

EGLWYSFACH, FURNACE AND GLANDYFI NEWSLETTER
1st February 2019

W.I. 8.00 on Monday, 4th February. Open meeting: Caroline Palmer (Chairman of Ceredigion Welsh Historic Gardens Trust) is speaking on “The changing fortunes of Ceredigion’s Historic Gardens”. She has written on gardens and historical houses in Ceredigion and if you love gardens, around Ceredigion and locally, you should not miss this. Please tell your friends, and bring them along: £2 for non-members; tea and biscuits included.

TABLE TENNIS at 7.00pm in the Iron Room on Tuesday, 12th and 26th February. All welcome

THE JUMBLE SALE held last month in the Iron Room raised £350 for the Church. We are most grateful to the donors who gave some wonderful things, and to all for their donations.

JUMP TO: **1. Summit to Sea** **2. Course on Mindfulness** **3. Cletwr events.**

RSPB Ynys-hir are housing an Exhibition until 4th March 2019: *Cymru a'r Môr/Wales and the Sea* is inspired by the stories and images from the archive collections of the Royal Commission on the Ancient and Historical Monuments of Wales, the National Library of Wales and Amgueddfa Cymru – National Museum Wales, and Cadw. Themes of the exhibition include *Tales from the Deep*, *Inspiration from the Sea*, *Castles and Cloaks*, *Peril between the Waves* as well as the more light-hearted *Beside the Seaside*. This exhibition was created to celebrate the magnificent coast, dramatic seascapes, and active inland waterways of Wales, all of which teem with life, adventure and legend. These waters have shaped not only the coastline of Wales, but also the history and imagination of the Welsh people. Notable images in the exhibition include the painting of *Forest Cove, Cardigan Bay* (1883) by the Pre-Raphaelite artist John Brett (1831–1902), a sea chart of Aberystwyth Bay by Lewis Morris, the self-taught hydrographer from Anglesey (1701–65), and an early depiction of coracle men by Julius Caesar Ibbetson on the banks of the River Teifi. For further information and images, please contact: Nicola Roberts, nicola.roberts@rcahmw.gov.uk [Tel:- 01970 621248](tel:01970621248)

THE CELTIC RAINFORESTS LIFE project will be holding a drop-in information sharing meeting in the Iron room, Furnace, on the 6th of February from 6.30 - 8 pm. If you live in Cwm Einion this might directly affect you! This is a joint project between the RSPB, Snowdonia National Park, and the Woodland Trust, and it is working towards the removal of rhododendron and other invasive plant species in a selection of ‘core’ and ‘buffer’ areas in west Wales, including Coed Cwm Einion. The long-term aim is to improve the quality of woodland habitat so that native species can re-establish themselves. Celtic rainforests like Coed Cwm Einion are internationally important for their abundance of mosses, liverworts and lichens, including some very rare species, and for protected species like hazel dormouse, wood warbler and pied flycatcher. Do come to our meeting to find out more. Julia Harrison, Project Manager Southern

EVENTS IN FEBRUARY AT THE TABERNACLE, MACHYNLLETH

Wed. 6	12.00	Etifeddiaeth History Group: <i>The Londonderry Family</i> by Barbara Walker
Tue. 12	14.00	Talk – My Hobby is .. from Sheet Silver to Crown: John Price
Fri. 15	19.30	Machynlleth Music Club: Beethoven in Wales: Mary Hoffman violin, Richard Ormrod piano
Tue. 19	14.00	Talk – My Hobby is ... Genealogy/Family History: Delyth Rees
Wed. 20	12.00	Midday Market Talk; Barry Davies (sculptor) talks about his work

THE CLIMATE EMERGENCY COFFEE MORNING on 26th January in St Peter's Church, Machynlleth, was very interesting. Lots of people who are desperate to do something to save our planet turned up, partly to hear weather expert John Mason (www.skepticalscience.com) and partly to meet each other and exchange ideas. So much is happening in this area just now, see the **Summit to Sea** attachment. At the end of this newsletter we have included some helpful advice from a leaflet called *Green Advices and Queries for Quakers*.

VISIT TO BODNANT GARDEN IN MAY: Eglwysfach WI is organising a trip to this garden on 20th May. **ALL WELCOME.** Coach will leave Aberystwyth at 8am, picking up en route to Machynlleth. The coach costs £15 each and entrance to gardens £12.60 (free to members of National Trust). Contact Libby Goodman 01654 781451 or Alison Swanson 01654781322.

REPAIR CAFE in Machynlleth. Ecodyfi volunteers will run a repair cafe on the third weekend of every other month between 10.30 and 1.30pm, at the same time as the Community Bike Workshop. They will repair such things as lamps, hairdryers, clothes, hoping to reduce the mountains of waste our throw-away society produces. The next workshop should be on Saturday, 16th March.

ENERGY LOCAL: A meeting took place in the Iron Room to inform us that a scheme for using electricity generated by locals can be used by locals, benefitting both generators and members. If you are interested, please contact www.energylocal.co.uk.

