



Llais y Llan Ebrill 2020

Copi dyddiad ar gyfer rhifyn nesaf – 28 Mai 2020

Cyhoeddwyd gan Llanpumsaint Cyfnewid Gwybodaeth Gymunedol

www.llanpumsaint.org.uk info@llanpumsaint.org.uk

Mae Cronfa Gymunedol Fferm Wynt Gorllewin Brechfa yn cyfrannu'n arianol at Llais y Llan



Pentref gwreiddiol Llanpumsaint o'r awyr



Llanpumsaint dan orchudd o niwl



Llongyfarchiadau i Emma Moore wrth ddod yn ail yng nghystadleuaeth Cogyddes Ifanc y Clwb Rotary yn Stratford-on-Avon.



Doeth iawn



Plastig fu yn y tir am 30 mlynedd



Cyneuaf y sbwriel



Er gwaethaf pawb a phopeth mae'r Gwanwyn yn ffrwydro'n lliwgar ymhobman





Ymateb Cyngor Cymuned Llanpumsaint i'r cyfyngiadau Covid19

Ar y 15fed o Fawrth 2020 gosododd Kevin Mably y neges ganlynol ar dudalen Llanpumsaint ar Cylchfacebook – https://www.facebook.com/groups/465466747389918/?ref=group_browse

“Os oes raid i'r rhai dros saithdeg hunan ynysu yn y dyfodol a fyddem ni fel pentref y gallu edrych ar eu hol, gan wneud yn siŵr fod ganddynt eu hanghenion. Taflaf hyn allan i weld pa negeseuon ddaw “ Daeth ymateb y gymuned ar Sadwrn 21ain o Fawrth (cyn i'r cyfyngiadau ddod i rym). Felly os ydych yn byw yn Llanpumsaint dylech fod wedi derbyn neges bost yn cynnig cymorth os bydd angen am ddim.

Sylweddolwn i'r amgylchiadau a chyfarwyddion y Llywodraeth newid yn gyflym, ond ar hyn o bryd (25/3/20) gobeithiwn gynnal y cymorth lle bo angen.

Gallwn siarad dros y ffon os ydych yn teimlo'n unig, am glonc fach neu drefnu casglu bwyd, moddion ac anghenion, a'u hebrwng i'r stepen ddrws, os ydych yn gaeth i'r tŷ neu heb drafnidiaeth.

Dyma ni:-

Y Parch Gaynor Jones-Higgs - eich Ficer lleol sy'n byw yn y Ficerdy newydd gyda Clive, Mabli a Caleb y ci. Dysgwr ydw i, nid yw'r Gymraeg yn raenus iawn ar y ffon, 'rwy'n gallu deall yn weddol ond yn debygol o ateb yn Saesneg. Cyn ymuno a'r Weinidogaeth gweithiais yn y gwasanaeth Cam-drin yn y Cartref a chyn hynny bues yn athrawes. Ffon 01267 253158



Gaynor



Kevin



Rosie

Kevin Mably - Dyna fi ac 'rwy'n byw yn Glanyrafon ers 5 mlynedd gyda Michelle a'n pedwar plentyn. Cawsom groeso yma o'r cychwyn cynta' ac felly'n awyddus i dalu 'nol. 'Rwy'n gweithio ar hyn o bryd ym Mhen-y bont-ar -Ogwr ar ddatblygu gwerthoedd cymunedol gan gefnogi pobl i wireddu eu dymuniadau. Gobeithio y gwelwn ragor yn camu ymlaen i roi help llaw ac ysgwyddo'r baich yn yr wythnosau nesaf yma.

Rosie Frewin - 'Rwy'n byw yn Gwynfryn gyda Sharon a Molly gyda Ralph y labrador du. Mae fy swydd yn y Gwasanaeth Iechyd yn ymwneud ac arolygu safonau a gwasanaeth, yn gweithio o Gaerfyrddin. Cyn hynny bûm yn gweithio gyda phobl ag anawsterau dysgu, dioddefwyr trais y cartref, a bûm yn ymwneud a datblygu gwasanaeth chwaraeon i blant bach. Felly 'rwy'n falch i *gynnig help lle bynnag y gallaf*.

Jane Tapin - 'Rwy'n byw yn Pandy gyda Brian fy ngŵr a Mam, Jean. Mae gennym amrywiaeth o anifaeliaid o geffylau, defaid, ieir, i gwn a chathod. Symudon ni yma o West Tuytherly ges Salisbury adeg Tachwedd 2018. Bûm yn gweithio am ugain mlynedd yn y maes gweinyddol i feddygon. Yn anffodus ni fedraf y Gymraeg ond mi hoffwn ddysgu peth. Fy manylion 253097 neu 07795095721.

Cyflenwyr lleol sy'n barod i ddosbarthu neu archebu a chasglu

Gwelir tipyn o wybodaeth am siopau a chyflenwyr ar safle Facebook – Llanpumsaintarcylch. Os nad ydych yn defnyddio Facebook dyma rai manylion am siopau a chyflenwyr sy'n barod i helpi'n lleol, drwy dderbyn archebion dros y ffon, dosbarthu neu archebu a chasglu.

Becky Llysiau a ffrwythau - yn y pentre' bob dydd Iau - 2 o'r gloch ymlaen.

Cig Porfa Perffaith - Nicky Esgair 01267 253463

Bacwn a Selsig - Treftadaeth Myrddin 07468 453770

Siop Gwalia - 01267 253249

Chris Thomas Abergwili – 01267 238363

Castell Howell – Archebu a chasglu ar y We o Cross Hands

Castell Howell - Talu a chasglu o Gaerfyrddin – gwelwch ein gwefan

Farmyard Nurseries – Yn dosbarthu archebion 01559 363389

Ac wrth gwrs os gewch chi slot mae Asda a Tesco yn dosbarthu – pob lwc!

Neges oddi wrth Gyngor Sir Gar

Mae busnesau yn Sir Gar gyda sefydliadau a grwpiau cymorth cymunedol COVID 19 yn mynd yr ail filltir i gynnig cymorth yr adeg yma. Er mwyn gweld beth sy'n digwydd yn eich ardal ac y ganfod pa gymorth sydd ar gael ewch i wefan y Cyngor Sir.

Gallwch ychwanegu eich busnes i'r rhestr ar covid19community@carmarthenshire.gov.uk

[<mailto:covid19community@carmarthenshire.gov.uk>](mailto:covid19community@carmarthenshire.gov.uk) gan ychwanegu enw'r sefydliad, grŵp neu fusnes, disgrifiad byr ac egluro sut i gysylltu e.e. facebook - y We - E-bost - rhif ffôn. Nodwch hefyd pa ardal rydych yn gweithio ynddi. Gallwn ychwanegu gwasanaethau gwahanol neu rai newydd er mwyn cydweithio i gefnogi ein cymunedau.

Cymdeithas Rhandiroedd Llanpumsaint

Cynhaliwyd ein Cyfarfod Blynyddol ar y safle ar ddydd Sadwrn 29ain o Chwefror. Er y tristwch o weld rhai yn rhoi'r gore iddi am eleni, braf fu croesawu nifer o aelodau newydd. Apwyntiwyd Cadeiryddes newydd ond bydd y trysorydd a'r ysgrifennydd yn parhau wrth y llyw.

Arall fyd y garddwr echreiddig. Cymerwyd yn ganiataol i'r saith corrach oll ganu ar eu ffordd i'r gwaith, ond ambell dro geiriau gwahanol a glywyd ganddynt. 'Roedd gan nifer ohonynt randiroedd yw trin ambell ddiwrnod - felly newidiwyd y gan i "I hoe! I hoe! It's off to grow we go - We plant our seed to grow - I hoe I hoe". Ni welwyd nhw'i gyd yno chwaeth, gwastraff amser yn ôl Grumpy, a llechu yn y gwely fyddai Sleepy. Tyfu tato wnaeth Bashful, a thri ei wynwydden Piper Nigrum wnaï Sneezy i gynhyrchu pybyr. Bedyddiwyd Dopey ar ôl y planhigion a dyfai at ddefnydd y meddyg, a chan fod Happy yn ei ddefnyddio 'doedd ganddo ddim diddordeb o gwbl yn garddio.

Lleolir y Rhandiroedd ar safle hen orsaf go dderbyn a thafarn y Railwe. Am wybodaeth bellach cysylltwch â'r Gadeiryddes Rosie 07950411536 neu Ray (Trysorydd) 253157 neu Keith (Ysgrifennydd) 253375.

Dewinwyr Gorllewin Cymru – Digwyddiadau

Yn dilyn yr erthygl yn rhifyn Chwefror o Lais y Llan gofynnwyd i mi egluro'n ymhellach ar wahaoddiad Elsbeth y Cyntaf i fwyngloddwyr Almaenig draw yma i chwilio am fetelau yn yr 16eg ganrif. Bu galw mawr led led Ewrop bryd hynny am arbenigrwydd mwyngloddio'r Almaenwyr. Fe'u cofrestrwyd i fyw a gweithio yn Lloegr bryd hynny yn benodol yn Nyfnaint, Cernyw a Cambria. Mae son iddynt hefyd gloddio am arian yng Nghymru, ac 'roedd dewinio yn rhan annatod o'u techneg. Yr hen air Almeinig am bren ferwca oedd schlag-ruthe (pren taro).

