

Cylchgrawn Cyfeillon y Ddaear
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In this Issue

◆**Double Celebration for Ruthin Repair Cafe** Diana Sanders
◆**Recycling at Boots**
◆**Ruthin Repair Café Recycling Schemes**
◆**I Am Nature** Diana Sanders
◆**North Wales WildlifeTrust – Clwyd Catchment Project.** Gareth Holland-Jones
◆**An Update on the Denbighshire County Wildflower Meadow Project** Paul Jackson and Emlyn Jones
◆ **Conservation meets creativity: using poetry to explore the plight of our red squirrels** Caro Collingwood (Red Squirrel Trust Ranger)



Yn y rhifyn hwn

◆**Dathliadau dwbl i Gaffi Trwsio Rhuthun** Diana Sanders
◆**Ailgylchu yn Boots**
◆**Cynlluniau Ailgylchu Caffi Trwsio Ruthun**
◆***I Am Nature*** Diana Sanders
◆**Ymddiriedolaeth Natur Gogledd Cymru – Prosiect Dalgylch Clwyd** Gareth Holland-Jones
◆**Diweddariad ar Brosiect Dolydd Blodau Gwyllt Sir Ddinbych** Paul Jackson ac Emlyn Jones

Double celebration for Ruthin Repair Café.

On a sunny, fresh Saturday morning in April the Naylor Leyland Centre was buzzing with its usual activity at the monthly Ruthin Repair Café. This time, though were two special cakes and a banner to celebrate 5 years since the first Ruthin Repair Café and the 1000th fixed item. The cakes were specially made by Brian and Marlene Peters who have been volunteers at the Repair Café since the very first one. The 1000th item, which was a sewing machine that needed adjusting was brought in by Kate Morrow who lives in the Ruthin area. Kate said "This is the first time I've been to the Repair Café. I'm not a person who wants to throw anything away, particularly in our throw away society. I like to do sewing repairs myself for friends and family. I try to encourage the next generation to do the same". The sewing machine was ably fixed by, long standing volunteer, Sylvia Coles.



According to research done by Vici Ladeji of Repair Café Wales 1000 repairs over 5 years equates to an estimated savings of £83,400, 48,900 kg of CO2 emissions and 3.000 kg diverted from landfill.

At the April event there were 22 volunteers repairing textiles, jewellery, ceramics, bicycles, electrical items, guitars, woodwind, software support. There is also a team of administrators who ensure the morning runs smoothly and a team providing drinks and homemade cake. All overseen and organised by Anne Lewis.

If you have an item that has stopped working or needs repairing think about popping into the Naylor Leyland Centre on the first Saturday of the month from 10am – 1pm (last orders 12.30pm). It works on a first come first served basis.



Dathliadau dwbl i Gaffi Trwsio Rhuthun

Ar fore Sadwrn heulog ym mis Ebrill, roedd Caffi Trwsio Rhuthun yng Nghanolfan Naylor Leyland yn fwrlwn o'i weithgarwch misol arferol. Ond y tro hwn, roedd baner a dwy deisen a oedd wedi'u gwneud gan Brian a Marlene Peters, gwirfoddolwyr ers y caffi cyntaf un, i ddathlu 5 mlynedd ers i'r Caffi Trwsio cyntaf gael ei gynnal yn y dre' a hefyd achlusur trwsio'r 1000fed eitem, sef peiriant gwnïo. Kate Morrow, sy'n byw yn ardal Rhuthun, ddaeth â'r peiriant i mewn i'w addasu. Meddai Kate: "Dyma'r tro cyntaf imi ddod i'r Caffi Trwsio. Dw i'n berson sydd ddim yn hoffi taflu unrhyw beth i ffwrdd, yn enwedig gan fod ein cymdeithas ni mor barod i wneud hynny. Dw i'n mwynhau gwnïo i drwsio pethau i fi fy hunan a'r teulu a ffrindiau". Mi wnaeth Sylvia, sydd wedi bod yn wirfoddolwr ers amser hir, waith da wrth drwsio'n peiriant.

Yn ôl ymchwil a wnaed gan Vici Ladeji o Gaffi Trwsio Rhuthun, amcangyfrifir bod y 1000 o eitemau sydd wedi eu trwsio yn cyfateb i arbedion o £83,400; 48,900 kg o allyriadau CO2; a 3.000 kg nad yw wedi mynd i safle tirlenwi.

Yn y Caffi fis Ebrill, daeth 22 o wirfoddolwyr ynghyd, yn eu plith y rheini sy'n trwsio tecstilau, gemwaith, serameg, beiciau, eitemau trydanol, gitarau, offerynnau chwyth, yn ogystal â'r gwirfoddolwyr sy'n cynnig cymorth gyda meddalwedd. Hefyd, mae tîm o weinyddwyr sy'n gwneud yn siŵr bod pethau'n rhedeg yn esmwyth, a thîm sy'n cynnig diodydd a theisennau cartref; a'r holl weithgarwch yn digwydd gydag Anne Lewis wrth y llyw.

