

Gyda naws hydrefol yn yr aer mae'n bryd troi at weithgarddau sy'n digwydd tu fewn ac yn hyn o beth rydym yn hynod o lwcus bod gennym Neuadd yn ein pentref. Yno ceir dosbarthiadau Jiwdo, loga, Tai Chi a Dawnsio Jive Modern. Dyma leoliad y Clwb Coffi misol ac, ers gosod y gwasanaeth Band Llydan, dyma lle cynhelir cyfarfodydd y Cyngor Cymuned a Sesiynau Galw Heibio y Cynghorydd Keith Henson.

Ym mis Medi cafwyd Cyngerdd llwyddiannus a difyr gan y côr o Ysgol Llannon a Bois y Gilfach o Fydrollyn, a cheir cynlluniau i gynnal mwy. Defnyddir y Neuadd hefyd ar gyfer partïon penblwydd, 'dod at ein gilydd' ac archebion ar gyfer cyfarfodydd, ond mae dal lle ar gyfer mwy!

Mae Pwyllgor Neuadd y Pentref yn eiddgar iawn i glywed eich syniadau a'ch awgrymiadau. Maent eisoes yn chwarae gyda'r syniad o Cinema Cymunedol a Marchnad Bob Mis.

Felly os ydych chi'n gwneud bara, cacenni, bisgedi, seigiau sawrus, mêl, jam, losin, neu ddanteithion blasus eraill, neu os ydych chi'n tyfu hadau, planhigion, ffrwythau neu lysiau neu os ydych chi'n greadigol mewn ffyrdd eraill a bod gennych chi sgil neu grefft yr hoffech werthu, yna efallai mai Neuadd y Pentref yw'r lle i wneud hyn.

Felly os hoffech fod yn rhan o Farchnad reolaidd yn y Neuadd, neu os oes gennych syniadau neu awgrymiadau am fel arall i ddefnyddio'r Neuadd, cysylltwch ag **Elain** ar **Llanonhall@protonmail.com** Byddai'n braff cael clywed gennych ac rydym yn addo rhoi adborth am y syniadau a fyddwn yn eu derbyn.

Now autumn is truly upon us it's time to think about indoor activities and for this we are very fortunate in having our Village Hall. Here there are weekly classes for Judo, Yoga, Tai Chi and Modern Jive. This is the venue for the monthly Coffee Club and, since the Broadband service was installed, the Community Council meetings are held here as well as Councillor Keith Henson's 'Drop- Ins.'

In September there was a successful and very enjoyable Concert by the choir from Llannon School & Bois y Gilfach from Mydroilyn, and there are plans to hold more. The Hall is also used for birthday parties, 'get togethers' and bookings for meetings, but there is still room for more!

The Village Hall Committee would love to hear your ideas and suggestions for how else to use the hall. They are already exploring the idea of a Community Cinema and a Monthly Market.

So if you make breads, cakes, biscuits, savoury dishes, honey, jams, preserves, sweets or other delicious things, or if you grow seedlings, plants, fruit or vegetables or are if you are creative in other ways and have a skill or craft you would like to sell, then the Village Hall might be the place to do this.

So if you are interested in being part of a regular Market at the Hall, or if you have ideas and suggestions on other uses for the Hall, please get in touch with **Elain** at **Llanonhall@protonmail.com** We'd love to hear from you and promise to feedback on ideas we receive.

Ysgol Llannon

Bu'r ysgol yn brysur iawn eleni. Dyma rai o'r pethau rydyn ni wedi eu gwneud.

Cymerodd tîm 5 bob ochr yr ysgol ran yng nghystadleuaeth pêl-droed ardal yr Urdd gan chwarae'n arbennig o dda ond colli yn y rownd derfynol i ysgol Talgarreg. Da iawn i'r tîm am wneud cystal a llonygfarchiadau i Talgarreg ar ennill y twrnamment.

Dathlod y disgyblion eu gwaith thema am Sbaen a Ffrainc trwy gynnal digwyddiad blasu bwyd Ffrengig a Sbaenaidd yn yr Alarch Gwyn ar ôl ysgol ar Ddydd San Ffolant gyda'u teuluoedd. Diolch yn fawr iawn i'r Swan am fod mor barod i helpu.

Cawsom Eisteddfod fendigedig a dathlu Dydd Gŵyl Dewi ar Fawrth 1 a chymerodd côr yr ysgol ran yn Eisteddfod yr Urdd ardal Dihewyd gan ddod yn ail.

Mwynhaodd disgyblion blwyddyn 5 a 6 ymwelliad preswyl â Llain a chymryd rhan mewn nifer o weithgareddau yn amrywio o saethyddiaeth i ddringo. Mwynheuwyd y profiad yn fawr ac anfonodd y disgyblion lythyr o ddiolch i Llain a werthfawrogwyd gan y perchennog a'r staff.

