Friends of the Earth Ruthin Newsletter

Autumn 2022 Issue 2


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Submissions to the newsletter are welcome. Send to
foemedia@gmail.com

Pipistrelle Bat

If I can, I peel you from the dark
to glimpse your aeronautics;
fold back the layers of black
to find you colluding with the night.
Your speck of eye
and press-stud nostrils
invisible. The only hint
of your existence,
the bold unfurling
of a Von Rothbart cloak.

More closely related
to man than mouse,
you outwit speed and distance
to feast on darting flies and moths.

You echo-locating
ball of daring,
you wisp of nocturne,
I spy your wings against the moon
then into oblivion
you are gone.

Repair Café News

Ruthin Repair Café's September event had a surprise visit from the London office of Friends of the Earth who were interviewing and filming Ruthin Repair Café volunteers for a new YouTube video. Rachel Berkoff from the Central FoE team said "This video will start as an instructional 'how to video' – how to repair common things that break or clothing that may get ripped or how to replace a zip or darn socks. We'll focus on the fact that local groups volunteers are running the Repair Cafes and how to set one up for yourself. Then more broadly it will speak about how we need to shift to a circular economy where we are repairing, reusing, and recycling." The video will be available on the FoE YouTube channel soon.

At the September Repair Café 40 items were brought in by the public with a 95% fix or advice rate.

MOTHS

In 2012, surveyors from The North Wales Branch of Butterfly Conservation concluded that the Belted Beauty Moth had gone extinct from its long-held haunts on Conwy Morfa. In the same stroke it became extinct in Wales, and reduced to only one population on the Lancashire coast, with a different subspecies at a few sites in the Hebrides. We had been monitoring the population at Conwy for decades. Countryside Council for Wales (now Natural Resources Wales) had made attempts to bolster the dwindling population with introductions, but to no avail. The World is on the verge of losing a unique sub-species of moth. No one noticed. There was no media coverage. The Council still shows the moth on its website. Maybe it is unimportant? The sand dune ecosystem of Conwy Morfa will not be perceptibly changed; but the World has been impoverished.

The Rothampstead Insect Survey, which is the longest running national insect survey in the World, shows that two-thirds of the commoner British moth species are in decline. 62 species became extinct in the twentieth century. Others, such as the Double Dart and Dusky Thorn, which were once ubiquitous, have declined by 98-99% in the last 40 years. The Garden Dart, which in 1873 was regarded as an agricultural pest, has declined by 98% and is now rare. Heart & Dart, which is still one of our most familiar moths, has declined by 75%. The list goes on.

If two-thirds of the species are declining, it follows that one-third are increasing. In the first decade of this century alone, more than 100 species of moth were recorded for the first time in Britain, and others such as Blair's Shoulder-knot have increased manyfold. However, this is not entirely good news. Most of these species have increased in range or number due to global warming. Jersey Tiger is one to watch for: established in Devon since 1880, it began to spread along the south coast in 2000's and by 2012 was in Hertfordshire. Scarlet Tiger, which used to occur only in South-west England, now breeds in the Conwy Valley. Neither is it straightforward: the Peacock Butterfly has colonised swathes of Scotland where it never occurred before, but at the same time its overall population has declined by 24%

The fortunes of individual species have always waxed and waned in response to environmental factors. At the moment Buzzards are increasing, whilst Greenfinches are declining. However, the Rothampstead Insect Survey shows that the sheer number of moths has declined by one-third in the last 40 years. There is now just less wildlife than before. The UK State of Nature Report (2016) concludes that the UK is one of the most nature depleted countries in the World.

The reasons for the many declines are manifold. The fact that declines are worst in the south and east of UK hints that much of the problem lies with development, habitat loss, eutrophication, and intensive agriculture. However, lepidopteran population trends are also correlated with weather trends. This implicates global climate change. Many of the species which are faring worst are those which overwinter as an egg, caterpillar, or pupa. The causal mechanism is partly understood for the Garden Tiger, which is one of few species to have been researched. Garden Tigers have declined by 92%, and once common and ubiquitous in Britain, are now more-or-less absent in many counties south of the Midlands. The Garden Tiger overwinters as a small caterpillar which has evolved to be well adapted to the cold. Unfortunately, it does not survive the damp well. It goes mouldy.

All that is true for moths, is almost certainly true for all other orders of insect and invertebrate. Our wildlife is not just changing, but disappearing.