Os oes gennych eitem sydd ddim yn gweithio neu mae angen ei thrwsio, beth am alw i mewn i'n gweld ni yng Nghanolfan Naylor Leyland ar fore cynta'r mis rhwng 10am ac 1pm (eitemau olaf yn cael eu derbyn am 12.30pm). Mae'r system yn gweithio yn ôl trefn y cyntaf i'r felin.

Ailgylchu yn Boots

Mae Boots bellach yn ailgylchu nwyddau harddwch a *blister packs* meddyginiaeth gwag. Er mwyn annog ei gwsmeriaid i ailgylchu, mae'r cwmni yn rhoi pwyntiau '*Advantage'* ychwanegol iddynt ar gyfer yr eitemau maen nhw'n eu rhoi yn y blychu casglu yn ei siopau mawr. Mae'n gwneud hyn drwy ddefnyddio'r Ap *'Recycle at Boots*'. Gall pobl wedyn ddefnyddio'r pwyntiau i gael arian i ffwrdd ar nwyddau maen nhw'n eu prynu yn y siop.

Recycling at Boots

Boots are now recycling beauty products and empty medicine blister packs. As an incentive customers can receive extra 'Advantage' points for the items that they deposit in the collection boxes in their larger stores using the 'Recycle at Boots' App. These points can then be used to get money off purchases in store.



Y siopau agosaf i ni sy'n gweithredu'r cynlluniau hyn yw'r siopau yn yr Wyddgrug, Wrecsam, y Rhyl, Brychdyn, a Chaer. Mae rhagor o wybodaeth ar gael drwy'r dolenni hyn:

Our nearest stores operating the schemes are Mold, Wrexham, Rhyl, Broughton and Chester. More information can be found using these links:

https://www.boots-uk.com/newsroom/news/beauty-fans-have-at-least-five-empty-products-in-their-bathroom-that-they-could-turn-into-rewards/



https://www.boots.com/shopping/boots-recycling-scheme/blister-pack-recycling

Cynlluniau Ailgylchu Caffi Trwsio Rhuthun

Mae Cyfeillion y Ddaear Rhuthun wedi ymuno â'r cynllun *'recycling for good causes'*. Rydyn ni'n cael arian am bob 10kg rydyn ni'n ei gasglu, sy'n mynd tuag at y gost o redeg ein digwyddiadau. Mae sach ailgylchu coch ym mhob Caffi Trwsio ar ddydd Sadwrn cyntaf y mis. Dyma'r eitemau sy'n cael eu casglu ynddo:

- **Gemwaith a Watshis** (unrhyw ddeunydd, a hyd yn oed os ydynt wedi eu difrodi neu wedi torri)
- **Arian** – Unrhyw ddarnau neu bapurau arian, o'r DU neu dramor (hyd yn oed os nad ydynt yn cael eu defnyddio bellach)
- **Ffonau Symudol**
- **Camerâu** (hen rai ffilm, digidol a fideo)
- **Stampiau** (Yn rhydd, yn unigol, mewn albymau, rhai diwrnod cyntaf, pecynnau arddangos)
- **Dyfeisiau** (Sat-Navs, I pods, MP3 players, consoles gemau, gemau a'u dyfeisiau ategol).

Ruthin Repair Café Recycling Schemes

Ruthin Friends of the Earth have recently joined the 'recycling for good causes'

scheme. We receive money for each 10kg that we collect, which goes towards running costs for FOE events. The red collection sack is at each Repair Cafe on the first Saturday of the month. Collection items are:

- **Jewellery & Watches** (in any material even if damaged or broken)
- **Currency** – Any coins or banknotes, UK & foreign (even if out of circulation)
- **Mobile Phones**
- **Cameras** (old film, digital and video)
- **Stamps** (Loose, single, albums, first day covers, presentation packs)
- **Gadgets** (Sat-Navs, I pods, MP3 players, games consoles, games & accessories).
-

Recycle 4 Charity

Yr ail brosiect yw 'recycle 4 charity' sy'n casglu ac yn ailddefnyddio *ink jet cartridges*. Bydd blwch casglu ym mhob caffi trwsio a bydd yr arian sy'n cael ei godi yn mynd tuag at y gost o redeg y caffi trwsio. Dyma rai ffeithiau brawychus ynglŷn ag *inkjet cartridges*:

- Mae 300 miliwn o *inkjets* yn cael eu gwerthu yn Ewrop bob blwyddyn.
- Dim ond 15% sy'n cael eu hailddefnyddio.
- Mae 45 miliwn o *cartridges* yn mynd i safleoedd tirlenwi yn y DU.
- Gall *cartridges* gymryd hyd at 1000 o flynyddoedd i ddadelfennu.
- Mae hyd oes y *cartridges* yn gallu cael ei ymestyn drwy eu hailddefnyddio a'u hailgylchu gynifer o weithiau â phosibl.
- Gall y rhai sy'n cael eu hailddefnyddio fod yn ôl ar y silffoedd eto o fewn un mis.

