

## *Cymdeithas yr Henoed*

'Nos Lun y deuddegfed o Fedi 1955, galwyd cyfarfod arbennig yn festri Bethel i geisio gwneud trefniadau ynglŷn â Thrydedd Wythnos Henoed Cymru.' Dyna oedd cychwyn Cymdeithas yr Henoed Tal-y-bont. Yn bresennol yr oedd Ficer y Plwyf, Y Parchedig Dewi Thomas, Mr. Mathews, Curad Tal-y-bont, Y Parchedigion, Morlais Jones, Bethel, W.J. Gruffudd, Y Tabernacl ac O.J. Roberts, Nasareth. Yr oedd yna gynrychiolwyr o bob eglwys a phob mudiad yn yr ardal. Yr oedd Mr I.R. Jenkins yno fel Cynghorwr Sir, Mr A.S. Morgan Cynghorwr Dosbarth ac aelod o Bwyllgor Llës Cyngor Dosbarth Aberystwyth, Mr Evans-Vaughan o'r Cyngor Dosbarth a Mrs Auriol Watkin, aelod o Bwyllgor Llës y Sir a Phwyllgor Llës Dosbarth Gwledig Aberystwyth. Dewiswyd Mrs. Watkin yn ysgrifennydd y pwyllgor a sefydlwyd yn y cyfarfod arbennig hwn.

Cyngor Gwasanaethau Cymru a Mynwy a fu'n gyfrifol am awgrymu dynodi yr wythnos gyntaf ym mis Hydref bob blwyddyn yn Wythnos Henoed trwy'r wlad a'r Prif Swyddog fu'n annog pobl ardal Tal-y-bont i wneud yr Wythnos Henoed yn llwyddiant. Penderfynwyd cychwyn yr wythnos gyda gwasanaeth undebol flynyddol ym mhob un o'r eglwysi yn eu tro gan ddechrau y flwyddyn yma ar y nos Lun y 3ydd o Hydref ym Methel o dan ofal y gweinidogion. Gwahoddwyd Dyfnallt i'r cyfarfod cyntaf oedd i fod yn fwy anffurfiol na'r gwasanaeth a geid ar y Suliau. Gwnaethpwyd trefniadau i gludo unrhyw un methodig oedd am fod yn bresennol. Gofynwyd i'r Clwb Ffermwyr Ieucan ymgymryd â'r gwaith yma ac awgrymwyd y gallasent wirfoddoli i wneud rhyw fân oruchwylion dros yr henoed. Addawodd Sefydliad y Merched drefnu rhywbeth ar gyfer yr henoed. A dyna roi sylfaen i'r Gymdeithas gyda brwdfrydedd.

Y cam nesaf oedd cael rhestr gyflawn o holl bensynwyr yr ardal gan gynnwys Bontgoch a Phentrebach ac i gysylltu â nhw cyn y gwasanaeth undebol. Pasiwyd hefyd fod pob un ohonynt i dderbyn parcel bach yn ystod yr wythnos. Yr oedd yn

## *Senior Citizens Society*

'On Monday evening, the twelfth of September 1955, a special meeting was convened in Bethel vestry to try to make arrangements for the third Welsh Senior Citizens Week.' This was the beginning of the Tal-y-bont Senior Citizens Society. The parish vicar, the Reverend Dewi Thomas, Mr Mathews, Curate at Tal-y-bont, the Reverends Morlais Jones, Bethel, W.J. Gruffudd, the Tabernacl and O.J. Roberts, Nazareth were present. There were representatives from every church and movement in the area. Mr I.R. Jenkins was present as a County Councillor, Mr A.S. Morgan as District Councillor and member of the Welfare Committee of the Aberystwyth District Council, Mr Evans-Vaughan from the District Council and Mrs Auriol Watkin, member of the County's Welfare Committee and the Welfare Committee of Aberystwyth Rural District. Mrs Watkin was chosen as the secretary of the committee formed at this special meeting.

