

TRANSCRIPTION + TRANSLATION
“5. FINDING MY FEET”

CAPTION # / TIMECODE	ENGLISH	WELSH - CYMRAEG
0001 10:00:02:03 10:00:06:00	Well, the first rehearsal was at the BBC Studios	Wel, roedd yr ymarfer cyntaf yn Stiwdios y BBC
0002 10:00:06:05 10:00:09:11	and it was nerve-wracking to say the least.	a ro'n i'n nerfus i ddweud y lleiaf.
0003 10:00:11:17 10:00:16:10	I was absolutely petrified because I had no idea what to expect. I knew no-one.	Ro'n i ofn oherwydd doedd dim syniad gyda fi beth i'w ddisgwyl. Do'n i ddim yn nabod neb.
0004 10:00:16:19 10:00:19:02	I just remember thinking, "Oh, my God!"	Dw i'n cofio meddwl, "O, Duw!"
0005 10:00:19:07 10:00:22:00	It was so different to anything I'd ever done.	Roedd popeth mor wahanol i unrhyw beth o'n i wedi'i wneud o'r blaen.
0006 10:00:22:08 10:00:26:00	I sat in the car waiting, looking for instrument cases.	Eisteddais i yn y car yn aros, ac yn chwilio am focsys offerynnau.
0007 10:00:26:09 10:00:30:10	It was really nice, everyone was great and was like, "Come and play."	Roedd e'n braf iawn, roedd pawb yn wych ac fel, "Dewch i chwarae."
0008 10:00:30:15 10:00:33:22	I was really shy and didn't want to even get up and have a go.	Ro'n i'n swil iawn a do'n i ddim hyd yn oed eisiau codi a rhoi cynnig arni.
0009 10:00:34:07 10:00:37:04	"There's a couple more. Come on, you've got to go."	"Dyna rhai eraill. Dewch ymlaen, mae'n rhaid i ti fynd."
0010 10:00:37:09 10:00:40:05	I walked in and was like, "Are you Wonderbrass?"	Cerddais i mewn a ro'n i fel, "Ai chi yw

<p>0011 10:00:40:10 10:00:43:08</p>	<p>"Yeah, come and join us." It was just really friendly.</p>	<p>Wonderbrass?" "Ie, dewch i ymuno â ni." Ro'n nhw'n gyfeillgar iawn.</p>
<p>0012 10:00:43:13 10:00:45:15</p>	<p>As soon as I did I was hooked.</p>	<p>Yn syth ro'n i wedi gwirioni.</p>
<p>0013 10:00:46:00 10:00:51:16</p>	<p>I was straight back the next week and that was nearly twenty years ago.</p>	<p>Es i'n syth yn ôl yr wythnos nesaf ac roedd hynny bron i ugain mlynedd yn ôl.</p>
<p>0014 10:00:51:21 10:00:54:21</p>	<p>I settled in, had a giggle and I was like, "This is good fun."</p>	<p>Fe wnes i setlo i mewn, chwerthin tipyn bach a ro'n i fel, "Mae hyn yn hwyl."</p>
<p>0015 10:00:55:06 10:00:57:06</p>	<p>I went home absolutely buzzing.</p>	<p>Es i adref yn hapus iawn.</p>
<p>0016 10:00:57:11 10:01:02:01</p>	<p>When I started, Wonderbrass practised at the Hollybush in Pontypridd.</p>	<p>Pan ddechreuais i, roedd Wonderbrass yn ymarfer yn nhafarn yr Hollybush ym Mhontypridd.</p>
<p>0017 10:01:02:06 10:01:04:07</p>	<p>Kind of in the back room of a pub.</p>	<p>Yn ystafell gefn y dafarn.</p>
<p>0018 10:01:04:12 10:01:06:19</p>	<p>It was a funny, long room</p>	<p>Roedd hi'n ystafell ryfedd, hir</p>
<p>0019 10:01:07:00 10:01:10:18</p>	<p>with lots of columns in the middle so everyone was split up.</p>	<p>gyda llawer o golofnau yn y canol, felly roedd pawb yn cael eu rhannu.</p>
<p>0020 10:01:10:23 10:01:15:02</p>	<p>I remember going to get a drink and sitting at the side.</p>	<p>Dw i'n cofio mynd i nôl diod ac yn eistedd ar yr ochr.</p>

