawer o grwpiau yn Sir Ddinbych sy'n llwyddo i wneud gwahaniaeth, ac mae cymaint o bethau y gallwn ni eu gwneud. Dyma rai awgrymiadau.



Pwer mewn pethau bach	**Gweithio gyda'n gilydd**
Bwytwch lai o gig a chynnyrch llaeth. Cynllunio prydau bwyd (gallai hyn fod yn rhatach a lleihau gwastraff bwyd) Defnyddiwch siopau elusen a *vintage* cyn prynu pethau newydd. Beth am helpu mewn caffi trwsio (fel yr un yn Rhuthun sy'n cael ei redeg gan Gyfeillion y Ddaear). Treuliwch amser ym myd natur, ar bob cyfle posibl.	Cofiwch arwyddo deisebau ar-lein, a rhowch wybod i eraill amdanynt. Ysgrifennwch at eich Aelod o'r Senedd, eich Aelod Seneddol yn San Steffan, neu eich cyngor lleol. Cofiwch feddwl yn ofalus cyn penderfynu pwy sy'n haeddu cael eich pleidlais mewn etholiadau. Chwiliwch am y grwpiau lleol sy'n gwneud newid go iawn. Efallai y byddech yn hoffi dechrau eich grwp ieuenctid eich hunan. Ymunwch a phrotestiadau amgylcheddol.



Rhowch gynnig ar un o'r pethau uchod, a gweld sut mae'n mynd, a gallwch ddewis rhagor o'r rhestr hefyd! Jyst triwch wneud beth allwch, ac efallai un diwrnod bydd popeth yn iawn, yn enwedig os bydd pob un ohonom yn gwneud rhywbeth positif. Os oes gennych unrhyw syniadau neu eich bod yn awyddus i ddechrau grwp ieuenctid, rhowch wybod inni drwy e-bostio: foemediaruthin@gmail.com

Y Bardd a'r Ysgyfarnog

She is the frisky-one, the dew-hopper, the furze-cat, the snuffler, the swift-as-wind, the light-foot, the way- beater, the sitter-in-bracken, the shapeshifter, the boxer, the witch-hare. Hi oedd yn gysegredig i'r Celtiaid a'r Eingl-Sacsoniaid, ac yn gyfeilles fynwesol i'r dduwies Eostre, y dduwies ffrwythlondeb a bywyd newydd. Lleuad yr ysgyfarnog yw enw'r lleuad llawn ym mis Ebrill, sef y mis pan ddaw ysgyfarnogod o'r caeau o'm cwmpas i mewn i'r ardd i chwilio am lygaid y dydd, perlysiau, dail moron a blagur eraill. Yn wahanol i gwningen, ni fydd yr ysgyfarnog frown yn gwneud twll yn y ddaear na chartref parhaol. Crwydraid y nos ydynt, dros nifer o gilometrau. Yn ystod y dydd mae'n gorwedd mewn gwely o laswellt wedi ei wastadu, gyda chylch o blanhigion o'i gwmpas. Bryd hynny, dim ond y rheini sydd a llygaid barcud sy'n gallu ei gweld gan fod ei ffwr brown gyda chyffyrddiadau o goch ac aur yn ei chuddio'n berffaith. Credir mai'r Rhufeiniaid a ddaeth a hi yma, ond bellah mae'n rhan naturiol o dirwedd Prydain gyfan. Yn ol yr ymddiriedolaeth ar gyfer diogelu'r ysgyfarnog (*the Hare Preservation Trust*), ar ddiwedd yr 1800'au roedd tua 4 miliwn o ysgyfarnogod ym Mhrydain, ond yn drist iawn mae'r arolygon diweddar yn dangos bod nifer yr ysgyfarnogod brown wedi gostwng 80% yn ystod y 100 mlynedd diwethaf. Y rhesymau posibl y tu ol i'r gostyngiad hwn yw'r ffaith bod arferion amaeth wedi dwysau, dolydd blodau gwyllt wedi eu colli, a bod pobl wedi eu hela a'u saethu'n ddidrugaredd.