The Wales and Monmouthshire Services Committee was responsible for suggesting that the first week in October every year should be Senior Citizens Week throughout the country and the Chief Officer encouraged the people within the Tal-y-bont area to make the Senior Citizens Week a success. It was decided to commence the week with an annual united service in each of the churches in their turn, beginning this year on Monday 3rd October in Bethel and presided over by the ministers. Dyfnallt was invited to the first meeting which was to be more informal than services held on Sundays. Arrangements were made to give a lift to any disabled person who wanted to be present. The Young Farmers' Club was asked to undertake this work and it was suggested that they could volunteer to carry out small tasks for the elderly. The Women's Institute promised to arrange something for the elderly. And thus the Society was enthusiastically founded.

The next step was to draw up a complete list of all pensioners in the area including Bontgoch and Pentrebach and to contact them before the united service. It was also resolved that each would receive a small parcel during the week. It was necessary to

angerheidiol codi arian ac wedi derbyn £5 oddiwrth y Pwyllgor Gwelliannau trefnwyd fod Cymdeithas Ddiwylliannol Bethel yn mynd i ganu carolau noson cyn y Nadolig gan fynd at dai yr hen bobl yn gynnar. Daeth popeth yn barod i'r gwasanaeth. Ni allai Dyfnallt ddod ond derbyniwyd y gwahoddiad gan y 'RADIO DOCTOR' a bu llwyddiant mawr a gofnodwyd yn y papurau lleol. Gweler gopi o'r hanes:

*Uchafbwynt Wythnos Henoed Tal-y-bont oedd gwasanaeth undebol yng nghapel Bethel o dan nawdd y Pwyllgor Lleol. Cafwyd anerchiad fyth-gofriadwy gan y 'radio doctor'. Daeth cynulleidfya dda i wrando arno ac fe'i swynwyd gan ei ddull byw, llawn hiwmor o siarad. Teimlid fod bywyd y meddyg ei hun yn symbyliad i ni oll fyw yn well ac i'r pethau gorau. Cafwyd cynghorion pwysig ganddo ac aeth pawb o'r cyfarfod yn sôn y rhannau o'r Apocryffa a adroddodd y meddyg mor wych nes teimlo mai 'da oedd bod yno'. Braint i'r ardal ydoedd gwranddo ar gymeriad mor hoffus a phersonoliaeth mor hawddgar.*

*Dyma'r cyfarfod cyntaf o'i fath yn Nhal-y-bont ond bu'n gymaint llwyddiant nes y bo pawb eisoes yn sôn am y nesaf. Llywyddwyd yn ddeheuig gan Gadeirydd y Pwyllgor, y Cynghorwr I.R. Jenkins. Darllenwyd rhan o Lyfr Job gan y Parch. W.J. Gruffydd ac offrymwyd gweddi ddwys gan y Parch. O.J. Roberts. Adroddodd Mr J.R. Jones 'Yr Hen Bobl' gan A. Roderick a rhoddwyd y fendith gan y Parch. J.C. Mathews. Canwyd yr organ gan Mrs Phyllis Williams. Diolchwyd ar ddiwedd y gwasanaeth gan y Parch. Morlais Jones a chan Ysgrifennydd y Pwyllgor.*

*Gwnaed recordiad tâp o'r gwasanaeth gan Mr Ithel Jones fel y bo'r henoed na fedrai adael eu cartrefi y noson honno yn cael cyfle i glywed y gwasanaeth.*

Cofnodir fod 37 o barseli wedi eu dosbarthu yn ystod yr wythnos ac aethpwyd ati wedyn i drefnu te'r Nadolig yn cynnwys dwy gacen rhoddedig gan y Pwyllgor. Byddai Sefydliad y Merched yn cydweithio i drefnu'r te efo Pwyllgor yr Henoed a byddai côr yn ymarfer y carolau. Derbyniwyd £15 o Bwyllgor Henoed y Sir. Daeth 1955 i ben gyda'r te Nadolig yn y Neuadd Goffa.

raise money and after a donation of £5 from the Improvements Committee it was arranged that Bethel's Cultural Society would sing carols on Christmas Eve calling at the elderly people's houses in the early evening. Everything was ready for the service. Dyfnallt could not come but the 'RADIO DOCTOR' accepted the invitation and was a great success as recorded in the local papers. Here is a copy of the story:

