Cymru Bywiog Active Wales
Ymddeol o waith - nid o fywyd
Retired from work - not from life

Update

Newsletter of Wales' Oldest Organisation for Retired People Issue No. 7 May 2015

Business and Pleasure

It won't be long now before our gathering at the Grand Pavilion in Porthcawl. Final arrangements are being made to make sure that the event is as successful as usual.

The morning will of course be taken up with our Annual Conference at which the business of our Association is conducted. As well as reports from the Executive and declaration of National Officers for the coming year, branches will have the opportunity to put forward motions for debate. The motions can be related to the welfare of retired people generally or to the way the Association is organised.

We will also hear from our three guest speakers in the morning. Apart from Baroness Gale and Dr Fuge, we will be joined by Tom Berney who is flying down from Scotland just to be with us. We hope that we can give him a very warm Welsh welcome.

Delegates to Conference are reminded that they should start registering from 10.30am onwards. They will receive the official paperwork as well as the usual "goody bag" which we hope will contain something of interest to everyone.

Branches are entitled to two voting delegates but we hope that all other branch members will join us to take part in the proceedings. The Association belongs to all of us.

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The afternoon is taken up with the Rally, our social event of the year. Our compere will be Clive Williams who did such a good job last year that we've asked him back again.

Many members have enjoyed the community singing session in the past so it is on the programme again this year. So make sure that you clear your throats so we can hear everybody loud and clear. Most of the songs will be familiar ones so no excuses for not joining in.

Main entertainment will be provided by music and comedy pair **Black Gold**. They promise to give us an act with something for everyone to enjoy.

As usual, there will be an interval in the stage proceedings. This is when the awards take place for Senior Lady, Senior Gent and Longest Married Couple. We also have the draw for the Programme Raffle. All prizes are donated by branches and we would be grateful to receive as many as possible this year.

Members are reminded that the Rally starts at 2.30pm but the doors open at 1.30. Hand in your ticket to get a Programme with a raffle number on it.

Every year we get a few members who, for one reason or another, haven't bought a ticket but turn up anyway. We are used to this so there will be some tickets to buy "on the door" and still only £2.50.

Branch Activity

Coelbren Branch

A change from Birthday Cake.

Sue Morgan reports:

Coelbren branch went on their first of eight trips this year. We went to Cwmbran. It was a very enjoyable day partly because the weather was superb –a little bit drafty but nice and sunny. Everyone enjoyed the trip with a lot of money being spent and having a nice meal during the day.

I had a surprise during our visit to the restaurant for afternoon tea - my ice cream came with a birthday candle in it and "Happy Birthday" was played on the loudspeaker. It wasn't my birthday but my big mouth had said to the waiter earlier that I would love to be sung to and hereplied 'becareful what you ask for'. Lo and behold he caught me out! We had a laugh and enjoyed the tea. So that's our first trip done and dusted.

Other branches will be going on trips at this time of year. Let us know about them. Contact details are below.

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Y Diweddaraf

Cylchlythyr Sefydliad Hynaf Cymru i Bobl sydd wedi Ymddeol Rhifyn 7 Mai 2015

Busnes a Phleser

Gyda'r cynulliad ym Mhafiliwn y Grand, Porthcawl ar y gorwel, mae'r trefniadau terfynol yn cael eu gwneud i sicrhau bod y digwyddiad mor llwyddiannus ag erioed.

Cynhelir ein Cynhadledd Flynyddol yn y bore a bydd yn rhoi sylw i holl fusnes ein sefydliad. Yn ogystal ag adroddiadau'r Weithrediaeth a datganiad y Swyddogion Cenedlaethol ar gyfer y flwyddyn i ddod, bydd cyfle i ganghennau gyflwyno pynciau i'w trafod. Gall y pynciau ymwneud â lles cyffredinol pobl sydd wedi ymddeol, neu'r ffordd caiff y sefydliad ei drefnu.

Yn ogystal, bydd ein tri siaradwr gwadd yn areithio yn ystod y bore. Yn ogystal â'r Farwnes Gale a Dr Fuge, bydd Tom Berney yn ymuno â ni o'r Alban a gobeithio y caiff groeso cynnes Cymreig.