0021 10:01:15:11 10:01:18:10	I didn't bring my saxophone in from the car.	Wnes i ddim dod â fy sacsoffon i mewn o'r car.
0022 10:01:18:19 10:01:22:08	I was like, "I'm just going to watch and see if I can do it."	Ro'n i fel, "Dw i jyst yn mynd i wyllo a gweld dw i'n gallu ei wneud e."
0023 10:01:22:17 10:01:25:02	At first it was really intimidating.	Ar y dechrau, roedd e'n frawychus iawn.
0024 10:01:25:07 10:01:29:08	My first ever practice with them, I didn't even bring my keyboard	Fy ymarfer cyntaf erioed gyda nhw, wnes i ddim hyd yn oed ddod â fy offeryn llawfwrdd
0025 10:01:29:13 10:01:33:17	because there were so many people, so I just decided I'd suss it out.	oherwydd roedd cymaint o bobl, felly mi wnes i benderfynu gwyllo yn gyntaf.
0026 10:01:33:22 10:01:38:07	Since I've got into the Groove it's become a lot easier.	Ers i mi ddod i arfer a fe, mae e wedi dod yn llawer haws.
0027 10:01:38:16 10:01:44:14	It's made me grow in ways I couldn't even have imagined, as a musician.	Mae e wedi gwneud i mi dyfu mewn ffyrdd o'n i ddim wedi gallu dychmygu, fel cerddor.
0028 10:01:44:22 10:01:49:20	But then I remember everybody in the break being really keen and interested.	Ond yna, yn ystod yr egwyl, dw i'n cofio roedd pawb yn awyddus a gyda diddordeb ynddo i.
0029 10:01:50:05 10:01:54:10	"Go on, you've brought your instrument, you might as well go and get it."	"Dere ymlaen, rydych chi wedi dod â'ch offeryn, man a man i chi fynd i'w nôl e."

0030 10:01:54:15 10:01:57:07	It's that Wonderbrass camaraderie and friendship.	Y cyfeillgarwch Wonderbrass hwnnw yw e.
0031 10:01:57:12 10:01:59:17	Everyone was like, "Just do it, it's fine."	Roedd pawb fel, "Cer amdani, mae'n iawn."
0032 10:02:00:02 10:02:04:01	I walked in and I was like, "Woah, all these people are so different.	Cerddais i mewn a ro'n i fel, "Waw, mae'r bobl yma mor wahanol.
0033 10:02:04:06 10:02:07:03	"There's young people, old people, men, women."	"Mae yna bobl ifanc, hen bobl, dynion, menywod."
0034 10:02:07:08 10:02:12:11	Rich was really lovely and like, "Don't worry, relax, we'll help you, we'll teach you."	Roedd Rich yn hyfryd iawn ac fel, "Peidiwch â phoeni, ymlaciwch, gwnawn ni'ch helpu chi a dysgu i chi. "
0035 10:02:12:16 10:02:18:09	It's a big experience going to one of the Wonderbrass rehearsals as a teenager.	Mae'n brofiad mawr, yn mynd i un o ymarferion Wonderbrass yn eich ardegau.
0036 10:02:18:14 10:02:21:15	So many different instruments making a great sound.	Mae yna gymaint o wahanol offerynnau yn creu sain wych.
0037 10:02:21:20 10:02:25:21	Wherever you wanted to stand, you would get your instruments out	Lle bynnag rydych chi eisiau sefyll, byddech chi'n tynnu eich offerynnau allan
0038 10:02:26:02 10:02:32:16	loosely in a group around where the leader was standing.	mewn cylch bras o gwmpas yr arweinydd.
0039 10:02:32:21 10:02:36:00	I remember, for me, it being a massive learning curve	Dw i'n cofio roedd e'n wers enfawr i fi

