



Llais y Llan Mehefin 2019

Copi dyddiad ar gyfer rhifyn nesaf – 24th Gorffennaf 2019

Cyhoeddwyd gan LlanpumsaintCyfnewid Gwybodaeth Gymunedol

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

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



Pont Glanryrnys - symudodd y ddaear



Ffynnon y Santes Non Tyddewi - Taith Maes Dewinwyr Gorllewin Cymru



Y Dydd Hwyl - y raffl yn mynd yn dda

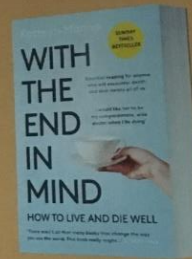


Llysywen bendoll yn nant Alltwalis

**JUNE 27 AT 7PM
BRONWYDD HALL, BRONWYDD, SA33 6BE**

Helen Williams presents a discussion between best selling author **Dr Kathryn Mannix**, Dr Rebecca Croft Palliative Care Consultant at Ty Cymorth and Euryl Howells Hospital Chaplain as they talk about this powerful collection of stories taken from Dr Mannix's clinical practice working with people with advanced, incurable illness.

Come and join the conversation. There will be tea, cake and fascinating insights



After 30 years as a palliative care specialist, Kathryn Mannix is on a mission. She feels passionately that it's time to re-claim public understanding of the process of dying. Knowing end of life wishes allows us to relate to our dearest and help plan the last part of their – or our - lives. Dying well is a real possibility for which we can plan.

'There aren't all that many books that change the way you see the world. This book really might'. The Sunday Times

Tickets £5.00 Available at Goldstone Books, Hall Street, Carmarthen and Eventbrite

Proceeds to Ty Cymorth

Enquiries to Helen Williams 07986526732



Conffyrmasiwn i blwyfolion newydd



Dail derwen fawr wedi gwiwo

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
Cylch y Pentref Dydd Mawrth Yn yr Eglwys 2.00 – 3.30
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
Ail fore Sadwrn bob mis -Y Farchnad Fisol, 10.00 – 12.00 Neuadd Eglwys Llanllawddog
Ti a Fi pob Bore Gwener 10.00 - 12.00 Neuadd Bronwydd
Cylch y Pentref pob Dydd Mawrth 2.00 – 3.30 Eglwys Llanpumsaint
Mehafin 9 Dydd Sul Fferm Agored Esgair a Hafod
Mehafin 12 Nos Fercher 6.00 Clwb Swper Tafarn y Rheilffordd 01267 253643
Mehafin 14 Nos Wener 4.30 Helfa Drysor y Ceir Pwyllgor Lles ac Adloniant
Mehafin 18 Nos Fawrth 7.00 Cwis a Chyri £5 y pen Tafarn Rheilffordd
Mehafin 23 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Bronwydd
Mehafin 24 Dydd Llun 2.00 Clwb gwili 60+ Neuadd Bronwydd
Mehafin 26 Dydd Mercher 10.00 Clinig Traed Neuadd Goffa
Mehafin 27 Nos Iau 7.00 Datlith 'With the end in mind' Neuadd Bronwydd
Mehafin 29 Dydd Sadwrn Bore Coffi Skanda Vale Hospice Saron
Mehafin 29 Dydd Sadwrn Te yn Festri Llanllawddog
Mehafin 30 Nos Sul 7.30 Cwis Hollybrook Bronwydd
Gorffennaf 2 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa
Gorffennaf 8 Dydd Llun 3.30 – 5.00 Eglwys Agored Llanpumsaint
Gorffennaf 10 Nos Fercher 6.00 Clwb Swper Tafarn y Rheilffordd 01267 253643
Gorffennaf 14 Dydd Sul Taith Faesi Dewinwyr Gorllewin Cymru
Gorffennaf 16 Nos Fawrth 6.30 Caws a Gwin Sant Celynyn yn Clwb Criced Bronwydd
Gorffennaf 16 Nos Fawrth 7.00 Cwis a Chyri £5 y pen Tafarn Rheilffordd
Gorffennaf 17 Dydd Mercher Clwb gwili 60+ Taith Dyffryn Elan
Gorffennaf 28 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Bronwydd
Gorffennaf 28 Nos Sul 7.30 Cwis Hollybrook Bronwydd
Gorffennaf 29 Dydd Llun 2.00 Clwb gwili 60+ Neuadd Bronwydd
Awst 2 - 4 Dydd Gwener – Dydd Sul Treialon Cwn Defaid Cenedlaethol Cymru Parc Dinefwr
Awst 9 Dydd Gwener Sioe Flodau'r Amwythig
Awst 14 Dydd Mercher Clwb gwili 60+ Taith Gwibdaith Ddirgel a The
Awst 14 Nos Fercher 6.00 Clwb Swper Tafarn y Rheilffordd 01267 253643
Awst 19 Dydd Llun 2.00 Clwb gwili 60+ Neuadd Bronwydd
Awst 20 Nos Fawrth 7.00 Cwis a Chyri £5 y pen Tafarn Rheilffordd
Awst 25 Nos Sul 7.30 Cwis Hollybrook Bronwydd
Awst 26 Dydd Llun Cerddoriaeth a Barbeciw Tafarn Rheilffordd
Awst 29 Nos Iau 8.00 CCB Clwb Bowlio Neuadd Goffa Llanpumsaint