*The highlight of the Senior Citizens Week in Tal-y-bont was the united service in Bethel Chapel under the auspices of the Local Committee. A memorable address was given by the 'radio doctor'. The large congregation, who came to listen to him, was captivated by his lively, humorous style. It was felt that the doctor's life was an example to us all to live a better and rewarding life. He gave important advice and everyone left the service with the extracts from the Apocrypha, which were recited so magnificently by the doctor, resounding in their ears. This made everyone feel that it was good to be there. It was an honour for the people of the district to listen to such a loveable and amiable personality.*

*This was the first meeting of its kind in Tal-y-bont and was such a success that everyone was talking about the next. The meeting was chaired skilfully by the chairman of the committee, Councillor I.R. Jenkins. The Rev. W.J. Gruffydd read an extract from the Book of Job and a profound prayer was offered by the Rev. O.J. Roberts. Mr J.R. Jones recited the poem 'Yr Hen Bobl' by A. Roderick and the blessing was given by the Rev. J.C. Mathews. Mrs Phyllis Williams was the organist. At the end of the service the Rev. Morlais Jones and the committee secretary thanked those who had taken part.*

*Mr Ithel Jones made a tape-recording of the service so that those senior citizens who were unable to attend would have an opportunity to listen to the service.*

It is noted that 37 parcels were distributed during the week and arrangements were then made to organise a Christmas Tea which included two cakes donated by the Committee. The Women's Institute would assist the Senior Citizens Committee with the arranging of the tea and a choir would practice carols. A sum of £15 was received from the County Senior Citizens Committee. 1955 came to an end with a Christmas Tea in the Memorial Hall.

Rhywbeth yn debyg oedd y gweithgareddau am rai blynyddoedd wedyn; cynnal gwasanaeth undebol, rhannu parseli. Mae sôn hefyd am i'r eglwysi wneud casgliad arbennig i Gymdeithas yr Henoed ac mae cyfeiriad at 'Flag Day' er budd y 'Voluntary Chiropody Scheme'. Roedd ffurflenni i ofyn am driniaeth gan yr ysgrifennydd ond hwyrach bod rhai oedd angen triniaeth yn rhy swil i ofyn.

Yn 1963 rhannwyd 125 o barseli yn cynnwys ¼ pwys o de, pwys o siwgr, tun o ffrwythau a phaced o 'Butter Scotch'. Yr oedd yn rhaid trefnu fod y nwyddau i'w prynu mewn gwahanol siop bob blwyddyn.

Gydag amser torrwyd y cysylltiad gyda'r capeli ac aeth y te parti a chwrdd yr Hydref yn Barti Nadolig pryd y byddai plant yr ysgol yn cynnal cyngerdd bach cyn neu ar ôl y te yn y Neuadd Goffa.

Mae'r cofnodion yn dangos fod y Pwyllgor Adloniant o rhyw bymtheg o aelodau, yn cynnwys nifer nad oeddnt yn bensiynwyr, wedi ei sefydlu ym 1970. Buont yn ddiwyd yn trefnu ffeiriau a rafflau i godi arian i dalu am anrhegion Nadolig. Ym mis Rhagfyr trefnwyd te parti Nadolig yn y Neuadd Goffa. Yr

Similar activities occurred during the following years; an united service would be held and parcels distributed. There is also mention of the churches making a special collection for the Senior Citizens Society and there is reference to a 'Flag Day' in aid of the 'Voluntary Chiropody Scheme'. The secretary had forms for requesting treatment but perhaps some who needed treatment were too shy to ask.

In 1963, 125 parcels which included ¼ pound of tea, a pound of sugar, a tin of fruit and a packet of Butter Scotch were distributed. Arrangements were made for the goods to be purchased in a different shop every year.

In time the connection with the churches was broken and the tea party and October service became a Christmas Party when the school children would hold a little concert before or after the tea in the Memorial Hall.

The minutes show that the Entertainment Committee of approximately fifteen members, including many who were not pensioners, was established in 1970. They were busy holding fairs and raffles in order to raise money to pay for the Christmas presents. In December a Christmas Tea Party was organised in the Memorial Hall.