It is devastating to read Julian Thompson's (from Pensychnant Nature Reserve) article on how moths are faring in the UK. Moths obviously need all the help they can get so what can we do to encourage moths in our own gardens, allotments, community gardens and parks? Here are a few tips.

1 Plant flowers that release their scent in the evening.
2 If possible don't use pesticides or herbicides.
3 Leave areas of long grass and wild plants.
4 Don't clear up dead plants at the end of the year.

Plant from this list which is a mix of night scented plants and plants which the caterpillars feast on— common hawthorn, evening primrose, holly, oak, ivy, stinging nettle, sweet rocket, honeysuckle, common jasmine and tobacco plant.

Orangutan

I watch this broadleaf forest
of ancient shadow,
grasp curling vines, plunge into light,
scale mossy ironwood boughs.

I eat crawling caterpillars,
termites and sweet figs,
delight in the scent of durian,
its prickles teasing my fingertips.

I listen to the kiss-squeak
and grumph of my brother,
the click of cricket, hum of bee,
the nearing roar of metal thunder.

I choose slender sticks and stems
to weave my night nest, my treetop
web;
select leaves to amplify my call –
to make you fear me, to make you
leave.

I search for concealment
in dappled greens of meranti and fern –
the forest's ways as slow as aeons;
these sheltering trees my diminishing
home.

Earth, teach me

(Inspired by a prayer of the Ute people of North America)

Earth, teach me resilience
as a tall larch withstands a storm.

Earth, teach me bravery
as a gull defends its nest.

Earth, teach me respect
as a cub reveres the vixen.

Earth, teach me humility
as the river is humbled by the sea.

Earth, teach me selflessness
as the swallow feeds its fledglings.

Earth, teach me to begin again
as the cherry blossoms each spring.

Earth, teach me to remember
our many ancestors
who have walked this land before us,
teaching us wisely of love and respect
for all living things
and for ourselves.

Earth, teach me.

Pat Sumner runs her own writing, editing and proofreading business (pat-cilan.co.uk). She has written and published children's stories, picture books and educational books on creative writing. Pat has also written prize-winning poetry and plays. 'Earth, teach me' is taken from her new collection of readings and poems, 'The Promise of Dawn: Rites of Passage for all Beliefs' (published by Veneficia Publications). She volunteers at the Ruthin Repair Café.





Climate. Cymru

As part of **The Big Green Week,** Friends of the Eart Ruthin welcomed Climate Cymru at the Naylor Leyland Centre on 25th September 2022. It was the first stop of their **Warm this Winter** tour across Wales. Climate Cymru is a coalition of over 300 Welsh organisations and almost 13,000 individuals who have signed up to work together for a better future for Wales. The tour is highlighting the escalating cost of living crisis, the energy crisis, and the ongoing climate emergency. These crises are connected and share common causes and solutions. The solutions being the mass insulation of Welsh homes and investment in low-cost clean, renewable energy. Climate Cymru and the network of organisations and individuals are in communication with the Welsh and UK governments and demand **emergency support for vulnerable households**, an **ambitious energy efficiency programme**, **a rapid scale up of low-cost renewable energy** and to **free Wales from fossil fuels**. Urgent help is needed for people who are suffering and to find solutions to the energy crisis and climate emergency. To add your voice to the campaign, sign up at http://climate.cymru/join-the-movement

In response to this Friends of the Earth Cymru's Wales and the Energy Crisis Campaign Ruthin Friends of the earth, in conjunction with the AONB have been offered a loan of a thermal imaging camera and if you live with an LL15 postcode or are part of the Ruthin Friends of the Earth Group we are offering free thermal imaging of your home this winter. To request an image of your home please email us with your address and contact details to foe.ruthin@gmail.com

New Regulated Environment Group

We are considering starting a new Friends of the Earth Group, provisionally called the "Regulated Environment Group." The group will give the opportunity to comment on activities regulated by legislation that may have an adverse impact on the local environment and to contribute to the development of the policies of the regulating bodies. This could include: **Denbighshire County Council:** Local Development Plan and the policy documents that support the plan such as the Community Strategy. Individual planning applications. Environmental permits for activities such as waste management and incineration. **Ruthin Town Council** The Town Plan, (currently called Ruthin Forward). **Natural Resources Wales:** permit applications for regulated industries e.g., quarrying and chemical production, flood risk activity permits, area statements and plans. The group would appoint a Convenor to organise consultation with members of the group through meeting, email and attendance at consultation events. Previous experience in these areas would be a bonus but anyone interested in ensuring development takes account of the environment and the climate emergency will be welcome. Please contact grahamsteel2509@btinternet.com for further details.