The second project is 'recycle 4 charity' which collects and reuses ink jet cartridges. The collection box will be at each repair cafe and money raised will go towards repair cafe running costs.

The facts regarding inkjet cartridges are startling.

- 300 million inkjets are sold in Europe per year.
- Only 15% are remanufactured.
- 45 million cartridges end up in landfill in the UK.
- Cartridges can take up to 1000 years to decompose.
- The lifespan of ink cartridges can be optimised by reusing and recycling them as many times as possible.
- A reused product can be back on the shelves again within a single month.

I Am Nature

Four poets from the Ruthin area who are passionate about caring for and protecting the environment have collaborated on a collection of poems called I Am Nature published by Veneficia Publications in April 2025. In the collection Leaf Pettit, Diana Sanders, Patricia Sumner and Andrew Sumner reflect on their own individual relationship with their local and global environment and have researched the effect that humans have had on nature in both negative and positive ways. Patricia Sumner who has also edited the book says in the introduction to the book of 120 poems "with over eight billion people inhabiting Earth, and many caring little about, or even denying, the drastic effect we are having on the planet, we feel it's our duty to draw attention to the issues that we have all caused – climate change, extreme weather, habitat loss, industrialised farming, pollution, deforestation, the list goes on." Later she adds "We can still work together to repair the damage we have caused to Planet Earth and its diverse inhabitants. After all, we have the power to use our imaginations to think creatively and change our reality. We are all one. We are all nature".
Often the poems are inspired by the poets' home environment of North Wales as in this extract from Leaf's poem Clocaenog forest:

And I watched you admiring the view,
the familiar Clwydians across the valley,
and I saw you then as light and resilient
as a pearl-bordered fritillary's wing,
and I loved for your love of fragile things.



Sometimes the poems celebrate the history of Wales as in Pat's poem Maen Cred stone. The Maen Cred stone is situated in the woods above Llanfihangel Glyn Myfyr. It's the only surviving stone of many that used to guide pilgrims across the Hiraethog moors in the 17th century, This particular stone directed travellers to a nearby farm called Hendre Glan Alwen. The stone is inscribed with the letters 'HR' (Hugh Reynallt, who rented the farm) and the date '1630'. The Salesbury family, who owned the farm, required their tenants to offer a bed for the night, supper and breakfast to travellers and pilgrims who passed by.

Maen Cred stone by Patricia Sumner

Heather-scratched pilgrims once trudged these moors,
over rolling hills, under scalp-scraping cloud,
through knots of woodland drenched with birdsong
to a stone, long-greened by moss and lichen,
the inscription 'HR' guiding them
to food and comfort for the weary and alone.

Today I drive over ribboning roads
with views of endless horizons –
peaking waves in a churning sea
where turbine masts needle the swell –
to the River Alwen, slipping through time,
its convolutions spangled with dragonfly,
to Llanfihangel's eyebrow bridge
where water and pilgrims arrive with a sigh.

The creatures of the Welsh landscape occur again and again as themes in the poems like this one by Patricia about a slow-worm.



Slow-worm by Patricia Sumner
St Mary's Church,
Llanfairpwllgwyngyll

She flexes and slides –
a pianist's fingers
scaling the keys.
Silently she heaves
her fine train
onto sun-warmed graves.
Still, she lies –
a dry twig, except
for two glinting
beads of jet –
in this unkempt corner
of erstwhile grief,
among straggling brambles,
rosebay willowherb
and souls
deep
asleep.

Andrew is interested in rewilding projects and his poem 'Resurgence' demonstrates his sense of hope for the future. It's written in two parts; Part 1 is called 'Decline' and Part 2 is called 'Resurgence'.
He explained, "My two-part poem was written one day when I had gone for a walk through an area I knew well, only to find that the fields had been ploughed, the hedgerow trees felled and the wonderful little corners once rich with plants and insects had gone. It's a pattern we see everywhere and sadly it's one that will not be stopped easily. I developed the poem to try to picture how much better our world could be – and so easily we could achieve it, if there was the political will."

Part 2: Resurgence by Andrew Sumner

A summer afternoon in shimmering heat.
There is adventure in their gait
as they wind along cattle paths
between stands of willow and reed.

They pause where the meandering stream tumbles over stones
and widens to fill a shallow pool which dances
beneath the buzz of dragonflies and 'gorak' of frogs.

Purple loosestrife sways in the breeze
and water mint scents the air.
A myriad of late tadpoles cram the muddy shore
among sweet flag and burr-reed.