Cynhelir ein cyfarfodydd yn Neuadd Bronwydd ar y pedwerydd Sul y mis o 1.45yp hyd 4'45. Tal Aelodaeth yw £12 y flwyddyn. Mynedfa am £5 i aelodau ond £6 i eraill gyda phaned a bishgien hanner ffordd drwyddo. Dim angen unrhyw gyfarpar jyst dewch fei i chi. Daw gwybodaeth bellach oddiwrth Sandy 253547 neu <http://westwalesdowsers.org.uk/> or facebook <https://www.facebook.com/westwalesdowsers/>

Cnafon ac angylion

Cyfraniad anghyffredin fydd hwn i mi gydag ychydig am y sgamwyr ond yn bennaf ynghylch y sefyllfa bresennol. A thebyg iawn eich bod wedi cael llond bola o glywed am y feirws covid 19. Gofynnwyd i ni oll drawsnewid ein ffordd o fyw nes gorchfygir yr haint dieflig yma. Y peth pwysicaf yw aros gatre gymaint â phosib a chadw rhyw ddwy fedr o leiaf bant wrth bawb arall.

Mae Vi a minnau wedi hunan- ynysi er ein bod yn iach oherwydd a ninnau yn ein saithdegau mae 'na berygl. Byddem wedi hoffi cynnig help llaw i eraill ond dyna fe. Felly daeth cyfle i droi at yr ardd a chymhennu tipyn yn yr heulwen wedi cyfnod mor hir o wlybaniaeth. A thu fewn i'r tŷ mae 'na wastad ryw jobyn bach wedi bod yn dishgwl sylw. Mae yma ddigon o fwyd a diod am rai wythnosau cyn ein gorfodi i shopa sha'r dre unwaith eto.

Y Cnafon

Pa ots beth yw cyflwr y wlad mae 'na wastad rhyw gnaf mas 'na yn barod i dwyllo'r gwan a'r bregus, ac ar hyd o bryd rydym i gyd yn agored i berygl. Cofiwch yr holl gyngor roddais yn y gorffennol, mae eu hangen o hyd. Bydd y cnaf yn siŵr o geisio twyllo pobl fregus yn enwedig y rhai sydd wedi eu hynysu.

Efallai daw cynnig i helpi gyda'ch trefniadau ariannol gan ofyn am fanylion eich cyfri Banc, ac yna dwyn eich holl eiddo yn y fargen. Clywyd fod 'na rai yn gwerthu masgiau wyneb ffug a deunydd ieuchydol amheus, a byddwch yn ofalus pwy sy'n siopa i chi.

Yr Angylion

Er hynny mae yna nifer o bobol o gwmpas yn barod i estyn braich at amrywiaeth o anghenion. Daeth nodyn i'n blwch post oddi wrth rai pentrefwyr yn cynnig help llaw, chware teg iddynt am fod mor hael wrth feddwl am eraill. Fe welwch eu neges yn y rhifyn hwn.

Wrth hunan-ynysu cofiwch nad ydych ar eich pen eich hun. Mae'r ffon yna i'ch cysylltu â pherthnasau, cyfeillion a chymdogion. Drwy wyrthiau'r band eang a'r ffon symudol gallwch gadw mewn cysylltiad â'r byd tu fas, ac mae Whatsapp a Skype ar gael ac am ddim hefyd. Ac yn nes adre gallwch gynnal clonc a'ch cymydog dros glawdd yr ardd neu hyd yn oed o'r ochor arall i'r ffenest. Cadwch yn ddiogel a daliwch ati.

Eich cyfaill a'ch gwarchodwr Dave.

Yn y rhifyn hwn o Lais y Llan pwysleisies nad ydych yn unig ar eich pen eich hun oherwydd mae yna nifer o ffyrdd i gadw mewn cysylltiad ag eraill. Efallai nad yw pawb yn gyfarwydd â rhai o'r teclynau newydd yma. Os ydych yn gwybod yn barod sdim ishe i chi ddarllen ymhellach, ond falle gallwch gynnig cymorth i rywun sy'n anghyfarwydd. Rhaid bod ar y We er mwyn elwa o'r offer yma.

Dyma ychydig gyfarwyddid am shwd i fynd ati. Y ffordd rwyddaf i ddysgu fydd sefyll ar bwys y person am ychydig funudau, ond nid yw hynny'n bosib yn y byd sydd ohoni ar hyn o bryd. Felly bydd raid i mi dreial egluro mewn geiriau.

Mae Facebook, WhatsApp, a Skype, i gyd am ddim - tra eich bod yn gallu eu llawr lwytho.

Ar bob un o rain gallwch anfon neges am ddim, neu lun, a hefyd gael clonc fach ar y fideo. Maent yn gweithio ar y cysylltiad Band Eang neu Wi-Fi.

Cofiwch er hynny fod eu defnyddio tu fas i'r cartref yn drymach ar yr offer.

1 Maent yn gweithio ar Microsoft Windows, Gliniadur, Tabled neu Ffon Glyfar.

2 Neu ar ddyfais Apple Macintosh e.e. Gliniadur Apple Mac Ipad neu Iffon

Mae fy mhrofiad yn gyfyngedig i'r rhai cyntaf yn 1 felly canolbwyntiaf ar rain.

Rhaid bod gyda'ch chi restr o'ch cysylltiadau - i gynnwys rhifau ffôn symudol, ffon gartref neu a chyfeiriad E-bost. Mae'n bwysig hefyd i'r person ar y pen arall fod ar yr un donfedd, er bod gwahanol declynnau yn gallu siarad â'i gilydd. Felly call fyddai cysylltu â nhw cyn mynd ymhellach.

Gwelais i gyfeiriadau Skype fod yn enfawr felly penderfynais ychwanegu eu cyswllt ar y We.

Skype - Yn rhedeg ar Windows 10 Adroid – ffon neu dabled.

Ceir y llun gorau ar Liniadur, neu Dabled ychydig yn llai, ond y ffon braidd yn rhy fach. Nid oes angen rhif ffôn gyda Skype.

Daw cyfeiriadau Windows 10 ar y canlynol <https://www.skype.com/en/get-skype>

Dewiswch Windows neu Android drwy Google play.

Bydd y cyfarwyddiadau yn cynnwys sefydlu enw skype. Rhaid i hwn fod yn unigryw i chi oherwydd mae yna gymaint o ddefnyddwyr ar draws y byd. Ee fywdefynnnebocymru.

WhatsApp - Gweithio ar ffoniau clyfar Android yn unig. Rhaid cael rhif ffôn symudol.

Cyfarwyddiadau Android <https://www.androidcentral.com/how-to-set-and-start-using-whatsapp-android>
Wedyn gallwch anfon neges, galw rhywun neu gynnal sgwrs fidio. Gwelwch y dewisiadau ar dop ochr dde eich ffon wedi i chi ddewis y rhif.

Facebook - Mae hwn yn rhedeg ar y tair dyfais. Dim rhaid cael ffon symudol.

Erbyn hyn gall Facebook fod braidd yn orlawn ond gallwch ddefnyddio'r Negesydd (Messenger) i gychwyn sgwrs. Cyfarwyddiadau Gliniadur Windows 10, <https://www.facebook.com/messenger>
i'r ffon symudol neu dabled agorwch Google play i ddod o hyd i Lite Messenger

Dylai weithio!

Gobeithio i'r uchod fod o ryw ddefnydd ac yn gymorth i'ch cadw mewn cysylltiad â theulu a chyfeillion. Os oes yna broblemau neu angen un o'r cysylltiadau uchod anfonwch E-bost i mi ac mi ddwa i 'nol ar E-bost neu ffon atoch. Dim cost ond rhan o'm gwasanaeth rhad i'r gymdogaeth.

Dave.w.robinson@outlook.com

Pwyllgor Lles a Hamdden Llanpumsaint

Plannu coed ar ymyl y Gwili

Daeth Ieuan Davies o Ymddiriedolaeth Afonydd Gorllewin Cymru i'n cyfarfod diwethaf i egluro manteision plannu coed ar hyd glannau'r Gwili a'i nentydd er mwyn hybu niiferoedd ein pysgod. Mae yna ardal fach bwrpasol iawn at hyn ger ein cae chwarae. Felly byddai'r addas iawn i ymrwymo rhai o blant ysgol y pentre' yn y fenter blannu.

Cyfarfodydd a gweithgareddau

Yn anffodus dan gyfarwyddyd carniforus y Llywodraeth bu'n rhaid gohirio'r canlynol -

31ain Mawrth – Pryd o fwyd Elusennol yn y Railwe

27ain Ebrill – Cyfarfod Cyffredinol Blyneddol

19eg Mehefin – Helfa Drysor y Ceir

Cae Chwarae Llanpumsaint

Bydd y cae yn dal ar agor ond gofynnir i bawb ddarllen canllawiau'r Llywodraeth sydd i'w gweld ger pob Mynedfa.