Hoffwn atgoffa'r rheiny a fydd yn mynychu'r gynhadledd y bydd modd cofrestru o 10.30am ymlaen. Byddant yn cael y gwaith papur swyddogol yn ogystal â'r bag rhoddion arferol, a fydd yn cynnwys rhywbeth o ddiddordeb i bawb.

Mae hawl gan bob cangen enwebu dau gynrychiolydd i fwrw pleidlais, ond gobeithio y bydd aelodau eraill pob cangen yn ymuno â ni hefyd. Mae'r sefydliad yn perthyn i bob un ohonom ni.

Bydd y prynhawn yn cynnwys y Rali, digwyddiad cymdeithasol mwyaf y flwyddyn. Ar ôl iddo wneud argraff mor gadarnhaol y llynedd, bydd Clive Williams yn arwain unwaith eto eleni.

Yn y gorffennol, mae nifer fawr o aelodau wedi mwynhau'r sesiwn canu cymunedol, ac felly rydym wedi ei chynnwys fel rhan o'r rhaglen eto eleni. Gwnewch yn siŵr eich bod yn clirio'ch gyddfau, er mwyn i bawb allu eich clywed yn glir. Bydd y rhan fwyaf o'r caneuon yn gyfarwydd, felly ni fydd gan unrhyw un esgus i beidio ag ymuno i mewn.

Y deuawd cerdd a chomedi, **Black Gold,** fydd yn darparu'r adloniant unwaith eto eleni ac maen nhw wedi addo cyflwyno act a fydd yn cynnwys rhywbeth at ddant pawb.

Fel arfer, bydd yna egwyl yn ystod y perfformiad a dyma pryd fydd y gwobrau am Foneddiges, Gŵr Bonheddig a'r Cwpwl Priod Hiraf yn cael eu cyflwyno, yn ogystal â gwobr y raffl fawr. Mae pob gwobr yn cael eu rhoi gan ganghennau a byddem yn ddiolchgar i dderbyn cymaint ag sy'n bosibl eleni.

Rhaid atgoffa aelodau bod y Rali yn cychwyn am 2.30pm er y bydd y drysau ar agor am 1.30pm. Gallwch gyfnewid eich tocyn am raglen sy'n cynnwys rhif ar gyfer y raffl.

Bob blwyddyn, am ryw reswm, mae rhai aelodau yn mynd i'r digwyddiad heb brynu tocyn o flaen llaw. Rydym ni wedi hen arfer â hynny, felly bydd rhai tocynnau ar gael i'w prynu "wrth y drws" am £2.50.

Gweithgareddau ein Canghennau

Cangen Coelbren

Cacen pen-blwydd gwahanol i'r arfer

Adroddiad Sue Morgan:

Aeth Cangen Coelbren ar y cyntaf o wyth gwibdaith eleni. Aethom i Gwmbrân. Cawsom ddiwrnod pleserus iawn, yn rhannol oherwydd y tywydd braf – ychydig yn wyntog ond yn heulog a chynnes. Mwynhaodd pawb yr ymweliad gyda llawer o arian yn cael ei wario a chinio blasus yn ystod y dydd.

Cefais syrpréis pan aethom ni am de prynhawn mewn bwyty – roedd cannwyll yn fy hufen iâ a chafodd y gân 'Pen-blwydd Hapus' ei chwarae trwy'r uchelseinyddion. Nid oedd hi'n ben-blwydd arnaf hyd yn oed ond soniais wrth y gweinydd ar gyrraedd pa mor braf byddai cael rhywun yn canu i mi, ac fe ddywedodd ef y dylwn i fod "yn ofalus o'r hyn rwy'n dymuno". Cafodd pawb hwyl a the prynhawn hyfryd, a dyna wibdaith gyntaf y flwyddyn wedi dod i ben.

Bydd canghennau eraill yn mynd ar wibdeithiau ar yr adeg hon o'r flwyddyn. Gadewch i ni wybod amdanynt trwy gysylltu â ni ar y manylion isod.