Crossing the old footbridge, they stop in willow shade,
smelling the riches of soil and water,
to watch fish dart and hang in sun-dappled reaches.
She points at cattle lazing in the shade of alders,
chewing the cud, while butterflies flicker
and deer rest among tall waterside grasses.

Turning for home, they tread
among late orchids and meadowsweet
and remember those other days when their path
was pickled in the scent of death.

Leaf in her poem Recovery brings to our attention that positive impacts can be made by changing the way we do things. She says "We all make everyday choices which impact our environment, from our recycling efforts to the laundry detergent we use to the way we garden. As a gardener I am keenly aware of the often negative perception of wild plants and minibeasts as 'weeds' and 'pests'. Recovery invites the reader to reframe their view, to see wild flowers and creepy crawlies not as a nuisance but as nature's champions. The poem seeks to empower each of us to make environmentally positive choices and reminds us that sometimes less is more."

Recovery by Leaf Pettit

That morning, over breakfast in the garden, the headline cried
"50% decline in insect populations since 2005" and in that instant
she knew what she must do. She took down the netting, folded it neatly.
Stowed the secateurs and the shears on a shelf. Pushed the lawnmower
deeper into the shed, careful not to disturb a spider's web. No longer
would she garden, she vowed. She would let the sawflies strip her Solomon's seal
to skeletons. Let woodlice feast on strawberries. Let sparrows peck pea-shoots.
Let blackbirds plunder blackcurrant bushes. Let snails rasp at salad leaves.
Let cabbage white caterpillars devour brassicas. Let slugs live under plant pots.
Let greenfly colonise rosebuds. No longer would she garden. She would let
the lawn turn to meadow. Let ragwort and nettle, cow parsley and poppy
fill the flower borders. Let bramble and briar rampage through her hedges.
No longer would she garden. Instead, she would lie in the grass and listen
to the honeyed hum of tomorrow.

It is heartening to realise that many groups and individuals are making a positive impact on the environment. Diana wrote Sea Meadows to celebrate the often unnoticed work by those who are committed to making positive changes in their communities and the environment. In this case it highlights the restoration of seagrass meadows in North Wales by Seagrass Network Cymru which is a collaborative group who are working to halt seagrass loss, recover 266 hectares of seagrass by 2030 and double the extent of sea grass by 2050. In this age of climate anxiety, it's important to remember that individuals and groups can and do make a difference.

Sea meadows by Diana Sanders

She
plants
seagrass —
nursery habitat
for cod, plaice, lobster —
crams hessian bags with seeds
and settles them one metre apart so
they have elbow room. When they grow,
they will apprehend more carbon than a tropical
rainforest. Adventure playground for octopus, dogfish
and young seals. Hiding place for sea horses and shadowy
creatures weaving in and around ancient stems and flowers which
moved from land to sea 70 million years ago. Grasses sprout around
islands and piers — broadcast their pollen. Bubbles of oxygen rise in clear
curtains and her seagrass meadows stretch on and on like an endless African plain.

The poet Glyn Edwards, known as one of the most exciting voices in Welsh poetry says this of the collection: "In this liminal age where human nature strives ever more for connection with the imperilled natural world, there is a need for artists, for writers, for poets. 'I am Nature' gifts a reader with a polyphony of environmental poets. Each poet investigates with nuanced perspective - often meditative, often urgent. These overheard voices are in intimate dialogue with place and species... This is a unique anthology - a plural project, forged in the most important objective of all contemporary art: the search for enchantment."

I Am Nature: Environmental Poetry is available from Veneficia Publicataions at
https://www.veneficiapublications.com/product-page/i-am-nature

I Am Nature

Mae pedwar bardd o ardal Rhuthun, sy'n teimlo'n angerddol am yr angen i warchod yr amgylchedd, wedi dod ynghyd i gydweithio ar gasgliad o gerddi o'r enw *I Am Nature,* a gyhoeddwyd gan Veneficia Publications ym mis Ebrill 2025. Yn y casgliad, mae Leaf Pettit, Diana Sanders, Patricia Sumner ac Andrew Sumner yn sôn am eu perthynas fel unigolion â'u hamgylchedd lleol a'r amgylchedd byd-eang, ac maen nhw'n trafod sut mae pobl wedi effeithio ar natur, yn gadarnhaol ac yn negyddol. Yn y rhagair i'r llyfr, sy'n cynnwys 120 o gerddi, mae Patricia Sumner, sydd hefyd wedi golygu'r llyfr, yn dweud: "Mae dros wyth biliwn o bobl yn byw ar y planed, a llawer ohonyn nhw'n malio fawr ddim am y niwed catastroffig rydyn ni'n ei wneud iddo, neu hyd yn oed yn gwrthod cydnabod bod yno niwed yn digwydd. Dyma ni'n teimlo felly bod hi'n ddyletswydd arnom dynnu sylw at y problemau rydyn ni wedi'u hachosi – fel newid hinsawdd, tywydd eithafol, colli cynefinoedd, ffermio diwydiannol, llygredd, dinistrio coedwigoedd – mae'r rhestr fel petai'n ddiddiwedd." Yn nes ymlaen mae'n ychwanegu "Gallwn ni ddewis parhau i weithio gyda'n gilydd i drwsio'r difrod rydyn ni wedi ei wneud i'r planed a'i wahanol breswylwyr. Wedi'r cwbl, rydyn ni â'r gallu i ddefnyddio ein dychymyg i feddwl yn greadigol a newid ein realiti. Rydyn ni i gyd yn un. Natur yw pob un ohonom".
Yn aml, mae'r cerddi wedi cael eu hysbrydoli gan amgylchedd gerllaw cartref y bardd yma yn y Gogledd, fel yn y rhan hon o gerdd Leaf am goedwig Clocaenog:

And I watched you admiring the view,
the familiar Clwydians across the valley,
and I saw you then as light and resilient
as a pearl-bordered fritillary's wing,
and I loved for your love of fragile things.

Weithiau mae'r cerddi'n dathlu hanes Cymru, fel ym marddoniaeth Pat am garreg o'r enw Maen Cred, sydd i'w gweld yn y coetir uwch ben Llanfihangel Glyn Myfyr. Dyma'r unig garreg sy'n dal i fodoli o blith y llawer a fyddai'n tywys pererinion ar draws rhostiroedd Hiraethog yn yr ail ganrif ar bymtheg. Roedd y garreg arbennig hon yn cyfeirio teithwyr tuag at fferm gerllaw o'r enw Hendre Glan Alwen. Mae'r llythrennau 'HR' (sy'n sefyll am Hugh Reynallt, a oedd yn rhentu'r fferm) wedi'u torri i mewn i'r garreg a'r dyddiad '1630'. Roedd teulu Salesbury, sef perchnogion y fferm, yn gofyn i'w tenantiaid gynnig gwely am y nos, yn ogystal â swper a brecwast, i'r teithwyr a'r pererinion a oedd yn mynd heibio.

Maen Cred stone gan Patricia Sumner

Heather-scratched pilgrims once trudged these moors,
over rolling hills, under scalp-scraping cloud,
through knots of woodland drenched with birdsong
to a stone, long-greened by moss and lichen,
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Today I drive over ribboning roads
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where turbine masts needle the swell –
to the River Alwen, slipping through time,
its convolutions spangled with dragonfly,
to Llanfihangel's eyebrow bridge
where water and pilgrims arrive with a sigh.

Mae'r creaduriaid sy'n byw yn ein tir yn ymddangos dro ar ôl tro fel themâu yn y cerddi, fel y gerdd hon gan Patricia am y neidr ddefaid (*slow-worm*).

Slow-worm gan Patricia Sumner
St Mary's Church,
Llanfairpwllgwyngyll

She flexes and slides –
a pianist's fingers
scaling the keys.
Silently she heaves
her fine train
onto sun-warmed graves.
Still, she lies –
a dry twig, except
for two glinting
beads of jet –
in this unkempt corner
of erstwhile grief,
among straggling brambles,
rosebay willowherb
and souls
deep
asleep.

Mae Andrew yn ymddiddori mewn prosiectau ailwylltio, ac mae ei gerdd 'Resurgence' yn adlewyrchu ei obaith ar gyfer y dyfodol. Mae'r gerdd wedi ei hysgrifennu mewn dwy ran; teitl Rhan 1 yw 'Decline' a theitl Rhan 2 yw 'Resurgence'.
Eglurodd: "Mi sgwennais i'r gerdd ddwy-ran hon un diwrnod ar ôl imi fynd am dro drwy ardal a oedd yn gyfarwydd iawn imi, a chanfod bod pridd y caeau wedi ei droi gan yr aradr, a choed y gwrychoedd wedi eu difetha, a'r corneli bach llawn rhyfeddodau, unwaith yn gyfoeth o blanhigion a phryfed, wedi mynd. Dyma batrwm sydd i'w weld ym mhob man, ac yn drist iawn dyma batrwm na fydd yn hawdd dod ag ef i ben. Wrth greu'r gerdd

hon, roeddwn i'n trio creu darlun o fyd a allai fod gymaint yn well – yn ogystal â pha mor hawdd fyddai creu'r byd hwnnw pe bai'r ewyllys wleidyddol i wneud hynny."

Rhan 2: Resurgence gan Andrew Sumner

A summer afternoon in shimmering heat.
There is adventure in their gait
as they wind along cattle paths
between stands of willow and reed.

They pause where the meandering stream tumbles over stones
and widens to fill a shallow pool which dances
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Purple loosestrife sways in the breeze
and water mint scents the air.
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Crossing the old footbridge, they stop in willow shade,
smelling the riches of soil and water,
to watch fish dart and hang in sun-dappled reaches.
She points at cattle lazing in the shade of alders,
chewing the cud, while butterflies flicker
and deer rest among tall waterside grasses.