I ddathlu diwedd tymor prysur iawn arall cafodd y disgyblion eu trîtio gan y PTA i sesiwn hwyliong yn y Moody Calf. Diolch yn fawr iawn i bawb sy'n cefnogi ac yn codi arian i'r ysgol gan ei fod yn ein galluogi i wobrwy'o'r disgyblion am eu holl waith caled.

Ail-ddechreuodd cylch chwarae Ti a Fi yn yr ysgol eto ac mae'n wych gweld cymaint yn mynychu. Mae'r ysgol hyd yn oed yn fwy 'byw' ar brynhawn dydd Gwener nawr!

Cynhyrchodd disgyblion blwyddyn 5 a 6 fywgraffiad digidol am fywyd ac oes Non a Dewi Sant ar y cyd â Llyfrgell Genedlaethol Cymru. Roedd Llannon yn un o ddeg ysgol yn unig drwy Gymru i gymryd rhan yn y prosiect.

Cwblhaodd disgyblion blwyddyn 6 eu Her Hinsawdd Cymru gan Castell Howell a chyflwyno eu cyflwyniad fideo i'r beirniaid. Buont i gyd yn gweithio'n galed iawn a mwynhau y prosiect 'Milltiroedd Bwyd'.

Cymerodd griw o ddisgyblion Blwyddyn 5 ran ym mhrosiect Grŵp Darllen Cymru wrth ddarllen 'Anturiaethau Mr Urdd' gan Mared Llwyd, ac wedi trafod y llyfr cynhyrchwyd cyflwyniad fideo. Aethant wedyn i ddigwyddiad Diwrnod Dathlu yng Nghanolfan y Celfyddydau yn Aberystwyth i rannu eu gwaith caled.

Wedi gweithdy diwrnod cyfan i'r holl ddisgyblion gan Orielodl cynhyrchwyd murlun o Lannon a gafodd ei arddangos yn Sglod i bawb ei weld a'i fwynhau.

Cymerodd disgyblion dosbarth Mr Davies ran mewn cystadleuaeth peirianwyr ifanc a gefnogwyd gan nifer o sefydliadau cenedlaethol. Roedd yn rhaid iddynt feddwl am broblem a darparu/cynllunio datrysiaid. Llwyddodd pawb a gystadloedd i gael dystysgrif ond cyrhaeddodd llawer o geisiadau y rownd derfynol i gael eu beirniadu yng Nghaerdydd. Cafodd Elsie Davies a Clara Evans 'Cymeradwyaeth Uchel' ond roedd Florence Luff a Cassie Hollick yn enillwyr cenedlaethol. O'r naw gwobr a roddwyd yn ystod y seremoni ym Met Caerdydd, cyflwynwyd pedair i ddisgyblion Llannon. Arbennig!

Enillodd Llysgenhadon Efyyd yr ysgol, Jac Lewis, Isaac Humphries, Daniel Jones a Ceri Williams wobr gyffredinol Ceredigion ac fe'u hanrheddwyd mewn seremoni yn Siambrau Cyngor Penmorfa.

Enillwyd Gŵyl Griced yr ardal a chafodd yr ysgol Mabolgampau hyfryd ar gae chwarae'r pentref. Mwynhaodd pawb yn fawr iawn a da iawn i'r holl ddisgyblion am gystadlu mor dda.

EISTEDDFOD YSGOL LLANNON 2023

Llannon School

The school has been very busy this year. Here are just some of the things we did.

The school's 5-a-side team took part in the Urdd area football competition and played extremely well but lost in the final to Talgarreg school. Well done to the team for doing so well and congratulations to Talgarreg on winning the tournament.

The pupils celebrated their theme work about Spain and France by holding a French and Spanish food tasting event at the White Swan after school on Valentine's Day with their families. Many thanks to the Swan for being so helpful.

We had a wonderful Eisteddfod on March 1 combined with our St David's Day celebrations and the school choir took part in the Urdd Eisteddfod in the Dihewyd area, coming second.

Years 5 and 6 pupils enjoyed a residential visit to Llain and took part in a number of activities ranging from archery to climbing. All pupils enjoyed the experience very much and sent a letter of thanks to Llain which was greatly appreciated by the owner and staff.

To celebrate the end of another very busy term the pupils were treated by the PTA to a fun session at the Moody Calf. A big thank you to everyone who supports and raises money for the school as it enables us to reward the pupils for all their hard work.

The Ti a Fi playgroup has started meeting at the school again and it's great to see so many attending. The school is even more 'alive' on Friday afternoons now!

Pupils in years 5 and 6 produced a digital biography about the life and times of Non and Dewi Sant in conjunction with the National Library of Wales. Llannon was one of only ten schools throughout Wales to take part in the project.

Year 6 pupils completed their Castle Howell Climate Challenge Wales and presented their video presentation to the judges. They all worked hard and really enjoyed the 'Food Miles' project.

A group of Year 5 pupils took part in the Welsh Reading Group project which entailed reading 'The Adventures of Mr Urdd' by Mared Llwyd, discussing the book and producing a video presentation. They then went to a Celebration Day event at Aberystwyth Arts Centre to share their hard work.

