

Keeping in touch and Getting involved

Welcome to the latest newsletter: we hope you find it interesting and useful. We as a committee are trying various means of communication, and many of you have 'signed up' to receive emails and texts about village events. If you have not yet done so you can email Des on interfoodtech@sky.com to add your name to the group for updates.

We have a list of names of people who have said they would like to help out in various ways but who don't want to be on the committee.

Beware as we *will* be asking you to do things! Thanks to Martin and Sian already for dealing with the ivy on the hall shed.

Quiz

The quiz goes from strength to strength, running on the second Monday of each month, at 7.30pm.

Come alone or with a team for a friendly, non - serious evening. Entry is £1 per person and bring your own booze!

Broadband and Oil Co-operatives

If you can't get broadband or if your speed is less than 512kb per second you should qualify for a Welsh Assembly Government grant of £1,000 (per address) towards the equipment needed to get you broadband. If we, as a community, wish to get together and pool our grants, we can do so and this may open additional doors to us. Please get in touch (Pete 01558 823306) if you are interested.

There is an oil-buying co-operative to help members purchase heating oil more cheaply (call Andy on 01550 777960); we are considering extending the Post Office as a small shop or convenience service (where you can order and pick up from the Old School). Do you have requests for other community-based services?

AGM

The Association AGM will be at 7:30pm on Thursday 26th January. We would like your thoughts about the past year and ideas for developments in 2012. Refreshments provided and we promise to keep the boring bits as short as possible.

Christmas Fayre

Lovely weather helped to make this year's Christmas Fayre very enjoyable. The Post Office was exceptionally busy and so were the stalls which filled both marquees. The Bethlehem Village Band played Christmas music from their new CD (available at the hall) and the kids from the Drama Club performed their Christmas puppet show twice to loud applause. Sion Corn, a buzzing kitchen and the cakes and provisons stall helped make a huge contribution to the annual costs of running the hall. Thanks to all who helped!

Christmas Carols

We will be having our Christmas carols on Tuesday 20th December at 8pm. Mince pies and refreshments available.

Christmas Coffee Shop and Post Office

The Post Office will be open 10am to 4pm during the Christmas Fayre and then from 10 to 4 on weekdays and 10 to midday on Saturdays from 5th to 20th December. Yr Hen Ysgol will be open for refreshments at the same times.

D a w n C h o r u s B i r d W a l k

At 5.30am on May 7th, 18 of us gathered and set off over Garn Goch with bird expert David Owen. It was a gorgeous and fascinating walk, followed by fresh coffee and delicious bacon rolls in the hall. We hope to repeat this very popular event in future years.

Talks in the Hall

We have increased the frequency of talks in the hall, by popular demand. Many of you will have been to Dafydd Evans' talk on 'The Brain' at the end of May, which proved very popular, and some also came to Richard Rees' fascinating talk on how 'London nearly stole the River Tywi' in June. In August we had a talk by Angharad Beurle-Williams of Cardiff University, on meteors, and in September a talk by Paul Davies of Dolau Hirion fruit tree nursery, on growing apples. Both of these were part of all day events. In November also we had an evening of astronomy but, sadly, it was too cloudy to use the telescopes.

Bike maintenance

Tywi Valley cycles, aka Paul Smith who lives next door to the hall, held two bike maintenance classes on Saturday 25th June and Sunday 3rd July, with funding from the Brecon Beacons National Park. Paul's website is www.towyvalleycycles.co.uk

Noson Lawen

We were treated to some mid-week relaxation by Lynne Jones and Yr Hanner Arall in a welcome breath of bilingual humour and songs (and the cider went down well).

Meteor Shower and Twmpath with *The Bethlehem Village Band*

On Saturday 13th August the village fete, BBQ and twmpath was held and although the clouds stopped us watching the peak night of the Perseids meteor shower via telescopes, we had a fine afternoon's fete with games, crafts and storytelling and evening twmpath was packed as the band gave us a superb work-out.