Turning for home, they tread
among late orchids and meadowsweet
and remember those other days when their path
was pickled in the scent of death.

Yn ei cherdd Recovery, mae Leaf yn tynnu ein sylw at yr effeithiau positif a all ddeillio o newid sut rydyn ni'n gwneud pethau. Meddai: "Rydyn ni i gyd yn gwneud penderfyniadau bob dydd sy'n effeithio ar ein hamgylchedd, o'n hymdrechion i ailgylchu i'r sebon neu bowdwr rydyn ni'n ei ddefnyddio i olchi dillad, a sut rydyn ni'n garddio. Fel garddwr, dw i'n ymwybodol iawn o sut mae pobl yn gallu gweld planhigion gwyllt a phryfed mewn ffordd hynod negyddol, gan eu labelu'n 'chwyn' a 'phla'. Mae Recovery yn gwahodd y rheini sy'n ei darllen i ail ystyried eu hagweddau, ac i weld blodau gwyllt a phryfed fel pencampwyr natur yn hytrach na fel niwsans. Mae'r gerdd yn ein hannog ni bob un i wneud dewisiadau positif sy'n helpu i warchod yr amgylchedd, ac mae'n ein hatgoffa bod llai weithiau'n golygu mwy."

Recovery gan Leaf Pettit

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to the honeyed hum of tomorrow.

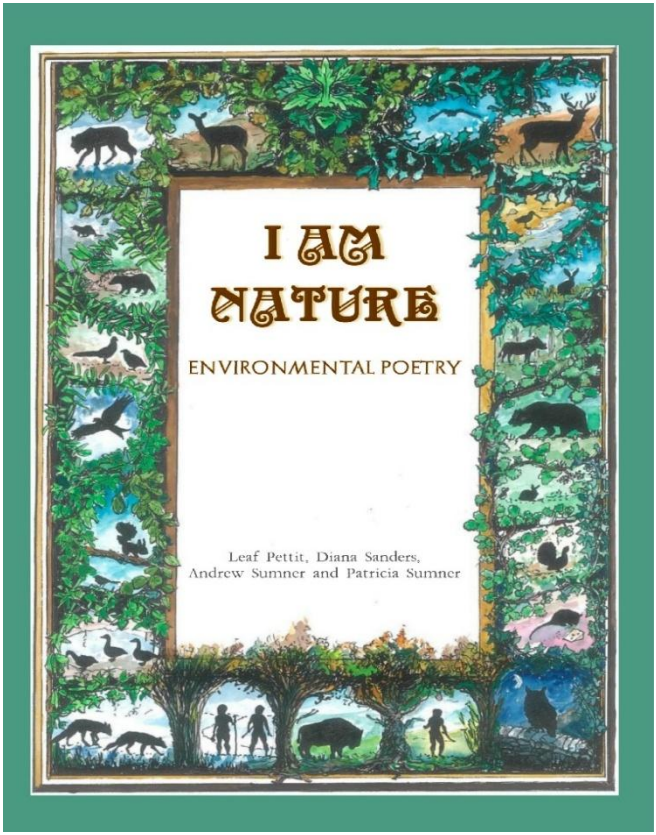
Mae'n galonogol sylweddoli bod llawer o grwpiau ac unigolion yn gwneud yr ymdrech i ddiogelu a gwella'r amgylchedd. Cafodd y gerdd Sea Meadows ei hysgrifennu gan Diana i ddathlu holl waith diflino'r rheini sy'n ymroi i newid ein hamgylchedd er gwell, sef gwaith nad yw fel arfer yn cael dim sylw. Yma, mae Diana yn trafod y gwaith a wneir gan Rwydwaith Morwellt Cymru (*Seagrass Network Cymru*) i adfer dolydd morwellt yn y Gogledd. Grŵp cydweithredol yw'r rhwydwaith hwn sy'n geithio i atal morwellt rhag cael ei golli; adfer 266 o hectarau erbyn 2030; a dyblu maint y dolydd morwellt erbyn 2025. Yn yr oes hon o bryder ynghylch yr amgylchedd, mae'n bwysig cofio bod yna unigolion a grwpiau sy'n llwyddo i wneud gwahaniaeth.

Sea meadows gan Diana Sanders

She
plants
seagrass —
nursery habitat
for cod, plaice, lobster —
crams hessian bags with seeds
and settles them one metre apart so
they have elbow room. When they grow,
they will apprehend more carbon than a tropical
rainforest. Adventure playground for octopus, dogfish
and young seals. Hiding place for sea horses and shadowy
creatures weaving in and around ancient stems and flowers which
moved from land to sea 70 million years ago. Grasses sprout around
islands and piers — broadcast their pollen. Bubbles of oxygen rise in clear
curtains and her seagrass meadows stretch on and on like an endless African plain.