Mae'r ysgyfarnog yn gorwedd yn ddi-symud yn wyneb perygl hyd nes nad oes unrhyw ddewis ond rhedeg, a phryd hynny, gan lamu'n sydyn o'i chuddfan, gall redeg yn gynt nag unrhyw famal gwyllt arall ym Mhrydain, a hynny oherwydd ei chalon fawr a'r hesgyrn arbennig yn ei thrwyn sy'n caniatau iddi gael mwy o ocsigen. Ar ryw fore ym mis Ebrill, gwelais ysgyfarnog fenywaidd yn yr ardd yn symud o blanhigyn i blanhigyn nes iddi setlo wrth lwyn rhosmari mawr ger ddrws y gegin. Eisteddodd o dano a chrafu'r pridd i ffwrdd, a phan oedd wedi gorffen symudodd i'r cae gerllaw. Y noson honno, pan ddes i adref o'r gwaith gwibiodd heibio imi wrth i'n llwybrau groesi ger y ty, ac wrth agor y llenni y bore wedyn roedd ei ddwy lefret newydd-anedig yn eistedd mor ddi-symud a dwy garreg nid nepell o ddrws y gegin. Rwy'n teimlo presenoldeb sydd bron yn gysegredig wrth wylio ysgyfarnogod – rhodd sy'n fy nghodi uwchlaw fy myd cyffredin. Mae'r teimlad o fod ar wahan yn diflannu, ac rwy'n dod yn rhan o rywbeth mwy prydferth a dwys. I ddychmygu byd yr ysgyfarnog, rhaid i bob un o'n synwyr godi i lefel arall. Mae lliwiau'n fwy disglair a seiniau'n fwy clir. Gallwch glywed llygoden yn siffrwd yn y cau drws nesaf – ac adnabod y llefydd dirgel hynny lle nad yw'r llwynog yn mynd. Cewch yfed o byllau sy'n ddrych o aur dan olau haul y wawr. Ar nosau heb leuad gallwch wybod eich ffordd o edrych ar y ser uwchben, ac ar nosau gwbl ddu gallwch gerdded ar hyd llwybrau'r cof a fydd yn eich tywys yn ol i'r rhostir gwyllt.

Cyhoeddwyd yr erthygl lawn yn rhifyn haf 2023 o Natur Cymru.

Diwrnod Natur Bionet



Cafodd Cyfeillion y Ddaear Rhuthun ei wahodd i gael stondin yn 'Diwrnod Natur Bionet' a gynhaliwyd yn ardal gardd Nantclwyd y Dre yn Rhuthun ddydd Sul 30 Gorffennaf. Roedd Cyfeillion y Ddaear yn rhannu'r stondin ag Incredible Edible.

Mae partneriaeth leol Bionet yn rhwydwaith amgylchedddol yn ardal y Gogledd-ddwyrain ar gyfer Sir Dinbych, Conwy a Wrecsam. Ei nod yw cadw, gwarchod a gwella Bioamrywiaeth.



Roedd y digwyddiad yn gyfle i'r teulu i gyd gael hwyl, fel rhan o'r 400 a mwy o ymwelwyr o bob cwr o'r Gogledd. Roedd deuddeg o stondinau, gan gynnwys y sefydliadau canlynol – Bionet, yr Ymddiriedolaeth Afonydd, Tir Gwyllt, Ymddiriedolaeth Gwiwerod Coch Clocaenog, *Hedgehog Help Prestatyn* a *Swift/Martin Rescue* y Waun. Roedd stondin lluniaeth yno hefyd a oedd yn cael ei rhedeg gan siop fara leol newydd.

