



Llais y Llan Hydref 2018

Copi dyddiad ar gyfer rhifyn nesaf – 24th Tachwedd 2018

Beth sy' Mlaen yn y Pentref yn y misoedd nesaf

Clwb Bowlio Llanpumsaint a Nebo pob Nos Llun a pob Nos Iau, 7.30 – 9.30 Neuadd Goffa

Noson Stêc y Rheilffordd pob Nos Fercher 01267253643

Noson 'Fitness Fun' Nos Fawrth 6.30 Neuadd Goffa £4

Cadw'n Heini 50+ pob Dydd Iau 2.00 – 3.00 Neuadd Bronwydd

Llyfrgell Deithiol - pob Dydd Mercher, 10.45 – 11.45, Neuadd Goffa Ffôn 01267 224830

Gwasanaeth Swyddfa Bost ar dydd Gwener 11.15 – 12.15 Neuadd Bronwydd

Gwasanaeth Swyddfa Bost ar ddydd Mawrth 2.00 - 4.00 a dydd Gwener 1.00-3.00 Bryn y Wawr

Merched y Wawr Trydydd Nos llun o'r Mis yn y Neuadd Goffa

Hydref 10 Dydd Fercher 2.00 Gwasanaeth Diolchgarwch Ysgol Llanpumsaint, Eglwys Llanpumsaint

Hydref 10 Nos Fercher 6.00 Clwb Swper Tafarn y Rheilffordd Ffôn 01267253643

Hydref 13 Nos Sadwrn 7.30 'Meat Loaf' Neuadd Goffa

Hydref 14 Dydd Sul 2.00 Gwasanareth Diolchgarwch Capel Ffynnonhenri

Hydref 15 Ns Llyn 3.30 – 5.00 Eglwys Agored Eglwys Llanpumsaint

Hydref 16 Nos Fawrth 7.00 Cwis a Chyri £5.00 y pen, Tafarn y Rheilffordd

Hydref 19 Nos Wener Sioe Ffasiynau er budd Eglwys Sant Celynin, Bronwydd Hall

Hydref 20 Nos Sadwrn 6.30 Cwis Macmillan/Martie Curie St Peter's Hall, £5 per person

Hydref 22 Dydd Llun Clwb 60+ Neuadd Bronwydd

Hydref 28 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Bronwydd

Hydref 28 Nos Sul 8.00 Cwis Hollybrook Bronwydd

Tacvhwedd 3 Dydd Sadwrn 2.00 Cerdded Gie Cydweli

Tachwedd 3 Nos Sadwrn 7.30 Cyngerdd Blynnyddol ar Dachwedd Capel Tabernacl

Tachwedd 5 – 9 Twrci a Thinsel Clwb 60+

Tachwedd 6 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa

Tacwedd 14 Dydd Mercher 10.00 Cling Traed Neuadd Goffa

Tachwedd 14 Dydd Mercher Taith Trego Mills Clwb 60+

Tachwedd 14 Nos Fercher 6.00 Clwb Swper Tafarn y Rheilffordd Ffôn 01267253643

Tachwedd 16 Nos Wener 7.30 Noson Gasino a Disgo Neuadd Goffa.



Tina Conyard Photography

Rhowch Ffarwel i Jayne a Nick

Y Tymor ffrwythlon niwlog aeddfed



Tachwedd 20 Nos Fawrth 7.00 Cwis a Chyri £5.00 y pen, Tafarn y Rheilffordd
Tachwedd 21 Nos Fercher 7.00 PTA 'Bingo' Neuadd Goffa
Tachwedd 24 Dydd Sadwrn Ffair Nadolig Eglwys Llanllawddog
Tachwedd 25 28 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Bronwydd
Tachwedd 25 Nos Sul 8.00 Cwis Hollybrook Bronwydd
Rhagfyr 1 Dydd Sadwrn 11.00 PTA Christmas Fair Neuadd Goffa
Rhagfyr 8 Dydd Sadwrn 11.00 Cerdded Llanpumsaint
Rhagfyr 13 Dydd Iau Cyn Mwynhau ein Cinio Nadolig
Rhagfyr 23 Dydd Sul 2.00 Gwasanaeth Carolau Capel Ffynnonhenri
Rhagfyr 24 Dydd Llun 'Santa Parade' Myw o fanlion ym mis Rhagfyr Lais y Llan
Ionawr 9 Dydd Mercher 10.00 Cling Traed Neuadd Goffa

I logi'r Neuadd Goffa Llanpumsaint a Ffynnonhenri, ffoniwch Derick Lock 253524

Teyrnged i Jayne a Nick

Daeth teyrnasiad Jayne a Nick yn y Railwe i ben yn nyddiau olaf Mis Medi. Dros gyfnod o unarddeg mlynedd buont yn aelodau pwysig a dylanwadol o fywyd y pentref a'r gymuned. Gwnaeth safon uchel y bwyd a'r croeso ddenu cwsmeriaid o bell ac agos i Dafarn y Railwe. Cynhaliwyd ciniawa di-ri yno, yn enwedig at godi arian at achosion da, yn lleol a chenedlaethol. Nawr maent am newid cyfeiriad i ddilyn llwybrau gwahanol, ond yn awyddus i ddiolch i bawb am eu cyfeillgarwch a'u cefnogaeth. Ar ran pobl Llanpumsaint a'r cylch hoffai Llais y Llan gynnig diolch yn fawr iawn iddynt gan ddymuno'n dda i'r ddau am y dyfodol.

Tafarn y Railwe – Y bobol newydd.

Croeso felly i Wayne a Liz Rees wrth gymerid yr awenau ar y cyntaf o Fis Hydref. Yn honni o dref Caerfyrddin maent wedi bod yn rhedeg tafarndai ers ugain mlynedd, ac yn bwriadu cadw i gynnal Tafarn y Cwrwg yno. Fe fydd rhai pethau'n newid.

Yn gyntaf bydd y Railwe'n agor ar ddydd Llun o dri o'r gloch ymlaen.

Dydd Mawrth i Ddydd Gwener – Agor am Dri gyda bwyd o 6 o'r gloch ymlaen.

Dydd Sadwrn – Agor am hanner dydd – gyda bwyd 12 – 3 a 6 ymlaen

Dydd Sul – Agor am hanner dydd – Cinio 12—3.

Dymunwn y gorau i Wayne Liz a'r teulu yn eu menter newydd yn y gobaith o weld y Railwe yn dal i ffynnu.

Cronfa Gymunedol Fferm Wynt Brechfa.

teuluoedd, ffrindiau ac aelodau o'r gymuned i fwynhau taith gerdded egniol ar hyd y llwybrau a'r pontydd cerdded newydd. Bu cyfle gyfarfod ac aelodau Innogy ynghyd ac Antur Teifi fydd yn rheoli'r Gronfa. Erbyn hyn rydym yn derbyn ceisiadau, felly os wybod mwy am y grantiau a'r canllawiau ewch i'n Gwefan yn ;- www.anturteify.org.uk <<http://www.anturteify.org.uk>>. Neu anfonwch E-bost - brechfa@anturteify.org.uk <<mailto:brechfa@anturteify.org.uk>>.

Edrychwn ymlaen at groesawu rheolwr Cronfa'r Ymddiriedolaeth sef Moisha Merry ar y 1af o Hydref 2018. Gellir cael gafael ohoni ar 01239 710238 i egluro unrhyw fater yn ymwneud a cheisiadau i'r Gronfa. Megan Greatex Antur Teifi.

Cymdeithas Les a Hamdden Llanpumsaint

Cynhaliwyd y Bore Coffi Macmillan Blynnyddol ar fore Sadwrn 22 o Fedi yn y Neuadd. Er gwaethaf y tywydd llwyddwyd i godi'r swm anrhydeddus o £322. Diolch i bawb am ddod a'r rhai wnaeth gyfrannu lluniaeth. Edrychai'r Neuadd yn hynod o bert gyda'r llieiniau bwrdd a'r holl addurniadau mewn lliwiau Macmillan.

