

the 2012 lecture darlith 2012

For those who missed it, the evening at the Pier Head was something special and had quite simply a magical feel to it.

The evening was opened by Wynford who acknowledged the work undertaken by the volunteers, and each of those was personally recognised with a certificate. The mantle was passed to **Nia Roberts** (who requires no introduction if you follow the Welsh media) to choreograph the evening which she did with consummate ease.

Mr Alun Ffred Jones AM said a few words on behalf of the Assembly before the key note speaker was introduced and **Professor Stephen Rollnick** took the stage.

For an hour or so we were led on a journey through motivational interviewing which was enlightening, teasing and honest and left this volunteer wanting to hear more.

The evening closed with a heartfelt message of thanks from the **Rev Denzil I John** (Chair of WCAOD) and afterwards a few of us retired for a local curry to catch up with friends

Ar gyfer y rhai a gollodd y ddarlith, roedd y cyfarfod yn y Pier Head yn rhywbeth arbennig ac roedd rhyw rin arbennig iddo.

Agorwyd y noson gan Wynford oedd yn cydnabod y gwaith a wnaed gan y gwirfoddolwyr drwy gyflwyno tystysgrif mewn ffrâm i bob un i gydnabod eu "rhoi". Trosglwyddwyd y noson i **Nia Roberts** (nid oes angen ei chyflwyno os ydych yn dilyn y cyfryngau Cymraeg) i lywio'r noson - gwnaeth hynny'n fedrus iawn.

Dywedodd **Alun Ffred Jones A.C.** ychydig eiriau ar ran y Cynulliad cyn i siaradwr nodedig y noson gael ei gyflwyno sef yr **Athro Stephen Rollnick**.

Am awr neu fwy aeth â ni ar siwrne drwy gyfweild ysgogiadol oedd yn oleuedig, yn bryfoclyd ac yn onest gan adael y gwirfoddolwr hwn yn ddiarnedd i glywed mwy.

Daeth y noson i ben gyda neges o ddiolch o'r galon gan y **Parchedig Denzil I John** (Cadeirydd WCAOD). Wedyn, aeth rhai ohonom am gyrru lleol i sgwrsio â hen gyfeillion



▲ **Professor Stephen Rollnick speaks to a captivated audience.**
Yr Athro Stephen Rollnick yn siarad i'r gynulleidfa.

◀ **The evening's chair, Nia Roberts.**
Cadeirydd y noson, Nia Roberts.



▲ **The audience watch the moving Livingroom Cardiff anthem.**
Y gynulleidfa'n mwynhau anthem Stafell Fyw Caerdydd.

◀ **Professor Rollnick encouraged audience questions throughout the evening.**
Bu'r Athro Rollnick yn croesawu cwestiynau o'r gynulleidfa yn ystod y noson.





MATTHEW BECKETT



MALCOM SHAPLAND



CARYS BUTLER



NICK SHEPLEY



NEAL MULDOON



DR CARWYN JONES



SIÂN HUGHES



OWEN ROBERTS



JEREMY THOMAS



ELFRYS JONES



RITA STEFFANSON



LUCIA HOMOLOVA



LYNDA SKENE



**MARY STEPHENS FOR/AR RHAN
ALUN 'SBARDUN' HUGHES**



**REV. DR R ALUN EVANS FOR/AR
RHAN RHYS POWYS**