<p>0040 10:02:36:09 10:02:41:17</p>	<p>because all of my musical life had been classical music, with music.</p>	<p>oherwydd roedd fy mywyd cerddorol wastad wedi bod yn gerddoriaeth glasurol, gyda cherddoriaeth ysgrifenedig.</p>
<p>0041 10:02:41:22 10:02:44:05</p>	<p>It was very precise and with scores.</p>	<p>Roedd yn fanwl iawn gyda sgoriau.</p>
<p>0042 10:02:44:10 10:02:49:02</p>	<p>I think we rocked up and for quite a lot of it there wasn't any musical score</p>	<p>Rwy'n credu ein bod ni wedi troi i fyny ac am y mwyafrif o'r amser doedd dim sgôr gerddorol</p>
<p>0043 10:02:49:07 10:02:54:06</p>	<p>so it was a lot more at the jazz end of the spectrum.</p>	<p>felly roedd e'n fwy ar yr ochr jas.</p>
<p>0044 10:02:54:15 10:03:00:03</p>	<p>You suddenly realise that the structure of the pieces wasn't always as it was written.</p>	<p>Rydych chi'n sylweddoli bod strwythur y darnau ddim bob amser yr un peth a beth sydd ar y papur.</p>
<p>0045 10:03:00:08 10:03:03:05</p>	<p>Occasionally you'd just see a line of letters</p>	<p>Weithiau byddech chi ddim ond yn gweld llinell o lythyrau</p>
<p>0046 10:03:03:10 10:03:06:18</p>	<p>and this was the tune you were supposed to be playing.</p>	<p>a dyma oedd y dôn roeddech chi i fod i'w chwarae.</p>
<p>0047 10:03:06:23 10:03:10:16</p>	<p>So it took a bit of time to get used to all of that and get up to speed</p>	<p>Felly cymerodd hi ychydig o amser i ddod i arfer i hynny i gyd</p>
<p>0048 10:03:10:21 10:03:14:22</p>	<p>and know when you were supposed to be playing and when you weren't.</p>	<p>ac i wybod pryd oeddech chi i fod i chwarae a phan o'ch chi ddim.</p>

0049 10:03:15:06 10:03:19:02	There was a lovely, old guy called Howard leading the saxes at the time.	Roedd yna hen foi hyfryd o'r enw Howard yn arwain yr adran sacsoffon ar y pryd.
0050 10:03:19:07 10:03:22:10	He said to me, "I've got this written down somewhere."	Meddai, "Mae hwn wedi ei ysgrifennu i lawr yn rhywle."
0051 10:03:22:15 10:03:24:13	I thought, "Thank goodness."	Meddyliais i, "Diolch byth."
0052 10:03:24:18 10:03:28:19	He came out with a Christmas card with some letters written on it	Daeth e allan gyda cherdyn Nadolig gyda rhai llythyrau wedi'u hysgrifennu arno fe
0053 10:03:29:00 10:03:32:07	and said "There we are, that's it", "Oh, right, OK."	a dywedodd "Dyna ni, dyna hi", "O, iawn, iawn."
0054 10:03:32:12 10:03:36:00	But it was almost quite liberating to get away from those dots.	Ond roedd hi'n rhyddhad i ddianc oddi wrth y dotiau hynny.
0055 10:03:36:16 10:03:38:20	Everyone was really friendly.	Roedd pawb yn gyfeillgar iawn.
0056 10:03:39:01 10:03:43:04	There was another girl, Nerys, who only joined a week or two before me.	Roedd merch arall, Nerys, oedd wedi ymuno wythnos neu ddwy cyn fi.
0057 10:03:43:13 10:03:46:12	Glyn and Anthony and Steve the vicar were there.	Glyn ac Anthony a Steve y ficer oedd yno.
0058 10:03:46:17 10:03:51:21	They'd all been in the band for a little while and were quite accomplished and really lovely.	Ro'n nhw i gyd wedi bod yn y band am sbel a ro'n nhw'n eithaf medrus ac yn hyfryd iawn.