Hallowe'en

We took comfort from the spooky stories in the special hallowe'en food. There were difficult decisions to make as to which was the best of the table-full of carved pumpkins and the line-up of tightly-packed evil creatures stretched from one end of the hall to the other. Still, the decision was made without ill-effect and a couple of people even won prizes at the open-mic (one story and one trick-for-a-treat) - a big thankyou to everyone who joined in the spirit of the evening!

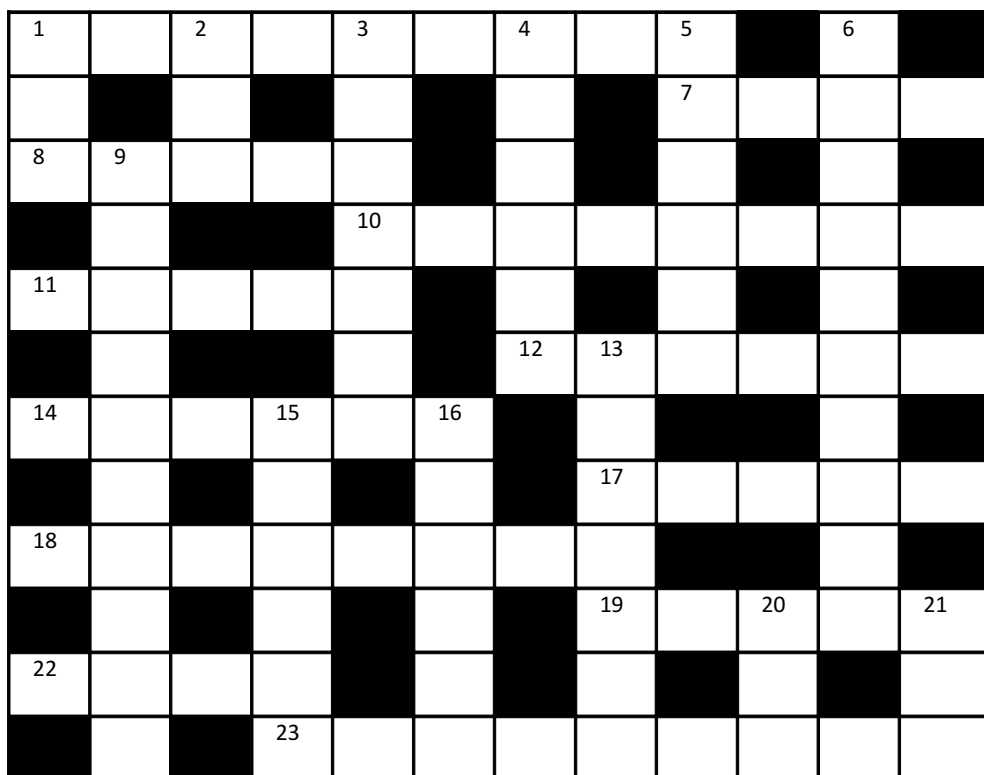
Don't forget the hall is available to hire at reasonable rates, call 07812 506562 for information or to book. You can also contact Pete on 01558 823306.

Village Apple Day

We borrowed the Tywi Afon Yr Oesoedd apple press on Saturday September 24th and gathered a fair few apples which were promptly pressed for juice or cider (ours is still working). Paul Davies of Dolau Hirion provided us with a very interesting talk about fruit trees and their cultivation and Des imparted some of his culinary expertise to the children in the form of toffee apples.



Crossword *By Arthur*



Across

- 1 and 10: They go with a bang (9,8)
- 7: Trim; cattle (4)
- 8: Fabric (5)
- 10: See 1.
- 11: Proverb (5)
- 12: Jewish sect (6)
- 14: Feeding trough (6)
- 17: Stone (5)
- 18: Sticking (8)
- 19: Imposing (5)
- 22: Hurry; leftie (4)
- 23: Taken unawares (9)

Down

- 1: Greek island (3)
- 2: Oestrus; routine (3)
- 3: Genuine (7)
- 4: Threat (6)
- 5 and 9: Game (6, 3, 7)
- 6: Lancashire town (10)
- 9: See 5.
- 13: Totter (7)
- 15: Welcomes (6)
- 16: Attacker (6)
- 20: Mammal (3)
- 21: Useless things; garment (3)

Answers on the website at www.ymmethlehem.org.uk/crossword – you can always call Pete if you really need to know.



