Diary, Out and About, Events...

Blood donor sessions

We have received, from the NHS Blood and Transplant Service, forthcoming dates of donor sessions to be conducted in the Neuadd Dyfi Car Park and ask that you put the following date in your diary.

- Wednesday 7th October 2015

The session times are 15.00 to 18.00 each day. No need to make an appointment, just turn up on the day. Make a date in your diary, your blood could save a life.

Cambrian Coast Sportive - volunteer marshals required Saturday 19th September

The Cambrian Coast Sportive takes in some of the UK's most spectacular countryside. Starting from Aberdovey and set entirely within the Snowdonia National Park, the routes follow the coast and beaches, climb the mountains, skirt around lakes and descend through forests, making this arguably the most scenic sportive ride in the country.

In this sparsely populated part of the country, well over half of each route comprises minor back roads with smooth tarmac, where cars are seldom seen allowing riders to ride happily side by side.

Highlights of the routes includes the spectacular Cregennan Lakes with its views over the Mawddach Estuary, the coastal road to Fairbourne (10km) right by the sea, the crossing of three estuary

bridges and the mighty Bwlch y Groes (aka Hellfire Pass) The routes are comprehensively marshalled and the organisers need volunteers to assist. Can you help? Call Rupert Tildesley on 01654 767070

At the time of going to press, there were over 350 riders signed up for this year's ride and a total of over 500 is anticipated for the day. Put 19th September in your diaries and come along and cheer if you don't fancy pedalling. Visit www.welshcyclingevents.co.uk for more information.

Neuadd Dyfi
Regular events programme

- Tai Chi	Mondays	1.30pm
- Keep Fit	Wednesdays	6.30pm
- Parent & Toddler	Thursdays	10.00am
- Pilates	Thursdays	7.00pm

Sunday 23rdAugust 7.30pm

"Aberdyfi's got talent" -The Aberdyfi Players, The Really Big Glee Club, and many more acts. A fundraiser for the Neuadd Dyfi

Sunday 11th October

Devils Violin Company
"The Forbidden Door"

Sunday 1st November

Ivan Ilic - Piano Recital

The Village Show

The Annual Village Show tales place on Saturday 22nd August at the Neuadd Dyfi. There will be displays of Vegetables, Fruit, Photography, Floral Art and Domestic Produce. Doors Open at 2.30 pm.
Homemade Teas will be served until prize-giving at 3.45pm. Everyone is welcome to enter and come along. Show Schedules are available in local stores.
If you would like to contribute please do get in touch.
Contact details :
Gay Richardson, pagr100@hotmail.com
or telephone 01654 767577

RNLI Party Night

On Saturday 15th August, after the Food Festival, it's RNLI party night at the Outward Bound building on the Wharf.
The fun starts at 8.00pm and continues through to 12.00 midnight.
Well known local bands 'The Jenny Stevens Band' and 'Pretty visitors' will provide live entertainment.
Tickets £5.00 on the door.
A Fund Raising Event for RNLI, saving lives at sea.
www.rnli.org.uk

WOW-Worship on the Wharf

Worship on the Wharf with Aberdyfi Christians Together, in the Wharf Gardens.
Join with Christians from all denominations for an informal service of celebration (if wet, Bethel chapel in the Square)
Sunday 16th, 23rd and 30th August

Macmillan coffee morning Bethel Chapel

Thursday 24th September
10.30 -+ 12.30

Aneurism check-up for men over 65

The Wales Abdominal Aortic Aneurysm (AAA) Screening Programme will offer men a quick, painless, one-off test to check for a condition that can be life-threatening if left undetected.
The aorta is the main blood vessel that supplies blood to the body. Sometimes, as people grow older, the wall of the aorta in the abdomen can become weak and stretch to form an aneurysm. When this happens there is a risk that the aorta may split or tear (rupture).
The new screening programme aims to reduce this risk of rupture through early detection, appropriate monitoring and treatment.
The screening programme aims to reduce this risk by providing men with a simple, painless ultrasound scan that will detect whether an AAA is present.
The screening takes only a few minutes but it really could help save your life.
An AAA can happen to anybody but is most common in men aged 65 and over who smoke, have high blood pressure, high cholesterol or have a family history of AAA.
If you would like more information, contact your local GP practice.

Pyjama Walk

Tywyn and Aberdovey Friends Group have organised a Pyjama walk on Saturday 22nd August to raise funds for Ty Gobaith Children's Hospice.
Registration at Whitehall Pub Tywyn 8.00pm finishing at the Neptune Social Club.
For more information, call Myfanwy on 01654 710573 or Greta on 01654 711582.