0059 10:03:52:02 10:03:54:10	A lot of the music is all over the place.	Mae llawer o'r gerddoriaeth yn flêr.
0060 10:03:54:15 10:03:59:02	You've got one thing written down, but if you've been there long enough	Mae un peth wedi cael ei ysgrifennu i lawr, ond os ydych chi wedi bod yno am ddigon hir
0061 10:03:59:07 10:04:03:07	you've got this tacit knowledge - that doesn't actually do that.	mae gwybodaeth ddealledig gyda chi ei fod e ddim yn gwneud hynny.
0062 10:04:03:16 10:04:06:10	They were really, really lovely filling me in.	Ro'n nhw'n wirioneddol, hyfryd iawn wrth fy nysgu i.
0063 10:04:06:15 10:04:10:17	Everyone was so warm and welcoming. It was just a lovely atmosphere.	Roedd pawb mor gynnes a chroesawgar. Roedd yr awyrgylch yn hyfryd.
0064 10:04:10:22 10:04:13:06	I feel like I slotted in straight away.	Teimlais i'n gartrefol yn syth.
0065 10:04:13:15 10:04:15:07	It was great.	Roedd yn wych.
0066 10:04:15:12 10:04:17:23	I kinda knew the people.	Ro'n i'n eu nabod nhw tipyn bach.
0067 10:04:18:08 10:04:21:01	I knew them from being one of the 'wonder widows'	Ro'n i'n eu nabod nhw achos o'n i'n un o'r 'Wonder Widows'
0068 10:04:21:06 10:04:24:22	where you just turn up with your partner and you stand and watch.	ble dych chi'n dod gyda'ch partner ac yn gwylio.
0069 10:04:25:03 10:04:27:12	I would take photographs and videos.	Byddwn i'n tynnu lluniau ac yn creu fideos.

<p>0070 10:04:27:17 10:04:31:01</p>	<p>Everyone was really welcoming and like, "Come and try."</p>	<p>Roedd pawb yn groesawgar iawn ac fel, "Dewch i drïo."</p>
<p>0071 10:04:31:06 10:04:35:10</p>	<p>That makes you want to stick around even if you can't do it straight away.</p>	<p>Mae hynny'n gwneud i chi aros o gwmpas, hyd yn oed os dydych chi ddim yn gallu ei wneud e yn syth.</p>
<p>0072 10:04:35:15 10:04:38:09</p>	<p>You're new and it's very much like a carousel.</p>	<p>Rydych chi'n newydd ac mae'n debyg iawn i garwsél.</p>
<p>0073 10:04:38:18 10:04:43:11</p>	<p>You go round and round and you try to stay on that horse as long as you can.</p>	<p>Rydych chi'n mynd rownd a rownd ac yn ceisio aros ar y ceffyl hwnnw mor hir a ti'n gallu.</p>
<p>0074 10:04:43:16 10:04:47:14</p>	<p>It was amazing because I'd been in Cardiff for about six months.</p>	<p>Roedd e'n anhygoel oherwydd ro'n i wedi bod yng Nghaerdydd am tua chwe mis.</p>
<p>0075 10:04:47:19 10:04:49:22</p>	<p>I didn't really know many people.</p>	<p>Do'n i ddim wir yn nabod llawer o bobl.</p>
<p>0076 10:04:50:03 10:04:53:00</p>	<p>I'd got my housemates and I'd met people at work,</p>	<p>Ro'n i'n nabod fy nghydletywyr a ro'n i wedi cwrdd â phobl yn y gwaith,</p>
<p>0077 10:04:53:05 10:04:55:18</p>	<p>but they weren't people I'd clicked with.</p>	<p>ond do'n nhw ddim yn bobl o'n i wedi clicio gyda nhw.</p>
<p>0078 10:04:55:23 10:05:00:15</p>	<p>They were friendly but not people that I wanted to hang out with really.</p>	<p>Ro'n nhw'n gyfeillgar ond ddim y fath o bobl o'i i eisiau cymdeithasu â nhw mewn gwirionedd.</p>