Cynhaliwyd y Cinio Elusennol blynnyddol yn y Railwe ar nos Fawrth 25 ain o Fedi i gwblhau cyfnod prysur i'r Ymddiriedolwyr. Diolch i Jayne a Nick am wledd arall i'r deg ar hugain ohonom. Diolch iddynt hefyd am eu cefnogaeth i'r Raffl wnaeth godi £315 at gynnal a chadw'r Cae Chwarae, y lle chware, y coed a'r llwyni a'r ffiniau. Byddwn yn gweld ishe Jayne a Nick yn fawr iawn. Derick Lock

Cór Llanpumsaint a'r Cylch

Mae'r paratodau yn mynd yn eu blaen ar gyfer Cyngerdd Blynnyddol y Cór a fydd yn cael ei gynnal yng Nghapel y Tabernacl, Caerfyrddin ar nos Sadwrn, Tachwedd 3ydd 2018 am 7.30 y.h. Yn ymddangos gyda'r Cór fydd Joy Cornock Thomas, Manon Jones a Rhodri Prys Jones. Pris y tocynnau yw £10 sydd i'w cael oddiwrth unrhyw aelod o'r Cór. Taer erfyniwn am eich cefnogaeth.

Ar nos Sadwrn Rhagfyr 15 2018 fe fydd y Cór yn cymeryd rhan mewn Gwasanaeth Coffa i gynaelod ffyddlon iawn o'r Cór sef y diweddar Alison Evans. Bydd hwn yn cael ei gynnal yng Nghapel y Priordy yng Nghaerfyrddin am 7.00 y.h gyda'r elw yn mynd tuag at "Justin Time". Fe fydd rhagor o fanylion am hyn yn y rhifyn nesaf o Lais y Pentref.

Clwb Cerdded Llanpumsaint

Ar y 3dd o Dachwedd 2.00 awn i edrych ar arfordir a chamlas Cydweli. Dyma gamlas hynaf Cymru a greuwyd i allforio glo allan o'r cei yn y 18fed ganrif gan Thomas Kymer. Bellach mae'n gartref bwyiog i fywyd gwyllt ac adar prin. Parciwch am ddim ar y cei. Taith hawdd arall yw hon gyda llwybrau o safon ond ambell fan gwlyb. I gyrraedd dilynwch yr arwyddion i Gei Cydweli.

Nol gatre fyddwn ni ar yr 8fed o Ragfyr gan gychwyn o'r Railwe am 11 y bore ac yna dychwelid yno am ginio a'n Cyfarfod Blynnyddol. Edrychaf ymlaen at eich gweld ar y teithiau yma, ac os ydych am rannu ceir yna rhowch wybod i mi – carolynsmethurst@btinternet.com

Clwb Chwedeg Gwili Bronwydd

Daeth dros hanner cant i'r Cyfarfod Blynyddol ar y 24ain o Fedi eleni, ac etholwyd holl aelodau'r Pwyllgor am flwyddyn arall. Dyma'r rhaglen am weddill 2018 -

Dydd Llun 22ain Hydref - Y Parch Dorian Davies Archddeon Caerfyrddin yn siarad am Hanes Bywydau'r Saint

Dydd Llun 5ed Tachwedd - Bant a ni Bournemouth am ein pum diwrnod o Dwrci a Tinsel.

Dydd Mercher 14eg o Dachwedd - Bant i Trego Mills yn Merthyr am siopa nadolig

Dydd Llun 26ain o Dachwedd - Daw Mrs Val Newton atom unwaith eto i siarad am Yr Elusen Ddyngarol..

Dydd Iau 13eg o Ragfyr - Taith Ddirgel a Chinio Nadolig

Dim cyfarfod pellach yn Rhagfyr –

Am fanylion pellach ffoniwch Val Giles yr Ysgrifenyddes ar 01267 2 281194

C Rh A – Ysgol Llanpumsaint -- Digwyddiadau

Bingo - Yn dilyn llwyddiant yr un blaenorol penderfynwyd cael un arall ar 21ain o Dachwedd 7.00, Neuadd Goffa. Bydd mynediad am ddim a chyfle wedyn i brynu eich llyfrau cystadlu. Bydd lluniaeth wrth law felly croeso i bawb i fwynhau.

Ffair Nadolig - Rhagfyr 1af, Neuadd Goffa, 11.00 y.b. – 2.00 y. p. Bydd yna amrywiaeth o stondinau yn y Ffair Nadolig, rhai o'r Ysgol a rhai gan y cyhoedd a digon o luniaeth ar gal. Felly dewch atom unwaith eto i fwynhau. Os am gynnig stondin cysylltwch ag Emma Brown ar 07773 034461 neu brown6bz@btinternet.com <<mailto:brown6bz@btinternet.com>> .

Os ydych yn siopa ar y We gallwch helpi'r Gymdeithas drwy gofrestri ar

www.easyfundraising.org.uk/causes/Llanpumsaint

<<http://www.easyfundraising.org.uk/causes/Llanpumsaint>> PTA neu ofyn i Emma Brown i wneud y cyswllt. Hefyd os oes yna rywun yn gallu hawlio £4E ac am helpi'r gymdeithas Rieni yna cysylltwch â Becky James 253560

Clwb Bowlio Dan-Do Llanpumsaint a Nebo

Dechreuad trist i'r tymor newydd ym mis Awst wrth i ni golli un o'n haelodau hyn mwyaf parchus. Bu Alan Dentry yn aelod am amser hir iawn a theimlodd pawb y golled yn enfawr. Yn Gadeirydd i'r Clwb fe'i dyfarnwyd yn Chwaraewr y Flwyddyn 2016-17. Estynnwn ein cydymdeimlad dwysaf i'w wraig Marjorie, Stephen, Susan a'u teuluoedd.

Cynhaliwyd ein Cyfarfod Blynyddol yn y Neuadd ar 30ain o Awst ac etholwyd y swyddogion canlynol – Cadeirydd – Derick Locke. Ysgrifenyddes – Jill Edwards.

Trysorydd – Gethin Edwards. Archwilydd – Huw Williams

Capten – Gethin Edwards. Is-Gapten – Rhys Williams.

Lluniaeth – Jill Edwards Swyddogion Gwarchod Plant – Derick Locke a Huw Williams.

Llongyfarchiadau i Gethin ac Aled Edwards ar gael eu dewis i gynrychioli Cymru yn yr ornest Prydain, sydd eleni i'w chynnal yma yng Nghymru. Digwydda hyn ar y penwythnos 17eg a'r 18fed o Dachwedd ym Mro Myrddin Caerfyrddin, felly dowch lawr i gefnogi'r bechgyn. A llongyfarchwn Aled hefyd am ennill Y Fedal Efydd yng nghystadleuaeth Prydain yn Chelmsford ym mis Awst. Mae'r Clwb yn cyfarfod yn y Neuadd i ymarfer bob Nos Lun a Nos Iau o hanner awr wedi saith am ddwy awr, hyd Ebrill nesaf. Croesawn chwaraewyr newydd o bob oed o 11 i 99, gyda hyfforddwyr profiadol wrth law i estyn cyngor ac anogaeth.

I wybod rhagor ffoniwch y Cadeirydd Derick Lock 253524 neu Jill yr ysgrifenyddes 253474.

Gwynfyd y rhedwr pellter hir

O'n ni fyth yn rhedwr ac yn fy llencyndod fi oedd y diwetha' wastad yn y ras traws gwlad ac ar ôl hynny bregus fu unrhyw ymgais i gadw'n heini. Felly shwd ces i'n hunan yn rhedeg yn y bore bach ar hyd llwybrau Llanpumsaint pan oedd pawb arall yn cysgu ar wahân i ryw ffermwr ar dractor neu gath ar ei ffordd adre? Yr oeddwn wedi ceisio cadw'n weddol heini gan ymweld â'r gampfa dair gwaith yr wythnos, ond ni fu rhedeg yn rhan o'r cynllun ar wahân i ras y rhiant ar gae Ysgol.

Yna daeth tro ar fyd yn sydyn ddechrau'r flwyddyn eleni, pan benderfynais redeg ychydig ar y felin droedlath yn y gampfa wrth i mi gadw'n heini yno. Aeth o bellter dwy i bum cilometr ac yna'n fwy fyth. Er hynny mae rhedeg ar y felin droedlath yn gymharol hawdd, i chi mas o afael y tywydd a gallwch wyllo teledu wrth redeg. Profodd dechrau rhedeg yn yr awyr agored fod yn dipyn mwy anodd oherwydd rhaid dewis ble i fynd, ond daeth cyfle i fwynhau'r holl amgylchfyd.