Noder – NI CHANIATEIR CWN YN Y CAE CHWARAE.

Clwb Bowlio Dan Do Llanpumsaint a Nebo

Daeth y tymor i ben yn sydyn iawn gyda'r gemau terfynol heb eu chwarae. Yn wyneb her y Feirws penderfynodd y Clwb, Sir Gaerfyrddin a Chymru i gau lawr o'r 14eg o Fawrth 2020 er mwyn diogelu'r holl aelodau. Y gobaith yw y bydd modd adrefnu cystadlaethau tua Mis Medi.

Ar nodyn mwy cadarnhaol chwaraewyd cyfanswm o 9 o gemau yn dilyn toriad y Nadolig, gan ennill 4, cyfartal mewn 2 a cholli 3. Pan derfynwyd pethau 'roedd y Clwb yn iachus yn y chweched safle, 9 pwynt tu ôl i bencampwyr llynedd sef Salem, a 15 pwynt ar y blaen i Landyfaelog B. Yr oedd ein cystadlaethau mewnol wedi cychwyn, megis y ddau bren unigol a'r 4 pren unigol. Chwaraeir y ffeinal i'r ddwy fydd rhwng Aled a Peter rywbryd yn y dyfodol. Dylai'r parau dau bren fod wedi digwydd ar y 30ain o Fawrth, ond bellach gohirio tan y tymor newydd fydd hi. Cofiwch ymweld â'n gwefan am y newyddion diweddaraf -

www.llanpumsaintsmbc.org <<http://www.llanpumsaintsmbc.org>>

Mae'r Clwb yn cyfarfod i ymarfer yn y Neuadd bob Nos Lun a Nos Iau o 7.30 hyd 9.30, hyd Fis Ebrill.

Croeso i chwaraewyr newydd rhwng 11 a 99 oed, oherwydd mae gennym hyfforddwyr profiadol wrth law i addysgu ac annog. Am wybodaeth bellach ewch at ein Cadeirydd Dereck Lock 01267 253524 neu'r

Ysgrifenyddes Jill Edwards 01267 253474.

Neges oddi wrth Sandy

Tebyg iawn eich bod chi bellach yn gwybod am farwolaeth sydyn yn Ionawr o'm partner cariadus ers ugain mlynedd, Nick Stoneman. Bu'r don o gydymdeimlad o'r pentref yn gysur mawr i mi a'r teulu. Diolch am y negeseuon o gymorth a 'r holl flodau. Ac o waelod calon hoffwn ddiolch i'r rhai hynny fu gyda mi ar y noson dyngedfennol honno a minnau mewn cyflwr o sioc, ac ar ôl hynny hefyd. Gofalwyd amdanaf yn gadarn gan rai o'r dyddiau cyntaf hynny ymlaen hyd heddiw. Diolch hefyd i bawb wnaeth gynnig cefnogaeth ac yn dal i wneud yn y dyddiau diarth yma. Fel y disgwyl mai rhai ohonoch ddim am i mi eich enwi ond i chi'n gwybod pwy i'ch chi, yn enwedig y cymdogion. Diolch byth llwyddom i ddathlu bywyd Nick ar Ddydd Sant Ffolant, bydden ofnadwy tase'r angladd nawr ar hyn o bryd.

Llongyfarchiadau i Emma Moore ar ennill cystadleuaeth Cogyddes Ifanc Clwb Rotari Tywi. Aeth ymlaen wedyn i gystadleuaeth Rotari Prydain ac Iwerddon yn Stratford-on-Avon. Bu'n frwydr boeth wrth iddynt orfod cynhyrchu pryd o fwyd tri chwrs, a da iawn Emma wrth iddi ddod yn ail agos iawn.

Os ydych yn siopa ar y We gallwch helpi' godi arian i'r Gymdeithas drwy gofrestru yn www.easyfundraising.org.uk/causes/llanpumsaintpta neu gysylltu ag Emma Brown. Os oes 'na rywun yn gallu

Cymhennu a chomopo'r Pentref

Daeth nifer o'n pentrefwyr i lanhau ochrau'r ffyrdd ddechrau Mis Mawrth. Tipyn o gynhaeaf fel y gwelwch wrth y lluniau. Mae'n amlwg i'r caniau ac olion bwydydd gael eu lluchio allan o gar (os yna weision gan rain adre i bigo lan eu budreddi). Ar bwys Nebo taflwyd darn mawr o wydr tŷ gwydr, allai fod wedi niweidio person neu gi neu anifail. Mae syndod pa mor anghyfrifol mae pobl yn gallu bod heb unrhyw gonsyrn am eraill. Oh ie! Par o nicers hefyd!

Diolch i bawb wnaeth gyfrannu i wneud yr ardal yn lan am un diwrnod beth bynnag. Ac fel enghraifft am ba hyd mae plastig yn goroesi sylwch ar y darn yn y llun ddaeth i'r wyneb pan o'n ni'n torri twll i blannu blodyn. Heb ddirywio dim mae'r darn glas sydd ar ddyddiad 7/03/86 arno. Felly bu yma cyn i Bodran Felin gael ei adeiladu yn 1988 a'r tir rhwng y ddwy nant gael ei godi, ac yn dal heb newid dim Carolyn Smethurst

Neges o'r Eglwys

Ysgrifennaf hyn ar Ddydd Mercher 25ain o Fawrth sef yr ail ddiwrnod o gau popeth lawr oherwydd y Feirws yma. Dyn a wŷr beth fydd ein tynged erbyn i Lais y Llan weld golau dydd a'i ddosbarthu. Serch hynny er mor anodd y sefyllfa mae'n galonogol gweld sut mae ein cymuned wedi ymateb i garu a chefnogi ein gilydd a'r ffordd mae ein tai addoli yn dal i ffynnu. \fe'm serchwyd hefyd gan gydymdeimlad ac amynedd ein haelodau wrth i ni arweinwyr geisio ymateb i sefyllfa mor gyfnewidiol, yn enwedig y rhai ataliwyd eu priodas, a'r teuluoedd hynny na chafwyd cyfle i alaru'n iawn wrth golli anwyliad.

Yn awr gydag adeiladau'r eglwys ar gau am gyfnod amhenodedig, rhaid deall nad adeilad yn unig at ddefnydd bore Sul yw'r eglwys, ond cymdeithas o bobol Duw yn ymestyn eu cariad at y gymuned leol. Mae'r eglwys yn dal i fodoli'n brysur tu hwnt. Dros nos datblygais yn rhyw Ficer Rhith gyda gwasanaethau'n parhau ar Skype a dosbarthiadau Beiblaidd ar Whats App. Felly cadwn mewn cysylltiad gan gefnogi ein gilydd drwy E-bost, facebook, ffon a llythyr. Felly cadwch mewn cysylltiad ar y canlynol -

Facebook <https://www.facebook.com/llanpumsaintbronwyddllanllawddogchurches/photos/p.555060928442528/555060928442528/?type=1&theater>

Rydym hefyd yn cadw trefn o weddi ac addoli yn ein cartrefi. Os oes gennych gais arbennig am weddi cysylltwch ag fe wnawn ymateb. 'Rwyf am eich annog yn y cyfnod ansicr yma i ddal i garu Duw a'ch cymydog a'ch cysuro o'r neges Gristnogol yng ngeiriau'r Apostol Paul yn Rhufeiniaid 8 31 - 39 na all byw nac angau (ddim hyd yn oed y Cornafeirws) ein gwahanu oddi wrth gariad Duw'r Iesu Grist ein Gwardwr.

Cadwch yn ddiogel, cadwch i weddio a byddwch gariadus.

Y Parch Gaynor Jones-Higgs 01267 253158 j_gaynor@hotmail.com

Gwasanathau Capel Nebo

Am fwy o wybodaeth am yr uchod, gellir cysylltu a Meinir Jones, ysgrifenyddes y Capel ar 253532.

Capel Ffynnonhenri

Os am fanylion pellach cysylltwch a Danny Davies, Trysorydd ar 01267 253418 neu Gwyn Nicholas Ysgrifennydd ar 01267 253686

Caersalem

Psalm 67 - God be merciful unto us, and bless us; and cause his face to shine upon us; that thy way may be known upon earth, thy saving health among all nations.

No services in Caersalem, as everywhere else, for a while but we wish everyone well.

Atgofion o fywyd yn Sir Gar adeg yr argyfwng mawr cynt sef yr Ail Ryfel Byd

Fe'm ganed yng Nghwaelod y Garth Merthyr Tydfil ar gychwyn y 1940au. Gweithiai fy nhad gyda Chyfarwyddiaeth Arolygwyr Awyrennaeth yno. Ymunodd a'r Llu Awyr yn 1943 fel metelegwr a'i hanfonwyd i Nice yn Ffrainc a dyna le bu am weddill y Rhyfel.

