

Ablaeth Rhemp y Crachach/ Rampant Ableism of the Crachach

Hydref 2022/ October 2022

Gan/ By

Dr Sara Louise Wheeler

Gwasg y gororau

2022



Cyflwyniad

Ar yr 8^{fed} o fis Medi 2022, ces wybod fy mod wedi ennill y wobwr gyntaf yn y cystadleuaeth: ‘Gwobr Geiriau Creadigol 2022’ (cyfrwng Cymraeg).

Trefnwyd gan Disability Arts Cymru, mewn partneriaeth â Llenyddiaeth Cymru, Cyngor Llyfrau Cymru, Cyngor Celfyddydau Cymru, a Llywodraeth Cymru. Beirniad y cystadleuaeth cyfrwng Cymraeg oedd Megan Angharad Hunter.

Cyhoeddwyd y gerdd, ynghyd â’r enillwyr eraill a hefyd y sawl gafodd eu cymeradwyo gan y beirniaid, mewn pamffled digidol. Medrwch ymofyn y pamffled a gwylio fideos ohonom i gyd yn darllen ein gwaith yma: <https://disabilityarts.cymru/creative-word>

Thema y cystadleuaeth oedd ‘Aildanio’ a teitl fy ngherdd yw ‘Ablaeth Rhemp y Crachach’.

Dyma rhannu’r gerdd yn y Gymraeg gyda chyfieithiad Saesneg.

Sara Louise Wheeler, Hydref 2022.

Introduction

On the 8th of September 2022, I was informed that I had won the first prize in the competition: 'Creative Words Award 2022' (Welsh medium). It was organized by Disability Arts Cymru, in partnership with Literature Wales, the Welsh Book Council, the Arts Council of Wales, and the Welsh Government. The judge of the Welsh medium competition was Megan Angharad Hunter.

The poem, together with the winning English medium equivalent, and also those who were commended by the judges, was published in a digital pamphlet. You can retrieve the pamphlet and watch videos of us all reading our work here: <https://disabilityarts.cymru/creative-word>

The theme of the competition was 'Reigniting' and the title of my poem is 'Ablaeth Ramp y Crachach' (The Rampant Ableism of the Crachach).

Here I share my poem in Welsh with an English translation.

Sara Louise Wheeler, October 2022.

Ablaeth rhemp y crachach

'Mae'n cymryd blynyddoedd
i astudio'r grefft o farddoniaeth', meddai;
O! yr eironi. Achos dyna be' dwi
'di bod yn gwneud 'sdi,
ers o ni'n ryw seventeen...
yn barddoni mewn bedsits hefo beiro!

Do tad, mi es i'r 'steddfodau bach lleol,
a'r un fawr genedlaethol, hefyd;
cyfrannu, barddoni, sgrifennu, cymdeithasu –
yn fwy na eraill o fro fy mebyd.

Ond mae'r sin lenyddol Gymreig yn seiliedig
ar egwyddorion a meddylfryd niwrotypigal,
sy'n fy eithrio o bob cornel.

'Diffyg llythrennedd'; - yr unig adborth ges i,
a hynny ddim yn helpu o gwbl, gan mai
nam yr ymennydd sy'n achosi hynny.
Mae angen cymorth, cefnogaeth, a dealltwriaeth,
er mwyn cynnwys ein hamrywiaeth -
yn stori fawr gwilt clytwaith '*Y Cymry*'.

Chi'n cyd-nabod yr angen am gydraddoldeb,
ac amrywiaeth i raddau, ond nid anabledd o gwbl;
Well peidio sôn am hwnnw – achos, onid diffyg ymdrech
'di hwnnw, wedi'r cyfan, yn y bôn?

Mae'r bwlch rhwng ein bydoedd mor eang,
fel bysa angen rhyw fath o wyrth
i dy helpu di i weld fy nhalent o gwbl:
YR HOLL BWYNT YW FY NGWAHANIAETH!

'Teilyngdod barddol' arferol yn rhywbeth rhiniol
ac yn ddirgelwch yn ei gynildeb amwys;
mae 'na fwy nag un ffor' o fod yn fardd, 'sdi!

Ond dene fo, dim ots...dim pwynt dadlau.
A'i ymlaen i chwarae yng nghae eang, braf y byd,
y tu hwnt i dy gilfach gul, ddiddychymyg di,
lle mae popeth mor undonog.

Wedi fy sbarduno, gan aildanio'r tân yn fy mol –
a'r creadigrwydd yn llifo drwydda i.

A'i ati o ddifri, yn ffyrnig, ddi-baid,
i rannu barddoniaeth am fy enaid
hynod, od, i

Rampant Ableism of the Crachach

'It takes years
to study the art of poetry', she said;
Oh! the irony. Because that's what I've
been doing, you know,
since I was seventeen...
poeticizing in bedsits with a biro!

Yes indeed, I went to the little local 'steddfods,
and the big national one, too;
contributing, poeticizing, writing, socializing –
more than others from my neighbourhood.

But the Welsh medium literary scene is based
on neurotypical principles and thinking,
which excludes me from every corner.

'Lack of literacy'; - the only feedback I got,
and that doesn't help at all, because
brain damage is what causes that.
We need help, support and understanding,
in order to include our diversity -
in the great patchwork quilt story of 'The Welsh'.

You recognize the need for equality,
and diversity to an extent, but not disability at all;
Better not to mention that - because, that's just
a lack of effort isn't it, after all, basically?

The gap between our worlds is so wide,
it would take some kind of miracle
to help you see my talent at all:
THE WHOLE POINT IS MY DIFFERENCE!

Usual 'poetic merit' is something so mysterious
in its vague conciseness;
there's more than one way to be a poet, you know!

But there we are, it doesn't matter...no point arguing.
I'll go on to play in the wide, beautiful field of the world,
beyond your narrow, unimaginative niche,
where everything is so monotone.

Spurred on, the fire in my belly is reignited –
creativity flowing through me.

I shall earnestly, fiercely, relentlessly,
share poetry about my extraordinary,
odd soul.

Cyhoeddiadau eraill gan Sara Louise Wheeler/

Other Publications by Sara Louise Wheeler:

Llyfr lloffion 'Bardd y mis', Ionawr 2021 /Poet of the month,
January 2021 scrap book.

Rwdlan a Bhwman - cyfrol cyntaf o farddoniaeth / Drifting
and prattling (a Welsh-language only first poetry collection)

Y ras i gynganeddu/ The race to cynganeddu bilingual poetry
pamphlet

I gyd ar gael i'w lawrlwytho am ddim fel PDFau o wefan
Gwasg y Gororau/

All available to download for free as PDFs from the Gwasg y
Gororau website:

<https://gwasgygororau.wordpress.com/>

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