Lap o gylch y parc a'r cwrs golf a chyn hir lan a fi i bum cilometr, ac yna o fewn rhyw chwe wythnos cyrhaeddais y deg cilometr, heb oedi ac o fewn yr awr. Bu'r profiad anhygoel i weld y wawr yn torri drwy'r niwl yn y coed, gweld cwningod yn llamu a'r pry cop yn disgleirio yn y gwllith. Braint llwyr! O ymweld â Llanpumsaint yn yr haf agorwyd cyfleoedd newydd i droedio llwybrau newydd. Ond nid hawdd oedd hi i ganfod heolydd a llwybrau diogel am y pellter oedd angen. Felly penderfynais gychwyn rownd y pentref nifer o weithiau ac yna i'r cae chwarae. Tipyn yn wahanol i adre oedd hi yn swm breff'r defaid ond prydferthwch arbennig y wlad.

Hoffwn wybod i ble mae'r rhedwyr eraill yn mynd. Oes yna lwybrau dirgel? A ellir rhedeg ar hyd yr hen reilffordd? Ble mae'r heolydd mwyaf diogel? Erbyn hyn 'rwy'n cwblhau deg cilometr yn y bore bach rhyw bedair pum gwaith yr wythnos, cyfle i feddwl ac anghofio ac yn y diwedd dod yn anymwybodol fy mod yn rhedeg o gwbl. Teimlaf lawer yn well fy iechyd wedi colli tipyn o bwysau, ac yn llawer mwy hamddenol a di-straen yn y fy ngwaith ac adre. Daw'r hydref a boreau tywyll anoddach ond 'rwy'n benderfynol o ddal ati, ac yn meddwl am gynnig hanner marathon flwyddyn nesaf. Mae rhedeg wedi fy newid fy mynd yn gyfan gwbl ac 'rwy'n dal yn ddiolchgar am y diwrnod hwnnw pan es lan ar y felin droedlath am y tro cynta'. Mark Adams

Neuadd Goffa Llanpumsaint

Dal i chwilio am Ysgrifennydd mae'r Pwyllgor. Cysylltwch â Derick Lock am fanylion y swydd ar 01267 253524. Cynhelir ein cyfarfod nesaf ar y 13eg o Dachwedd am wyth o'r gloch.

Cymdeithas Dewinwyr Gorllewin Cymru – dyddiadau'r dyfodol

Sul Hydref 28ain - Dydd ymarfer

Sul Tachwedd 25ain - Ros Briagha

Rhagfyr - Dim cyfarfod

Sul Ionawr 27ain 2019 - Shelley Underhill-Savage

Mae dewinio yn ymarfer hynod o ddiddorol a hawdd ei ddysgu a gwnaeth darddu o'r Aifft. Dewisa nifer o gwmnïau ddefnyddio dewinwyr i ganfod mwynau, olew a gwifrau trydan. Dewinia rhai pobl am ddiogelwch eu bwyd ac am straen geopathic yn eu hamgylchfyd ond hyd yn hyn agwedd bersonol yw heb gadarnhad gwyddonol. Dewch atom i Neuadd Bronwydd am 1.45yp, ac am £4 cewch baned yn y fargen. Does dim angen cyfarpar felly cysylltwch â Sandy ar 01267 253547

Cyngor Bro Llanpumsaint

‘Cyflwr blin Rhiw Graig’ meddai Pamela Jones yng nghyfarfod o’r Cyngor pan gofynnwyd iddi am ei sylw wrth drafod Unrhyw Fater Arall ar agenda cyfarfod Mis Medi (yr un oedd ei chwyn ar ddiwedd cyfarfod Gorffennaf hefyd!) wnaeth I’r Cynghorydd Dylan Jones ddweud yn ddireodus; ‘cystal I ni drefnu rasmus beics lan y rhiw, felna ma cael heolydd wedi riparol!’ Ac yn wir, felly mae’n ymddangos, oherwydd mi fydd trafndiaeth sydd yn defnyddio’r B4300 heibio I Gapel Dewi; yr heol sydd yn rhedeg I’r de o’r Afon Tywi, yn mwynhau heol llyfn a gwastad am ddegawde I ddod, a’c I’r Râs Feics o Gwmpas Prydain’ yw’r diolch!

Daw dim cyflawniad cyflym I Gynllun Gwella Trafndiaeth Llanpumsaint, oherwydd fod y Swyddog oedd a chyfrifoldeb amdano, wedi gadel ei swydd am waith rhywle arall. Tybed, a oedd ef yn teimlo’r rhwystredigaeth o gyllidebau gwan a diffyg arian I gyflawni prosiectau. Gwir yw’r ddihareb ‘yng ngên y sach y mae cynilo’ ond beth os oes twll yn ei waelod hefyd?!

Ai dyma’r amser I Llanpumsaint geisio am annibyniaeth ac yn hytrach na thalu Treth y Cyngor I’r Sir, ei gadw a gwario arian a gynilwyd yn lleol ar anghenion lleol? Ni ellir galw’r chwyldro yn Derfysg ‘Beca oherwydd defnyddiwyd y term hynny eisioes nôl yng nghanol y 19eg ganrif gan dir feddiannwyr a gweithwyr fferm a deimla rhwystredigaeth fawr pan yn mofyn calch o’r odinau, ac olwynion y ceirts yn camu a thorri wrth geisio croesu’r pyllau dyfnion ar yr heolydd. Fyddai’r Tollbyrth yn codi arian ar ddefnyddwyr yr heolydd er mwyn ei wario ar drwsiau, ond yn rhyfedd iawn, nid oedd byth arian ar gael I wneud y gwelliannau; yr un hen stori eh?

Phil Jones Clerk, 01267253512, clerk@llanpumsaint.org.uk/communitycouncil

Rhybudd twyll! -- Meddyliwch eilwaith cyn clicio!

Rhybuddiwyd nifer ohonom am dwyll ar y We, sydd ar gynnydd, gan ein Banciau, gyda chynghor pa gamau i’w cymerid er mwyn osgoi cwmpo i’r fagl. Dyma’r hyn gynigwyd i mi gan un Banc ac yn werth ei ail- adrodd yn Llais y Llan. Felly byddwch ar ddihun -

- * Byddwch yn ofalus wrth agor E-bost diarth - gan osgoi clicio rhyw atodiad er iddo edrych yn iawn.
- * Gall Atodiad sy’n edrych yn ddi-nod ddatblygu’n rhywbeth cas.
- * Archwiliwch eich Cod talu a’ch Rhif Cyfri cyn gwneud taliad.

Cofiwch hyn

Ni fydd y Banc fyth yn anfon Ebost i’ch cysylltu ag Atodiad.

Ni fyddwn byth yn gofyn am rifau Respond

Ni fyddwn byth yn anfon neges i ddweud ein bod yn diweddarau eich cyfri neu ofyn am eich manylion.

Os ydych yn amau eich bod wedi eich twyllo yna ffoniwch eich Banc ar unwaith - 0345 300 2024.

Carolyn Smethurst

Cymdeithas Rhandir Llanpumsaint

Peidiwch â bod yn daten bwdwr. Ceisiwch dyfu tato newy’ blasus a’u cyfnewid am bys awchus yn sytho’r ardd. Ac os ydych wedi hen alari ar y dwli Brexit ma’ ewch mas i’r awyr agored i arddio a chasglu ffrwythau ttres. Mae’r Gymdeithas Rhandir yn awyddus am aelodau newydd o bob oed. Yma cewch welyau uchel, twnnel poli a thŷ gwydr enfawr at eich gwasanaeth, felly croeso draw i ymuno a ni. Daw manylion pellach neu gyfle i ymweld drwy gysylltu â Keith 253375 neu Ray 253157

Defnyddio LPG am wresogi?

Mae LPG Compare yn fudiad sy'n cymhari brisiau yn y farchnad ynni, a thrwy gymhari brisiau a hwyluso newid cyflenwr, yn gallu arbed arian i chi. A hyn y gyd yn rhad ac am ddim!

Odi chi'n hapus a'ch cyflenwr presennol a'r pris i chi'n talu? Y pris ymarferol ar hyn o bryd yw 35c. Gall LPG Compare hefyd sicrhau gwell cytundeb gyda'ch cyflenwr presennol, ond rhaid eich bod allan o gytundeb neu o fewn mis i hynny. Drwy ddefnyddio eu gwybodaeth gefndirol a'u profiad o fewn y diwydiant gall LPG Compare gynnig yr ateb gore i wahanol ddefnyddwyr. Oherwydd eu maint gall LPG ddehongli'r ateb gore ac arbed arian i chi.