Yn sgil hynny symudodd fy Mam a'n dwy chwaer i Lanwrda yn agosach at ei theulu hi. 'Roedd fy Mam-gu yn byw yn nhafarn y Vale if Tywi ger y rheilffordd, a'n tŷ ni ar y groesffordd yr ochr arall i'r Swyddfa Bost. Rheda'u nant fach drwy ein gardd fawr gyda slaben o goncrit yn gwneud y tro fel pont. Yn yr hydref gorweddem ar y bont i gasglu ambell ellygen wrth iddynt syrthio. Erbyn heddiw gorwedd yr hen ardd dan y ffordd osgoi newydd. Fe'm hudwyd gan y llwybr uchel tua'r orsaf go dderbyn ac adeilad Co-op Ffermwyr Llanwrda a Phumsaint - mae'n amlwg i ni frwydro a dŵr bryd hynny hefyd. Gan i'm Fam fod yn un o naw o blant 'roedd 'na'm prinder perthnasau o gwmpas. Aeth rhai o'i brodyr i'r Rhyfel a thrwy lwc a bendith llwyddo'n nhw'i gyd a ddychwelid.

Mae gennyf atgofion melyn am chwe ewythr, pob un yn gymeriad unigryw mewn teulu clos. Bu'r hynaf, Godfrey, yn Rheolwr Co-op Ffermwyr Llanwrda a Phumsaint ac mae gennyf atgof o arogl yr hadau a chynnyrch arall ar y llawr pren. Roeddwn yn caru'r bont bwyso ar y llawr cynta' ac yn siŵr o bwyso'n hunan bob tro yno. Yn ddiweddar wrth gasglu defnydd i do'r stable oddiwrth Adeilad Claddings llifodd yr hen atgofion yn ôl wrth gamu i mewn i'r adeilad.

Priododd Godfrey a Dilys (sy'n dal yn fyw), daeth ei theulu o Landdulas. Cofiaf i ni gyd fynd i'r hen dy fferm am wledd amser te - a'r dychymyg yn rhemp - pwy mor uchel fyddai'r tebot? Profiadau arbennig i ferch fach, o weld yr ystafell hudol yma, gyda'r cwpwrdd enfawr yn llond llestri'n disgleirio. Bord digon mawr i ni gyd eistedd o'i hamgylch (faint o ni, dyn a wyr) a digonedd o fwyd yn crogi arni. Dechreuais yn ysgol Llanwrda yn dair blwydd oed. Ystafell a tho uchel a stof reit yn ei chanol. Cofiaf yn glir am y poteli llaeth yn cyrraedd ben bore a'u gosod ger y tan nes i ni yfed canol bore. Ach yfi erbyn hynny 'roedd e' wedi troi yn y gwres! Wy byth wedi mwynhau llath wedyn! Hoffwn fynd am sawl wâc gyda'm chwiorydd gan ddychwelid a llond col o glychau'r gog neu flodau eraill. Ar un cae oedd yn oleddu lawr tua'r heol A40 'roedd 'na wastad ryw ddwsin i gwningod - byddem yn cropian lan atynt yn dawel fach ac yna cynted gallwn eu gweld clapio dwylo a thon o chwerthin wrth ei gweld yn rhuthro 'nol yw tyllau. Diflannu gwnaethant druain dan bla'r Micso dieflig, ond bob tro yr af heibio edrychaf lan yn y gobaith o weld cwningen fach unwaith eto ar y cae.

Antur hollol wahanol ar yr A40 fu'r achlysur pan gludodd fy ewythr fi'r pedair milltir i ysbyty Llanymddyfri - rhaid tynnu fy mhendics. Wrth ddod at yn hunan ceisiodd un o'r staff gael fi i chwerthin drwy chwarae a cos brwsh wyneb i waered. Ddim yn ddoniol o gwbl! 'Nol adre ar ôl 'ni, rhaid oedd tynnu'r pwythau, felly lawr i'r Vale of Tywi i orwedd ar y bwrdd. Sgrechies i dipyn!

Wedi i'm tad ddychwelid o'r Rhyfel aethom i fyw i Gaerdydd lle 'roedd yn gweithio bellach.

Dychwelid yn fynych i Lanwrda fydda'n ni i weld ein perthnasau am flynyddoedd lawer, gyda'r teulu oll yn gwasgu'n dynn miwn i'r car. Dwy awr o daith fydde hi ar hyd y 60 milltir o Gaerdydd i Lanwrda, ond yn werth yr aberth er mwyn gweld y teulu. Bydde cinio dydd Sul o gig eidion a digon o refi yn ein disgwyl yn y Vale of Tywi, a digon o refi'n sbâr i dipo bara ynddo. Byddem yn dychwelid am Gaerdydd gyda digonedd o fwyd i'n digoni am sbel. A bydde ewythr arall, y pysgotwr, yn postio sewin neu eog o'r Tywi. Na beth o'dd wledd!

Atgofion melyn - Carolyn Smethurst

Heddlu Dyfed Powys - Sgamiau newydd adeg argyfwng y Feirws

Clywsom am dros 22 o wahanol sgamiau'n ymwneud a Covid19 dyma rai ohonynt -

Galwad ffôn yn cynnig chwistrelli a glanhau'r ardal tu fas i'ch drws.

Gwefan newydd yn cynnig eich amddiffyn rhag y Feirws. Peidiwch lawr lwytho ohoni gall wneud niwed i'ch cyfrifiadur a hyd yn oed cymerid drosodd yn llwyr a dwyn eich manylion personol.

Twyllwyr yn cynnig bwyd am ddim ac yn honni eu bod yn cynrychioli'r archfarchnadoedd - un celwydd arall oedd bod Asda yn cynnig taleb werth £150 ond i chi ddilyn Weblink.

Mae yna nifer o rai eraill hefyd oherwydd bob amser mae yna rywrai sy'n barod i elwa o argyfwng ee.

Person ar Ebay yn cynnig bagiau o flwr archfarchnad am £30. Gadwch e' fanna!

A pheidiwch gael eich twyllo chwaeth gan negeseuon ffug yn dweud eich bod wedi derbyn dirwy am gamu tu fas i'ch drws - hwn yw'r sgâm ddiweddaraf sy'n honni mae neges o'r Llywodraeth yw hi. Y celwydd yw bod eich ffon wedi datgelu'r wybodaeth. Peidiwch glicio - DILEU yw'r ateb gorau

Curad Calon Llanpumsaint

Dyma'r criw bach fu'n gyfrifol am sefydlu 4 Adfywiwr mewn gwahanol safleoedd yn yr ardal –

Tu fas y Neuadd Goffa SA33 6BZ

Tu fas Tafarn y Railwe SA33 6BU

Ar wal Fferm yr Henfryn tua Ffynnonhenri SA33 6LD

Tu fas Festri Capel Nebo. SA33 6HN

Arwyddion yr Haint Covid 19

Gallwch arafu ymlediad Covid19 drwy adnabod yr arwyddion ynghynt, a chadw llygad ar gyflwr iechyd yn ddyddiol, hyd yn oed os i chi'n teimlo'n iawn. Llawr lwythwch yr App <https://covid.joinzoe.com>

Mae hwn yn rhan o ymchwil Coleg Y Brenin Llundain.

Maent wedi canfod colli blas a'r gallu i aroglu yn arwydd cynnar o'r clefyd hwn. Felly mwa i gyd sy'n canfod yn ddyddiol mwyaf cadarn fydd yr ymchwil. Felly rhannwch y wybodaeth gydag eraill.

Neuadd Goffa Llanpumsaint & Ffynnonhenri Memorial Hall - Brics Codi Arian

A hoffech chi brynu bricsen i roi ar y wal tu fewn i'r Neuadd? Rydyn ni nawr yn derbyn archebion.

Mae angen pump archeb arnom ni, cy i ni fedru prynu'r brics. Pris y brics yw £50 yr un. Am fwy o wybodaeth a ffurflen archeb cysylltwch â Donna Thomas ar 07854072195.

Gofal Traed Dylai cleifion newydd gysylltu a Gary Robinson yn ystod yr wythnos rhwng 6 a 8 y.h. ar 07789 344488 fel y dylai cleifion cyfredol sydd yn dymuno canslo eu hapwynytiadau. (gofynnir am rybudd o leiaf 24 awr, plis).

Cerdded Ymlaen!

Pan ddaw'r cyfle unwaith eto i werthfawrogi'r profiad syml o gamu mas i gerdded bydd yn rhyddhad mawr o'r dyddiau blin hyn. Bu cerdded erioed y peth mwyaf llesol i'n cyrff, ein henaid a'n holl fyd. Gall newid eich meddylfryd mewn prin gwarter awr, amddiffyn rhag trawiad y galon, clefyd y siwgr ag osteoporosis, i enwi ond ychydig o'r afiechydon cyfoes. Dyma ymarfer therapiwtaidd hollol rad, heb unrhyw effaith niweidiol, heb angen unrhyw gyfarpar heblaw coesau. Fel y dywed un awdur - dyma'r agosaf at yr ymarfer perffaith.