Following Orielodl's whole day's workshop, involving all the pupils, a mural of Llannon was produced and it has been displayed in Sglodfa for all to see and enjoy.

Pupils in Mr Davies' class took part in a young engineers competition supported by a number of national organisations. They had to think of a problem and provide/design a solution. Everyone who competed managed to get a certificate but many entries reached the final round to be judged in Cardiff. Elsie Davies and Clara Evans received 'High Approval' but Florence Luff and Cassie Hollick were national winners. Of the nine awards given during the ceremony at Cardiff Met, four were presented to Llannon pupils. Excellent!

The school's Bronze Ambassadors, Jac Lewis, Isaac Humphries, Daniel Jones and Ceri Williams won the overall Ceredigion award and were honoured during a ceremony at Penmorfa Council Chambers.

The pupils won the area Cricket Festival and the school had a wonderful Sports Day on the village field. Everyone enjoyed themselves very much and well done to all the pupils for competing so well.



MABOLGAMPAU



YSGOL LLANNON

2023



Sö-Pa Tai Chi Chuan

Mae meddyginaeth cyffredin yn gwella afiechyd, mae meddygaeth uwchraddol yn ei atal. *Nei Jing*

Yn chwifrydig am Tai Chi?

Cyflwyniad i Tai Chi Chuan.

Ystyriwch iechyd, heddwch, ymlacio a thawelwch mewnol. Dyna'n union mae celfyddyd Tai Chi Chuan yn ei gynnig. Symudiadau araf, llifol, myfyriol, gydag elfen o hunanamddiffyn i ymarferwyr uwch. Mae Tai Chi yn cynnwys symudiadau a gynlluniwyd i lifo'n anweladwy i mewn i'r naill a'r llall i wneud y ffuriau a welwn yn aml yn cael eu perfformio ym mharciau a gerddi yn Tsieina.

Mae'r symudiadau yn amrywiol ac yn dod â phob rhan o'r corff ynghyd, o'r cymalau lleiaf i'r cyhyrau mwyaf. Yn cyd-blethu'r corff gyfan gyda'i gilydd heb greu straen. Mae'r patrymau, sy'n newid yn barhaus, yn helpu cadw'r ymarferydd yn effro yn feddyliol ac y corff yn hyblyg. Gan fod Tai Chi yn cael ei ymarfer yn araf, cyfeiriwyd ato'n aml fel myfyrdod symudol.

Mae cofnodion yn dangos bod Tai Chi yn dyddio nôl sawl mil o flynyddoedd, ac mae ganddo ei wreiddiau mewn meddygaeth draddodiadol Tsieineaidd. Yn wreiddiol, cynlluniwyd Tai Chi ar gyfer hunanamddiffyn ac i hyrwyddo heddwch a thawelwch mewnol ac mae'n ddiogel i unrhyw un ymarfer drwy gydol eu bywydau heb ofni anaf.

Mae'r arfer o Tai Chi yn gwella llif egni naturiol y corff, gan glirio unrhyw rwystrau allai fodoli, yn arwain at gryfhau'r organau mewnol, gan wneud y corff cyfan yn iachach trwy wella iechyd corfforol a meddyliol ac yn cael ei argymhell gan y GIG, meddygon a llawer o therapyddion eraill. Mae Tai Chi yn gweithio gyda

meddygaeth orllewinol yn y modd y cynydd a symudedd ac adferiad o anhwylderau ac anafiadau cyffredin.

Ffioedd:

DOSBARTH CYNTAF AM DDIM

Galw mewn £10

Ceir disgownt ar gyfer archebion o flaenllaw. Enghraifft: 6 sesiwn wedi'u harchebu o flaenllaw X 8 = £48.

Ceir disgowntiau eraill hefyd.

Ni ellir ad-dalu ffioedd.

Dyddiad cychwyn: 10 Hydref.

www.so.pa.tai.chi@gmail.com

www.so-pa-tai-ch.com/contact

Sö-Pa Tai Chi Chuan

Mediocre medicine cures disease, superior medicine prevents them. *Nei Jing*

Curious about Tai Chi?

Introduction to Tai Chi Chuan.

Think of health, peace, relaxation and inner calm. That is exactly what the art of Tai Chi Chuan offers. Slow, flowing, meditative movements, with an element of self-defence for the advanced practitioner. Tai Chi consists of harmoniously designed movements that flow imperceptibly into one another to make the forms which we see performed in the parks and gardens of China.

The movements are varied and bring together every part of the body, from the smallest joints to the largest muscles, bringing into play the entire human body without creating stress. The continually changing patterns helps keep the practitioner mentally alert and physically flexible. Because Tai Chi is practised slowly, it has often been referred to as a moving meditation.

Dosbarthiadau Tai Chi Classes

Llanon Village Hall, Stryd Y Neuadd,
SY23 5WU, Llanon

Dydd Mawrth
Tuesday Evening
6:30 – 8:00
Gyda/With Steve Foy

Addas ar gyfer dechreuwyr
a rhai gyda peth profiad Suitable for beginners
and those with some
experience

Digoneidd o le parcio / Ample parking



Am rogor o wybodaeth/
For further information
visit

www.so-pa-tai-chi.com/contact

Records show that Tai Chi dates back several thousand years and has its roots in traditional Chinese medicine. Originally Tai Chi was designed for self-defence and to promote inner peace and calm and is safe for anyone to practice throughout their lives without fear of injury.