Sustaining Rural Tourism in Denbighshire - business conference 28/09/22

Friends of the Earth Ruthin members attended this conference organised by the Clwydian Range Tourism Group on behalf of businesses within the vale, who are interested in ensuring their own sustainability. During the morning there were a number of good speakers keen to show how their respective businesses had benefitted from sustainability thinking and policy.

It was apparent from the speakers that there was a consensus that the general public are increasingly demanding help in the alternative 'green' ways to reach holiday destinations, especially in the UK and close Europe. Additionally, there is an ever-increasing demand that holiday makers are keen to engage with local populations especially in relation to things like the need to be assured that their food is locally sourced.

There were lunchtime workshop groups discussing three topics: Energy Efficiency, Green Accreditation and Giving Nature a Helping Hand.

Friends of the Earth also took the opportunity to engage businesses with offers of free thermal imaging of their properties to help them understand energy loss through their building structures and additionally to sign up those businesses not already committed to the Ruthin Plastic Free initiative.

Resource CIC where also in attendance during the day to advertise all their recycling projects. This included a physical demonstration of plastic food bottle top recycling and extrusion into molds to produce various shapes, for example plant pots and generic use sheet plastic.

Poetry Workshop

As part of The Big Green Week there was a poetry workshop at the Naylor Leyland Centre in Ruthin on 2nd October 2022. The nine participants created a Renga poem which is 700-year-old, collaborative, Japanese poetry form. It was suggested after the event that we have an event at each change of the season so watch this space for more events. A recording of some of the poets reading the poem can be heard at [Stream One Earth Renga by Diana Sanders | Listen online for free on SoundCloud]



One Earth

Ruthin's a market town of strength.
From St. Peter's square clock tower
hills, views, clouds, mountains.

Golden cherubs lead the way
to quiet cloisters within.

Lady Grey haunts the streets.
Jail, mill, castle, hillforts, inns
oak, stone, wearing down.

Peacocks strut where prisoners drowned,
voices long gone stay around.

The soil after rain.
Bonfire smells. Wet, sodden leaves,
smoky chimneys, fire-found cracking sound.

Dark grass, wet under my feet;
the secret garden lives.

Willow's offshoots growing strongly
bring promise of nature's vessels.

The badger looked at me, though wild.
Sharp eyes meet, no fear.
Truth is beauty.

There is war against nature.
Despair, desperadency, the tree
falters and falls.

The river is dying,
the buzzing grows less.

Nature hushes.

Actions speak louder than words.
The constant whirring of machines
is what we must stop.

Embrace our place on the Earth.

Join nature.
Share resources.
Create hope.

Part not apart.
Let's choose well.

Autumn Renga, Naylor Leyland Centre, Ruthin,
October 2nd 2022.

Renga poets: Barbara Lyndon, Jean Leith, Andrea Nicholls, Brian Peters, Megan Jinkinson, Dawn Kay French, Rachel Lear, Jude Trahame. Sound recording and event organiser Diana Sanders

Eco -Fest 2022 comes to Clwyd Vale

The first Eco-Festival organised by the Diocese of St.Asaph took place in Llanbedr during October. The stalls/information tents from various organisations, informed visitors of their projects and how to get involved as an individual, a church or as a community to help combat Climate Change. It attracted over 150 visitors.
A range of activities took place throughout the day – workshops on African Drumming, Bushcraft, Creative Writing, Mindfulness Walks, Wild Church tasters, eco-games, eco-face painting, produce swaps and a jazz band. Friends of the Earth Ruthin ran an information tent to promote eco activities and the many sister projects that are happening around Ruthin. Much interest was shown in the Repair café, Terracycle, Borrowbus, Incredible Edible and Denbigh Local Food Networks. Ten visitors signed up to get involved. The enthusiam and passion showed by the visitors across all age groups and especially from young children with their families was very encouraging and heartwarming .
Many thanks to the volunteers who supported this event.
Eco-Fest may become an annual event so watch this space. A short video of Eco-Fest is available at
https://diocesesofstasap.org.uk/eco-fest/
and on Youtube.