AND TALKING OF TRANSPORT: Good news! The T2 bus service previously leaving Machynlleth at 8.50am **now leaves at 8.40** to link up with the T1(C) in Aberystwyth to Cardiff.

LOCAL EVENTS FOR FEBRUARY 2019, all in the Iron Room unless otherwise indicated.

Sun. 3	09.30	Holy Communion, St Michael's, Eglwysfach
Mon. 4	20.00	WI: Open meeting: Caroline Palmer: Historic Gardens (see above)
Wed. 6	18.30	Celtic Rainforests information evening
Thu. 7	14.00	Tai Chi
Fri. 8	14.30	Book Club: <i>Tattooist of Auschwitz</i> by Heather Morris
Sun. 10	09.30	Morning Service, St Michael's
Tue. 12	19.00	Table Tennis
Thu. 14	14.00	Tai Chi
Sun. 17	09.30	Holy Communion, St Michael's
Wed. 20	19.30	Scottish dancing
Thu. 21	14.00	Tai Chi
Sun. 24	09.30	Morning Service
Tue. 26	19.00	Table Tennis
Thu. 28	14.00	Tai Chi

Taken from GREEN ADVICES & QUERIES FOR QUAKERS

We depend for our lives upon the sun, the rain, the wind and the diversity of living things around us...Take time to recognise, respect, appreciate and enjoy the whole miracle of the universe.

2. We are subject to all the persuasive powers of commerce and are influenced by family, friends and neighbours. Take time to understand yourself, your real needs and your true potential. Try to bring all your actions in line with this understanding and your knowledge of the world around you.

3. "Try to live simply. A simple lifestyle freely chosen is a source of strength. Do not be persuaded into buying what you do not need or cannot afford. Do you keep yourself informed about the effects your style of living is having on the global economy and environment?" *Advices & Queries, 1994 No. 38*

4. Consuming more than we need may divert resources from the provision of essential services at home and abroad. Reusing, recycling and repairing will all reduce your footprint on the Earth. However refusing, and so doing without unnecessary goods, is the most powerful action.

5. "We do not own the world, and its riches are not ours to dispose of at will. Show a loving consideration for all creatures, and seek to maintain the beauty and variety of the world. Work to ensure that our increasing power over nature is used responsibly, with reverence for life. Rejoice in the splendour of God's continuing creation." *Advices & Queries, 1994, No.42*

6. We share the DNA structure of all life on Earth. The atoms in our bodies have circulated throughout the network of living and non-living forms making up the universe. Much of what we do, directly or indirectly, leaves the natural world damaged. Do you accept your responsibility for minimising this damage?

7. The drive to market cheap food has resulted in pollution of air, soil and water, destruction of wildlife and waste of raw materials. Try to buy local, fair-traded and organically produced food and eat fresh food in season. Consider whether you could grow some of your own.

8. Intensive animal farming is often cruel to the animals and is an extravagant waste of land, water and edible grains. Try to reduce your consumption of animal products.

9. Composting food and garden waste will enrich the soil and reduce the need for manufactured fertilisers and chemical controls. Healthy food and richer wildlife will be the reward.

10. Saving heat in the home can be done with improved insulation but reducing the temperature, area and time of heating is also important. Do you dress warmly enough and encourage others to do so too? Consider investigating renewable sources of energy for your home.

11. Cars and aeroplanes use irreplaceable fossil fuel, pollute the air and are major and increasing contributors to global warming. Could you reduce your use of these modes of transport? Consider this particularly when planning holidays or a change of home or occupation.

12. Waste disposal is a major problem causing soil, water and air pollution and taking up valuable land space. Do you make every effort to reduce the amount of rubbish you put out for collection and disposal?

13. "Remember your responsibilities as a citizen for the conduct of local, national, and international affairs. Do not shrink from the time and effort your involvement may demand." *Advices & Queries, 1994, No. 34*

ANY NEWS OR VIEWS FOR THE MARCH NEWSLETTER, PLEASE EMAIL janiem@gmail.com or phone 01654781250 This letter has been compiled by a member of St Michael's Church. Neither the Church nor the compiler is responsible for the accuracy of the news. Please address any comments to janiem@gmail.com

Summit to Sea - introducing the project

Summit to Sea is an initiative that aims to restore flourishing ecosystems and support a resilient local economy across a special part of mid Wales. Over time, the scheme hopes to increase wildlife habitats and to connect them up anywhere that landowners and sea users are happy to be involved between the Pumlumon massif, through the Dyfi estuary, into Cardigan Bay.

While the scheme is completely voluntary, it's hoped that within five years enough land holdings and sea users within the wider project area will choose to get involved to form a total area of at least 10,000 hectares of land and 28,400 hectares of sea where ecological restoration is being supported. This could involve many different things in different places depending on what people want to do on their own land, including new woodland creation, natural regeneration and ancient woodland restoration, more high nature value farming, blocking drainage in peat bogs, reducing plastic and other pollution from rivers and beaches and removing fish barriers from some of our streams. You probably have more ideas as well.