The practice of Tai Chi enhances the flow of natural energy throughout the body, clearing any blockages that may exist and results in the internal organs being strengthened, making the whole body healthier, improving both physical and mental health and recommended by the NHS, Doctors and many other therapists.

Tai Chi complements western medicine in its approach to increased mobility and recovery from common ailments and injuries.

Fees:
FIRST CLASS IS FREE
Casual drop in £10.
Discount available for advance bookings.
Example: 6 sessions booked in advance
 $X 8 = £48$.
Further discounts are available.
All fees are non refundable.

Start date: 10th Oct

www.so.pa.tai.chi@gmail.com
www.so-pa-tai-chi.com/contact



Gair o'ch Cynghorydd

Gobeithio eich bod wedi mwynhau'r haf cymaint â phosibl. Mae wedi bod yn dywydd cymysglyd ond o leiaf rydym wedi llwyddo i gael rhywfaint o haul.

Roeddwn i eisiau edrych nôl ar yr hyn sydd wedi digwydd yn y ward dros y misoedd diwethaf. Rydym wedi llwyddo cael lloches bws newydd yng Nghylch Peris ac rydym yn ddiolchgar iawn i'r Asiantaeth Cefnffyrdd am ei symud yn ôl ychydig droedfeddi i'w gwneud yn haws i weld wrth ddod allan o'r gyffordd. Rwy'n siŵr bod y trigolion wedi gweld hyn yn ddefnyddiol. Rwyf hefyd wedi bod mewn cysylltiad rheolaidd a'r Asiantaeth am y gwahanol orchuddion tyllau yn y ffordd lle maent wedi bod yn achosi rhywfaint o sŵn i trigolion sy'n byw wrth eu hymyl. Diolch byth bod hynny yn y broses o gael ei ddatrys. Mae'r Asiantaeth a'r Cyngor wedi bod yn edrych ar barcio ar hyd y brif ffordd, yn enwedig wrth ymhl arosfannau bysiau, a hefyd sut y gallwn ei gwneud hi'n haws i bobl ddod allan o gyffyrdd. Mae trigolion lleol wedi cysylltu â mi yn glân â nifer o faterion cynllunio a gorfodi ac mae swyddogion yn y cyngor yn delio â'r rhain pan fyddant yn codi.

Rwy'n ddiolchgar i'r cyngor am ailosod y bin ger Eglwys Llansantffraid. Gobeithio bydd hwn yn lleihau pryderon am sbwriel yn yr ardal. Mae angen i ni sicrhau bod y biniau yn cael eu defnyddio at y dibenion cywir ac nad oes 'tipio' anghyfreithlon yn digwydd wrth eu hymyl. Mae'r un peth yn wir am roi bagiau bwyd neu wastraff masnachol wrth ymhl y bin. Dylid rhoi bwyd yn y cynhwysydd mae'r cyngor yn rhoi i trigolion, a dylai eiddo masnachol (fel Llety Gwyliau) sicrhau gwasanaeth gwaredu gwastraff masnachol eu hunain.

Rwyf wedi bod mewn cyfarfodydd rheolaidd yngylch gweithredu'r terfynau cyflymder 20 mya a gyflwynwyd yn genedlaethol ym mis Medi 2023. Dylai hyn sicrhau bod pob preswylydd, yn enwedig plant, yn gallu byw mewn amgylchedd diogel.

Mae llawer yn digwydd o amgylch yr ardal, ac roeddwn i wedi meddwl y byddai'n dda dangos i chi pa fath o bethau mae'r cyngor a'r cyngor cymuned yn eu gwneud i chi.

Cyngor Sir

Mae cynghorau Cymru yn darparu dros 700 o wasanaethau lleol, gan gynnwys

- Addysg e.e. ysgolion, trafnidiaeth ysgol, dysgu gydol oes
- Tai e.e. darparu llety a gweinyddu budd-daliadau tai
- Gwasanaethau Cymdeithasol e.e. gofalu am ac amddiffyn plant, pobl hŷn a phobl anabl
- Prifffydd a Thrafnidiaeth e.e. cynnal a chadw ffyrdd a rheoli traffig
- Rheoli gwastraff e.e. casglu sbwriel ac ailgylchu
- Gwasanaethau hamdden a diwylliannol e.e. llyfrgelloedd a chanolfannau hamdden
- Diogelu defnyddwyr e.e. safonau masnach, trwyddedu tacsis
- Iechyd Amgylcheddol a gwasanaethau e.e. diogelwch bwyd a rheoli llygredd
- Cynllunio e.e. rheoli datblygiadau lleol a sicrhau bod adeiladau'n ddiogel
- Datblygu Economaidd e.e. denu busnesau newydd ac annog twristiaeth
- Cynllunio Brys e.e. ar gyfer llifogydd neu ymosodiadau terfysg

Weithiau, byddwch chi'n meddwl bod y cyngor yn gyfrifol am faterion nad ydyn nhw, ac felly effallai na fyddan nhw'n gallu helpu. Os nad ydych yn siŵr, cysylltwch â mi a gallwn edrych ar yr hyn sydd orau i'w wneud.