Roedd gweithgareddau i blant fel paentio wynebau, sgyrsiau am natur, a theithiau cerdded o gwmpas yr ardd. Roedd gan Gyfeillion y Ddaear fwrdd ar gyfer creu lleoedd cyfeillgar i natur a oedd yn brysur drwy'r dydd gyda phlant yn tynnu lluniau o'u hoff anifeiliadau a phlanhigion gwyllt. Roedd yn gyfle gwych i rwydweithio a sefydliadau eraill, pobl leol, a chymunedau. Roedd ymeliad gan Carolyn Thomas, Aelod o'r Senedd dros y Gogledd, a oedd yn gefnogol iawn ac yn awyddus i wybod beth oedd yn mynd ymlaen mewn cymunedau lleol yn ardal Rhuthun. Hefyd cawsom drafodaeth ddiddorol gyda Laura Owen Sanderson, Prif Swyddog Gweithredol Ymddiriedolaeth Afonydd Gogledd Cymru ynghylch cyflwr gwael Afon Clwyd a'r gwaith yr oeddent yn bwriadu ei wneud i adfer ansawdd yr afon.

Diolch i staff Nantclwyd y Dre a'r gwirfoddolwyr am ofalu am y digwyddiad ac am osod y stondinau a'r gazebos.

Diana Sanders a Pat Sumner drefnodd y Gweithdy Barddoniaeth a gynhaliwyd ddydd Sadwrn 10 Mehefin fel rhan o'r Wythnos Werdd Fawr yn Llyfrgell Rhuthun. Cafodd nifer o gerddi gwych eu llunio yn y gweithdy - gweler dair ohonynt isod. Roedd yn ddigwyddiad llawn ysbrydoliaeth i Pat a Diana, a phenderfynon nhw sefydlu dosbarth ysgrifennu rheolaidd yn y llyfrgell ar ddydd Sadwrn olaf y mis. Dylai unrhyw un sydd a diddordeb e-bostio Pat: pat.cilan@outlook.com neu tecstio Diana: 07936 078995

To my father for Father's Day

Seed of your seed
and two more generations
follow in my wake.

Eighty years ago
so many of your young friends
died.

Through my childhood
you carried the impact of that.
Horror and fear made you
distant and rigid.

In your long dying, we grew close.
I am grateful for your hundred years.
Your burgeoning family
carries me through my grief.

Christine Meirion

Requiem

That was the night my mother fell in love
with Mozart. She raved
about his *Lachrymosae*, was singing
et semini eius when she went to bed.

My father cursed in his usual way,
believed only in JS Bach.

Now both parents
are in the promised land
or at rest under turf
by the river Mole

while I am singing Mozart
in Llanelwy.

Edmund Dixon

Transplanted

Jostling together, deerskin caressing
seed-coats, a weight hidden
in the darkness of hems.
Uprooted, migrating, waiting,
skirts skimming the earth
you steal us from homeland
to unknown land.

Displaced by the pale-faced
preserving produce passed from hand
to land by generations,
I am remedy, sustenance, solace.

Feet finally stand still.

Stitches unpicked, I am freed
from unknown to new home. Hungering
for safety, sovereignty, prosperity,
you scatter hope
as you surrender me to soil.

Leaf Pettit

Prosiectau ac enwau cyswllt

Ysgrifennydd y Grwp	Jean Leith
Terracycle	Mair Davies
Casglu Sbwriel	Steven Hoyle
Rhuthun Di-blastig	Richard Barrie
Cadeirydd Cyfeillion y Ddaear	Richard Barrie
Caffi Trwsio	Anne Lewis
Argyfwng Hinsawdd	Mair Davies
Cymunedau Cadarn	Graham Steel/ Christine Meirion
Cylchlythyr	Diana Sanders
Cyfieithu	Sian Gwyn-Ifan

Grwpiau sy'n gweithio ochr yn ochr a Chyfeillion y Ddaear

Drosi Bikes	Beth Ward/Robin Hughes
Y Ty Gwyrdd	Marguerite Lovegrove
Bws Benthyg/Borrow Bus & Resouce	Janine Cusworth/ Jozsef Vass
Resource Young Volunteers	Janine Cusworth