Drama Club

Drama Club runs every Monday in school term time. From 4-4:45pm is Drama Club Bach (6-8 year olds) and from 4:45-5:45pm, Drama Club Mawr (9-12 year olds). * Closed in December.

Food Club with Des

Bethlehem's very own food expert Des Oldfield presided over a village 'bake in' on June 8th. The hall was packed as 15 of us made our own bread, as well as a Quiche Lorraine, Fougace and Focaccia loaves, watched by a number of spectators and washers - up.

Yoga

There is now a Yoga class running in the Old School on Tuesdays between 7 and 8:30pm. Another course will be starting in January. An introduction to the gentle Satyananda style of yoga, it is suitable for all ages, levels of fitness and bodies. Satyananda yoga is an integral yoga, a blend of classic postures, breathing practices, deep relaxation and meditation. This course covers the preparatory PMA series – a systematic and progressive series of practices which work towards releasing joints, increasing flexibility and developing awareness of breath. This provides a foundation for any further yoga practice. Time is given to breathing practices and relaxation in every class – tools which can be used in everyday life.

Fee: £60 for the ten-week course, with ongoing enrolment. For booking and further information, please call 01558 823842.



Clwb Bwyd gyda Des

Llywyddodd Des Oldfield, arbenigwr bwyd Bethlehem ei hun, dros 'pobi mewn' pentref ar 8^{ed} o Fehrin. Roedd y neuadd yn orlawn â 15 ohonom yn gwneud ein bara ein hunain, yn ogystal â Lorraine Quiche, Fougace a thorthau focaccia, dan lygaid nifer o wylwyr a golchwyr - i fyny.

Clwb Drama

Mae Clwb Drama yn rhedeg bob Dydd Llun yn ystod y tymor ysgol. Rhwng 4-4:45yp yw Clwb Drama Bach (6-8 oed) ac o 4:45-5:45, Clwb Drama Mawr (9-12 oed). * Ar gau yn Rhagfyr.

01558 823842

Bellach mae dosbarth Ioga yn yr Hen Ysgol ar nos Fawrth rhwng 7 a 8:30. Bydd cwrs arall yn cychwyn ym mis Ionawr. Cyflwyniad i arddull tyner Satyananda tyner o Ioga, sydd yn addas ar gyfer pob oedran, lefel o ffitrwydd a chyrrff. Mae Satyananda Ioga yn Ioga annatod, cyfuniad o ystumiau clasurol, arferion anadlu, ymlacio dwfn a myfyrdd. Mae'r cwrs yn cynnwys cyfres PMA paratoadol - cyfres systematig a chynyddol o arferion sy'n gweithio tuag at ryddhau cymalau, hyblygrwydd cynyddol a datblygu ymwybyddiaeth o anadlu. Mae hyn yn darparu sylfaen ar gyfer unrhyw ymarfer Ioga pellach. Amser yn cael ei roi i arferion anadlu ac ymlacio ym mhob dosbarth - offer y gellir ei ddefnyddio mewn bwydd bob dydd. Ffi: £60 am y cwrs deg wythnos, gyda cofrestru parhaus. I archebu a gwybodaeth bellach, ffoniwch

Ioga

Diwrnod Afalau

Roeddem yn benthyg y wasg afal o
Tywi Afton Yr Oesoedd ar ddydd
Sadwrn 24th Medi a chasgu ychydig
o afalau teg a wasgwyd yn brydlon
ar gyfer sudd neu seidr (un ni yn dal
i weithio). Ddarperodd Paul Davies o
Dolau Hirion sgwrs diddorol iawn i ni
am goed ffrwythau a'u trin a Des yn
cyfleu peth o'i arbenigedd coginio!
I'r plant yn y ffurf o afalau taffi.