A word from your Councillor

Hopefully you have enjoyed the summer as well as possible. It's been a mixed bag of weather but at least we've managed to get some sun.

I just wanted to reflect on what has happened in the ward over the last few months. We've managed to get a new bus shelter at Cylch Peris and are very grateful to the Trunk Roads Agency for moving it back a few feet to make it easier to see when coming out of the junction. I'm sure residents have found this helpful. I've also been in regular contact with the Agency about the different utility covers in the road where they've been causing some noise for residents living next to them. Thankfully that's in the process of being resolved. The Agency and the Council have been looking at parking along the main road, especially next to bus stops, and also how we can make it easier for people to come out of junctions. I have been contacted via local residents about a number of planning and enforcement issues and officers at the council are dealing with these as and when they come up.

I'm grateful to the council for replacing the bin at Llansantffraed church. This will hopefully reduce litter issues in the area. We need to ensure that they are used for the correct purposes and that no illegal 'fly tipping' happens next to it. The same goes for putting food bags or commercial waste next to the bin. Food should be put into the receptacles the council issues and commercial properties (such as Holiday lets) should have their own commercial waste disposal services.

I've been in regular meetings regarding the implementation of the 20 mph speed limits, which were introduced nationally in September 2023. This should ensure all

residents, especially children can live in a safe environment.

There is a lot going on around the area, and I'd thought it would be good just to show you what types of things the council and community council do for you.

County Council

Wales' councils deliver over 700 local services, including,

- Education e.g. Schools, school transport, lifelong learning
- Housing e.g. providing accommodation and administering housing benefit
- Social Services e.g. caring for and protecting children, older people and disabled people
- Highways and Transport e.g. road maintenance and traffic management
- Waste management e.g. refuse collection and recycling
- Leisure & Cultural services e.g. libraries and leisure centres
- Consumer protection e.g. trading standards, taxi licensing
- Environmental Health and services e.g. food safety and controlling pollution
- Planning e.g. managing local development and making sure buildings are safe
- Economic Development e.g. attracting new businesses and encouraging tourism
- Emergency Planning e.g. for floods or terrorist attacks

Sometimes, you'll think the council are responsible for matters for which they are not and therefore may not be able to help out.

If you're not sure, please contact me and we can look at what's best to do.



Gair o'ch Cynghorydd - parhad.

Rydym yn ffodus yn Llansantffraid bod ganddom Gyngor Cymuned gweithgar sy'n sicrhau bod eich ardal leol yn derbyn gofal a gallwch gysylltu â'r holl aelodau i fynegi eich pryderon ac adrodd am unrhyw faterion, ond hefyd i ategu'r cyngor ar y gwaith da y maent yn ei wneud. Rydym i gyd yn byw yn yr ardal ac eisiau sicrhau ein bod yn byw mewn ardal ddiogel.

Mae pob Cyngor Cymuned yn wahanol, yn dibynnu ar ba wasanaethau sydd ganddynt a pha staff y maent yn eu cyflogi, ond gall eu pwerau unigol gynnwys:

- darparu a chynnal cynlluniau trafnidiaeth gymunedol,
- mesurau tawelu traffig,
- prosiectau ieuencid lleol,
- gweithgareddau twristiaeth,
- cyfleusterau hamdden,
- meysydd parcio
- ardaloedd gwyrdd pentrefol
- toiledau cyhoeddus,
- biniau sbwriel,
- goleuadau stryd,
- glanhau strydoedd,
- tiroedd claddu,
- rhandroedd
- llochesi bysiau,
- tir comin,
- mannau agored,
- llwybrau troed
- llwybrau ceffylau,
- a mesurau lleihau trosedd

Os ydych chi'n meddwl gallaf helpu chi mewn unrhyw ffordd, byddaf yn ymchwilio i'r mater ac yn ei adrodd i'r corff perthnasol i weld os gallant ddarparu cefnogaeth.

Croeso i chi gysylltu â mi ar
keith.henson@ceredigion.llyw.cymru
neu ar 07970386975

A word from your Councillor - continued.

We're lucky in Llansantffraed that there is an active Community Council that ensure your local area is looked after and that you're able to contact all members to express your concerns and report any issues but also to complement the council on the good work they carry out. We all live in the area and want to ensure we live in a safe and secure area.

All Community Councils differ, dependent on what services they have and what staff they employ but their individual powers can include

- the provision and maintenance of community transport schemes,
- traffic calming measures,
- local youth projects,
- tourism activities,
- leisure facilities,
- car parks,
- village greens,
- public lavatories,
- litter bins,
- street lighting,
- street cleaning,
- burial grounds,
- allotments,
- bus shelters,
- commons,
- open spaces,
- footpaths,
- bridleways,
- and crime reduction measures

If you think I can help in anyway, I'll look into the matter and report it to the necessary body, and see if they can provide support.