0079 10:05:00:20 10:05:06:04	Then I remember I walked into the first rehearsal and it was after Christmas.	Wedyn dw i'n cofio cerdded i mewn i'r ymarfer cyntaf jyst ar ôl y Nadolig.
0080 10:05:06:09 10:05:11:01	Where they used to rehearse was an old working men's club.	Ro'n nhw'n arfer ymarfer mewn hen glwb gweithwyr.
0081 10:05:11:06 10:05:14:16	Rob called everyone together so everyone started playing.	Gwnaeth Rob alw ar bawb i ddod at ei gilydd a dechreuodd pawb i chwarae.
0082 10:05:14:21 10:05:18:14	It was pouring with rain outside, it was a horrible January night	Roedd yn arllwys y glaw tu allan, roedd hi'n noson Ionawr erchyll
0083 10:05:18:19 10:05:22:05	and I remember standing there thinking, "I've come home."	a dw i'n cofio sefyll yno'n meddwl, "Dw i wedi dod adref."
0084 10:05:22:10 10:05:25:15	I felt like, "This is it. This is back to where I belong."	Ro'n i'n teimlo fel, "Dyma fe, dw i'n ôl ble dw i'n perthyn. "
0085 10:05:25:20 10:05:29:07	What was difficult was there were pieces that everybody knew	Beth oedd yn anodd, roedd yna ddarnau roedd pawb yn eu nabod.
0086 10:05:29:15 10:05:34:05	and it's a bit like a train passing through the station and you're trying to get on	Mae hi ychydig bach fel trê'n yn pasio trwy'r orsaf pan rydych chi'n ceisio ei ddal e
0087 10:05:34:10 10:05:36:08	but the train's not stopping.	ond dyw'r trê'n ddim yn stopio.
0088 10:05:36:13 10:05:41:11	And it seems to rush through and everything passes by very quickly.	Mae'n rhuthro trwodd ac mae popeth yn mynd heibio yn gyflym iawn.

<p>0089 10:05:41:20 10:05:46:09</p>	<p>I was of the mind-set to just throw myself into whatever came my way in life.</p>	<p>Dw i'n taflu fy hunan i mewn i beth bynnag sy'n dod ata i mewn bywyd.</p>
<p>0090 10:05:46:18 10:05:51:02</p>	<p>There was a couple of new pieces that same rehearsal</p>	<p>Roedd yna gwpl o ddarnau newydd yn ystod yr ymarfer hwnnw</p>
<p>0091 10:05:51:07 10:05:55:06</p>	<p>and when everyone else was with something new</p>	<p>a phan mae pawb arall gyda rhywbeth newydd</p>
<p>0092 10:05:55:11 10:06:00:07</p>	<p>you realise that actually it's just getting to know the pieces.</p>	<p>rydych chi'n sylweddoli bod e jyst yn fater o ddod i nabad y darnau.</p>
<p>0093 10:06:01:16 10:06:06:00</p>	<p>I suppose a bit nervous, it was something new, something different.</p>	<p>Ychydig yn nerfus, sbo, roedd e'n brofiad newydd, rhywbeth gwahanol.</p>
<p>0094 10:06:06:05 10:06:10:18</p>	<p>I'd played in brass bands before, this was a bit freer, I suppose.</p>	<p>Ro'n i wedi chwarae mewn bandiau pres o'r blaen, roedd hyn ychydig bach yn fwy rhydd, sbo.</p>
<p>0095 10:06:11:06 10:06:15:07</p>	<p>I just remember standing there going, "I have no idea what's going on."</p>	<p>Dw i'n cofio sefyll yno'n mynd, "Does gen i ddim syniad beth sy'n digwydd."</p>
<p>0096 10:06:15:12 10:06:19:15</p>	<p>I'd never played with a band before. I'd only had lessons with my friend.</p>	<p>Do'n i erioed wedi chwarae gyda band o'r blaen. Dim ond mewn gwersi gyda fy ffrind.</p>
<p>0097 10:06:19:20 10:06:24:06</p>	<p>We had a range from 15 to 70-odd, and everybody has something to offer.</p>	<p>Roedd yr oedrannau'n mynd o 15 i tua 70, ac mae pawb yn cynnig rhywbeth.</p>