Felly drwy ymuno a LPG gallwch elwa, felly galwch ar 01384 883009 neu ewch i'r wefan www.lpgcompare.co.uk. Mi gysylltes i a nhw pan ddaeth ein cytundeb presennol i ben ac mi wnaethon nhw gynnig un newydd am 34c.

Carolyn Smethurst

Dyddiadau Eglwysig

Dydd Mercher Hydref 10fed - Gwasanaeth Diolchgarwch Ysgol Llanpumsaint yn yr Eglwys am 2 o'r gloch. Croeso i bawb!

Sul Hydref 14eg - Bedydd Jenny a Helen Thomas yn Eglwys Llanpumsaint am 2 o'r gloch.

Dydd Llun Hydref 15fed - Eglwys Agored - Cyfle i ymlacio a mwynhau lluniaeth, straeon, crefftau a hwyl i bob oed - Eglwys Llanpumsaint eto o 3.30 hyd 5 o'r gloch.

Dydd Gwener Hydref 19eg - Sioe Ffasiwn at achos Eglwys Sant Celynin yn Neuadd Bronwydd. Tocynnau ar gael oddi wrth Ann Smith 01267 233202.

Sadwrn Tachwedd 24ain - Ffair Nadolig Eglwys Llanllawddog

Neges - Eglwysi Llanpumsaint, Llanllawddog a Sant Celynin

Byw mewn byd o newid i ni! Tra bod cariad Duw atom yn gyson a thra ein bod yn parchu ein traddodiadau, mae'r Cristion yn sylweddoli os i ni i oroesi yn y byd cyfoes, rhaid meddwl am ffyrdd newydd i gyrraedd pobl. Wedi'r cwbl aeth yr Iesu allan i'r gymuned i ymateb i'w gofynion a chynnig help llaw iddynt. Bellach nid yw'r ffordd draddodiadol o addoli ar y Sul yn siwtio pawb am wahanol resymau, ond nawr yn Llanpumsaint mae gennym gynnig arall iddynt. Felly cynigwn Eglwys Agored! Bu'r ddwy gyntaf yn hynod lwyddiannus gyda dros drigain o bobl o bob oedran yn cyrraedd.

Digwyddiad anffurfiol yw Eglwys Agored i bob enwad a phob cred. Croeso i chi droi miwn am baned a chlone gyda phobl eraill. Os ydych â diddordeb mewn crefftau neu'n awyddus am wybodaeth am yr efengyl i ni yma. Os bedyddiwyd eich plant yma, ond chi'n ei chael hi'n anodd mynychu'r Eglwys ar y Sul, yna triwch Eglwys Agored. Os mae aelod o Gapel i chi yna croeso'r run peth, wedi'r cwbl yr un Duw yw e'.

Erbyn hyn 'does na'm llawer o lefydd yn ein cymunedau yn agored i bawb o bob oedran gael cyfle i gwrdd a rhannu profiadau. Efallai mai'r Eglwys yw'r un o'r prin fannau lle gall hyn ddigwydd, felly triwch e'. Parch Gaynor 01267 253158 – I gaynor_@hotmail.com

Gofal Traed

Dyma ddyddiadau'r ddau glinig nesaf yn y Neuadd -

Dydd Mercher Tachwedd 14eg a Dydd Mercher Ionawr 9fed, 10.00.

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).

Capel Nebo

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

Capel Ffynnonhenri

Dyma fanylion y gwasanaethau am fisoedd Hydref, Tachwedd a Rhagfyr 2018

Hydref 14 2018 Gwasanaeth Diolchgarwch am 2.00 y.p. Parch Michael Morris

Hydref 28 2018 Gwasanaeth am 11.00 y.b. Mr. Peter Harries

Tachwedd 11 2018 Cymundeb am 2.00 y.p. Parch Tom Dafis

Tachwedd 23 2018 Gwasanaeth Undebol ym Mhenybont am 10.30 y.b.

Rhagfyr 9 2018 Gwasanaeth am 2.00 y.p. Parch Wyn Maskell

Rhagfyr 23 2018 Gwasanaeth Carolau am 2.00 y.p.

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

Caersalem, Llanpumsaint

Ac os Ysbryd yr hwn a gyfododd Iesu o feirw sydd yn trigo ynoch; yr hwn a gyfododd Grist o feirw a fywioch hefyd eich cyrff marwol chwi, trwy ei Ysbryd yr hwn sydd yn trigo ynoch. Rhuf 8:11

Gwasanaeth Cymraeg pob prynhawn Sul am 2pm neu 2.30pm ar wahan i Sul ola'r mis pan mae'r oedfa yn Saesneg.

Cwrdd gweddi bob prynhawn dydd Iau ac Ysgol Sul i oedolion ar fore Sul

Croeso i bawb. Am fwy o fanylion ffoniwch Eleri Morris ar 01267 253895

Maet Loaf yn dychwelid Cynhelir noson o deyrnged i Meat Loaf yn y Neuadd Goffa ar y 13eg Hydref 2018 am hanner awr wedi saith yr hwyr. Bydd tocynnau ar gael oddi wrth Shirley Davies ar ôl y 3dd o fis Medi. Erys y pris yn £12.50, felly rhowch ffon iddi os am brynu tocyn - 01267 253157.

Peniel Panthers o dan u13

Mae tymor newydd wedi cychwyn i fechgyn Peniel Panthers. Tymor diwethaf mi wnaethon orffen yng nghanol y gynghrair, roedd yr hyfforddwy'r chwaraewyr yn bles iawn o'r canlyniad a'i perfformiad.

Y tymor hwn maent wedi symud ymlaen i'r gynghrair o dan u13.

Mae nifer o aelodau'r tim wedi cynyddu y tymor hwn ac mae'r bechgyn yn chwarae ar gae maint llawn.

Dechreuodd y tymor ar yr 8fed o Fedi, ac mae'r bechgyn wedi gwneud yn dda hyd yn hyn,

08.09.2018 Peniel 5 – 2 Pontardulais 10.09.2018 Saron 0 – 4 Peniel

15.09.2018 Peniel 12 – 0 Seaside 22.09.2018 Peniel 1 - 9 Llandovery

Mae'r bechgyn yn edrych ymlaen i weddill y tymor, mae'r gemau cartref yn cael ei chwarae ar fore Sadwrn am 10:30 y bore. Croeso i unrhyw un ddod i wylïo ac i gefnogi:

29.09.2018 Peniel v Camford 06.10.2018 Kidwelly Falcons v Peniel

13.10.2018 Peniel v Drefach (Gêm cwpan) 20.10.2018 Peniel v Llandeilo

27.10.2018 Llandovery v Peniel

Hoffair clwb, rhieni â'r bechgyn ddiolch i gymuned Llanpumsaint am eu cefnogaeth parhaus.

Clwb Cant Llanpumsaint

Tynnwyd yr enwau canlynol yng nghyfarfod diweddar y Pwyllgor Lles ac Adloniant am Awst a Medi;

Awst - £20 Rhif 47 Nan Bowen

£15 - Rhif 75 – Rhianydd Jones- Evans

£10 - Rhif 5 - Marlene Wareham

Medi -- £20 - Rhif 5 - Delyth Brown

£15 - Rhif 77 - Vi Robinson

£10 - Rhif 73 - Brian Smethurst

Tynnir yr enwau ffodus am Hydref a Thachwedd yn y cyfarfod nesaf ar 3oain o Hydref, ond cedwir yr un fawr hyd nes bod Nadolig wrth y drws. Derick Lock 253524.

Llyfrau ar werth o hyd -

Mae yna gopiau o Hanes Llanpumsaint a Cofio a Mwy ar werth o hyd. Gellir eu cael o Dafarn y Railwe neu Nantcelynen yn Bronwydd. £10 yr un yw'r pris gyda phob elw'n mynd at elusen cancr. Gellir eu cael hefyd o law'r awdur - 07972477324 neu arwynmsdd1@btinternet.com

Heddlu

Hwn fydd fy nghyfraniad olaf i'r cylchlythyr am y dyfodol rhagweladwy gan y byddaf yn ymuno â Thîm Troseddau Gwledig Dyfed-Powys. Ar hyn o bryd, nid wyf yn gwybod pwy fydd yn gofalu am yr ardal ar fy ôl i, ond gellir cyfeirio unrhyw bryderon at Dîm Plismona Bro Caerfyrddin yng Ngorsaf Heddlu Caerfyrddin.