Friends of the Earth blossom at the Ruthin Flower Show

Friends of the Earth Ruthin were invited to share a marquee with Ruthin U3a at the Flower Show in August. This was a great opportunity to inform our local communities about activities that are happening in Ruthin and surrounding areas.
We had nine volunteers working on the FOE stall throughout the day with a good number of visitors showing a lot of interest and some signing up to be kept informed of Ruthin FOE.
Our first newsletter was launched at this event and was well received providing up to date news about ongoing activities .
The weather was kind apart from the odd gust of wind which tried to move the marqee into the next field but Jean saved the day by hanging onto the tent pole!

Ruthin Friends of the Earth Group meets on the second Thursday of the month at 7pm to plan our activities. All welcome in person or via zoom. For more details about this and group events contact [Ruthin Friends of the Earth | Facebook]

Projects and contacts

Terracycle	Mair Davies
Litter Picks	Steven Hoyle
Repair Café	Anne Lewis
Climate Emergency	Christine Merion
Resilient Communities	Christine Merion/ Graham Steele
Youth Group	Janine Cushworth

Groups FoE Ruthin works alongside

Drosi Bikes	Beth Ward/Robin Hughes
Robin's eBike's	Beth Ward/Robin Hughes
Y Ty Gwyrdd, Denbigh	Marguerite Lovegrove
Bws Benthyg/Borrow Bus & ReSource	Janine Cusworh/Jozsef Vass

Contact: foe.ruthin@gmail.com
For those without email call secretary on 0741 998 0286.



CYLCHLYTHYR CYFEILLION Y DDAEAR

Gwanwyn 2023 Rhifyn 4

Cyfeillion y Ddear Rhuthun



Yn y rhifyn hwn

Diwrnod ym mywyd Gwirfoddolwr yn y Caffi Trwsio
Steve Hoyle

Barddoniaeth gan Sarah Lewis

Sgwrs gyda'r ffermwr a'r coedwigwr, Stuart Taylor

Rhuthun Di-blastig Richard Barrie

Grŵp Ymgyrch *Unite to Survive*
Christine Meirion

Prosiectau ac enwau cyswllt

Diwrnod ym Mywyd Gwirfoddolwr yn y Caffi Trwsio

Rwy'n cyrraedd yn gynnar yn ôl y bwriad i ganfod bod llawer o wirfoddolwyr eisoes wedi cyrraed ac yn brysur yn cael trefn ar y lle ("brwdfrydig fel fi" meddyliaf wrthyf fy hun!) Ar ôl cyflwyniadau a'r wybodaeth angenrheidiol, rwy'n ymuno â'r tîm croesawu sy'n gyfrifol am gadw lle yn y 'system' i bob cwsmer. Mae'r diwrnod yn cychwyn yn brysur fel arfer, gyda chwsmeriaid eisoes yn ciwio yn barod i'r caffi agor am 10:45am.

Rydyn ni'n helpu cwsmeriaid i gwblhau'r ffurflen, ac maen nhw'n cael llwy bren gyda rhif ac yn mynd i eistedd i lawr i gael paned ac aros am eu tro. Dim eiliad yn rhydd yn yr awr gyntaf sy'n siwtio fi i'r dim – rwy'n hoffi cadw'n brysur! Mae cyflenwad cyson o baneidiau a chacenni yn help i gadw'r egni i fynd. Erbyn canol dydd mae pethau wedi tawelu, ac rwy'n manteisio ar y cyfle i symud draw at fy hoff swydd, sef *'General Fixer'*! Y tro hwn, ar ôl ailgysylltu dolenni tlysau, rhoi troed fforch arddio nôl yn ei le, cael peiriant gwnio i weithio eto a helpu arbenigwr mewn gwaith coed i drwsio dwy gadair, mae'n 1:30 ac yn amser cau'r caffi.

Dyma ddigwyddiad misol bendigedig yng nghwmni ffrindiau hyfryd sy'n rhannu'r un gweledigaeth. Rydyn ni'n ennill ym mhob ffordd: y cwsmeriaid yn hapus gyda'u heitemau wedi eu trwsio (neu o leiaf ar ôl cael cyngor), y gwirfoddolwyr wrth eu boddau gyda'u holl lwyddiannau, a mwy o eitemau nad ydynt ar eu ffordd i'r domen sbwriel, a ninnau'n chwarae ein rhan fach ni yn yr ymgyrch i achub y planed. Rwy'n cyrraedd adref mewn hwyliau da cyn cwympo i gysgu'n hapus wrth gofio'r hyn sydd wedi cael ei gyflawni!