*Yn y saith degau. Yn y blaen: Caledfryn Evans (cadeirydd), Sylvia Johnson (ysgrifenyddes).*

*In the 1970s. In the front: Caledfryn Evans (chairman), Sylvia Johnson (secretary).*

oedd nifer wedi gwirfoddoli i gyfrannu bwyd tuag at y te ac i ofalu am y byrddau. Yn 1971 trefnwyd i gael 'Jumble Sale' fawr yn y Neuadd. Yn y flwyddyn hon cafwyd trip i Aberteifi a the yn Blaen Dyffryn Hall; parti coffee yn 1972 i godi arian i dalu am drip i Bermo ym mis Awst a chael te yn Nhywyn. Mae sôn hefyd am godi arian fel bo pob pensiynwr, 156 ohonynt, yn cael 50 ceiniog ac yr oedd yn rhaid cael 'Tea Evening' yn ystafell waelod y Neuadd i godi arian i dalu am y parseli Nadolig.

Ym 1976 gwelwn fod y parti Nadolig wedi symud i'r ysgol pryd y cafwyd rhai eitemau gan y plant. Trip wedyn yn yr haf i Gastell Powys. Ym mis Rhagfyr aeth 44 ohonynt i ginio, £2.50 y pen, yn y Llew Gwyn. 'Cafwyd cinio Nadolig hynod o flasus yn cynnwys twrci, pwdin'dolig, mins pei a phaned o de. Cafwyd hwyl yn gwranddo ar y gŵr gwadd, y Parchedig Elwyn Pryse, yn adrodd straeon am y Cardi,' medd y cofnodion.

Dilynwyd y patrwm o ginio Nadolig yn yr ysgol ac ambell ginio yn y Llew Gwyn neu'r Llew Du ar hyd y blynyddoedd. Mae cofnod mis Mai 1986 yn nodi iddynt dderbyn £200 o gronfa 'Rag' y myfyrwyr a £200 o Gronfa Goffa y Fonesig Grace James. O gael cymorth hefyd o'r Cyngor Cymuned nid oedd rhaid ymdrechu i godi arian. Aeth parti Nadolig 1986 i'r Neuadd Goffa ond yn ôl i'r ysgol yn 1987.

Y mae cofnodion pwyllgor a gynhaliwyd ym mis Chwefror 1987 yn cyfeirio at y menynd oedd i ddod o stôr y Comisiwn Ewropeaidd, 200 pwys ohono. Gofynnwyd iddynt gan y Gwasanaethau Cymdeithasol i rannu'r menynd i rai mewn angen. Yr oedd yr aelodau'n anfonolion cymryd y cyfrifoldeb o benderfynu pwy oedd mewn angen. Barn y pwyllgor oedd mai'r Gwasanaethau Cymdeithasol ddylai wybod pwy oedd mewn angen. Nid oes sôn pellach amdano yn y cofnodion ond deallaf iddo gael ei ddosbarthu fesul 250g, digon i bob pensiynwr!

Mae cyfeiriad at gyfarfodydd yng ngwaelod y neuadd pryd y daeth Mrs R. Gerallt Jones i siarad am gerddoriaeth a sefydlu côr.

Trefnwyd, ar un amser i gynnal cyfarfod adloniadol yng ngwaelod y neuadd bob pythefnos pryd y ceid siaradwyr i sôn am wyliau tramor a dangos lluniau. Cafwyd

Several had agreed to contribute food towards the tea and to serve at the tables. In 1971, a big 'Jumble Sale' was organised in the Hall. During the same year there was a trip to Cardigan with tea at Blaen Dyffryn Hall. A Coffee Party was held in 1972 to raise money for a trip to Barmouth in August with tea at Tywyn. There is also mention of fund raising to give all pensioners, 156 of them, 50 pence and a 'Tea Evening' was held in the lower room of the hall to raise money to pay for the Christmas parcels.

In 1976, the Christmas Party moved to the school with the children presenting items. There was a trip that summer to Powys Castle. In December, 44 of the society had a dinner costing £2.50 a head at the White Lion. 'An excellent dinner which included turkey, Christmas pudding, mince pies and a cup of tea was provided. It was great fun listening to the guest speaker, Mr Elwyn Pryse, relating stories about the Cardis', according to the minutes.

The pattern of a Christmas Dinner at the school and an occasional dinner in the White or Black Lion continued throughout the years. A minute from May 1986 notes that they received a sum of £200 from the students' 'Rag' fund and a sum of £200 from the Lady Grace James Memorial Fund. With assistance also from the Community Council, no effort had to be made to raise money. In 1986, the Christmas Party was held in the Memorial Hall but returned to the school in 1987.