Dyma'r hyn sydd gan y bardd Glyn Edwards, sy'n adnabyddus fel un o'r lleisiau mwyaf cyffrous ym myd barddoniaeth Cymru, i'w ddweud am y casgliad hwn: Yn yr oes hon o newidiadau mawr, lle mae'r natur dynol yn dyheu fwyfwy am y cyfle i gysylltu â byd natur sydd ei hun mor fregus, mae angen yr artist, y bardd, a'r awdur arnom ni i gyd. Mae 'I am Nature' yn rhoi cyfle i'r darllenydd wrando ar leisiau'r beirdd amgylcheddol hyn yn harmoneiddio a chydblethu â'i gilydd drwy eu cerddi. Mae pob bardd yn trin a thrafod ei bynciau o safbwynt sydd ag arlliw unigol – yn aml yn fyfyriol, yn aml yn daer. Daw'r oslef yn y llais o ddeialog yr unigolyn â lleoedd a chreaduriaid sy'n annwyl a chyfarwydd. Dyma gasgliad unigryw o farddoniaeth – ffrwyth prosiect ar y cyd sy'n deillio o nod mwyaf pwysig ein celf ni heddiw: sef arddangos ryfeddod y byd o'n cwmpas.

I Am Nature: Environmental Poetry ar gael oddi wrth Veneficia Publicataions: https://www.veneficiapublications.com/product-page/i-am-nature



Ymddiriedolaeth Natur Gogledd Cymru
North Wales Wildlife Trust

Ymddiriedolaeth Natur Gogledd Cymru – y diweddaraf am Brosiect Dalgylch Clwyd

www.northwaleswildlifetrust.org

Ers i Brosiect Dalgylch Clwyd ddechrau ym mis Rhagfyr 2024, bu rhwydwaith ecolegol cadarn Cymru (*Wales Resilient Ecological Network* (WaREN)) yn gweithio i gael caniatâd perchnogion tir i gynnal arolwg o rywogaethau goresgynnol a'u rheoli. Hyd yn hyn, mae WaREN wedi llwyddo i gael caniatâd i wneud hyn o darddle Afon Clwyd (Coedwig Clocaenog) i Nant Clwyd. Cyn bo hir, byddwn ni'n cysylltu â pherchnogion tir rhwng Nant Clwyd a Rhuthun.

Mae WaREN wedi bod yn trio canfod safle addas i roi dull newydd ac arloesol o'r enw RootReset ar waith i reoli *Japanese knotweed*. Er inni asesu gwahanol leoliadau yn Nalgylch Clwyd, yn anffodus bu'n rhaid chwilio y tu hwnt i'r ardal i ddod o hyd i safle addas. Bellach, rydyn ni wedi dod o hyd i safle, ac ar ôl inni gael cadarnhad bod perchnogion y tir wedi rhoi eu caniatâd, bydd WaREN yn cyhoeddi cynllun. Byddwn yn gwahodd y rheini sydd â diddordeb i ymweld â'r safle i weld sut mae RootReset yn gweithio.

Mae WaREN ar fin dechrau ar elfen ymgysylltu'r prosiect, gan ganolbwyntio ar gyfathrebu â'r cyhoedd ynghylch Prosiect Dalgylch Clwyd a'r rhesymau dros fynd i'r afael â'r broblem o rywogaethau goresgynnol. Ein bwriad yw cymryd rhan mewn digwyddiadau yn ardal Dalgylch Clwyd. Os ydych chi'n gwybod am unrhyw ddigwyddiadau, bach neu fawr, sy'n cael eu cynnal yn ardal Dalgylch Clwyd, neu unrhyw Grwpiau Gweithredu Lleol sy'n gweithio i fynd i'r afael â rhywogaethau goresgynnol yn yr Ardal Beilot (o Goedwig Clocaenog i Ruthun), byddem yn ddiolchgar pe gallech e-bostio: Gareth.Holland-Jones@NorthWalesWildlifeTrust.org.uk

North Wales Wildlife Trust - Clwyd Catchment Project Update

www.northwaleswildlifetrust.org

Since the Clwyd Catchment Project began in December 2024, the Wales Resilient Ecological Network (WaREN) has been actively working to obtain landowner consent for surveying and managing invasive species. So far, WaREN has secured permission to survey and manage invasive species from the source of the Afon Clwyd (Clocaenog Forest) to Nant Clwyd. We will soon be reaching out to landowners from Nant Clwyd to Ruthin.

WaREN has been actively searching for a suitable site to implement a new and innovative method for managing Japanese knotweed called RootReset. While we have assessed various locations within the Clwyd Catchment, we unfortunately had to look beyond this area to find an appropriate site. We have identified a location, and once we receive confirmation of landowner permissions, WaREN will announce a plan. We will invite those interested to visit the site and see how RootReset is implemented.