Yn aml iawn byddaf yn hel meddyliau coll wrth gerdded heol neu lwybr cyfarwydd. 'Does dim rhaid canolbwyntio ar ddim ar wahân o osgoi'r cachi cwn. Ond 'dyw'r ymennydd ddim wedi cau lawr yn llwyr, oherwydd mewn prin eiliad bydd yn penderfynu rhoi un goes o flaen y llall, a ble a su yw rhoi hi lawr. I wneud hyn bydd yn trefnu rhyw gymesur un ochor wedyn y llall broses yr ymennydd wnaeth ddatblygu pan oedd y creaduriaid cyntaf yn dysgu nofio gyntaf yn y moroedd cynnes cyntefig. Rhowch fi lawr ar unrhyw lwybr yn enwedig un anwastad neu garegog, mewn llaid neu stêcs, lan neu lawr rhiw, neu ble bynnag, ac mae celloedd yr ymennydd wrthi'n wyllt ac ar garlam yn eu penderfyniadau, ynghynt o lawer na phe baech yn gorffen croesair cymhleth mewn munud neu ddwy. Dyna pam mae pobl sy'n cerdded yn gyson yn llai tebygol efallai o ddatblygu gorddryswch (dementia) wrth heneiddio. Ni all cerdded fy ngwneud yn well mewn rhifydddeg, cwblhau croesair neu gofio enwau, ond fe all fy helpi i gadw fy synhwyrâu -

“ Mae cerdded yn newid gweithgarwch yr ymennydd er gwell. Bydd y clyw, y golwg a'r adweithio oll yn gwella drwy symud “

Rhaid ychwanegu fod cerdded hefyd yn ein galluogi i gwrdd â phobl a chael clonc fach, o fewn ychydig bellter y dyddiau hyn wrth gwrs. Dyw e' ddim yn gor-ddweud fod hyn o les mawr i'n hiechyd meddwl. Wrth droedio lawr ein hewl 'rwyf wedi cwrdd â siarad â phobl na welais ers blynnyddoedd. Fel daw'r rhwystredigaeth bresennol i ben ac wrth i'r haf gyrraedd gobeithiaf gwrdd â rhagor o bobl, pellter hyd fraich cofiwch, ar hyd ein heolydd a'n llwybrau. Yma hefyd cyrhaeddodd blodau'r gwanwyn yn eu holl ysblander, briallu ymhobman, y Botwm Crys serenog mas yn barod, a chyn hir gwelwn Glychau'r Gog a'r Blodyn Neidr yn teyrnasu. Wedyn daw gwyrddni llachar a gwynder byrlymus y Gorthyfail. Gwledd i'n llygaid a'n synhwyrâu, felly ymfalchiwn yn ein trysorau lleol sef y byd natur hudol a'r ddynoliaeth gyfeillgar.

Ann Pettitt

Janis George – Yr olaf o blant Swyddfa Bost Llanpumsaint

Canlyniad arall o effeithiau'r Feirws fu ein hatal rhag mynd i angladdau ac felly y bu gyda Janis George. Hi oedd yr olaf o blant a fagwyd yn Swyddfa Bost Llanpumsaint, teulu fu'n hynod o ddylanwadol ym mywyd yr ardal am dros ganrif a hanner.

Ei hen Dad-cu oedd Thomas Ifans, Gosaf Feistr Llanpumsaint ers 1866 am 30 blwyddyn; f e adeiladodd Tafarn y Railwe a'r Swyddfa Bost drws nesaf. Troediodd dau o'i feibion i wneud eu ffortiwn yn Llundain, gyda R Ifans yr hynaf yn danfon rhodd fawr 'nol yn 1928 i alluogi adeiladu Neuadd Llanpumsaint. Aros adre wnaeth eu chwaer, Charlotte, sef Mam-gu Janis, i redeg y Swyddfa Bost prysur am ddegawdau. A dyna fu tynged Mali Post, sef mam Janis, wedi iddi golli ei gwr Bidi (sylfaenydd y criced lleol) yn ifanc. Bu Mali a'i diweddar ferch Kathleen ynghanol bywyd cyhoeddus Llanpumsaint, gyda, Chapel Bethel, y Neuadd, Y Cyngor Cymuned, Y W.I, Merched y Wawr., a phob dim arall. Collodd Janis frawd a chwaer drwy farwolaeth sydyn. Ar wahân i fod yn ymgyrchydd Iaith, etifeddodd ei brawd William ddawn busnes y teulu, i ddringo'n Brif Weithredwr Cwmni Teiars A.T.S dros Brydain ac Iwerddon. Ei weddw Eirlys fu'r olaf o'r teulu i redeg y Swyddfa Bost hyd y flwyddyn 2000.

Cyfarfu Janis ag Eifion, y peldroediwr talentog, wrth i'r ddau weithio i'r Weinyddiaeth Amaeth yng Nghaerfyrddin. Ar ôl priodi daethant, yn y 1970au i ymgartrefi yng nghymdeithas gymdeithas glos Maesydderwen Cwmdwyfran, i godi teulu ac aros. Yno o hyd Mae Dafydd ond gweithio yn Llundain mae Nerys bellach.

Mae'r golled yn enfawr nid yn unig i Eifion a'r teulu ond i'r gymdogaeth gyfan ac yn arbennig i Gapel Cwmdwyfran. Yno bu Janis yn organyddes, Ysgrifenyddes Yr Ysgol Sul a Chymdeithas y Chwiorydd, ac yn trefnu cymanfaoedd hefyd. Daliodd ati i wnïo yn y Clwb lleol er bydd elusen cancr, ac yn y blynyddoedd olaf bu'r ddau'n aelodau ffyddlon o Glwb Gwili Bronwydd. Roedd Janis yn ffrind hael a chyson a chesech ch'm sebon ganddi, dim ond y gwir plaen. "*O'ch chi'n gwbod ble o'ch chi'n sefyll da hi, ond nele hi rymbeth drosto chi!*" medde un cymydog. Bu hefyd yn ddewr drwy holl anhwylder Eifion a brwydrodd yn hir ei hunan yn wyneb y cancr creulon. Ond roedd dim rhoi miwn i fod da Janis. Bydd yna Wasanaeth coffa yn y dyfodol.

Arwyn 2020

Gwylwch berfformiadau theatr am ddim

Ar adeg pan nad yw'n bosib gweld perfformiadau byw mae'r Theatr Genedlaethol yn estyn atoch. Gallwch ymuno i weld cynrychiadau bob dydd Iau am ddim ar You Tube am wythnos. Am fwy o fanylion ewch i wefan y Theatr Genedlaethol.



Village Voice April 2020

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Brechfa Forest West Wind Farm Community Fund provides some funding for Village Voice



Llanpumsaint from the air



Congratulations to Emma Moore. Runner up in Rotary Club's Young Chef competition held at Stratford Upon Avon



What a wise Robin!



Plastic from garden, buried for at least 30 years



Successful Litter Pick



Photos showing Spring bursting out all over



What a tonic to us all as we are confined to barracks



Llanpumsaint Community Response to Covid 19 restrictions

On 15th March 2020 Kevin Mably posted the following message on the Llanpumsaint ar Cylch facebook page https://www.facebook.com/groups/465466747389918/?ref=group_browse

“If the over 70’s have to self- isolate in the near future would we as a village be able to look out for them and ensure they have the provisions they need. Just putting it out there to see what ideas we can come up with”

The community responded and on Saturday 21st March (before we were in lockdown) if you live in Llanpumsaint you hopefully received through your letterbox a slip offering free help should you need it.

We are aware that the situation and government advice is rapidly changing, but at the time of writing (25/3/20)

We are hoping that we can continue to offer help where it is needed by:

Speaking to you over the phone , if you are feeling isolated or lonely and just want a chat or arranging to collect and deliver essential items such as food and medicines for you and delivering them to your doorsteps if you are unable to leave your house , don’t have transport and can’t get deliveries .

We are **Rev’d Gaynor Jones-Higgs** - Your local Church in Wales (Anglican Vicar) who lives at the Vicarage Llanpumsaint with Clive , Mabli and Caleb the dog. I’m a Welsh learner, not very good over the phone, but I understand basic everyday conversation although I will probably reply in English. Prior to entering the ministry, I worked in Domestic abuse services and before that as a secondary school teacher. 01267 253158



Gaynor



Kevin



Rosie

Kevin Mably - Hi, my name is Kevin Mably and with Michelle and our four children we have lived at Glanrafon for the past five years. We have always been welcomed in the village and wanted to do our bit for others. I currently work in community development, prevention and wellbeing in Bridgend supporting people to do what matters to them. I hope more people can come forward and help however they can in the coming weeks.

Rosie Frewin -I live at Gwynfryn with Sharon and Molly, and Ralph the black Labrador. I am a Quality Improvement and Service Transformation Practitioner for the NHS based in Carmarthen. Before working for the Health Board, I have always worked in the community; working with people with learning disabilities, those effected by domestic abuse, and older people, and have spent a number of years developing children’s community play services. I am happy to help in any way I can.