Minutes of the committee held in February 1987 refer to the butter which was to come from the European Commission store – 200 pounds in all. They were asked by the Social Services to distribute the butter to those in need. Members were unwilling to take on the responsibility of deciding who was in need. The opinion of the committee was that the Social Services should know who was in greatest need. There is no further mention of it in the minutes but I understand that it was distributed in measures of 250g, enough for every pensioner!

There is reference to meetings in the lower room of the hall when Mrs R. Gerallt Jones came to talk about music and setting up a choir.

At one time it was arranged to hold a social meeting once a fortnight in the lower room of the hall with speakers giving

hwyl yn chwarae gemau a sgwrsio uwch cwpanaid o de.

Mae sôn am godi arian o dan nawdd Age Concern er mwyn cael arian i'w wario'n lleol ar offer i helpu rhai methodig.

Trefnid trip bob blwyddyn. Byddai bore coffi cyson bob yn ail fore Mercher a threfnid ambell i ginio canol dydd am bris rhesymol.

Y Cinio Nadolig, wrth gwrs, oedd uchafbwynt y flwyddyn a gynhelid yn yr ysgol pryd y byddai aelodau o Ferched y Wawr a Sefydliad y Merched yn gyfrifol am baratoi'r ystafell a gweini wrth y byrddau. Byddai'r ysgrifennydd a'r cadeirydd yn prynu'r bwyd a staff y gegin yn coginio. Byddai pob pensiynwr yn cael gwahoddiad swyddogol i ddod i'r cinio. Byddai pawb yn cael tocyn raffl a byddai yna bentwr anrhegion wedi eu derbyn fel y gallai pawb ennill rhywbeth. Byddai craceri i'w tynnu a ceid mins pei, coffi, siocled ac oren ar y diwedd. Cenedl carol adnabyddus cyn mynd tuag adre'.

Yn 1999 ffurfiwyd Cymdeithas yr Henoed, Ceulanamaesmawr yn hytrach na phwyllgor. Y Gymdeithas bellach fyddai'n trefnu rhaglen y flwyddyn. Yr oedd rhyw ddau ddwsin o aelodau ar gychwyn 1999. Ar ddiwedd 1999 teimlid fod y cinio Nadolig wedi mynd yn dipyn

accounts of foreign holidays and showing slides. It was fun playing games and chatting over a cup of tea.

There is mention of fundraising under Age Concern in order to obtain money to spend locally on equipment to help the infirm.

A trip was arranged every year. A coffee morning was held regularly every other Wednesday morning and an occasional lunch was arranged for a reasonable price.

The Christmas Dinner, of course, was the highlight of the year, held at the school with members of Merched y Wawr and the Women's Institute responsible for preparing the room and waiting at the tables. The secretary and the chairman would buy the food and the kitchen staff would do the cooking. Every pensioner would have an official invitation to the dinner. Everyone would be given a raffle ticket and a pile of presents were received so that everybody could win something. Crackers were pulled and there would be mince pies, coffee, chocolate and oranges at the end. A well-known carol was sung before returning home.

In 1999 the Ceulanamaesmawr Senior Citizens Society was formed, rather than a committee. The Society now arranges the programme for the year. There were approximately two dozen members at the



*Cinio Nadolig, 1995.*

*Christmas Dinner, 1995.*



*Yn y Llew Gwyn, 2000. Yn y cefn: Valma Jones (cadeirydd), Aldwyth Morgan (ysgrifenyddes), Kathleen Richards (trysorydd).*

*In the White Lion, 2000. At the back: Valma Jones (chairperson), Aldwyth Morgan (secretary), Kathleen Richards (treasurer).*

o fwrn ar y gwirfoddolwyr oedd ynglŷn ag o ac yn ddrud i'w gynnal. Galwyd cyfarfod cyffredinol i drafod y dyfodol. Yn y cyfarfod apwyntiwyd Aldwyth Morgan yn ysgrifennydd, Mrs Kathleen Richards i barhau fel trysorydd a Mrs. Valma Jones fel cadeirydd. Wedi trafodaeth, penderfynwyd rhoi'r gorau i'r Cinio Nadolig am y tro a meddwl am ryw fath arall o gyfarfod. Mae'r Gymdeithas ar hyn o bryd yn gweithio ar y llyfr *Ein Canrif* gyda'r grant a dderbyniwyd oddi wrth Gronfa'r Milenium. Parheir i gynnal boreau coffi a phryd canol dydd unwaith yn y mis. Bwriedir trefnu dau drip y flwyddyn. Hyderir y bydd hyn yn denu rhagor o aelodau.