Bydd y Tîm Troseddau Gwledig newydd yn canolbwyntio ar faterion sy'n effeithio ar yr ardaloedd gwledig o fewn yr ardal heddlu, ac rydyn ni'n gweithio'n agos â Heddlu Gogledd Cymru, sydd wedi bod yn gwneud hyn ers 5 mlynedd. Bydd y tîm yn gweithio gydag Undebau, preswylwyr, a phob parti sydd â diddordeb personol yn y materion rydyn ni wedi cael gwybod amdanynt hyd yn hyn. Ar hyn o bryd, Heddlu a fydd wedi'u lleoli ym mhob un o'r 4 sir ond yn gweithio ochr yn ochr â'i gilydd wrth ymchwilio i droseddau a'u lleihau.

Byddwn ni'n canolbwyntio ar ladradau stoc ac offer, cŵn yn poenydio stoc a throseddau bywyd gwyllt. Byddwn ni hefyd yn ymweld â ffermydd ac adeiladau arunig er mwyn rhoi cyngor diogelwch. Byddwn ni hefyd yn ymweld â marchnadoedd a sioeau lleol, gan edrych ar ailadeiladu cysylltiadau â'r cymunedau hyn.

Os oes gennych unrhyw bryderon mewn perthynas â'r gymuned leol neu ar gyfer y Tîm Troseddau Gwledig, medrwch gysylltu â ni ar 101. Martin Dickenson

Mor Agos

Yr oedd y Rhingyll John Griffiths yn falch o'r saib wrth iddo fwynhau cyfnod 'nol adre wedi ymladd am dair blynedd a hanner yn y Rhyfel Gyntaf yn Ffrainc. Bu Cyngerdd Croeso Adre iddo yng Nghapel Cwmdwyfran ac yna un arall yng nghapel Nebo. Yn yr ail un daeth cyfle iddo ymweld â bedd ei fam, fu farw yn 1915 ag yntau ar faes y gad ar y pryd. Wrth gerdded adre yng nghwmni ei dad i'r Swyddfa Bost yn Bronwydd, ar y nos Sul ola'n mis Awst, teimlai'n obeithiol. Yn ôl y son 'roedd yr ymladd erchyll yn tynnu at y terfyn a gallai fod 'nol gatre cyn bo hir! Ar yr 11eg o Dachwedd daeth heddwch o'r diwedd, ond yn anffodus, er iddo fod yn lwcus ar hyd yr holl frwydrau cynt, lladdwyd John ar y 4dd o Dachwedd, wythnos union cyn yr heddwch. Aeth yn angof!

Rhai wythnosau 'nol daeth Gwenllian Jenkins o Gaerffili i olrhain achau'r teulu Griffiths yn ein hardal ac i chwilio am fedd Rachel a Daniel Griffiths (ei hen ddatcu a mam-gu) fu'n rhedeg Swyddfa Bost Bronwydd yn Brynhyfryd ar ddechrau'r ugeinfed ganrif. Gan i gymaint ohonynt (fu'n byw hefyd yn Pen-y-bont, Gwarnant a Dyffryn Gwili) gael eu bedyddio yng Nghwmdwyfran, tybiwyd i'r bedd fod yno. Ond na! Gallai Brian Phillips a Charlie Williams gadarnhau nad oedd claddu ym mynwent Cwmdwyfran cyn 1922. Felly ble? Dilynais fy nhrwyn a chanfod y bedd ym mynwent Capel Nebo. Ar wahân am fanylion y rhieni mae yna ychwanegiad ar ochr y garreg fedd fel a ganlyn;-

*Hefyd am eu mab Sergt John Griffiths
Welsh Regiment Yr hwn a syrthiodd Yn Ffrainc
Tachwedd 4dd 1918 Yn 34 mlwydd oed
Gwell Angau na chywilydd.*

Daw cadarnhad pellach o hyn oll mewn adroddiad yn cynnwys llun ohono yn y Jynnal ar y 13eg o Ragfyr 1918.

Pam felly yr anghofiwyd amdano wrth i eraill gael eu coffau adeg y canmlwyddiant. Daeth fwy nag un cyd-ddigwyddiad a cham ddealltwriaeth i gymylu pethau. Lladdwyd dau fachgen arall o'r enw Griffiths o'r un tŷ (Brynhyfryd Bronwydd) yn yr Ail Ryfel Byd. Wrth restr holl golledigion Sir Gaerfyrddin yn 2014 cymysgwyd lan rhwng Sergt John Griffiths Bronwydd ag un arall o'r un enw, gan yr Awdurdodau. Person hollol wahanol oedd Sergt John Griffiths a aned ar fferm Waunfawr uwchben Llanpumsaint, a enwir ar Gofeb yno. Mae Glyn Ifans wedi cadarnhau y bydd enw John Griffiths yw ychwanegu ar Gofeb Bronwydd. Ffaith ddiddorol arall yw mai aelodau o'r un teulu Griffiths yn Brynhyfryd oedd y ddau o'r Ail Ryfel Byd hefyd.
Arwyn 2018



Village Voice

October 2018

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info@llanpumsaint.org.uk or post to Bodran Felin, Llanpumsaint SA33 6BY**

What's on in the Village – please put these dates in your diary

Every Monday and Thursday from 3 September Short Mat Bowls 7.30 – 9.30 Memorial Hall

Every Tuesday 'Fitness Fun' at the Memorial Hall at 6.30 pm. £4 per 1 hour session.

Every Wednesday Steak Night at the Railway Inn 01267 253643

Every Thursday 2.00 - 3.00 Fitness for 50+ Ladies Bronwydd Hall

Every Wednesday 10.45- 11.45 Mobile Library outside Memorial Hall, details 224830

Every Tuesday 2.00 – 4.00 and Friday 1.00 – 3.00 Mobile Post Office, layby Bryn y Wawr

Every Friday 11.15 – 12.15 Post Office Van Bronwydd Village Hall Carpark

Every Third Monday – Merched y Wawr Memorial Hall

October 10 Wednesday 2.00 Llanpumsaint School Harvest Festival Llanpumsaint Church

October 10 Wednesday 6.00 Supper Club Railway Inn – 253643 to book

October 13 Saturday 7.30 Meat Loaf at Memorial Hall

October 14 Sunday 2.00 Thanksgiving Service Ffynnon Henri Chapel

October 15 Monday 3.30 – 5.00 Open Church Llanpumsaint Church

October 16 Tuesday 7.00 Curry and Quiz £5 per head Railway Inn

October 19 Friday Fashion Show for St Celyn Church at Bronwydd Hall

October 20 Saturday 6.30 Quiz for MacMillan/Marie Curie St Peter's Hall £5 per person

October 22 Monday 60+ Club 2.00 Bronwydd Hall

October 28 Sunday 1.45 West Wales Dowers Bronwydd Hall

October 28 Sunday 8.00 Quiz Hollybrook Inn

November 3 Saturday 2.00 Walk Kidwelly Quay

November 3 Saturday 7.30 Annual Concert Llanpumsaint & District Choir. Tabernacl Chapel

November 5 – 9th Turkey and Tinsel Trip 60+ Club

November 6 Tuesday 8.00 Community Council Meeting Memorial Hall

November 14 Wednesday 10.00 Foot Clinic Memorial Hall

November 14 Wednesday 60+ Club Trip to Trego Mills

November 14 Wednesday Supper Club Railway Inn Phone 253643 to book

November 16 Friday 7.30 Casino Night and Disco Memorial Hall



Fond Farewell to Jayne and Nick

Season of Mists and Mellow Fruitfulness



November 20 Tuesday 7.00 Curry and Quiz Railway Inn £5 per head

November 21 Wednesday 7.00 PTA Bingo Memorial Hall

November 24 Saturday Llanllawdog Church Christmas Fair

November 25 Sunday 1.45 West Wales Dowsers Bronwydd Hall

November 25 Sunday 8.00 Quiz Hollybrook

December 1 Saturday 11.00 PTA Christmas Fair Memorial Hall

December 8 Saturday 11.00 Walk Llanpumsaint

December 13 Thursday Mystery Trip and Christmas Dinner 60+ club Bronwydd

December 23 Sunday 2.00 Carol Service Ffynnonhenri Chapel

December 24 Monday Santa Parade - details in December Village Voice

January 9 Wednesday Foot Clinic Memorial Hall

January 27 Sunday 1.45 West Wales Dowsers Bronwydd Hall

Llanpumsaint and Ffynnonhenri Memorial Hall - To book phone Derick Lock on 253524

Tribute to Jayne and Nick

The last few days of September saw the end of Jayne and Nick's tenure of our village pub, the Railway Inn. Jayne and Nick have been a very large and important part of village life for the past eleven years and have gained a wonderful reputation, both within the village and beyond, for the quality of their food and hospitality. They have hosted many get-togethers and fund-raising events, helping to raise considerable sums of money for local charities and causes.