Calan Gaaf

Cymerwyd gysur o'r straeon arswyd yn ystod bwyd arbenig
Calan Gaaf. Roedd penderfyniadau anodd i'w gwneud
ynghylch pan oedd y gorau o'r tabl-llawr o bwmpenni
certifiedig a'r llinell lawr o greaduriaid drwg yn ymestyn o un
pen y neuadd i'r llall. Gwnaed y penderfyniad heb gam-
effaith a chwpl o bobl hyd yn oed yn ennill gwobrau yn y
meic agored (un stori ac un tric-am-a-drin) - Diodlch mawr i
bawb a ymunodd yn ysbryd y noson!

*Peidiwch anghofio fod y neuadd ar gael i'w llogi am bris
rhesymol, ffoniwch 07812 506562 am wybodaeth neu i
archebu. Gallwch hefyd gysylltu â Pete ar 01558 823306.*

Ar ddydd Sadwrn 13^{eg} Awst, cynhaliwyd ffair y pentref, barbeciw a twnmpath ac er bod y cymylau yn
ein rhwystro rhag wyllo noson frig y gwod meteor Perseids trwy delesgopau, cawsom ffair
brynhawn braf gyda gemau, crefftau ac adrodd straeon a'r twnmpath nos yn llawn, gan i'r band roi inni
berfformiad gwych.

Cawod Meteor a Thwnmpath gyda Band Pentref Bethlehem

Cynnal a Chadw Beiciau

Mae Beiciau Dyffryn Tywi, aka Paul Smith, sy'n byw
drws nesaf i'r neuadd, wedi rhedeg dau ddsbarth
cynnal a chadw beiciau ar Dydd Sadwrn, 25^{ed} o
Fehfin a Dydd Sul, 3^{ydd} o Orffennaf, gyda chyllid gan
Parc Cenedlaethol Bannau Brycheiniog. Gwefan Paul
yw www.towvalleycycles.co.uk

Noson Lawen

Roeddem yn cael ein trin i beth adloniant yng
nghanol yr wythnos gan Lyne Jones a Yr Hanner
Arall mewn awel dderbyniol o himmor dwyieithog a
chanauon (a'r seidr aeth i lawr yn dda).

Cyflwyniadau yn y Neuadd

Oherwydd galw mawr, dyn ni'n cynyddu
amlder y darlithiau yn y neuadd. Bydd llawer
ohonoch wedi bod i sgwrs Dafydd Evans ar 'Yr
Ymennydd' ar ddiwedd Mai, a brofodd yn
boblogaidd iawn. Ac mae rhai hefyd yn dod i
sgwrs hynod diddorol Richard Rees ar sut
'Mae Llundain bron wedi dwyn yr Afton Tywi'
ym mis Mehefin. Ym mis Awst, roedd yna
sgwrs gan Angharad Beurle-Williams o
Britysgol Caerdydd, ar meteors, ac ym mis
Medi sgwrs gan Paul Davies o feithrinfa goed
ffrwythau Dolau Hirion, ar dyfu afalau. Roedd
yr rhain yn rhan o ddiwyddiadau gydol y
dydd. Ym mis Tachwedd hefyd, roeddem yn
cael sgwrs ar serdyddiaeth.

Dawn Chorus Tait'h Gerdded Adar

Am 5:30 y bore ar 7 Mai, roedd 18 ohonom wedi casglu a thramwyo dros y Garn Goch gyda'r
arbenigwr adar David Owen. Roedd yn dat'h gerdded hysryd a diddorol, ac yna coffi ffres a rhoiau
bacwn biasus yn y neuadd. Dyn ni'n gobethio ailadrodd y digwyddiad poblogaidd iawn hwn yn y
blynyddoedd i ddod.

