

Cymerwch Ran! Gyda 'Tywi Afon yr Oesoedd'

Gweler dyddiadur o weithgareddau wedi eu trefnu gan Tywi Afon yr Oesoedd. Os hoffech ragor o wybodaeth neu i gadarnhau lle, cysylltwch â'r tîm ar (01558) 824271
post@tywiafonyroesoedd.org.uk www.tywiafonyroesoedd.org.uk

GŴYL FWYD GYMUNEDOL BLAS TYWI, dydd Sadwrn 11 Medi a dydd Sul 12 Medi 2010

- Canolfan Tywi, Fferm Dinefwr, Llandeilo. Mae manylion llawn ar gael ar ein gwefan.
Gofal Celf Cymru - Ar y nos Sadwrn, 11 Medi am 6pm, bydd Gofal Celf Cymru yn creu cerfluniau o haearn tawdd. Mae'n olygfa drawiadol – peidiwch â'i cholli!

CYSTADLEUAETH Beth yw eich hoff rysâit sydd wedi ei ysbrydoli gan Ddyffryn Tywi?

Er mwyn dathlu'r cyfoeth o gynnyrch sydd ar gael yn Nyffryn Tywi, mae Tywi Afon yr Oesoedd yn casglu ryseitiau a fydd yn cael eu rhoi ar ein gwefan er mwyn ysbrydoli bobl i ddefnyddio cynnyrch lleol. Os oes gennych unrhyw ryseitiau yr hoffech eu rhannu, danfonwch nhw at Tywi Afon yr Oesoedd erbyn **Tachwedd 25ain 2010**.

Gwobr: Bydd cyfle i bob rysâit i geisio ennill basged o gynnyrch lleol, gwerth £75 o Siop Gymunedol Dryslwyn.

CYRSIAU AM DDIM

- Rheoli Perllannau - 16 Medi 2010
- Diwrnod Perllan: seminar afalau a nifer o weithgareddau eraill yn ymwneud ag afalau - 24 Medi 2010
- Cartrefi Delfrydol i Ddyfrgwn - 2 Hydref 2010
- Rheoli a Phlannu Perthi - 9 Tachwedd 2010
- Plygu Perthi - 10 & 11 Tachwedd 2010

Cysylltwch ag Iestyn Thomas, Swyddog Tirwedd & Bioamrywiaeth am fanylion pellach 01558 824271 neu iestynthomas@sirgar.gov.uk. **Rhaid archebu lle o flaen llaw ar y cyrsiau yma.**

CYMORTHFYDD HEN DAI Dydd Mawrth 5 Hydref 2010, Canolfan Tywi, Llandeilo

9.30am - 5pm

A ydych chi'n ystyried gwneud gwaith atgyweirio ar eich hen dŷ ond ddim yn gwybod ble i ddechrau?

Ymunwch â'r arbenigwr, Cliff Blundell, awdur Precious Inheritance, am ddiwrnod o wybodaeth a thrafodaeth rad ac am ddim ynghylch eich tŷ a thai arall yn Nyffryn Tywi.

Rhaid neilltuo lle ar gyfer y diwrnod yma. Am fanylion pellach cysylltwch â Nell Hellier: nhellier@sirgar.gov.uk

DYSGU AM GALCH

Ydych chi'n berchennog tŷ sy'n ystyried atgyweirio eich hen dŷ eich hun, neu'n adeiladwr neu'n blastrwr sydd am ddysgu techneg adeiladu newydd (ond hen)? Dewch ar rhai o'n cyrsiau:

Dydd Iau 7 Hydref - Cyflwyniad i Galch - £70

Dydd Gwener 8 Hydref - Plastro â Chalch - £70

Lleoliad: Canolfan Tywi, Fferm Dinefwr, Llandeilo

Rhaid neilltuo lle ar gyfer y cyrsiau yma. Am fanylion pellach cysylltwch â Nell Hellier: nhellier@sirgar.gov.uk

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Get Involved! With Tywi a River Through Time

Here is a diary of events and activities arranged by Tywi a River Through Time. If you would like further details or to book a place please contact the team on (01558) 824271 post@tywiafonyroesoedd.org.uk www.tywiariverthroughtime.org.uk

A TASTE OF TYWI COMMUNITY FOOD FESTIVAL - Saturday 11th September and Sunday 12th September 2010 - Tywi Centre, Dinefwr Farm, Llandeilo. Further details are available on our website.

Arts Care Cymru - On Saturday evening 11th September at 6pm Arts Care Cymru will be casting sculptures using molten iron. This is an impressive sight, not to be missed!

COMPETITION What is your favourite recipe inspired by the Tywi Valley?

To celebrate the wealth of produce in the Tywi Valley, Tywi Afon yr Oesoedd are collecting recipes that will be available on their website, to inspire people to use local produce. If you have any recipes that you would like to share, please send them to Tywi Afon yr Oesoedd by **November 25th 2010**.

Prize: Each recipe sent in will be entered into a draw for a chance to win a hamper of local produce worth £75 from Dryslwyn Community Shop.

FREE COURSES

- **Orchard Management - 16 September 2010**
- **Orchard Day: Apple Seminar and numerous other activities involving apples - 24 September 2010**
- **Ideal Homes for Otters - 2 October 2010**
- **Hedgerow Management & Planting - 9 November 2010**
- **Hedgelaying - 10 & 11 November 2010**

Please contact Iestyn Thomas, Landscape & Biodiversity Officer 01558 824271 for full details: iestynthomas@carmarthenshire.gov.uk. **Places are limited and must be booked beforehand.**

OLD HOUSE SURGERY Tuesday 5th October 2010 Tywi Centre, Llandeilo 9.30am - 5pm

Are you planning to carry out some repairs on your old house, but don't know where to begin? Join the expert, Cliff Blundell, author of Precious Inheritance, for a free day of consultation and information on your house and/or other houses in the Tywi Valley.

Booking is essential for this event. For further information please contact Nell Hellier: nhellier@carmarthenshire.gov.uk

LEARN ABOUT LIME

Are you a homeowner looking to carry out your own repairs on your old house, or a builder or plasterer wanting to learn a new (but old) building technique? Come on our Lime Courses:

Thursday 7th October - Introduction to Lime - £70

Friday 8th October - Lime Plastering - £70.

Venue: Tywi Centre, Dinefwr Farm, Llandeilo

Booking is essential for these courses. For further information please contact Nell Hellier: nhellier@carmarthenshire.gov.uk