

## Negeseuon



1. Dydd Mawrth : Gorffennaf 12fed  
11.00 o'r gloch y bore

Bore da, Deian.

**Mae'r tywydd yn hyfryd**  
bore'ma.

**Mae'n heulog** ac yn braf.

**Mae'r brogaod bach**  
**yn crawcian**

yn y brwyn

ac mae'r awyr

yn las llachar uwchben.

**Cysges i fel mochyn** neithiwr

a dihuno bore'ma

yn llawn egni.

I frecwast **ges i fiwslï**

a thair disgled o goffi.

(**Maen nhw'n gwneud**

disgled hollol ansparadigaethus o goffi  
yma).

Ar ôl brecwast

**es i draw** i'r gweithgaredd

Adeiladu Tîm.

Ond **roedd**

gormod o bobl yna.

“**Well i chi fynd**

i rywle arall”

medde Gethin,

arweinydd y gweithgaredd.

Felly **es i** i wylïo adar

ar lan yr afon.

1. Tuesday : July 12th  
11.00 o' clock a.m.

Good morning, Deian.

**The weather is lovely**  
this morning.

**It's sunny** and fine.

**The little frogs**  
**are croaking**

in the rushes

and the sky

is a rich blue above.

**I slept like a pig** last night

and woke up this morning

full of energy.

For breakfast **I had** muesli

and three cups of coffee.

(**They make**

a damn fine cup of coffee  
here).

After breakfast

**I went over** to the

Team Building Activity.

But **there were**

too many people there.

“**You'd better go**

somewhere else”

said Gethin,

the activity leader.

Therefore **I went** to watch birds

on the river bank.

**Wales** i lawer iawn o adar  
- glas y dorlan, crëyr glas,  
hwyaid gwyllt ac elyrch.

**Dw i'n mynd i fynd** draw  
at y graig  
i abseilio nawr.  
**Dw i'n edrych** mlân  
at hynny.

Hwyl am y tro,

Dilwyn

2. Nos Fawrth : Gorffennaf 12fed  
6.00 o'r gloch yr hwyr.

Noswaith dda, Deian.

Iechydwrïaeth.  
**Bues i bron â chael** damwain  
y prynhawn'ma  
wrth abseilio.

Pan es i draw at y graig ddringo  
**pw y weles i** yna  
ond Alis Angharad  
yn siarad gyda  
Ffion Gruffydd,  
yr hyfforddwraig ffitrwydd o Drefforest.

"P'nawn da," medde fi.  
"Mae'n braf heddiw,  
on'd yw hi?"

"Braf iawn,"  
medde'r ddau ohonyn nhw.

"**Dych chi'n mynd** i abseilio?"  
gofynnes i.

"Ddim eto,"  
medde Ffion.  
"**Cerwch chi** gynta'.  
**Dyn ni'n cael** picnic bach."

**I saw** a lot of birds  
- kingfishers, herons,  
wild geese and swans.

**I'm going to go** over  
to the rock  
to abseil now.  
**I'm looking** forward  
to that.

Bye for now,

Dilwyn

2. Tuesday Evening : July 12th  
6.00 o' clock p.m.

Good evening, Deian.

Heavens Above -  
**I almost had** an accident  
this afternoon  
whilst abseiling.

When I went over to the climbing wall  
**who did I see** there  
but Alis Angharad  
speaking with  
Ffion Gruffydd,  
the fitness instructor from Trefforest.

"Good afternoon," said I.  
"It's nice today,  
isn't it?"

"Very nice,"  
said the both of them.

"**Are you going** abseiling?"  
I asked.

"Not yet,"  
said Ffion.  
"**You go** first.  
**We're having** a little picnic ."

**Gwisges i'r** offer angenrheidiol,  
yr helmed a'r harnais,  
a **dechreues i** ddisgyn

y graig  
yn araf.

Yn sydyn **clywes i**  
Ffion yn gweiddi  
"Byddwch yn ofalus, Alis!"

**Edryches i** lan  
a **weles i**  
hanner brechdan,  
pedwar tomato  
darn o gacen hufen  
a chroen banana  
yn cwympo  
tuag ata i.  
Sblat!

"Wps. Mae'n ddrwg 'da fi."  
medde Alis.

"Popeth yn iawn,"  
medde fi.  
"Dw i ddim **wedi llyncu** dim byd."

Mae sesiwn Tai Chi 'mlân  
heno.  
Jest y peth  
ar gyfer **ymlacio**  
a **dad-weindio**.

Hwyl am y tro.

Dilwyn

3. Nos Fawrth : Gorffennaf 12fed  
11.00 o'r gloch y nos.

Nodyn byr, Deian.

**Weles i'r** person  
mewn siwt gorila  
yn bwyta banana  
heno

**I put on the** essential equipment,  
the helmet and the harness,  
and **I started** to descend  
the rock  
slowly.

Suddenly **I heard**  
Ffion shouting  
"Be careful, Alis!"

**I looked up**  
and **I saw**  
half a sandwich,  
four tomatoes  
a piece of cream cake  
and a banana skin  
falling  
towards me..  
Splat!

"Oops. I'm sorry."  
said Alis.

"That's O.K."  
said I.  
"I haven't **swallowed** anything."

There's a Tai Chi session on  
tonight.  
Just the thing  
for **relaxing**  
and **unwinding**.

Bye for now.

Dilwyn

3. Tuesday Evening : July 12th  
11.00 o' clock p.m.

A short note, Deian.

**I saw the** person  
in the gorilla suit  
eating a banana  
tonight

ac yn ein gwyllo ni  
o bellter  
wrth i ni **ymarfer** Tai Chi.

Nos da,

Dilwyn

and watching us  
from a distance  
as we **practiced** Tai Chi.

Good night,

Dilwyn