WaREN is about to begin the engagement aspect of the project, focusing on communicating with the public about the Clwyd Catchment Project and the reasons for addressing the issues of invasive species. Our goal is to participate in events within the Clwyd Catchment. If you are aware of any events taking place in the Clwyd Catchment, big or small, or any Local Action Groups aiming to address invasive species within the Pilot Area (from Clocaenog Forest to Ruthin), please email Gareth.Holland-Jones@NorthWalesWildlifeTrust.org.uk

An Update on the Denbighshire County Wildflower Meadow Project.

Since the 1930's the UK has lost 97% of its wildflower meadows. To address this issue Denbighshire has over 125 wildflower meadow sites (including Roadside Nature Reserves) covering an area of approximately 70 acres of Denbighshire County Council land. The Wildflower Meadow project will be recruiting four new Nature Recovery Streetscene Operatives for a fixed 12-month period, funded by the Climate Change programme for the 2025 season. This specialist resource will ensure all wildflower meadow sites can be managed as required over this season without the need to finance expensive, external contractors.



I297 different wildflower species have been recorded in the meadows including the Pyramidal orchid, Hound's tongue and the Bithynian vetch. Bees, fungi, hedgehogs and reptiles have also been recorded on these sites.

Y diweddaraf am Brosiect Dolydd Blodau Gwyllt Sir Ddinbych

Ers y 1930au, mae'r DU wedi colli 97% o'i dolydd blodau gwyllt. Er mwyn ymateb i'r sefyllfa hon, mae gan Sir Ddinbych dros 125 o safleoedd sy'n ddolydd blodau gwyllt (gan gynnwys Gwarchodfeydd Natur Ochr y Ffordd) sy'n ardal o oddeutu 70 o erwau o dir Cyngor Sir Ddinbych.

Bydd y Prosiect Dolydd Blodau Gwyllt yn recriwtio pedwar gweithiwr adfer natur fel rhan o dirwedd y stryd (*Nature Recovery Streetscene Operatives*) am gyfnod benodol o 12 mis, wedi eu hariannuu gan y rhaglen Newid Hinsawdd ar gyfer tymor 2025. Bydd yr adnodd arbenigol hwn yn sicrhau y gall yr holl safleoedd dolydd blodau gwyllt gael eu rheoli yn ôl yr angen yn ystod y tymor hwn heb orfod talu contractwyr allanol drud.

Mae 1297 o wahanol rywogaethau blodau gwyllt wedi cael eu cofnodi yn y dolydd, gan gynnwys y tegeirian bera (*pyramidal orchid*), tafod y bytheiad (hound's tongue) a'r ffacbys rhuddlas (*bithynian vetch)*. Mae gwenyn, fyngau, draenogod ac ymlusgiaid (*reptiles*) hefyd wedi cael eu cofnodi ar y safleoedd hyn.

Conservation meets creativity: using poetry to explore the plight of our red squirrels

The Clocaenog Red Squirrel Trust have teamed up with eco-poet Diana Sanders to raise awareness of the plight of the Clocaenog red squirrels through the medium of poetry.

Poetry has long been used for resistance, protest and activism and eco-poetry is no exception. Eco-poetry uses poetry as a form of environmental activism, to engage with ecological concerns and to promote environmental awareness and action.

Red squirrels are classed as endangered in the UK and are rare in Wales. Red squirrels have been on a slow decline in the UK since the grey squirrel was introduced from North America in the late 1800s. Grey squirrels are larger than the red squirrels and so outcompete them for food and resources. They are also carriers of squirrelpox virus, a virus which is lethal to the red squirrels.

Caro Collingwood (Clocaenog Red Squirrel Ranger) and Diana hope that some of these poems that touch on themes of noise pollution, vulnerability of the species through habit loss, disease passed on by grey squirrels, the environment the squirrels live in and observations of the squirrels themselves will help raise awareness of some of the issues faced by red squirrels.

These poems will be exhibited in The Old Courthouse – Ruthin from the 21st to the 28th of July.

Make sure to pop in to learn about red squirrels, how you can get involved with the work of the trust and to read some heart-felt poetry written by people who attended a poetry writing workshop after listening to Caro talk about red squirrels and her work with the Red Squirrel Trust.

Projects and Contacts

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

Prosiectau ac Enwau cyswllt

Ysgrifennydd y Grwp	Jean Leith
Casglu Sbwriel	Steven Hoyle
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

Groups FoE Ruthin work alongside/ Grwpiau sy'n gweithio ochr yn ochr a Chyfeillion y Ddaear

Drosi Bikes	Beth Ward/Robin Hughes
Y Ty Gwyrdd	Marguerite Lovegrove
Resource Young Volunteers	Janine Cusworth
River Quality Monitoring	Wyn Hughes

https://ruthinfoe.org

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https://www.facebook.com/foeruthin