Remember to contact me on either keith.henson@ceredigion.llyw.cymru or 07970386975



Ceredigion Judo Club

New members and beginners welcome.

Fully insured club and nationally qualified coaches, affiliated to Welsh and British Judo Associations.

Great exercise whilst learning new skills and improving physical co-ordination.

Classes tailored to physical capabilities and skill levels in a supportive and encouraging environment.

Neuadd Llanon - Llanon Hall

Ages 7-11 @ 18:00-19:00 Dydd Iau/Thursday £3.50

Ages 11-16 @ 19:00-20:00 Dydd Iau/Thursday £3.50

Ages 16+ @ 19:00-20:30 Dydd Iau/Thursday £5.00

Neuadd Jiwdo Llanrhystud Judo Hall

Ages 11-16 @ 19:00-20:00 Dydd Llun/Monday £3.50

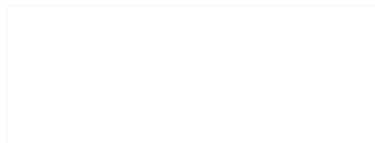
Ages 16+ @ 19:00-20:30 Dydd Llun/Monday £5.00

Ymholiadau - **Enquiries:**

Gareth: 07891 730168

Steve: 07858 027317

Ceredigionjudoclub@gmail.com



JIWDO

Mae'r Clwb Jiwdo yn Llan-non yn parhau i gynnal nifer o sesiynau yr wythnos. Mae'r sesiynau yn fywiog, yn hwyl ac yn boblogaidd, gydag aelodau yn dod o Aberporth, Tal-y-Bont a Bronant hyd yn oed.

Dyma beth mae rhai o'r aelodau yn dweud am Jiwdo yn Llan-non.

Charlotte (12) o Lan-non - 'Rwy'n mwynhau Jiwdo oherwydd y bobl sydd yno. Mae'n ymarfer corff arbennig, yn dysgu hunan-hyder ac yn rhoi hyder i chi. Mae pawb yn gyfeillgar a rwy wedi wedi gwneud llawer o ffrindiau newydd. Rwy'n mwynhau cystadlu, cynrychioli'r clwb ac ennill medalau i ddod â nôl i'r dojo (Neuadd Jiwdo)'.

Roedd Charlotte yn aelod o'r tîm a wnaeth yn wych mewn cystadleuaeth yng Nghaerfyrddin yn ddiweddar. Dychwelodd ein tîm gyda thair medal aur, dwy arian ac un efydd. Canlyniadau arbennig. Yn ogystal, dyfarnwyd y ddwy fedal ddu, sy'n gwobrwo'r rhai sy'n meithrin 'ysbryd Jiwdo' orau, i aelodau ein clwb ni. Ystyr ysbryd Jiwdo yw eich bod yn dangos parch, rheolaeth, gofal ac urddas tuag at y gwrthwynebydd wrth gystadlu.

Dyweddodd Jay (14) o Aberaeron - 'Y prif reswm a wnes i ymuno â Jiwdo oedd fy mod eisiau bod yn ffit a helpu fi gyda fy hyder. Mae 'na lawer o bethau rwy'n hoffi am Jiwdo, fel dysgu sgiliau newydd, cwrdd â phobl newydd ac mae'n helpu fi gyda chanolbwytio. Fy mhrif nod yw cael gwregys du. Rwy'n meddwl bod Jiwdo yn waith caled ond mae'n lot o hwyl ac yn werth chweil'.

Yn ystod mis Hydref bydd aelodau'r clwb yn gweld ffrwyth eu holl waith caled wrth i set arbennig o'u sgiliau a thechnegau gael eu gwerthuso. Trwy gydol y mis bydd yr hyfforddwyr yn gweithio gydag aelodau i loywi eu technegau cyn iddynt sefyll y prawf. Os ydynt yn llwyddo, byddant yn

derbyn gwregys lliw newydd ar eu taith tuag at y gwregys du.

Dyweddodd Teilo, aelod mewn oed o Langeitho - 'Mae Jiwdo Ceredigion Budokan yn glwb gwych. Rwy wir yn mwynhau dysgu technegau Jiwdo newydd, tra'n gwneud ymdrech ar yr un pryd i wella'r hyn rwy wedi dysgu'n barod. Mae gan y clwb awyrgylch gyfeillgar a chroesawgar ac mae hyn oherwydd natur gynnes y Senseis (hyfforddwyr) dawnus sy'n cynnal y hyfforddiant yn ein dojo (Neuadd Jiwdo). Mae Jiwdo yn ymarfer corff gwych ac yn rhoi ymdeimlad o gyflawni wrth i mi barhau i wella fy ngwybodaeth o'r gamp. Rwy'n canmol y clwb yn fawr.'

Croeso bob amser i aelodau newydd a dechreuwyd.