0098 10:06:24:11 10:06:31:02	You learn from the more experienced players, so I think from a social point of view,	Rydych chi'n dysgu oddi wrth y chwaraewyr profiadol, felly o safbwynt cymdeithasol,
0099 10:06:31:07 10:06:33:03	it was fantastic.	roedd e'n wych.
0100 10:06:33:12 10:06:35:08	There were various players.	Roedd yna chwaraewyr amrywiol.
0101 10:06:35:13 10:06:39:05	There are some very good players and beginners like myself.	Mae yna rai chwaraewyr da iawn a hefyd dechreuwyr fel fi.
0102 10:06:39:13 10:06:42:14	There are really good players that stick around	Mae yna chwaraewyr da iawn sy'n aros o gwmpas
0103 10:06:42:19 10:06:47:21	and are happy to share their knowledge and their patience and their understanding.	ac sydd yn hapus i rannu eu gwybodaeth, eu hamynedd a'u dealltwriaeth.
0104 10:06:48:02 10:06:51:18	Standards just got higher and higher, better and better.	Aeth y safonau yn uwch ac yn uwch, gwell ac yn well.
0105 10:06:53:06 10:06:56:18	Yeah, so we've all collectively improved.	Ie, felly rydyn ni i gyd wedi gwella gyda'n gilydd.
0106 10:06:57:03 10:07:01:00	That's what makes it work. People are generous with knowledge and time.	Dyna sy'n gwneud iddo fe weithio. Mae pobl yn hael gyda'u gwybodaeth a'u hamser.
0107 10:07:01:09 10:07:04:15	Just nervous, but positive.	Nerfus, ond positif.
0108 10:07:05:00 10:07:07:01	It was really what I wanted to do.	Dyna o'n i moyn ei wneud mewn gwirionedd.

0109 10:07:07:10 10:07:11:05	There was this sea of instruments and people in the background	Roedd e'n fôr o offerynnau a phobl yn y cefndir
0110 10:07:11:14 10:07:16:00	playing quite loudly, but it was a great vibe and really cool people.	yn chwarae'n eitha uchel, ond roedd yr awyrgylch yn wych gyda phobl cŵl iawn.
0111 10:07:16:09 10:07:19:21	The great thing was everyone was just so chilled.	Y peth gwych oedd bod pawb mor ymlaciedig.
0112 10:07:20:02 10:07:23:15	- They didn't expect a great deal of me. - I went every Tuesday.	- Doedden nhw ddim yn disgwyl llawer wrtha i. - Es i bob dydd Mawrth.
0113 10:07:23:20 10:07:28:01	I loved the music, it was very structured but free at the same time.	Ro'n i'n dwlu ar y gerddoriaeth, roedd yna strwythur ond roedd hi'n rhydd ar yr un pryd.
0114 10:07:28:06 10:07:33:16	And just the friendliness and just playing again properly.	A'r cyfeillgarwch, ac i chwarae eto.
0115 10:07:33:21 10:07:37:18	It was just so encouraging. It was brilliant.	Roedd e mor galonogol. Roedd e'n wych.