Mair yn gwneud profion PAT



John yn trwsio cloc sy'n drysor



Andrew yn trwsio bueau

Numenius arquata

Their name recalls the new moon
and the archer's shapely bow.
On supermodel legs they strut on the moor
in high couture, back-lit by lamps of cotton grass.
How long will their rippling song be heard above Hiraethog?
Will St Beuno's ancient promise be fulfilled?

Yn ôl y chwedleuon, cipiodd y gwynt lyfr pregethau St Beuno a'i ollwng i mewn i'r môr, wrth i'r sant hwylio o Ben Llŷn i Ynys Môn. Torrodd St. Beuno ei galon wrth wylio blynyddoedd o waith yn diflannu o dan y tonnau. Ond yn sydyn dyma aderyn brown â phig hir crwm yn disgyn ac yn cydio yn y llyfr a'i gario i'r traeth. Bendithiodd St Beuno y gylfinir gan ddatgan y byddai ei nythod yn anodd eu canfod a felly y byddent yn ddiogel am byth o'r adeg honno ymlaen.



Freedom

The curlew's song is hers again
when she leaves the purple moor
and glides down to the winter shore.

Her bubbling song is hers again
and not for a speckled mate
or the fox's pouncing gait.

Her rippling song is hers again
and not for the buzzard's shadow
or a lost chick in the meadow.

Her liquid song is hers again
for the freedom of the moon-full sky
and the joy of the turning tide.

Mae niferoedd y gylfinir wedi gostwng 90% yn ystod yr 20 mlynedd diwethaf. Rhagwelir y bydd wedi mynd yn bell ar hyd y ffordd i ddifodiant fel rhywogaeth sy'n gallu magu cywion yng Nghymru erbyn 2023, ac erbyn mae'r gylfinir yn cael ei ystyried yn un o'r blaenoriaethau mwyaf brys o ran yr angen i'w ddiogelu.

Mae Mynyddoedd Llantysilio a Mynydd Hiraethog yn dal i fod yn ardaloedd pwysig i'r gylfinir. Bellach mae Cynllun Gweithredu 10 mlynedd ar waith yng Nghymru er mwyn achub y gylfinir rhag diflannu'n lllwyr. Mae 21 Ebrill yn Ddiwrnod Gyfinir y Byd. I ganfod sut y gallwch chi helpu'r aderyn eiconig hwn, ewch i:

ww.curlewwales.org
www.curlewaction.org

Mae Sarah yn teimlo'n angerddol ynghylch y môr a'i greaduriaid. O ganlyniad, fe gwblhaodd radd mewn Bioleg y Môr. Mae wedi gweithio i'r RSPB yn monitro adar y traeth ac yn diogelu môr-wenoliaid bychan. Meddai: "mae adar yn rhan gwbl naturiol o'm bywyd. Dw i ddim yn teimlo mod i wedi gwisgo'n iawn heb fod pâr o *binoculars* o gwmpas fy ngwddw." Mae hi bellach yn ysgrifennu gwaith ffeithiol, ac yn gwneud cerfluniau allan o froc môr yn ei chartref yn Sir y Fflint