Cymdeithas Hanes Llansantffraed

Mae'r Gymdeithas Hanes yn cwrdd yn fisol (dydd Llun cyntaf bob mis) yn yr Ystafell Ddarllen yn y Clwb Cymeithasol yn Llan-non/Llansantffraed. Mae'r grŵp weddol o fach ond brwdrydig iawn am ehangu'r aelodaeth ac yn croesawu ymwelwyr (am ffi o £1.50 y pen) ac aelodau newydd am ffi blynnyddol o £10.

Cynhelir cyfarfod olaf 2023 ar 7 Tachwedd am 7.30pm, gyda chyflwyniad am Fachynlleth, 'Notes from the town and surrounds' gan David Coleman. Mae'r sgyrsiau yn parhau tua awr fel arfer, gyda chyflwyniad i ofyn cwestiynau a chymdeithasu dros baned a bisgedi.

Croeso i bawb ac nid oes angen archebu o flaen llaw. Rydym yn gofyn i bawb feddwl am eraill ac i beidio â mynychu os nad ydynt yn teimlo'n hwylus.

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JUDO

The Judo Club in Llanon continues to provide numerous sessions per week. Sessions are lively, fun and well attended, with members joining us from as far away as Aberporth, Tal-y-bont and Bronant.

Here is what some members have said about Judo in Llanon.

Charlotte (12) from Llanon said 'I enjoy Judo because of the people there. It is amazing exercise, teaches you self-defence and gives you confidence. I'm always excited to go. Everyone is friendly and I have made lots of new friends. I also enjoy competing, representing the club and winning medals to bring back to the dojo (Judo Hall)'

Charlotte was a member of the team that excelled themselves at a recent competition in Carmarthen. Our team returned with three gold medals, two silvers and a bronze medal. A fantastic set of results. In addition, the two black medals from the day, awarded to the competitors who most personified the 'spirit of Judo', were awarded to members of our club. The spirit of Judo in competition encompasses respect, control, care, and dignity towards the opponent.

Jay (14) from Aberaeron said 'The main reason I joined Judo is because I wanted to get fitter and also help with my confidence. There are many things I like about Judo, such as learning new skills, meeting new people and it also helps with my concentration. My main goal is to get a black belt. I think that Judo is hard work but a lot of fun and very rewarding.'

Members of the club will be rewarded for their efforts throughout October with the offer of having their skill and technique in a specific set of moves evaluated. Throughout the month coaches will work with members to refine their techniques before testing them. If they make the

grade, they will be awarded a new coloured belt on their journey towards a black belt.

Teilo, an adult member from Llangeitho said 'Budokan Ceredigion Judo is a great club. I really enjoy learning new Judo techniques, whilst also making an effort to refine what I have already learnt. The club has a friendly and welcoming atmosphere which is due to the good-nature of the skilled Senseis (coaches) who host the training in our dojo (Judo Hall). Judo is great exercise and provides a sense of accomplishment as I progress in my knowledge of the sport. I highly recommend the club.'

New members and beginners are always welcome.

Llansantffraed History Society

The History Society has monthly meetings (first Monday of every month) at the Reading Room in the Social Club in Llanon/Llansantffraed. A small-ish and enthusiastic group is still seeking to expand their membership and welcomes visitors (for a fee of £1.50 per person) and new members for an annual fee of £10.

Our last meeting of 2023 is on 7th November at 7:30pm, where there will be a presentation on Machynlleth, 'Notes from the town and surrounds' by David Coleman. Talks generally last about an hour, with the opportunity of questions afterwards and socialising over tea and biscuits.

Everyone welcome and no prior booking required. We ask everyone to be mindful of others and not to attend if feeling unwell.

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Rockin Robin Records

Preloved Vinyl Records

CD's, DVD's, BOOKS & VINTAGE

Licensed Tea Room



**Old Mill Bakery
Llanon
SY23 5LU**

01974 202022

Mobile: 07484 728296

rockingrobinrecords@gmail.com

Rockin' Robin Records

Yn ail rifyn Cloncan Llan-non (nôl yn 2018!) fe gyhoeddwn ni bwt am fusnes lleol Rockin' Robin Records. Mae Robin ac Ann dal wrthi yn gwerthu hen recordiau finyl a llyfrau ail-law ond nawr maent yn datblygu eu busnes ymhellach gan eu bod yn symud y busnes i adeilad yr hen bopty ar y bont (lle roedd y General Stores am gyfnod byr). Nid yn unig y gallwch chi bori drwy ddetholiad o recordiau a llyfrau yn y siop (bydd llawer mwy yn parhau i gael eu cadw yn eu hystordy) bydd modd i chi hefyd fwynhau paned o dê neu goffi neu hyd yn oed rhywbeth cryfach gan fydd y siop yn gaffi trwyddedig hefyd. Cofiwch hefyd bod Robin yn cynnig gwasanaeth glanhau finyl yn broffesiynol ac os nad ydych yn medru ffeindio llyfr at eich dant yn y siop bydd Ann yn gallu eich cyfeirio at y dewis helaeth yn yr ystordy.