Janet Taplin I live in Pandy, Llanpumsaint with my husband Brian and Mum Jean. We have a selection of animals from horses, sheep, chickens, dogs and a cat. We moved from West Tytherley, Salisbury, Wiltshire to the village in November 2018. I have for the past 20 years worked in GP Practices, but on the administration side. Sadly, I cannot speak Welsh, but would love to learn the basics.

My contact details are 253097 or 07795095721

Help slow the spread of #COVID19 and identify at risk cases sooner by self-reporting your symptoms daily, even if you feel well.

Download the app <https://covid.joinzoe.com/> They are finding that loss of smell/taste may be a precursor sign for COVID 19. The more people > that report daily, the more accurate the information will become Please pass it on to as many as you can. Carolyn

Local traders doing deliveries or order and collect

Lots of information about local shops and help in the village on the Facebook site, Llanpumsaint ar cylch. However, if you don't use Facebook, here are details of some traders that will be in the village, will deliver phone orders or operate a phone or click and collect service:

Becky Veg and fruit In the village from 2.00pm Thursday afternoons

Pasture Perfect Meat Nicky Esgair 01267 253463

Sausages and Bacon Myrddin Heritage 07468 453770

Gwalia Stores 01267 253249

Chris Thomas at Abergwili 01267 238363

Castell Howell on-line click and collect from Crosshands

Castell Howell Shop at Carmarthen Cash & Carry – see website for details

Farmyard Nurseries Delivering orders – 01559 363389

And of course, if you can get a slot, Morrisons, Asda and Tesco will deliver – the difficult is finding a slot!!!!

From Carmarthenshire County Council

Carmarthenshire businesses and support groups are going the extra mile along with Covid-19 community support groups to help and support their local communities.

To see what is going on in our area and to find out what support is available log on to the [Carmarthenshire County Council website](https://www.carmarthenshire.gov.uk)

If you want add your business to this list email covid19community@carmarthenshire.gov.uk with the business/group name, brief description of what they are doing, how people can get in touch e.g facebook/web link, email and/or phone number and the area that you are working in. We can add new areas and types of service, if they aren't already listed in the drop-down menus.

By working together we can help support our communities.

Message from Sandy

'I think most of you know now that my much-loved partner of the last 20 years, Nick Stoneman, passed away very suddenly at the end of January. The family and I, were overwhelmed with the outpouring of grief from many of you in the village. Thank you all for your flowers and messages of support at that time. I would also like to thank from the bottom of my heart those that have been with me during, and from that fateful evening that left me reeling with shock. Some proved to be a tower of strength; looking after me in the early days to the present. My thanks also go to everyone who offered their support and others who have stepped up in these strange times we find ourselves. True to form, a lot of people don't want to be mentioned but you all know who you are, especially my immediate neighbours. Thank goodness we were able to give Nick a fitting celebration of his life on Valentine's Day, it would have been dreadful to try and hold a funeral now'.

Head to Toes Footcare. Clients should contact Gary Robinson any weekday evening between 6 – 8pm on 07789344488, as should any existing client wishing to cancel (at least 24hrs notice, please)

Llanpumsaint Heartbeat

The 4 defibrillators in the Llanpumsaint area are at the following locations:

Outside the Village Hall SA33 6BZ

Outside the Railway Inn SA33 6BU

On the wall outside Henfryn on way to Ffynnon Henry SA33 6LD

Outside the Vestry at Nebo SA33 6HN

Neuadd Goffa Llanpumsaint & Ffynnonhenri Memorial Hall - Fundraising Bricks

Would you like to buy a brick to be displayed inside the Hall? We are now taking orders. We need five orders in order to make a purchase. The bricks are priced at £50 each. For more information or for an order form contact Donna Thomas on 07854072915.

Congratulations to Emma Moore. Emma won Tywi Rotary club's recent Young Chef competition, then went on to the Rotary Great Britain and Ireland (RGBI) Semi-Finals in Stratford Upon Avon. The competition was fierce, with all entrants having to produce a 3 course meal and it was a very close finish with Emma being the runner up. Well done Emma!

Village Litter Pick

We had a number of residents who helped to clean up the verges in and around the village in early March. Again a good haul as you can see from the picture. The drink containers and takeaway debris was obviously thrown from their car when finished with (do these drivers and passengers have servants picking up their rubbish at home?) There was a bag of what looked like broken glazing from a greenhouse just dumped in the verge at Nebo. So dangerous, could have severely injured anyone walking along the verge, or a dog or wild animal. Always amazed at what people throw out without a concern of the effect of their actions. Oh, and a pair of knickers were found, picked up with the litter pick tool!

Many thanks to all who helped to get the village clean for a day.

And as an illustration of how long rubbish can last in the ground without decay, just have a look at the picture of plastic recovered from my garden when I dug a small hole, about 5 inches in diameter, to plant one of my trilliums.

The blue plastic has not deteriorated at all, just broken. The plastic bag still has the use by date, 7/03/86. This plastic has been in the ground since Bodran Felin was built in about 1988 when the area between the 2 streams was raised. So even after over 30 years this plastic remains.

Carolyn Smethurst

Watch the best of British theatre for free

While you can't go to the theatre, the National Theatre is bringing the theatre to you. Join the National Theatre Live productions every Thursday for much-loved productions, free to stream on YouTube for seven days. For full the schedule of the programmes, check the National Theatre website.

LLANPUMSAINT WELFARE AND RECREATION ASSOCIATION

Tree planting alongside the Gwili

At our last meeting, Ieuan Davies from the West Wales Rivers Trust, gave an interesting talk about the benefit of tree planting alongside the River Gwili and its tributaries in order to generate fish numbers. An area alongside the stream which borders the park would be an ideal location for tree planting and hopefully involve some of the pupils from Llanpumsaint Primary School in this small project..

Meetings and activities

Unfortunately the following meetings and activities have had to be postponed in line with the Corona Virus government guidelines:

Charity Meal at the Railway Inn 31 March 2020

Annual General Meeting 27 April 2020

Car Treasure Hunt 19 June 2020

Llanpumsaint Park

The park will remain open. However, everyone using the park is requested to read the Government Guidelines on the posters at each entrance. NB. NO DOGS ARE ALLOWED IN THE PARK

Rogues and Helpful people.

This will be an unusual article from me this time, some of my usual subjects, scams and mostly about the current situation, which some are fed up hearing about. Yes, I mean Coronavirus or Covid-19 for short. In these unprecedented times, we are all asked to change our way of life till this pandemic is under control. The important thing of course is to stay at home as much as possible and keep a 2m distance between everyone.

Vi and I are currently self-isolating, we are fit and well but we are erring on the safe side and of course, we would love to be able to help others, but being in our 70's are classed as vulnerable and therefore recommended to isolate. This gives us time to get out into the garden while we are in this "heat wave" and tidy up the mess left behind from those weeks we had of never so soft breezes and drizzles of rain! Also, may now have a chance to carry on finishing the small jobs inside our house which have been waiting too long to do. We have enough food and drink to last us a few weeks until we have to make the occasional journey to town for food top ups etc.

Rogues: It does not seem to matter what state the country is in, there will always be rogues out there who prey on the vulnerable - and let's face it - at the moment, we are all, young and old, in some way vulnerable at this time. Remember all of the items I have written about in the past and they will continue, albeit probably with a vengeance.

You can almost guarantee that they will try to con the most vulnerable in society, those isolating for whatever reason.

For example, offering help with finances springs to mind, all they want is your bank details and they will help - yes, help themselves to your life savings!

Some reports of firms selling fake face masks and sanitisers containing banned substances, offering to collect shopping for you (using your cash or bank card!) etc. Just watch out.

Helpful people. There are however good people out there offering genuine help with various jobs. Recently we had a note posted in our post box from such a group in the Village who have tasked themselves with helping others. A selfless act of kindness. I have already sent them my gratitude for being some of the exceptional people helping others. I believe that they are submitting their own article so enough said by me. Whilst isolating, remember you are not alone. You are only a phone call away from relatives, friends and neighbours. If you have a decent broadband connection and a smart phone, PC, tablet, etc. You can use video calling free to keep in touch - so long as the other party has similar. Facebook, Whatsapp, Skype all free. And there are others of course. Talk to neighbours over the fence/hedge from a safe distance, even from your window.

Stay safe out there and persevere. Your PC and other dodgy issues friend. Dave

Post script!

In this month's issue of the Village Voice, I mentioned that you are not alone and you could use various tools to connect with others without meeting them face to face. I have been reminded that quite a few in the Village will not know how to use some of these tools.

If you already know how to do this, you do not need to read any further but if anyone close to you does not then you can maybe help them out.

If you do not have access to the internet then you cannot use these systems. Sorry.

Here, I hope is some guidance as to how to get started.

Usually, if someone needs advice on how to do this, I would pop round and show them, this would only take a few minutes but to describe it in words is a bit harder so please bear with me while I try.

I mentioned Facebook, Whatsapp and Skype. There are others.

They are all free to use as long as you have enough download allowance.