www.shorelark.weebly.com
www.theslowtourist.weebly.com



Sgwrs gyda'r ffermwr a'r coedwigwr Stuart Taylor

Mae Stuart wedi bod yn plannu coed a gwrychoedd ar ei fferm ger yr Wyddgrug ers iddo adael yr ysgol. Yn ddiweddar mae wedi plannu 5300 o goed, yn unol ag awydd Llywodraeth Cymru i weld 10% o dir ar ffermydd Cymru yn cael ei orchuddio gan goed. Yn ddiweddar er gwaethaf yr holl brysurdeb hwn, cafodd y golygydd gyfle i gael sgwrs gydag ef er mwyn canfod mwy am ei frwdfrydedd a'i hoffter o goed.
Golygydd: Faint o'ch tir sydd wedi ei neilltuo ar gyfer plannu coed?
Stuart: Oherwydd y gwaith plannu rwyf wedi wneud ers gadael yr ysgol, rwyf bellach wedi cyrraedd y pwynt lle mae holl finiau'r caeau yn 100% gwrychoedd ac mae coed yn tyfu ym mhob cornel lle mae'n bosibl plannu nifer bach ohonynt. Hefyd plannodd fy nhad a fi goetir un erw o faint yn y naw degau. Yn ystod y gaeaf 21/22, roeddwn i'n teimlo mod i eisiau gwneud rhagor. Y syniad oedd plannu coed dros gae 9 erw a oedd wedi ei wahanu oddi wrth weddill y tir gan ffordd ddeuol. Mae'r cae hwn yn addas oherwydd siâp y tir – fel powlen ben i waered, ac rwy'n meddwl y bydd yn lle hardd pan fydd wedi ei orchuddio â choed.
Golygydd: Pa fath o goed ydych chi wedi eu plannu?
Stuart: Ddechrau mis Rhagfyr, mi wnes i balu'r twll cyntaf ar gyfer plannu nifer o goed ceirios gwyllt a oedd wedi tyfu ar eu pen eu hunain. Wedyn dros y saith wythnos nesaf, bues yn plannu coed derw mes di-goes (*sessile*) a mes coesynnog (*pendunculate*), gwernen (*alder*), ysgawen (*elder*), bedw (*birch*), collen (*hazel*), coed afalau surion (*crab apple*), piswydden (*spindle tree)*, a'r ddraenen wen (*hawthorn*). Es i ati'n fwriadol i ddefnyddio cymaint o goed blodeuol â phosibl er mwyn helpu pryfed peillio, a sicrhau bod ffrwythau gwyllt ar gael i fywd gwyllt yr ardal. Mae'r coed wedi cael eu hamddiffyn gan gymysgedd o orchuddion plastig sydd wedi eu hail-ddefnyddio o goetir hŷn, a gorchuddion o gardbord â chwyr arno, a chotwm sydd wedi ei weu, er mwyn osgoi gosod plastig newydd ar y tir yng ngefn gwlad.
Golygydd: Ydych chi wedi sylwi bod mwy o blanhigion ac anifeiliaid ers ichi blannu eich coed gyntaf?
Stuart: Ydw, mae'r coed ar y darn o dir un erw gafodd ei blannu yn y naw degau wedi tyfu'n dal iawn, a'r rhain bellach sy'n ffurfio'r llinell rhwng y tir a'r awyr pan rydyn ni'r edrych draw o'r caeau a'r pentref lleol. Mae clychau'r gog yn dechrau ymddangos, ac mae sgrechod y coed (*jays*) a bwncathod (*buzzards*).

Golygydd: Galla i ddychmygu bod angen lot o domwellt (*mulch*) a'i fod yn llawer o waith gofalu am 5300 o goed.
Stuart. Mae'r tomwellt ar gyfer y coed yn bwysig i atal y glaswellt rhag cystadlu gormod, ac i gadw'r wlybaniaeth yn ystod cyfnodau sych. Rydych chi'n iawn, mae'n llwyth enfawr o waith. Rydyn ni'n symud y tomwellt gan ddefnyddio berfâu sy'n cael eu llwytho o dractor a threlar yn y cae. Yn anffodus, mae'r coed yn rhy agos at ei gilydd i allu wneud hyn mewn unrhyw ffordd arall.
Golygydd: Er gwaethaf yr holl waith caled, gallaf feddwl eich bod yn cael llawer o foddhad o'r gwaith hwn.
Stuart: Ydw, mae maint y coedtir ar y fferm wedi treblu, a hefyd mae'r fan goediog wedi ei hadfer yn ôl i fod fel yr oedd 150 o flynyddoedd yn ôl ar fap OS 1871. Rwy'n gobeithio creu dau neu dri llyn bach hefyd i gyfoethogi'r cynefin, yn ogystal â chwpl o lwybrau a fydd yn cael eu rheoli fel dolydd blodau gwyllt.
Golygydd: Rwy'n credu eich bod hefyd yn awdur.
Stuart: Ydw, roedd fy llyfr, *From Dawn to Dusk,* yn ganlyniad nifer o flynyddoedd o wneudnodiadau am yr hyn roeddwn i'n ei weld ym myd natur wrth imi weithio ar y fferm. Mi gyhoeddais y llyfr fy hunan, gyda chymorth, yn 2016.