Rydym yn dymuno pob lwc iddynt wrth gychwyn ar y bennod newydd hon.

In the second edition of Cloncan Llan-non (back in 2018!) we published a piece about the local business Rockin' Robin Records. Robin and Ann are still at it, selling old vinyl records and second-hand books, but they are now developing their business further as they are moving the business to the old mill building on the bridge (where the General Stores was for a short time). Not only will you be able to browse through a selection of records and books in the shop (many more will still be kept in their warehouse) but you will also be able to enjoy a cup of tea or coffee or even something stronger as the shop will also be a licensed tea-room. Remember that Robin also offers a professional vinyl cleaning service and if you cannot find a book you like in the shop then Ann can surely find something for you from the vast collection in the warehouse.

We wish them all the best as they begin this new chapter of their venture.

Morning Yoga

with Ann Inshaw

Llanon Village Hall

Monday mornings – 10.00am –

11.15pm

£8.00 per class

Re-starting

Monday 9th

October



Evening Yoga

with Ann Inshaw

Llanon Village Hall

Monday evenings - 6.00pm - 7.15pm

£8.00 per class

Re-starting Monday 2nd October

Clwb Pêl-droed Llanon 23

Ail-ffurfiwyd Clwb Pêl-droed Llanon ar ôl absenoldeb o 6-7 mlynedd. Mae wedi bod yn 6 mis prysur iawn ers y sesiwn hyfforddi gyntaf ar 26 Ebrill pan ymddangosodd 6 chwaraewr. Yn ystod y cyfnod hwn mae ein niferoedd wedi cynyddu i rhwng 20 a 25 mewn hyfforddiant gyda nifer o rai ifanc addawol. Rydym wedi creu pwylgor ac wrthi'n ddiwyd yn codi arian. Mae nifer o noddwyr hael wedi cyfrannu ond mae dal angen dybryd am gyllid er mwyn goroesi felly byddem yn ddiolchgar am unrhyw gyfraniad.

O ganlyniad i'r fath gychwyn addawol fe ymunon ni â Chynghrair Ceredigion Costcutter Adran 3. Chwaraewyd pedwar gêm gyfeillgar gan roi rhywfaint o brofiad gêm i'r chwaraewr. Wrth gystadlu fe gollon ni'r ddwy gêm gwpan yn erbyn Talgarth a Llandysul er i'r tîm frwydro'n ffyrnig yn erbyn y tîmau cyngahrain uwch.

Yn y gynghrair fe enillon ni ein 3 gêm gynghrair gyntaf ac rydym yn dal i wella.

Gobeithio bod hyn megis cychwyn yn unig ar gyfer pêl-droed yn Llan-non a chyda digon o ddiddordeb a chefnogaeth o'r gymuned i gyd byddai'n wych gallu dechrau tîmau pêl-droed ieunectid/ mini minor yn ogystal â thim Merched. Rhywbeth i'w ystyried o ddifri ar gyfer 2024. Dylai'r fenter hon fod o fudd i bawb a chael y pentref i ffynnu unwaith eto. Rydym yn ddiolchgar am bob cefnogaeth. Diolch.

Dan Sweeney.

Llanon F.C. 23

Llanon F.C was reformed as a Club this year after an absence of 6-7 years. It has been a very busy and hectic 6 months since the first training session on April 26th when 6 players turned up. During this time our numbers have increased to between 20-25 in training with many promising youngsters. A committee was formed and fund raising is in full swing. Many generous sponsors have come on board but we are still in desperate need of funds to survive so any contributions would be gratefully received.



As a result of such positive momentum we entered the Costcutter Ceredigion League Division 3. Four friendly matches were played and gave some match experience to the players.

Competitively we have lost our two cup matches against Talgarth and Llandysul although the team battled ferociously against higher league teams.

In the league we have won our first 3 league games and are progressing well.

Hopefully this is just the start for football in Llanon and with sufficient interest and support from the entire community it would be great to start junior/mini minor football teams as well as a Ladies team. Something to consider seriously for 2024. This venture should be for the benefit of everyone and get the village thriving again. All support welcome.

Thank you.

Dan Sweeney

CHRISTMAS FAYRE

SATURDAY
2nd DEC

At the 'WHITE SWAN' Llanon

10am till 2pm

30 plus stalls, selling a
variety of Christmas gifts,
Mulled wine and Mince pies

SANTA'S
GROTTO



Stryd-Yr-Ysgol, Llanon SY23 5HY

DIOLCH

i Gyngor Cymuned Llansantffraed
am gyllido'r cylchlythyr hwn.

THANK YOU

to Llansantffraed Community Council
for funding this newsletter.

Manylion cyswllt y cylchlythyr / Newsletter contact details:

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in Welsh or English at llanonnewsletter@gmail.com neu ffoniwch / or telephone :
01974 202568 or 07970 060120.

Diolch i bawb a gyfrannodd at y rhifyn hwn / Thank you to everyone
who contributed to this edition.