Dyfi People...

Annwen Lloyd Williams

A local resident who has worked at Outward Bound for over 30 years has received a prestigious award at Buckingham Palace.
Annwen Lloyd Williams, Head of Administration at the Outward Bound, Aberdyfi, has been awarded an MVO- Member of the Victorian Order- which recognises distinguished personal service, for services to The Outward Bound Trust.

Annwen Lloyd Williams

Annwen received the award from Princess Anne at Buckingham Palace on 2nd July.
She said: "It was a great honour to receive this award.
"I thoroughly enjoyed the whole experience on the day at Buckingham Palace and my receiving the MVO from Princess Anne.
"I have been at Outward Bound for 31 years and I am very proud to have worked here all this time. I am delighted and thrilled that I have been acknowledged in this way."

Snowdonia National Park Mentoring Programme

Snowdonia National Park Authority are introducing a member mentoring Programme to try and increase the diversity of its appointed Members, so that they better reflect the community they serve.
They are aiming to recruit three or four people over the next couple of months to take part in the programme which will start in September.
If you would like to find out more about joining the programme, contact Aberdyfi Community Council Clerk, Neil Storkey on 01654 767816

Dark Sky Reserve Status for Snowdonia

A Dark Sky Reserve is a prestigious award given by the International Dark Sky Association to select destinations that have proven that the quality of their night air is outstanding and that real efforts are being made to minimise light pollution.
Light pollution is an important issue illustrated by the fact that between 1993 and 2000, light pollution has increased by 24% in the UK. As it increases, the opportunities to enjoy the night sky and its stars decline.
There is an adverse impact on nocturnal wildlife including species of mammals, invertebrates and birds. Examples include disturbance to the migratory routes of bats (of which there are thought to be 12 species residing in Snowdonia) and decreased ability to mate amongst certain bird species e.g. blackbirds.
Surveys have indicated that Snowdonia has large areas with good quality dark skies, particularly in more rural areas, enhancing the night time landscape for star gazers.
It is believed that dark sky status will create significant tourist destination opportunities for the future.

Dyfi Stores & Post Office

Aberdyfi, LL35 0NR Tel: 01654 767793

Open Daily From 8am For All Of Your Needs!

Groceries
Bread & Milk
Newspapers
Magazines
Cigarettes & Tobacco
Beers, Wines & Spirits
National Lottery
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£16.00 OR £19.50
AFTERNOON TEA
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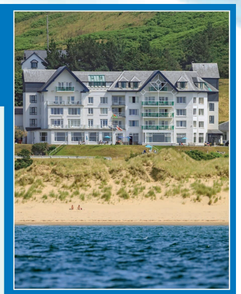

WHERE THE MOUNTAINS MEET THE SEA

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News....

Sailing news

Aberdyfi has a growing reputation as a premier dinghy sailing destination and so far this summer the Dyfi Estuary has seen significant growth in the quality and prestige of events promoted and managed by the Dovey Yacht Club.
July saw the prestigious RS300 & Vareo National Championships which saw over 40 sailors competing in 10 races over four days, in both the estuary and beyond the bar. The weather swung between sunny and calm to extremely windy with rain-but no sailors were undaunted and had a great time both on the water and on shore!
Following closely on the heels of a very successful Dovey Fortnight, August 15th and 16th (the same weekend as Aberdyfi Food Festival) sees the 'DYC' Olympics, featuring a range of races for all the family.
Charity Commission that our community charity, The Aberdyfi Enterprise Trust, has at last been officially registered.
On a related matter, we are, at time of writing, in discussions with the Big Lottery regarding our Stage One application regarding the primary school building and we should know by October whether or not we have been accepted for Stage Two of the process.

Join our High Sheriff on the Talyllyn Railway Train

On Friday 11th September the High Sheriff of Gwynedd, Dr Libby Andrews, is hosting a very special event on the Talyllyn Railway Train from Wharf Station, Tywyn. Event details to follow but there will be a picnic and live music on the train, and more live music at Abergynolwyn.
This will be a night for all of us to remember and will raise funds for Cwmcelyn and North Wales Wildlife Trust.
The Wharf Station gates will open at 6.15pm and the High Sheriff looks forward to meeting you all.
Tickets for the event will be on sale at Dyfi Marine from 25th August.

Would you like to be a Community Councillor?

Following the resignation of Henry Jones, who served as a Councillor for over 15 years, (and is sorely missed) representing Aberdyfi ward, there a vacancy on Aberdyfi Community Council. If you would like to find out how you could serve the community of Aberdyfi as a Councillor, contact the Community Council Clerk, Neil Storkey, on 01654 767818 or e-mail aberdyfiocouncil@btconnect.com.