Ymgyrch Unite to Survive

Dyma ymgyrch sy'n digwydd ar draws y DU gyfan. Mae'r cael ei chefnogi gan Greenpeace, CND, Cyfeillion y Ddaear Cymru, Cyfeillion y Ddaear y DU, ac Extinction Rebellion ymhlith eraill. Ei nod yw adeiladu mudiad ehangach a fydd yn ymgyrchu i sicrhau bod Llywodraeth y DU yn gweithredu ar yr hinsawdd a'r argyfwng natur. I roi cychwyn ar yr ymgyrch ***Unite to Survive,*** bydd gwrthdystiad mawr a phwysig yn cael ei gynnal yn Llundain ar 21 Ebrill. Rydym yn awyddus i ddangos i'r gwleidyddion bod gweithredu ar gyfiawnder hinsawdd a'r amgylchedd yn ennill pleidleisiau. Ein nod yw sicrhau bod 100,000 o bobl yn ymgasglu yn Parliament Square, a'u bod yn cynrychioli llawer o grwpiau cymunedol a mudiadau nid er elw ar yr adeg dyngegfennol hon yn hanes yr argyfwng hinsawdd ac ecolegol. Bydd hyn yn dangos ein bod yn unedig a bod croesdoriad eang o bleidleiswyr yn teimlo'n gryf iawn am y materion hyn a methiannau ein llywwodraeth i roi sylw i'r clwstwr o argyfyngau yr ydym i gyd yn eu hwynebu. Rydym yn gobeithio trefnu bws o Wrecsam. Os ydych yn gallu mynd i lawr am un diwrnod, gwych, ond gorau oll os ydych yn gallu mynd am y penwythnos neu hirach. Drwy weithio gyda'n gilydd, gallwn ddylanwadu ar y llywodraeth ac eraill sydd mewn pŵer, yn ogystal a'r cyhoedd sydd heb eu sbarduno digon eto i weithredu ar y materion hyn i helpu i sicrhau ein bod yn trosglwyddo'n gyfiawn i fyd sero net, lle bydd cynefinoedd a rhywiogaethau'n cael eu diogelu'n briodo. **Os ydych yn awyddus i gymryd rhan yn lleol neu'n genedlaethol, cysylltwch â Christine Meirion, Arweinydd Grŵp Ymgyrchu Cyfeillion y Ddaear Rhuthun christineuden@icloud.com 07966540399**

PLASTIC FREE RUTHIN
SURFERS AGAINST SEWAGE

Mae **Rhuthun Di-blastig** yn grŵp bach cyfeillgar sydd wedi ei achredu gan Surfers Against Sewage fel Cymuned Ddi-blastig. Ein nod yw lleihau nifer yr eitemau plastig un-tro sy'n cael eu defnyddio, a siarad â busnesau ac ysgolion lleol. Mae croeso ichi ymuno â ni. Rydym yn cyfarfod yn Rhuthun bron bob dydd Mercher am 10am. Does dim angen ichi fod ag unrhyw arbenigedd, dim ond brwdfrydedd a'r parodrwydd i siarad â phobl am yr argyfwng plastig. I gysylltu â ni e-bostiwch Plasticfreeruthin@gmail.com neu foe.ruthin@gmail.

Prosiectau ac Enwau Cyswllt

Ysgrifennydd y Grŵp 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 Christine Meirion
Ymgyrch *Unite to Survive* Christine Meirion
Cymunedau Cydnerth Graham Steel/ Christine Meirion
Grŵp Ieuenctid Janine Cusworth
Cylchlythyr Diana Sanders
Cyfieithu Sian Gwyn-Ifan

Mae Cyfeillion y Ddaear yn cydweithio â'r grwpiau hyn:
Drosi Bikes Beth Ward/Robin Hughes
Y Tŷ Gwyrdd Marguerite Lovegrove
Bws Benthyg/Borrow Bus a Resouce Janine Cusworth/ Jozsef Vass


Dolffin Cyffredin © Diana Sanders.

Mae Grŵp Cyfeillion y Ddaear Rhuthun yn cyfarfod ar yr ail ddydd Iau bob mis am 7pm i gynllunio ein gweithgareddau. Croeso i bawb. I gael y manylion am hyn a digwyddiadau eraill y grŵp, cysylltwch â Os nad oes gennych e-bost, mae croeso ichi ffonio'r ysgrifennydd ar 0741 998 0286, neu cewch gysylltu â ni drwy

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