They are now looking forward to a change of direction and would like to thank everyone in the village for their friendship and support.

On behalf of the people of Llanpumsaint, the Village Voice would like to say a huge thank-you to them both and wish them well for the future.

The Railway Inn - has new landlords!

A very warm welcome to Wayne and Liz Rees who took over from Jayne and Nick on the 1st October. Natives of Carmarthen, they have been publicans for some 20 years, and will continue to run the Coracle Tavern in Carmarthen Town.

There will be a few changes, firstly the opening hours, which are now

Mondays from 3pm. (no food)

Tuesday to Friday open 3pm and for food from 6pm

Saturday open midday with food from 12 to 3pm then from 6pm

Sunday open midday with food from 12 to 3pm

If you fancy a breakfast club speak to Wayne or Liz, they may be able to help! There may be other changes once they settle in, but they will, no doubt, let us know. And the Christmas Menus will be available soon.

We wish Wayne, Liz and family every success with their new venture and hope that the Railway Inn will continue to thrive under their leadership.

Macmillan and Marie Curie Quiz Night

These two worthy charities are holding a Charity Quiz Night on 20th October in St Peter's Hall Carmarthen, 6.30 for 7.00pm. Teams of 4 – 6 £5 per person. There will be a raffle, bar and food will be available.

Head to Toes Footcare

The next two sessions in the Memorial Hall are on Wednesday, 14th November and on Wednesday, 9th

January. New 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 and District Choir

The arrangements for the Annual Concert is well in hand and it will be held in Tabernacl Chapel in Carmarthen on Saturday November 3rd 2018 at 7.30 p.m. Supporting the Choir will be Joy Cornock Thomas, Manon Jones and Rhodri Prys Jones. Tickets are £10 and can be bought from any Choir member. Your support will be greatly appreciated.

On Saturday December 15 2018 the Choir will be taking part in a Memorial Service for the late Alison Evans who was a very faithful member of the Choir. This will be held in Priordy Chapel in Carmarthen at 7.00 p.m. with the proceeds going to "Justin Time". Further details will appear in the next edition of Llais y Pentref.

BOOK CLUB LOOKING FOR NEW MEMBERS

After an enjoyable five year run our little book club came to a halt when several members moved house. Now we would like to start up again and are looking for three or four new members. Meetings are held monthly in the afternoon.

The remaining members are active older women who live in the Llanpumsaint, Llandysul and surrounding areas and are able to take turns hosting a meeting in their home a couple of times a year.

If you would like more details about how our books are chosen and meetings organised, please ask for a leaflet from Llandysul Library desk or email d.white835@btinternet.com with your contact details. Lynda

Update on works required on A484

Design proposals for a remedial scheme at the location have been finalised and contract drawings are well advanced with the remaining contract documentation currently being developed; this work being undertaken by the Council's Engineering Design Section. Consultations are currently on-going with utility companies with regard to diverting and possible protection of their apparatus. In order to undertake the proposed work, access onto adjoining private land will be required and Corporate Property will consult with the property owners in due course with a view of reaching agreements to permit access onto the said land. Provided that agreements can be reached with the adjoining landowners, following completion of the contract documentation, tenders for the work will be invited via the Council's Contracting Framework. Cllr I. Jones

LLANPUMSAINT WELFARE AND RECREATION ASSOCIATION

The Association held its Annual Macmillan Coffee Morning on Saturday, 22nd. September in the Memorial Hall. Despite the awful weather, a magnificent £322.70 was raised.

Thanks to everyone who attended and to those who donated cakes and other goodies for the event.

The Hall looked very attractive with all the tablecloths, bunting and balloons in Macmillan colours.

The Association's Annual Charity Meal was held, as usual, at The Railway on Tuesday, 25th. September, so a busy few days for the Association's Trustees.

Jayne and Nick once more did the 30 lucky people in attendance proud with a magnificent meal.

Thanks to Jayne and Nick's generosity and the raffle, the sum of £315 was raised for the continued upkeep of the Playing Field's play area and the care of its trees, bushes, gates and fences.

Two wonderful people whom Llanpumsaint will miss very much indeed. Derick Lock. Secretary.

Llanpumsaint Walking Group

On 3rd November we will explore the Quay and Canal at Kidwelly. The canal is the oldest in Wales, built in the late 18th Century to transport coal out of Kidwelly Quay. Built by Thomas Kymer the canal is now a thriving wildlife habitat for wild and rare birds. Park in the free carpark at the quay.

Another easy walk, on good footpaths with a few muddy sections. To get to Kidwelly Quay go over the level crossing and follow the road to Kidwelly Quay.

On December 8th, we will do a local village walk starting at 11.00am from outside the Railway Inn. We will finish back at the Railway for lunch and our AGM.

I look forward to seeing you all on these walks – if you would like to share transport, just email me at carolynsmethurst@btinternet.com.

60+ Club

The Club held the Annual General Meeting on 24th September. It was well attended again this year with 50 members present. The committee were re-instated for another year.

Coming Events for 2018

Monday 22nd October – Club Meeting Guest Speaker The Venerable Dorian Davies Archdeacon of Carmarthen talking about The Lives of the Saints

Monday 5th November – Members will be off to Bornemouth for their Turkey +Tinsel 5-day break.

Wednesday 14th November – One day trip to Trego Mills Merthyr for a bit of Christmas Shopping

Monday 26th November – Mrs Val Newton talking about Humanitarian Aid Mission.

Thursday 13th December - Annual Christmas Dinner/Mystery Trip.

There will be no meeting in December. For more details contact Val Giles, Secretary 01267 281194

Ysgol Llanpumsaint PTA

BINGO After the success of our previous BINGO night, the PTA have decided that we will hold another evening at Llanpumsaint Village Hall on Wednesday 21st November. Free entry – just buy your books and dabbers for a chance to win prizes. Refreshments will also be on offer. All welcome to attend and the night was enjoyed by all last time.

CHRISTMAS FAIR The Annual Christmas Fair is on Saturday 1st December. Doors open at 11.00 in the Village Hall. There will be a mixture of stalls from the public and the school as well as refreshments available. We hope that you all come again to the Christmas Fair and have an enjoyable time. If you are interested in having a stall please contact Emma Brown 07773 034461 or brown6bz@btinternet.com

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.

Community Council

‘The appalling state of Graig Hill road’ was what Councillor Pamela Jones raised under AOB during the last Community Council Meeting (and the Meeting before and the meeting before that.....!) which resulted in an humorous comment from the Chairman, Dylan Jones; ‘We’d better organise a Bike Race up the hill; that seems to be the way to get a road resurfaced!’ and indeed no truer word was said in jest. The road users of Capel Dewi; the B4300 which runs along the south side of the Tywi River, will enjoy a legacy from the Round Britain Bike Race for decades and taxes paid by the residents of Llanpumsaint will have contributed towards the cost of resurfacing.

There won’t be a swift completion of the final phase of the Llanpumsaint Traffic Improvement Plan either as the Council Officer in charge of the project has moved on to pastures new; maybe frustrated by the diminished budgets that are attempting to squeeze a quart out of a pint pot. Perhaps Llanpumsaint should declare independence and pay itself the Council Tax, so that money raised locally can be spent locally. The revolt couldn’t be called the Rebecca Riots because that term has already been used by landowners and farmer workers frustrated by the poor state of the roads way back in ‘olden times’ (mid 1800’s). Toll Gates taxed road users so that funds could be created to maintain and repair the highways but mysteriously, there never was any money available to spend on filling potholes;’ twas ever thus!

Phil Jones Clerk, 01267 253512, or email clerk@llanpumsaint.org.uk/communitycouncil

Meat Loaf Tribute Band Returns to Llanpumsaint

“A tribute evening to Meat Loaf will be held at the Memorial Hall on 13 October 2018 from 7:30pm.