Medi 3 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa
Medi 8 Dydd Sul Taith Faesi Dewinwyr Gorllewin Cymru
Medi 10 Nos Fercher 6.00 Clwb Swper Tafarn y Rheilffordd 01267 253643
Medi 18 Dydd Gwener 1.00 – 6.00 Sesiwn Galw Heibio Cronfa Gymunedol Fferm Wynt Brechfa Neuadd Goffa
Medi 21 Dydd Sadwrn 10.00 – 12.00 Bore Coffi Macmillan Neuadd Goffa
Medi 23 Dydd Llun 2.00 CCB Clwbgwili 60+ Neuadd Bronwydd
Hydref 4 Nos Wener Cwrdd Diolchgarwch a Swper Llanpumsaint
Hydref 28 Dydd Llun 2.00 Clwbgwili 60+ Neuadd Bronwydd
Rhagfyr 7 Dydd Sadwrn Ffair Nadolig – Neuadd Goffa
I logi'r Neuadd Goffa Llanpumsaint a Ffynnonhenri, Ffoniwch Derick Lock 01267253524

Clafdy Skanda Vale.

Bore Coffi yn y Clafdy (sa44 5dv) Sadwrn 29ain Mehefin 10 – 12 o'r gloch
Te, coffi, cacennau, raffl a thombola. Cyswllt hello@skandavalehospice.org
<mailto:hello@skandavalehospice.org>

Pwyllgor Lles a Hamdden Llanpumsaint

Etholwyd y canlynol yn ein Cyfarfod Blynyddol yn y Neuadd ar 30ain o Ebrill –
Cadeirydd - Pamela Jones . Is-gadeirydd - Aaron Jones
Ysgrifennydd - Lyn Evans . Trysorydd - Heledd Jones
Archwilydd - Mary Howell. Trysorydd Clwb Cant - Derick Lock
Archwilydd Clwb Cant - Huw Williams

Y Dydd Hwyl ar y 18fed o Fai - Bu'n llwyddiant mawr gyda'r tywydd heulog y denu cynulleidfya, a'r plant a'r oedolion yn mwynhau.

Cronfa Gymunedol Fferm Wynt Brechfa.

Mae'r Is-bwyllgor ar hyn o bryd yn gwahodd cwmnïau i gynnig tendro am welliannau i'r maes chwarae.

Byddwn hefyd yn cynnig am offer ychwanegol fel rhan o'n cais iddynt.

Helpfa Drysor mewn ceir

Nos Wener 14eg o Fehefin yw'r dyddiad a bydd y ceir yn cychwyn o'r Neuadd rhwng pump a hanner awr wedi chwech ar y noson. £5 y car fydd y gost a chewch fanylion pellach oddi wrth Matthew a Heledd Jones neu Aaron Jones.

Bore Coffi Macmillan

Cynhelir y nesaf yn y Neuadd Goffa ar fore Sadwrn 21ain o Fedi rhwng deg y bore a chanol dydd.

Dyddiadau Eglwysig i Lais y Llan

Bob Dydd Mawrth – Cylch y Pentref – Yr Eglwys 2 – 3.30

Bob ail fore Sadwrn (heblaw Mehefin) – Marchnad Llanllawddog.

