

# Update

Newsletter of Wales' Oldest Organisation for Retired People Issue No. 9 July 2015

## Ralph Thomas

It is with deep regret that we let you all know that Ralph Thomas passed away in his sleep on the 19<sup>th</sup> of July. Many of us will remember Ralph as General Secretary of NOAPAW from 2003 until 2010.

After working as an engineer, publican and author, Ralph retired to Deri which is his wife Dori's home village. It didn't take long for Ralph to get involved in all sorts of voluntary organisations like NOAPAW.

At the beginning of his time in office Ralph would compose Executive Meeting agendas, as well as type, print and post the minutes out to branches. He would also print and send out all the paperwork for the Annual Conference and Rally after booking the venue and entertainment. He would even print the Rally tickets and sometimes act as compere with his talent for telling jokes! All this was done on top of the usual Secretary's job of dealing with correspondence. We can understand why he was not reluctant to accept an offer from Age Cymru to help with the paperwork.

As well as NOAPAW, Ralph was involved with the National Pensioners' Convention and helped in the formation of the Welsh Senate of Older People and of the Caerphilly 50plus Forum from their very beginnings.

In spite of all these commitments to the welfare of older people, Ralph still found time for other community activities like the Local History group and being a member of the tenor section of the Rhymney Silurian Male Choir.

Ralph is obviously going to be missed by a lot of people. Our sincere condolences go to Dori, their daughters and grandchildren.

# Branch Activity

## Ystrad Rhondda Branch



Early in July, we had a visit from our local school choir known as Pontrhondda Glee Club. The age of members was 8 years old and this was their first public performance.

The choir's visit coincided with the birthday of our oldest member Mrs Alma Bevan who was 95 years old. We naturally sang Happy Birthday to her. All our members said how much they had enjoyed the celebration.

## Tonypandy and Llwynypia Branch.



Here are some of our members who enjoyed a recent trip to Llanelli and Trostre Shopping Centre.

The trip was made possible by a grant from Awards for All.

We are looking forward to more outings this summer. Watch this space!

## Coelbren Branch



In May, our branch went on our second monthly trip – this time to Weston-super-Mare. The day started off bright and sunny. It seemed to be the same when we got there but when we got out of the bus, we were blown down the prom! We went for a cuppa to escape the wind. We then visited every shop on the way to our lunch venue – The Winter Gardens. After lunch we continued with our tactic of keeping out of the wind by visiting every other shop we could find. We later had a cream tea in the new ice-cream parlour on the prom. Despite the wind, a very nice day was had by all.

Your Branch event could be here. Just send in the details.

# Y Diweddraf

Cylchlythyr Sefydliad Hynaf Cymru i Bobl sydd wedi Ymdeol Rhifyn 9 Gorffennaf 2015

## Ralph Thomas

Mae'n flin iawn gennym eich hysbysu chi y bu farw Ralph Thomas yn ei gwsg ar 19 Gorffennaf. Bydd llawer ohonom yn cofio Ralph fel Ysgrifennydd Cyffredinol Cymdeithas Genedlaethol Pensiynwyr Cymru rhwng 2003 a 2010.

Ar ôl gweithio fel peiriannydd, tafarnwr ac awdur, fe wnaeth Ralph ymdeol i Deri, pentref genedigol ei wraig, Dori. Yn fuan iawn, roedd Ralph yn cymryd rhan mewn pob math o sefydliadau gwirfoddol, fel Cymdeithas Genedlaethol Pensiynwyr Cymru.

Ar ddechrau ei gyfnod yn y swydd, byddai Ralph yn llunio agendâu ar gyfer cyfarfodydd gweithredol, yn ogystal â theipio, argraffu a phostio'r cofnodion i'r canghennau. Byddai hefyd yn argraffu ac anfon yr holl waith papur ar gyfer y Gynhadledd Flynyddol a'r Rali, ar ôl trefnu'r lleoliad a'r adloniant. Byddai'n argraffu tocynnau'r Rali ac weithiau'n arwain gyda'i ddawn am adrodd jôcs! Roedd yn gwneud y cyfan hyn yn ychwanegol at waith arferol yr Ysgrifennydd o ymdrin â gohebiaeth. Gallwn ddeall pam nad oedd yn amharod i dderbyn cynnig gan Age Cymru i helpu gyda'r gwaith papur.

Yn ogystal â Chymdeithas Genedlaethol Pensiynwyr Cymru, roedd Ralph hefyd yn gysylltiedig â'r Confensiwn Pensiynwyr Cenedlaethol a helpodd i ffurfio Senedd Pobl Hŷn Cymru a Fforwm 50plus Caerffili, o'r dechrau'n deg.

Er gwaethaf yr holl ymrwymadau hyn i les pobl hŷn, roedd Ralph yn dal i roi o'i amser i weithgareddau cymunedol eraill, fel y grŵp hanes lleol, a bod yn aelod o adran tenoriaid Côr Meibion Rhyfoni Silurian.

Yn amlwg, bydd llawer o bobl yn gweld eisiau Ralph. Cydymdeimladau mawr i Dori, eu merched a'u hwyrion.

# Gweithgarwch Canghennau

## Cangen Ystrad Rhondda



Yn gynnar ym mis Gorffennaf, cawsom ymweliad gan gôr ein hysgol leol - Pontrhondda Glee Club. Roedd yr aelodau'n 8 oed a hwn oedd eu perfformiad cyhoeddus cyntaf.

Roedd ymweliad y côr yn cyd-fynd â phen-blwydd ein haelod hynaf, Mrs Alma Bevan, a oedd yn 95 oed. Yn naturiol, fe wnaethom ganu pen-blwydd hapus iddi. Dywedodd yr holl aelodau eu bod nhw wedi mwynhau'r dathliad yn fawr.

## Cangen Tonypanyd a Llwynypia



Dyma rai o'n haelodau a wnaeth fwynhau taith ddiweddar i Lanelli a Chanolfan Siopa Trostre.

Roedd y daith yn bosibl yn sgil grant gan Awards for All.

Rydym yn edrych ymlaen at fwy o alldeithiau'r haf hwn. Cadwch lygad allan!

## Cangen Coelbren



Ym mis Mai, aeth ein cangen ar ein hail daith fisol - i Weston-super-Mare y tro hwn. Roedd yn ddiwrnod disglair a heulog i ddechrau. Roedd yn dal i fod felly pan gyrhaeddodd ond pan ddaethom oddi ar y bws, cawsom ein chwythu i lawr y promenâd! Fe aethom am banded i ddianc oddi wrth y gwynt. Yna, aethom i bob siop ar y ffordd i'n lleoliad cinio - The Winter Gardens. Ar ôl cinio, fe wnaethom barhau i ddianc oddi wrth y gwynt trwy ymweld â phob siop arall bosibl. Yn ddiweddarach, cawsom de hufen yn y siop hufen iâ newydd ar y promenâd. Er gwaethaf y gwynt, cawsom ddiwrnod braf iawn.

Gallai digwyddiad eich cangen chi fod yma. Anfonwch y manylion atom.