Tickets will be available from Shirley Davies from 3rd September 2018. Price of tickets has remained the same at £12.50 each. Should you require tickets, please contact Shirley on 01267 253157.”

The happiness of the long-distance runner

I was never a runner. In my youth I regularly came a soul-destroying last in cross countries, and over the subsequent years any attempt to improve my fitness only reluctantly incorporated spells on a treadmill. So how did I find myself out at dawn, pounding the pathways of Llanpumsaint while pretty much everyone who didn't work in agriculture was tucked up in bed, my only witnesses the odd passing tractor or curious cat? It wasn't that I had neglected my fitness, the thrice-weekly high intensity circuits classes at my local gym were proof of that, it's just that running was never on the agenda beyond the occasional shuttle sprint and parents' race on sports day.

All of that changed earlier this year, when I decided, quite unprompted, that maybe I should do a few kilometres on the treadmill before my circuits, if only to help boost my cardio training and ensure I hit my daily step quota on my Fitbit.

What started off as 2K stretched to 5 at weekends, and then, when one of my classes was unexpectedly cancelled, I started to push longer distances. But running on a treadmill is relatively easy. You're in a controlled environment, away from the elements and on an artificial terrain, with the option of watching TV to while away the time.

Where you choose to run really does make all of the difference, and once I determined to give the great outdoors a chance, I resolved to choose a route which wasn't going to seem like a chore, but would offer me an opportunity to enjoy my surroundings even if the running itself proved hard.

A lap around a nearby park and golf course clocked up a decent 5K, although initially that included periods of walking, but gradually these reduced as the distance I ran increased. It took probably the best part of six weeks, but by the end of this time I was running a steady 10K without pause and completing it in around an hour.

And what a run! Seeing the dawn sun pierce through the trees over mist-enshrouded fields, watching playful rabbits scurrying for cover, seeing the dew sparkle on newly spun spider's webs. This wasn't a hardship, it was a joy.

A summer break in Llanpumsaint with the family opened up new opportunities for running in new territory, and I eagerly set out one morning to carve out a route.

But then I realised it wasn't going to be as easy as I first thought.

Sure, running through the streets clocked up a few kilometres, but I soon realised that it was going to be a lot harder to go the distance than back home.

The winding country roads around the village, where the national speed limit is in place, lacked paths and were definitely too dangerous to risk, and so I resorted to running up and down various roads to reach the village boundary, coupled with laps of the playing field.

It was a very different run from I was used to at home, with undulating roads, the bleating of sheep in the difference, and the magnificent Camarthenshire countryside to enjoy, but I just wish I could have travelled further...

So what I would like to know is where do other runners go? Is there a secret route through the fields which I need to explore? Can you run along the disused railway line? Is there a relatively safe road you use?

I now complete dawn 10Ks four or five times a week, using the time by myself to clear my mind, process the events of the previous day and that still to come, and reach the moment of zen when I forget I am running and am simply lost in my own thoughts.

I feel better physically, having lost the best part of two stones, but also mentally, the experience having transformed the way I think and function both at home and work. I feel calmer, less stressed and confident of being able to tackle any obstacles which are thrown my way.

The onset of autumn has meant colder and darker starts to the day, a herald of the winter to come, but I am confident of continuing my journey, even considering a half-marathon next year. Running has changed me in a way I never expected, and I am grateful every day for the random decision to jump on that treadmill, never realising quite what a difference it would make to my life.

Mark Adams

LLANPUMSAINT 100 CLUB

At the recent meeting of the Welfare and Recreation Association Trustees, the draws were made for August and September as follows:-

AUGUST £20. No. 47. Nan Bowen
 £15. No. 75. Rhianydd Jones-Evans
 £10. No. 5. Marlene Wareham.
SEPTEMBER > £20. No. 70. Delyth Brown
> £15. No. 77. Vi Robinson
> £10. No. 73. Brian Smethurst.

The draws for October, November and the Grand Christmas Draw will be made at the Welfare meeting on the 30th. October but the result of the Grd Christmas Draw will remain secret until nearer the 25th.

December !!! > Derick Lock. > Treasurer. > Tel. 253524.

Brechfa Forest West Wind Farm Community Fund

As highlighted in last month's 'What's On' section, a community open day was held last month by Innogy to mark the launch of the Brechfa Forest West Wind Farm Community Fund! Families, friends and community groups from the area enjoyed an invigorating walk and explored the newly created footpaths and impressive footbridges, while meeting members of both the Innogy team and ourselves at Antur Teifi, who will be managing the fund. We are now accepting grant applications to the fund, so if you would like to find out more about grants and eligibility criteria, please visit our website at: www.anturteifi.org.uk or email us:

brechfa@anturteifi.org.uk.

We look forward to welcoming our new Trust Fund Manager, Moishe Merry, from the 1st of October 2018. She will be available on 01239 710 238 and will be happy to answer any further queries regarding applications for the fund. Megan Greatex, Antur Teifi

LLANPUMSAINT & NEBO SHORT MAT BOWLING CLUB

The start of the new season is tinged with sadness, during August we lost one of our most admired and respected senior members. Alan Dentry was one of the longest serving members of the Club and his loss has been felt by everyone who knew him. He was the Club's Chairman and in 2016-17 was voted Player of the Year by his fellow members. Our sincere condolences are extended to his wife Marjorie, Stephen and Susan and their families.

The Club held it's AGM in the Memorial Hall on the 30th August when the following Officers were elected: Chair: Derick Lock; Secretary: Jill Edwards; Treasurer: Gethin Edwards; Auditor: Huw Williams; Team Captain: Gethin Edwards; Vice Captain: Rhys Williams; Match Day Refreshments: Jill Edwards; Club Child Protection Officers: Derick Lock and Huw Williams.

Our congratulations are extended to Gethin and Aled Edwards on being selected to represent Wales in the forthcoming British Isles Championships which this year Wales will host. It will be held on the weekend of the 17th and 18th November in Bro Myrddin, Carmarthen and a warm welcome is extended to anyone who wishes to go along to support the team. Congratulations also to Aled who won the bronze medal at the UK Open held in Chelmsford in August.

The Club meets in the Hall for practice on Monday and Thursday evenings from 7.30-9.30 p.m. 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

Books Still Available for Sale

Both 'The History of Llanpumsaint' and 'To Remember and More' are still for sale. They can be purchased from the Railway Inn or Hollybrook in Bronwydd Both are £10 each with all proceeds going to Cancer charities. They are also available from the author Arwyn Thomas 07972477324 or

arwynmsdd1@btinternet.com

Llanpumsaint Allotment Association

Don't be a couch potato. Try growing succulent new potatoes and swapping your ipod for fresh pea pods! Or if you've just had enough of Brexit why not get away from it all and enjoy the benefits of an allotment and healthy just picked fruit and vegetables.

The Allotment Association is seeking new members, of all ages. We have raised beds, polytunnels and a very large greenhouse for members' use, so come and join us - you'll be very welcome.

For further details to join, or if you wish to view the site please contact Keith (tel: 253375) or Ray (tel: 253157).

West Wales Dowzers Society – Future Events

Sunday, October 28th Practice Day

Sunday, November 25th Ros Briagha: Subject TBA

DECEMBER NO MEETING

Sunday 27th January Shelley Underhill-Savage Peace Labyrinth Working

Dowsing is a useful and interesting practice that almost anyone can learn. It's thought to have originated in Egypt or even earlier. Many companies use the services of experienced dowzers to search for water, minerals, oil, electricity cables etc. Some people dowse the safety of their food, and check for geopathic stress in their surroundings, but this is a personal belief and not yet scientifically proven. Why not come along one Sunday to find out for yourself? Bronwydd Village Hall, 1.45 pm. Entrance is £4 per person including a welcome cuppa and a biscuit in the break. No equipment is necessary, just bring yourselves.

Further Information: Sandy 01267 253547 or see <http://westwalesdowzers.org.uk/>

Nebo Chapel Services

For more information, please contact Chapel Secretary, Meinir Jones on 253532

Ffynnonhenri Chapel

Details of services for the months of October, November and December 2018

October 14 2018 Thanksgiving Service at 2.00 p.m. Rev Michael Morris

October 28 2018 Service at 11.00 a.m. Mr Peter Harries

November 11 2018 Communion at 2.00 p.m. Rev Tom Dafis

November 23 2018 United Service at Penybont at 10.30 a.m.

December 9 2018 Service at 2.00 p.m. Rev Wyn Maskell

December 23 2018 Carol Service at 2.00 p.m.