Sadwrn 29ain Mehefin 2 yp – Te yn Festri Llanllawddog

Llun 8fed Gorffennaf - Eglwys Agored - Llanpumsaint 3.30 - 5.

Mawrth 16eg Gorffennaf - Noson Caws a Gwin Sant Celynin - Clwb Criced Bronwydd 6.30.

Nos Iau 27ain Mehefin – Darlith – “With the end in mind” - Neuadd Bronwydd

Gweler y poster ar dudalen 2

Nos Wener 4dd Hydref Cwrdd Diolchgarwch a Swper Llanpumsaint

Newyddion Eglwysig

Bu Dydd Sul 12fed o Fai yn achlysur llawen i'n heglwysu wrth i'r Esgob Joanna ymweld i gynnal conffyrmasiwn i saith o'n haelodau. Hyn yn dilyn 4 mis o ymbaratoi mewn dosbarthiadau, lle'r eglurwyd sylfaen y gred Gristnogol, gyda chyfleoedd i drafod a holi. Gwnaeth ymgeiswyr ddatganiad cyhoeddus o'u ffydd a'u hymrwymiad i ddilyn y ffordd Gristnogol wrth gael eu derbyn. Dyma gychwyn ar daith hir oes yn canlyn y ffydd Gristnogol.

Os hoffech wybod mwy am y ffydd Gristnogol neu gonffyrmasiwn cysylltwch â'r Parch Gaynor ar [i-
gaynor@hotmail.com](mailto:i-gaynor@hotmail.com) <<mailto:i-gaynor@hotmail.com>> neu 07796049500 neu'r Ficerdy 01267 253158.

Ewch i'n hwynebddalen am wybodaeth gwasanaethau.

Clwb Bowlio Dadannudd Llanpumsaint a Nebo

Diweddglo'r tymor oedd cadw ein dwylo ar Dlws Coffa Roy Bowen, gan wella ar y fuddugoliaeth 6-2 i ffwrdd ag ennill 8-0 'nol gartre. Llawen oedd gweld Janet, sef gweddw Roy yn cyflwyno'r Tlws i ddwylo ein capten Gethin Edwards. Dyma ganlyniadau Cystadlaethau'r Clwb a gynhelid cyn y Pasg. Nikky Day a Dylan Jones enillodd tllws y parau deu-bren, Llwyddodd Nikky hefyd i gipio Tlws Alan Dentry - Chwaraewr y Flwyddyn - ddewiswyd gan yr aelodau. Mwynhawyd y Cinio Blynnyddol yn y Railwe a diolchwn i Liz a Wayne am noson arbennig.

Cymerwn hoe fach nawr dros dymor yr Haf gan ail gwrdd am ein Cyfarfod Cyffredinol am wyth o'r gloch yn y Neuadd ar nos Iau 28ain o Awst. Bydd tymor newydd 2019-20 yn dechrau ar Nos Lun yr ail o Fedi am 7.30. Cofiwch ymweld â'n gwefan Llanpumsaintsmc.org.uk. Am wybodaeth bellach cysylltwch â Derick Lock 01267 253524 neu'r Ysgrifenyddes Jill Edwards 01267 253474.

Cymdeithas Rhandir Llanpumsaint

Digwyddodd ein diwrnod o lanhau a chomopo ar ddydd Sul 14eg o Ebrill, a diolch i'r aelodau am yr holl welliannau. Unwaith eto bu brechdanau cig moch a selsig Shirley yn ysbrydoliaeth i'r gwirfoddolwyr.

Drwy ddylanwad ein Cadeirydd Ray a chymorth Rosie a Sharon lwyddwyd i ddenu grant oddi wrth Gronfa Gymunedol Fferm Wynt Brechfa. Felly daw dau orchudd newydd i'n twnnel poli (un yn lle'r un gollwyd stormydd y gaeaf), cyfarpar garddio, a hefyd creu cyfleoedd i ddenu plant i'r safle.