On all of these systems, you can send people a free message, and even a photo as well as chat to them via video. They all work using your broadband connection or Wi-Fi.

Remember that in the future, when not in isolation, if you are using any of these systems on a mobile phone, while outside using your mobile data, then video chats can use up a large amount of data.

All of these systems can be used on either

1. Microsoft Windows Laptops/PC's, Tablets or Smart phones. or
 2. The same devices running Apple Macintosh systems, e.g. Apple Mac Laptops/PC's, iPhones, I-Pads.
- I have only experienced the devices in option 1. So I will concentrate on these, however, there are very similar ways to get up and running on option 2 devices.

All options require you to have a Contacts list - same as a Phone book but no home address. They typically contain a mobile number and/or land line and an e-mail address. All devices have Contacts lists installed ready for you to propagate.

Also, most important, you can only communicate with others who already have the particular system installed on their device, dissimilar devices can talk to each other. You have to contact the person first to make sure they are ready and also to find out their chosen contact name/number.

When I started to explain how to install and use each one, I ended up with over 1 page just for Skype. So, I am including a link to instructions on the internet for you to follow.

Skype:-

Runs on Windows 10, Android phones and tablets.

Best on Laptops as screen size better, followed by tablets (bit smaller) then phones (usually too small).

You do not need a phone number to use Skype.

Windows 10 Laptop instructions: <https://www.skype.com/en/get-skype/>

Choose the device. Windows or Android via Google Play.

Follow the install instructions which include setting up a Skype name. This has to be unique as there are tons of users out there all over the world. E.g. I am daveinwaleshere.

Whatsapp:-

Runs on Android smart phones only. You need a mobile number to use Whatsapp.

Android phone instructions: <https://www.androidcentral.com/how-set-and-start-using-whatsapp-android>

You can message someone, call them - for free, or video chat. You'll see options on the top right corner after you select a contact.

Facebook:-

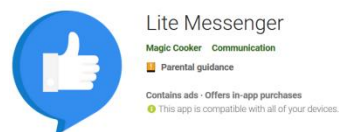
Runs on all 3 devices. You do not need a mobile phone number.

Facebook itself can get a bit convoluted at times but you can now use the Messenger part to start a chat session.

Windows 10 Laptop instructions: In a browser type <https://www.facebook.com/messages>

Follow the prompts to create an account.

For Mobile phone or Tablets:



Open Google Play store and search and install Lite Messenger.

Follow the prompts to create an account.

Then on the left hand side, press Messages.

This looks as though it works OK.

I do hope this is useful to allow you to keep in touch with friends and Loved ones. If you have any problems, or if you would like a copy of any of the above links so that you can just click on them, feel free to send me an E-Mail and I'll try to get back to you via phone or E-Mail. As per usual, no charge for this. I'm simply helping to look after the Village residents where I can. Dave.w.robinson@outlook.com

Llanpumsaint School PTA - Easy Fundraising

If you are an Internet shopper, you could help raise funds for the PTA. All you have to do is register at, www.easyfundraising.org.uk/causes/LlanpumsaintPTA or contact Emma Brown for the link.

If anyone in the local community is able to claim £4£ / match funding through work or other means and are willing to allow the PTA to claim this match funding, please let Becky James know on 01267 253560.

Dyfed Powis Police

For live updates and information on how to stay safe from fraud please follow our Twitter page @DPPFraud

We've heard of over 22 different COVID-19 related scams over the last week, here are a few of those:

- A call received from an individual purporting to be from a cleaning company, offering to clean and spray areas where the virus may be i.e. front door
- A website has been set up, which offers an antivirus program to protect users against the coronavirus. Fraudsters trick users into downloading a remote access trojan and install malware that could infect the user's device. Once access has been obtained, the fraudster could act as a legitimate user but use this access to steal data and seek financial gain.
- Fraudsters offering free food vouchers then harvesting their data and charging them for marketing texts. Fraudsters are pretending to be major supermarket chains offering free vouchers for shopping in their store – eg “ASDA has announced that they are giving away free £150 coupon to everyone – get your free coupon at (Weblink)”

Please note, this list is not exhaustive and is for information & awareness only.

There are always people out there who will try to make money in any emergency – just be beware. For instance, there is an EBAY trader selling 1.5kg supermarket bags of strong white flour for £.30! Just find their site and leave a suitable message!

And don't believe bogus text messages saying you've been fined for stepping outside during the coronavirus lockdown.

It is the latest in a series of scams related to the virus that claims to be from the UK Government.

This sinister scam claims that your movements have been monitored through your phone, and that you must pay a fine or face a more severe penalty. Don't click, just delete!

LLANPUMSAINT 100 CLUB

Dear Members, I have done my best to collect renewal subscriptions before retreating in to self-isolation - it's my age you know !!!

If you wish to rejoin, please drop your cash/cheque (payable to 'Llanpumsaint 100 Club') through my letterbox or post your cheque to me at:- Maes Y Felin, Llanpumsaint SA33 6 BY.

Anyone wishing to join for the first time can do the same. Cost is £12 per number.

All profits go to the Llanpumsaint Welfare and Recreation Association towards the upkeep and maintenance of Llanpumsaint Playing Field.

Please help me to keep the Club going during this very difficult period.

Members allocated numbers and my yearly statement of account will appear in the June issue of Village Voice, together with the lucky winners for March, April and May.

Keep safe. Derick Lock, Treasurer, Llanpumsaint 100 Club. Tel: (01267) 253524.

LLANPUMSAINT WELFARE AND RECREATION ASSOCIATION

Tree planting alongside the Gwili

At our last meeting, Ieuan Davies from the West Wales Rivers Trust, gave an interesting talk about the benefit of tree planting alongside the River Gwili and its tributaries in order to generate fish numbers. An area alongside the stream which borders the park would be an ideal location for tree planting and hopefully involve some of the pupils from Llanpumsaint Primary School in this small project..

Meetings and activities - Unfortunately the following meetings and activities have had to be postponed in line with the Corona Virus government guidelines:

Charity Meal at the Railway Inn 31 March 2020

Annual General Meeting 27 April 2020

Car Treasure Hunt 19 June 2020

Llanpumsaint Park

The park will remain open. However, everyone using the park is requested to read the Government Guidelines on the posters at each entrance. NB. NO DOGS ARE ALLOWED IN THE PARK

Memories of life in Carmarthenshire during the last emergency – WW2

I was born in Gwaelod y Garth, Merthyr Tydfil in the early 1940's. My father was working with the Aeronautical Inspection Directorate in the area. He then joined the RAF in 1943, as a meteorologist and was sent to Nice where he stayed for the duration of the war.

So my mother, my 2 sisters and I moved to Llanwrda, to be close to her family. My Grandmother lived at Vale of Towy Inn across the railway line. The house we lived in was at the crossroads in the village, opposite the post office. We had a large garden with a stream running through, and a large concrete slab as a bridge. In the autumn, we used to lie on the bridge to collect the pears as they dropped into the stream. The garden now lies under the new bypass.

I was fascinated by the high footpath to the station opposite the Llanwrda and Pumsaint Farmers building—we obviously had issues with water even then.

My mother was one of 9 children and there were several of her siblings who lived close. Some of her brothers went to war, and as a family they were lucky in that all returned safely eventually when the war finished.

I remember all my 6 uncles with love – they were all characters in their own way, and it was a close family. My eldest uncle, Godfrey, managed the Llanwrda and Pumsaint Farmers, I still remember the smell of grain and other materials in the building and the clunky wooden floor. I loved the bar weighing scales on the first floor, and always weighed myself when we went there. Recently when we went to get some replacement roofing for the stables from Adeilad Claddings, just stepping into the building brought memories flooding back.

Uncle Godfrey married Dilys (still alive) whose family were from Glandulais. I can remember when we all went to this old farmhouse for a high tea, imagination running wild – how high would the teapot be? What an experience for a young girl. It seemed like a magic room, a huge dresser full of shining china, a table that we could all sit around (don't know how many people were there, there seemed to be so many), and the table groaning with food.

I went to school in Llanwrda when I was 3. A room with a high ceiling, and a huge stove in the middle of the room. My clearest memory are the little bottles of milk, brought early in the morning then left near the fire till we drank them mid-morning. By then the milk had turned with the heat from the fire, ughh. I think that is why I have never enjoyed drinking milk since.

With my sisters, we used to enjoy going for walks – and coming back with armfuls of bluebells or other flowers. On one field sloping down to the A40, there were always dozens of rabbits – we used to approach very quietly, then when we got in sight of the rabbits we would clap our hands loud and laugh as they all ran to their burrows. No rabbits now – myxomatosis saw the end of them, but when driving along the A40 I always look just to see if they have returned.

Another adventure on the A40 was the night my uncles were taking me the 4 miles to Llandovery Hospital for an emergency – my appendix needed removing! All was going well until the car had a puncture on the way there. So the uncles had to sort that out, before getting me to the hospital. I can remember the doctor standing on the step at the hospital waiting. The orderly in hospital tried to make me laugh as I recovered, using the broom upside down etc. I did not find that very funny!