Aberdyfi Enterprise Trust

We have received confirmation from the Charity Commission that our community charity, The Aberdyfi Enterprise Trust, has at last been officially registered.
On a related matter, we are, at time of writing, in discussions with the Big Lottery regarding our Stage One application regarding the primary school building and we should know by October whether or not we have been accepted for Stage Two of the process.

Nature notes...

Bottlenose dolphins

Dolphins are often among people's favourite animals and none is more familiar that the bottlenose dolphin, a familiar and regular visitor to Aberdyfi. Dolphins are very intelligent animals that display complex behaviours, some of which are aggressive and seem to contradict the image created by their 'permanent smile'. Like most dolphins, bottlenoses feed on squid, shrimp, eels and a wide variety of fish.

Although they hunt mainly in coastal waters, they also prey on bottom-dwelling and offshore fish. Their small, sharp, conical teeth are arranged in rows, which is typical of fish-eaters. Bottlenoses often hunt in teams and it's thought that they use sound to communicate to each other while pursuing prey.

Dolphins are extremely social animals and live in groups called pods. These are usually made up of 1-10 dolphins in coastal regions, and 1-25 in offshore waters.

They are among the most vocal of mammals. They have excellent hearing and communicate with each other using a wide variety of sounds including whistles and clicks. They may even use a specific whistle to identify each other - the equivalent of a name.

Dolphins are typically perceived to be gentle creatures, but there is another side to their behaviour. Aggressive displays such as jaw-clapping, physical contact and scratches inflicted by sharp teeth are often used to determine and reinforce dominance hierarchies within a dolphin group.

Dolphins use sound to locate objects - a technique known as sonar or echolocation. Sound travels through water more efficiently than light does, so it is easier to hear than to also prey on bottom-dwelling and offshore fish.

Recycle your rubbish

There is still a great deal of concern regarding the disposal of rubbish, in the context of the closure of Potter's yard in Machynlleth.
There is evidence of flytipping in the countryside around Aberdyfi, Tywyn and Machynlleth and it is important that we all try to dispose of our rubbish responsibly.
There is an excellent facility in Dolgellau where a visit that if you have need to dispose of large items, the facility is well worth a visit. We have received reports that the staff are exceptionally helpful, and that the site is very well maintained and clean.
The facility is located on the Bala Road, postcode LL40 2FF and the opening times are as follows:

Monday-Friday	10.00-16.00
Saturday-Sunday	10.00-15.00

Lobsterfest

If your child or family want to become a Dyfi Ranger they just have to meet before a session is due to start at the marker flags located at the far end of Aberdyfi beach towards the playground.

Imagine starting your day by cooking your toast around a campfire, looking for coastal treasures, making coastal jewellery, building a den to keep the pirates out, making signs to let people know where you are and finally rounding it off with a sand art competition against your parents!

For further information or to book for the survival skills day please contact Jo Canfield on 07961270883 or look on the website www.teachoutdoors.co.uk

Aberdyfi Food Festival...

Culinary Treat

Make sure you don't miss Aberdyfi's culinary treat - the inaugural Food Festival, on Saturday 15th August.

artisan bread, preserves & jams, gourmet ice-lollies (yes, really!), beer, Pimms, cider & wine and Aberdyfi cakes, cookies and fudge.
The Festival is free of charge and is being held on the Wharf in the centre of Aberdyfi and will be open from 10.30am to 16.30pm. Michelin-starred chef Gareth Ward from Ynyshir Hall is the special guest and he will get the cookery demonstrations underway at 11.00am in the theatre kitchen, where he will showcase his culinary skills preparing locally caught seafood. It will be a rare opportunity to see a Michelin starred chef in action. Visitors will also be able to find out from Aberdyfi's seabreeze Restaurant how to fillet and prepare fish like a professional and will be selling dishes such as mussels poached in Welsh cider and scallops served on samphire. The Aberdyfi Food Festival is sponsored by Cardigan Bay Fisheries and Aberdyfi Community Council. Further information is available via the Festival's Facebook page: 'Aberdyfi Festival of Food'.

The Festival, which is part or a series of events being held across Cardigan Bay, will feature cookery demonstrations by leading local chefs as well as the opportunity to sample and purchase a wide range of Welsh produce including sea food, award winning Welsh cheeses, locally reared meat, Snowdonia honey,

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Published by Cymdeithas Cymuned Aberdyfi Community Council

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Published by

August 2015

Cannwll Brwyn Aberdyfi Rushlight

...& Community Roundup