*Ithel Jones*

beginning of 1999. At the end of 1999 it was felt that the Christmas dinner was a lot of work for the volunteers and expensive to hold. A general meeting was held to discuss the future. At the meeting Mrs Aldwyth Morgan was appointed secretary, Mrs Kathleen Richards to continue as treasurer and Mrs Valma Jones to be chairman. After some discussion it was decided to discontinue with the Christmas Dinner for the time being and think of another type of meeting. The Society at present is working on the book *Our Century* with a grant received from the Millennium Fund. Coffee mornings continue to be held along with lunches once a month. It is intended to organise two trips a year. It is hoped that this will attract more members.

*Ithel Jones*

## Anrhydeddu John

Fe gafodd John Owen Ellis, Y Glyn, Tal-y-bont fraw ei fywyd pan dderbyniodd wahoddiad swyddogol gan Gyngor Tref Aberystwyth i oleuo'r goeden Nadolig yn y dref bnawn Gwener, 29ain o Dachwedd am 5 o'r gloch. Daeth Brigâd Dân Aberystwyth i Dal-y-bont i'w gludo yno mewn steil. Dyma'r modd y bu i Gyngor y Dref ddangos ei werthfawrogiad o gyfraniad clodwiw John dros gyfnod maith yn casglu arian tuag at achosion da. Dechreuodd godi arian yng ngharnifal Aberystwyth yn 1969 a dros y blynyddoedd fe gasglodd filoedd o bunnoedd i elusennau megis Mencap, Y Groes Goch a Byddin yr Iachawdwriaeth i enwi ond rhai yn unig.

Croesawyd John yn Aberystwyth gan Faer y dref, Mrs Carol Kolzak, y Cynghorydd Carl Williams a thyrfa fawr. Cafwyd datganiadau gan fand pres Aberystwyth ynghyd â chaneuon gan blant yr Ysgol Gymraeg ac Ysgol Padarn Sant. Cafwyd anerchiad gan John yn Gymraeg a Saesneg a daeth lluo o bobl ato yr wythnos ganlynol i'w longyfarch ar ei araith. Wedi goleuo'r goeden Nadolig cyflwynwyd tarian iddo gydag arfbais Cyngor Tref Aberystwyth arni. Yr arwyddair ar y darian yw, 'Gorau moes, gwasanaeth' ac y mae'r geiriau hyn yn cyfleu i'r dim gyfraniad mawr John i'r gymuned.

Papur Pawb,  
Rhagfyr 1996

John Owen Ellis  
yn un o'i wisgoedd  
amrywiol.



## Honouring John

John Owen Ellis, Y Glyn, Tal-y-bont had the shock of his life when he received an official invitation from Aberystwyth Town Council to switch on the town's Christmas tree lights on Friday afternoon, the 29th November at five o'clock. The Aberystwyth Fire Brigade came to Tal-y-bont to fetch him and take him there in style. In this way the Town Council showed its appreciation of John's praiseworthy contribution in collecting money for good causes for many years. He started raising money in the 1969 Aberystwyth carnival and over the years he has collected thousands of pounds for charities such as Mencap, the Red Cross and the Salvation Army to name but a few.

John was welcomed at Aberystwyth by the Mayor, Mrs Carol Kolzak, Councillor Carl William and a large crowd. Musical items were provided by the Aberystwyth brass band and choirs from Yr Ysgol Gymraeg and St. Padarn's School. John gave an address in Welsh and English and during the following week a large number of people congratulated him on his speech. After the ceremony John was presented with a shield with the Aberystwyth Town Council coat of arms. The motto on the shield is, 'Gorau moes, gwasanaeth' (the best gift is service) and these words convey exactly John's great contribution to the community.

Papur Pawb,  
December 1996

John Owen Ellis  
in one of his  
various outfits