When I got home I had to have the stitches removed – so I was taken down to Vale of Towy, and laid out on the dining table – I think I screamed a lot!

After my father came back from the war we moved to Cardiff for him to continue with his work. But we returned frequently to see our relatives in Llanwrda for many years. The family would squeeze into the car, all squashed together. Cardiff to Llanwrda, 60 miles, would take 2 hrs. But it was always worth the journey to see the family. Sunday lunch at the Vale of Towy would be roast beef and gravy, lots of it, and just in case we were still hungry, bread in the gravy to follow. We would go back to Cardiff with lovely food to keep us going for a while. And my fishing uncles would often post a sewin or salmon from the Towy – what a treat.

Happy memories. Carolyn Smethurst.

LLANPUMSAINT & NEBO SHORT MAT BOWLING CLUB

The Club saw their season come to an abrupt end with the final matches remaining un-played. In light of the corona virus outbreak, the Club, Carmarthenshire and Wales made the decision to suspend all bowls competitions effective from 14th March, 2020 to safeguard its members. It is hoped that some of the competitions can be re-arranged in September.

On a more positive note the Club played 9 games in total after the Christmas break winning 4, drawing 2 and losing 3. At the suspension of the League the Club were in a healthy 6th position, 9 points behind last years' League Champions Salem and 15 points ahead of Llandyfaelog B. The annual Club competitions had commenced with the group stages taking places in the 2 wood singles and 4 wood singles. The final in both competitions will be held at a later date between Aled and Peter. The 2 wood pairs competition was due to take place on the 30th March this will hopefully now be held at the start of the new season.

Don't forget to check out our website Llanpumsaintsmbc.org.uk for any updates on the Club.

The Club meets in the Hall for practice on Monday and Thursday evenings from 7.30-9.30 p.m. from September until the end of April. New players are always welcome between the ages of 11 and 99, we have qualified coaches on hand to provide help and encouragement.

For further information please phone our Chair Derick Lock on (01267) 253524 or our Secretary Jill Edwards on (01267) 253474

Simply Walking.

If, once we are able to go outside, we appreciate the simple act of walking, then this will be one huge benefit to come out of this terrible moment.

Walking is, after all, the original win-win: good for our bodies, good for our minds, and good for our world. It changes mood for the better in just fifteen minutes, protects against heart disease, diabetes, osteoporosis, to name but a few modern ailments. This amazing therapeutic activity is free, has no adverse side-effects, requires no special equipment beyond at least one leg. It is, say the writers of one study among many, "the nearest activity to perfect exercise".

I often find myself getting lost in thought if I'm walking along a familiar road, or a level path. I'm not thinking about it, or having to concentrate, unless maybe on avoiding dog-shit. But my brain isn't taking it easy at all. My brain is having to decide, in fractions of a second, not merely which foot to put down next, but how, and where, to put it. To do this it deploys a kind of symmetrical one- side – then-the-other brain-cell process first developed when All Creatures Great and Small were learning how to swim in a warm ancient sea. Pick me up and put me down on any kind of a path, especially one involving an uneven and unpredictable surface, a higgledy-piggledy muddy or rocky path, one going uphill or downhill, and my brain cells are firing away, fizzing and popping, whizzing and whirring, way faster than if I were to complete the Times' crossword in a couple of minutes.

This, incidentally, is why people who go walking often have less chance – no guarantee, mind, just less chance – of developing dementia in old age. Walking will not make me any better at doing crosswords or mental arithmetic or remembering names. But it might just delay the loss of my marbles.

"..walking measurably changes brain activity for the better. Hearing, sight and reaction times all improve during active movement." *

I would add, that walking allows us to meet people, at a safe distance of course, and chat. To say that this is good for our mental health is an understatement. Walking along the road, I have met people in this village to whom I have never spoken in years. As the current restrictions onts ease, and as we move into summer, I hope to meet many more people (at twice arms length!) out on the quiet lanes and footpaths. Here we have the most wonderful spring floowers, primroses abound, already white starry stitchwort is coming out, soon it will be bluebells and pink campion. Then the exuberant green and white frothiness of cow parsley takes over. It will be a much-needed feast for our senses, let's learn to appreciate what we have here on our doorstep - glorious nature, friendly humans. Ann Pettitt

Village Voice Church Article April 2020

I write on Weds 25th March 2020 the second day of lock down due to Corona Virus in the UK. None of us knows what the situation will be by the time Village Voice is published and distributed.

However, in this most difficult of times I am heartened by the way that our communities have joined together to love and support each other and the ways that our churches have continued to thrive. I have also been touched by the understanding and patience of our congregations as we as church leaders seek to respond to the rapidly changing situation, especially those who have had to have their weddings postponed and those who have not been able to have the funerals for their loved ones in the ways that they would have liked.

Perhaps now more than ever with our church buildings closed for the foreseeable future we are realising that churches are not buildings that we turn up to on Sunday mornings, rather the church is the gathered people of God reaching out in love to our local community.

Church is very much still happening in fact I'm still really busy. Overnight I have become a "Virtual Vicar", services are continuing via Skype and Bible study via Whats App. We are keeping in touch and supporting each other via email, facebook, phone and letter. Please continue to stay in touch with what the churches are doing by following us on facebook

<https://www.facebook.com/LlanpumsaintbronwyddandLlanllawddogchurches/photos/p.555060928442528/555060928442528/?type=1&theater>

We are also keeping up a daily rhythm of prayer and worship in our own homes, if you have any specific prayer requests please contact us and we will ensure they are acted on.

I would urge you all to continue in these very uncertain times to continue to love God and your neighbour and to seek to reassure you of the Christian certainty, best expressed by St Paul in Romans 8.31-39 that neither life nor death, (not even Covid 19 or coronavirus,) separate us from the love of God in Jesus Christ our Lord.

Stay safe, keep praying, be kind. Rev'd Gaynor Jones- Higgs Tel 01267 253158 j_gaynor@hotmail.com

Nebo Chapel Services

May	10	Rev. Gareth Soan	10.30
	17	Mr Tudor Dylan Jones	2.00
June	14	Rev. Roger Thomas	2.00
	21	Rev. Tom Dafis	2.00

For more information please contact Chapel Secretary Meinir Jones on 253532

Ffynnonhenri Chapel

For further information please contact Danny Davies Treasurer on 01267 253418 or Gwyn Nicholas Secretary on 01267 253686

Caersalem

Psalm 67 God be merciful unto us, and bless us; and cause his face to shine upon us; that thy way may be known upon earth, thy saving health among all nations.

No services in Caersalem, as everywhere else, for a while but we wish everyone well.

CYLCH MEITHRIN BRONWYDD

Enquiries relating to the Cylch to Verona (07929 431652)

For Sale - AEG Dishwasher, Top of the range model.

Slight mark on front. £75.00, mobile No. 07734353773 Linda Dobney

Janis George - Last of the Post Office children

Yet another effect of the virus restrictions is that we are prevented from paying our last respects at funerals, and this happened when Janis George passed away recently. She was the last of a family which for over a century and a half, had exercised a massive influence over the life of Llanpumsaint. Her great grandfather Thomas Evans, served as Station Master from 1866 for the next 30 years and built both the Railway Hotel and the busy Post Office next door. Two of his sons left to make their fortunes in London, with the eldest D.R Evans donating a huge sum of money in 1928 to kick start the building of Llanpumsaint Hall. Their sister Charlotte, Janis's grandmother, stayed behind to run the increasingly busy Post Office. Daughter Mali (Janis's mother) took over, and following the death of her husband Vidi (who introduced Llanpumsaint to cricket) raised 3 children. Both Mali and her late daughter Kathleen threw themselves into all aspects of village life, from Bethel Chapel, the Hall, Community Council, W.I. Merched y Wawr, and anything else that appeared. Janis's brother William, like Kathleen also died suddenly. He'd inherited the family business acumen to become A.T.S Chief Executive for Great Britain and Ireland. He also did his bit for the Welsh language. His widow Eirlys became the last family member to run the Post Office till the year 2000. Janis met her talented footballer husband Eifion when they both worked for the Ministry of Agriculture in Carmarthen. They settled at cosy Maesydderwen Cwmdwyfran in the mid 1970's to remain there. Son Dafydd stayed whilst daughter Nerys went to work in London. The loss for Eifion and the family is enormous, as it is for the local community particularly Cwmdwyfran Chapel. There Janis not only played the organ, but acted as Secretary to the Sunday School and the Fellowship of Ladies, and also arranged the Gymanfa Singing Festivals. A member of the Knitting Club she kept at it to the end in the cause of charity, and in recent years both she and Eifion had become active members of Bronwydd's Clwb Gwili. She was a true, consistent and dependable friend to many; you got no soft soap talk from Janis but the truth as it was. As one friend commented "*You knew exactly where you stood with her, but she'd do anything for you!*" She showed remarkable courage through all Eifion's illnesses, to then fight constantly hard with such determination in her own long battle with cancer. Giving in was never in Janis's vocabulary. A Memorial Service will follow eventually.

Arwyn 2020

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