The idea is that this will support a range of new economic opportunities, helping local enterprises to diversify and creating new nature-based businesses.

Melanie Newton is the new Project Director and says her first task in the job is to lead extensive consultation with farmers, landowners and the wider community.

"I hope that this project will learn from the positive work that people have been doing for years on their land and their deep knowledge of the land," says Melanie, who is a Welsh speaker originally from South Wales.

"It's about enabling this community to grow and be strong in these uncertain times. It could stimulate vital services and stronger education provision and give us all more economic options to stay on the land and in the area, to work and to live. With the input of everyone, particularly over this next 12 months phase of community engagement, we'll decide how to do this together."

To find out more about the project please sign up to the email newsletter via the website: <http://www.ormynyddirmor.cymru/>.

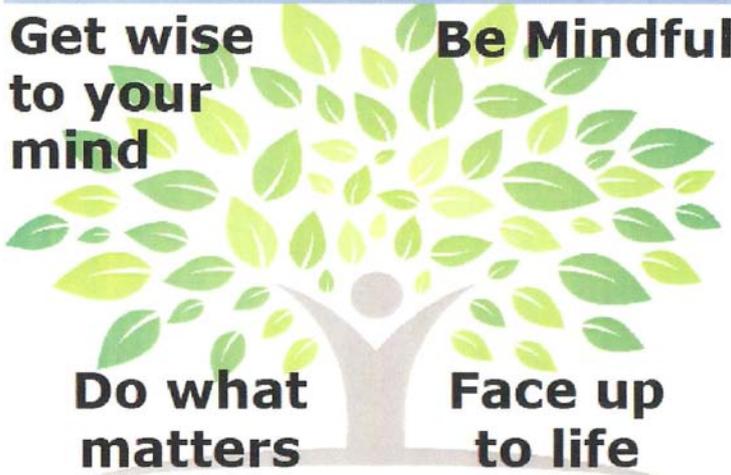
And if you'd like to get involved or share your view with Melanie she's keen to hear from you: info@summit2sea.wales

ACTivate Your Life

4 weekly classes Mondays in March
6:00—8:00pm @ The Warren Room
Machynlleth & District Care Centre
Canolfan Ofal Machynlleth a'r Cylch

Get wise
to your
mind

Be Mindful



Do what
matters

Face up
to life

Free Classes:

Learn and practice the core
principles of
Acceptance &
Commitment
Therapy. ACT

4th March

Get wise to your mind

11th March

Be mindful

18th March

Do what matters

25th March

Face up to life



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd
Addysgu Powys
Powys Teaching
Health Board

Ysgogi'ch Bywyd

Pedwar dosbarth wythnosol
bob dydd Llun
6:00—8:00yh yn Ystafell Warren
Machynlleth & District Care Centre
Canolfan Ofal Machynlleth a'r Cylch

Deall eich
meddwl

Bod yn
ymwybodol

Gwneud yr
hyn sy'n
bwysig

Wynebu
bywyd

Dosbarthiadau am ddim:

Cyfle i ddysgu ac ymarfer
egwyddorion craidd Therapi
Derbyn ac Ymrwymo
Acceptance & Commitment Therapy
ACT

4edd Mawrth

Deall eich meddwl

11fed Mawrth

Bod yn ymwybodol

18fed Mawrth

Gwneud yr hyn sy'n bwysig

25ain Mawrth

Wynebu Bywyd



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd
Addysgu Powys
Powys Teaching
Health Board

WINTER WELLBEING FAIR - Stalls, information on local services. Complimentary soup!

Friday 1st February

Just turn up!

18.30 - 20.30

CELEBRATING COMMUNITY ALL DAY EVENT - All day event at Llanfach Hall! Help uncover the heritage of our community! Free light lunch.

Saturday 2nd February

Just turn up!

10.00 - 16.00

TACLA - LIVE PERFORMANCE - Gypsy-swing, jazz and folk. Doors & bar: 18.45

Saturday 2nd February

Advance tickets. Adult £7.50 Family £16

19.00 - 21.00

TALK: STEPHEN OWEN: 'DESIGNS IN WOOD' - Come and hear all about the highs and lows of the life of an artisan!

Wednesday 6th February

Just turn up! * £3

19.00 - 20.30

CARERS COFFEE MORNING - Join us for cake and a chat to see what help is out there.

Saturday 16th February

Just turn up!

10.00 - 12.00

DAL ATI - Drop in session for Welsh learners and fluent speakers.

Saturday 16th February

Just turn up! £ Free

11.00 - 12.00

TALK: BEN PORTER: 'MESSAGE FROM THE ARCTIC'

Tuesday 19th February

Just turn up! *£3

19.00 - 20.30

COURSE: CALLIGRAPHY - An Introduction to the elegant Renaissance Italic script - 5 wks

Wed. 20th February – 20th March Advance booking. £40

19.00 – 21.00

WALK: MICRO ENVIRONMENTS with Joe Hope *Fully Booked

Saturday 23rd February

Advance booking only. *£4

11.00 - 13.00