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

Caersalem, Llanpumsaint

But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you. Romans 8:11

Welsh service at 2pm or 2.30pm every Sunday afternoon except the last Sunday of the month when the service is in English.

Prayer meeting on Thursday afternoon and Sunday School for adults on Sunday morning

A warm welcome to all - For more details, please contact Eleri Morris on 01267 253895

Church events

Weds 10th October Ysgol Llanpumsaint Harvest Service at Llanpumsaint Church 2pm. All Welcome.

Sunday 14th October Baptism of Jenny and Helen Thomas Llanpumsaint Church 2pm. All Welcome.

Monday 15th October Open Church- a relaxed time of refreshments, stories, crafts and fun for all ages 3.30 – 5pm Llanpumsaint Church.

Friday 19th Oct Charity Fashion Show in Aid of St Celynin Church Bronwydd @ Bronwydd Village Hall.

Tickets available from Ann Smith 01267 233202

Saturday 24th November Llanllawddog Church Christmas Fair

Church Message – Benefice of Llanpumsaint with Llanllawddog (Including St. Celynin Church Bronwydd)

We live in a world of change. Whilst God's love for us remains constant and we hold the traditions of our church dear, Christians realise that if our churches are going to continue in the modern world we need to think about how we can do church differently, in a way that works for modern people. After all Jesus went out into communities providing for peoples needs and meeting them where they were.

Traditional Sunday worship can be difficult for some people for a whole host of reasons but now in Llanpumsaint we have an alternative. We are hosting "Open Church" on a monthly basis. The first two Open Church events have been hugely successful with over 30 people of all ages attending each.

Open Church is an informal gathering for people of all faiths or none. If you would like to come to have a cup of tea and a chat with other people in the village you are welcome. If you enjoy craft and want to learn more about the Christian Faith we will help you. If your children were baptised in church but you work on a Sunday morning or the thought of trying to keep wriggling toddlers entertained during a traditional church service fills you with horror please join us for Open Church. If you are 'chapel' that's great, the same God welcomes you here too. We'd Love to meet you.

There aren't many places in our communities now where people of all types and all ages meet and share together, church is perhaps one of the last places where this is possible, please consider being part of it. Our next open Church is on Monday 15th October @ 3.30 – 5pm. We also have services and activities throughout the week. For more details please view our facebook page Llanpumsaint, Bronwydd and Llanllawddog Churches or view the notice boards outside our churches.

For more info Contact Rev'd Gaynor j_gaynor@hotmail.com 01267 253158

Use LPG for heating?

L.P.G. Compare is an independent cost comparison and supplier switching service, specialising in the bulk L.P.G. market. It finds you money saving solutions on your L.P.G. throughout the U.K, completely FREE of charge.

Happy with your current supplier and the price they are charging? Target price at present is 35ppl.

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(You must be free from contract or within the last 30 days, not available with all suppliers)

Using their in-depth knowledge and numerous years of experience within the L.P.G. Industry, LPG Compare are able to find the most competitive solution for you. Due to the volume of business they give L.P.G. suppliers, they always achieve the best results, by helping you save costs on your L.P.G.

Switch your LPG with LPG Compare and enjoy the savings!! To find out how much you could save call 01384 883009 or visit www.lpgcompare.co.uk Compare and you may save.

I used them recently when our contract was due to end, and they confirmed that the deal I had obtained was OK. I was offered a new contract at 34ppl. Carolyn Smethurst

Peniel Panthers u13's

The new season has begun for the Peniel Panthers. Last season the boys finished mid table of their league. Coaches and players were delighted with the result and performance.

This season will see the boys progress to the U13's league.

The number of boys joining the squad has increased this season, and they now play on a full size pitch.

The season started on the 8th September, the boys have done well so far,

08.09.2018 Peniel 5 – 2 Pontardulais 10.09.2018 Saron 0 – 4 Peniel

15.09.2018 Peniel 12 – 0 Seaside 22.09.2018 Peniel 1 - 9 Llandovery

The boys are looking forward to the rest of the season, home games are played on Saturday morning at 10:30am in the Playing Field in Llanpumsaint. Everyone is welcome to watch and support:

29.09.2018 Peniel v Camford 06.10.2018 Kidwelly Falcons v Peniel

13.10.2018 Peniel v Drefach (Cup game) 20.10.2018 Peniel v Llandeilo

27.10.2018 Llandovery v Peniel

The club, parents and boys would like to thank the Llanpumsaint community for their continued support.

Police news from Martin Dickenson

This will be my last contribution to the Village Voice for the foreseeable future as I will be joining the Dyfed Powys Rural Crime Team. Currently I do not know who will be taking the area over but any concerns can be directed to Carmarthen Neighbourhood policing team at Carmarthen Police station.

The new rural crime team will be focusing on issues that affect the rural areas within the force and we are working closely with North Wales police who have been doing this for 5 years. The team will be working with Unions, residents and all parties with vested interests in the issues that have been raised so far to us. The team currently consists of 4 Pc's and 6 PCSOs and will be based in each of the 4 counties but will work alongside each other in the investigation and reduction of crime

We will be focusing on Machinery and stock thefts, stock worrying by dogs, wildlife crime and also visiting farms and isolated properties for security advice. We will also be visiting local shows and markets and looking to rebuild links with these communities.

If you have any concerns regarding the local community or for the Rural Crime Team we can all be contacted on 101.

British Trust for Ornithology - Tawny Owl Calling Survey

Despite Tawny Owls being our most familiar owl there's still much we have to learn about them. To do this we need as many people as possible listening for Tawny Owls from gardens or other green spaces this autumn and winter. By taking part you'll help to increase our understanding of their calling behaviour and distribution. **We need your help, whether you usually hear Tawny Owls or not.**

Knowing where owls can't be heard is just as valuable as knowing where they can be heard.

It takes just 20 minutes a week so it's easy to take part. All you need to do is listen for Tawny Owls for 20 minutes each week, from 30 September to 31 March. The more weeks that you can listen the better - but you can do as many or as few weeks as you are able. Gaps between weeks don't matter.

You can listen for their familiar 'hooting' and 'kee-wick' calls any time between sunset and midnight.

All we ask is that you tell us the date, start time of your survey, an estimate of cloud cover and importantly whether or not you hear an owl. If you hear a Tawny Owl at another time of the week outside the survey period you will also be able to record this. You record your weekly results online.

For more information see <https://www.bto.org/volunteer-surveys/project-owl/tawny-owl-calling-survey>

Almost made it!

Thirty-four year old Sargeant John Griffiths was a contented man as he left Nebo chapel on that first Sunday evening of September in 1918. It had been packed out for his Welcome Home Concert, his second, since on the previous Friday Cwmdwyfran Chapel had honoured him. This one had been rather special, since it afforded him the opportunity to visit his mother's grave, whose funeral in 1915 he'd missed, being on active service in France. As he turned left to follow the old Roman road back to the Post Office at Brynhyfryd (house next to the station) in Bronwydd, in the company of his father Daniel, he felt optimistic. After almost 4 years of fighting in that First World War and many lucky escapes, there was talk of it all coming to an end. Soon he hoped to be home for good, at last able to savour the peaceful Welsh countryside. But it was not to be! The Armistice declared on the 11th of November 1918 ended the fighting. Unfortunately just a week before on the 4th of November, John Griffiths had been killed in action.

A series of co-incidences later resulted in him being overlooked, even when other First World War victims were later commemorated locally. Two young men both from the same Post Office house, Brynhyfryd Bronwydd, and both of the same surname, Griffiths, lost their lives in the Second World War. Confusion became compounded when the pulished details of Carmarthenshire's First World War dead, mixed up two John Griffiths, the other being Sergt John Griffiths born at Waunfawr Llanpumsaint, who is remembered on the tablet at the Memorial Hall there. So the Bronwydd Memorial Tablet bore no mention of John Griffiths. Following a recent request from Gwenllian Jenkins from Caerffili we finally located her great grandparents grave for Rachel (1915) and Daniel (1923) in Nebo Churchyard. That impressive headstone held a further reference on the northern side noting that their son, Sergt. John Griffiths, had died in France on the 4th of November 1918. A fact confirmed in Carmarthen Journal report and picture on the 13th of December of the same year. Further investigation revealed that he was related to the two Brynhyfryd Second World War victims. Bronwydd Community Council will now include his name on that Tablet.

Arwyn 2018

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