Cylichlythyr Bethlehem

Seren*

Cadw mewn cysylltiad a

Chymryd rhan

Croeso i'r cylichlythyr diweddaraf: dyn ni'n

gobeithio y byddwch chi'n ei gael yn ddiddorol ac yn ddefnyddiol. Dyn ni, fel pwyllgor, yn ceisio gwahanol ddulliau o gyfathrebu, ac mae llawer ohonoch wedi 'cofrestru' i dderbyn negeseuon e-bost a negeseuon testun am ddigwyddiadau'r pentref. Os nad ydych wedi gwneud hynny eto, dych chi'n gallu e-bostio Des ar interfoodtech@sky.com, i ychwanegu eich enw at y grŵp am y newyddion diweddaraf. Mae rhestr gyda ni o enwau pobl sydd wedi dweud y byddent yn hoffi helpu mewn gwahanol ffyrdd, ond nad ydnt am fod ar y pwyllgor. Byddwch yn ofalus gan y byddwn ni'n gofyn i chi wneud pethau i'r Diolch i Sian a Martin eisoes am ddellio a'r iorwg ar sïed y neuadd.

Band Fang ac Olew

Cydwethredol

Os na allwch gael band eang, neu os yw eich cyflymder yn llai na 512CB/eiliad etallai y byddwch yn gymwys i gael cymorthdal Llywodraeth Cynulliad Cymru o £1,000 (y cyfeiriad) tuag at yr offer sydd ei angen i roi chi band eang. Os ydym, fel cymuned, yn dymuno dod at ein gilydd ac yn cyfuno ein grantiau, gallwn wneud hynny, ac mae hyn yn agor drysau ychwanegol i ni. Cysylltwch â ni (Pete 01558 823306) os oes gennych ddi-ddordeb. Mae yma grŵp cydwethredol prynu olew i helpu aelodau i brynu mwy o olew rhatach (ffoniwch Andy ar 01550 777960); rydym yn ystyried ymestyn y Swyddfa Bost fel siop fach neu gyfleustra wasanaeth (lle gallwch archebu a codi o'r Hen Ysgol). Oes gennych chi geisiadau am wasanaethau eraill yn y gymuned?

Cwis

Mae'r cwis yn mynd o nerth i nerth, yn rhedeg ar yr ail Ddydd Lun o bob mis, am 7.30pm. Dewch ar ben ei hun neu gyda thîm ar gyfer noson gyfeillgar a di-ddifrifol. Mae mynediad yn £1 y person a dewch â'ch cwrw eich hun!

Ffair Nadolig

Fe helpodd tywydd hyfryd i wneud y Ffair Nadolig eieni yn bleserus iawn. Roedd y Swyddfa Bost yn eithriadol o brysur ac felly roedd y stondinau oedd yn llenwi'r ddau babelll fawr. Chwaraeodd Band Pentref Bethlehem ceddoriaeth Nadolig oddi wrth eu CD newydd (ar gael yn y neuadd) a phefformiodd y plant Cwib Drama eu sioe Nadolig bypedau dwywaith i gymeraadwyaeth uchel. Gwnaeth Sïon Corn, cegin suo, ac y stondin cacennau a darpariaethau cyfraniad enfawr at gostau blynyddol redeg y neuadd. Diolch i bawb a helpodd!

Carolau Nadolig

Byddwn yn cael ein carolau Nadolig ar Nos Fawrth, 20^{ain} Rhagfyr am 8yh. Peis mins a lluniaeith ar gael.

Siop Goffi Nadolig a Swyddfa'r Post

Bydd y Swyddfa Bost yn agored o 10yb i 4yp ar ddyddiau'r wythnos a 10yb i ganol dydd ar ddydd Sadwrn (10 - 4 ond yn ystod y Ffair Nadolig) o 5 i 20 Rhagfyr. Bydd Yr Hen Ysgol yn agored ar gyfer lluniaeith ar yr un pryd.