Tra'n gyrru'r dydd o'r blaen cymerais heol anghyfarwydd felly llyged ar agor oedd hi am arwyddion o gymorth. Ar groesffordd dyma fynd mas o'r car i chwilio am arddwr wedi ei niweidio. Heb ganfod neb dilynais lwybr oedd yn arwain i randir lle'r oedd garddwr wrthi'n gweithio. Cynigais fforch iddo ond gyda throad aruchel o'i ben gwrthododd gan ychwanegu na fyddai fyth yn defnyddio offer mor aneffeithiol. Cyhuddais ef o fod yn snobyn ond wrth ymadael gwrthiodd ddarn o bapur i'm llaw yn cynnwys cyfarwyddiadau'r rhandir. Yna gwaeddodd ar fy ôl, "Dwy'n ddim yn snobyn Dwy'n arddwr aruchell". Mwy am hynny y tro nesal! Os ydych am ymuno a ni yn y rhandir cysylltwch â Keith 253375 neu Ray ar 253157 am wybodaeth bellach.

Sioe Flodau'r Amwythig

Bydd Clwb Garddio Drefach Felindre'r rhedeg taith i Sioe Flodau'r Amwythig ar ddydd Gwener 9fed o Awst 2019. Bydd yn gadael o Neuadd y Ddraig Goch yno am hanner awr wedi wyth y bore, ac yn dychwelid tua wyth yr hwyr. Bydd y bws yn eich tywys hyd fynedfa'r sioe ac yn eich casglu o'r un man.

Gallwch brynu eich tocynnau ar y We, a bydd y Bws yn costio £12. Os ydych am ymuno gwnewch eich siec yn daladwy i Glwb Garddio Drefach Felindre a'i hanfon at Helen Nolan, Coedmor, Adpar, Castell Newydd Emlyn, Ceredigion. Sa38 9eh. Os am fwy o wybodaeth cysylltwch â Helen ar 07964674297 neu helencoedmor@gmail.com <<mailto:helencoedmor@gmail.com>>.

Clwb Gwili Chwedeg Bronwydd

Daeth Nick Brunger i'n cyfarfod ym mis Ebrill i ddefnyddio hud a lledrith i'n diddani. Profodd ei straeon am Gaerfyrddin i fod yn hynod o ddiddorol.

Aeth ein gwibdaith gyntaf a ni eleni i Amgueddfa Genedlaethol Cymru yn Aberystwyth. Buom yn siopa ar y ffordd yn Aberaeron a chawsom ginio blasus yn yr Amgueddfa wedyn.

Rhaglen Clwb Gwili am yr Haf a'r Hydref

Mercher 12fed Mehefin - Taith i Gastell Penfro a chanolfan Treftadaeth Penfro.

Llun 24ain Mehefin – Cyfarfod 2 yp – Angela Skym - “Hat Lady”

Mercher 17eg Gorffennaf - Gwibdaith - Dyffryn Elan a Chanolfan Grisial Rhaeadr.

Llun 29ain Gorffennaf - Cyfarfod 2 yp - Jenny Hyatt - Ystad Dinefwr.

Mercher 14eg Awst – Gwibdaith Ddirgel a The i ddilyn

Llun 19eg Awst – Cyfarfod 2yp - Eddie Whitehead - “Devil's Device”.

Llun 23ain Awst - 2 yp - Cyfarfod Cyffredinol Blynnyddol.

Llun 28ain Hydref - 2yp – Gareth Richards – “A taste of Autumn Delights”.

Llun 4 dd Tachwedd - Twrci a Thinsell - 4 diwrnod yng Nghei Newydd Cernyw.

Llun 25ain Tachwedd – 2 yp – Ralph Carpenter – “Press Photography”.

Mercher 11eg Rhagfyr - Taith Ddirgel am Ginio Nadolig.

Croesawn aelodau newydd yn Neuadd Bronwydd ar y pedwerydd dydd Llun o'r mis. Ceir manylion pellach oddi wrth Val Giles yr Ysgrifenyddes 01267 281194.

Heddlu Dyfed-Powys Cysylltu Cymdeithasol

Mae'r gwasanaeth Cysylltu Cymdeithasol erbyn hyn yn weithredol drwyddi draw. Bydd y gwasanaeth hwn yn ein galluogi i anfon negeseuon cyflym atoch a'ch galluogi i ymateb yn gadarnhaol. Os am ymuno ewch i www.dpcm.co.uk <<http://www.dpcm.co.uk>>. (Dyfed-Powys Community Messaging). O gyrraedd y dudalen gallwch ddewis pa fath o wybodaeth rych chi am dderbyn, ag ateb rhai cwestiynau am eich ardal.

Bydd y negeseuon a ddaw yn berthnasol i'ch atebion i'r cwestiynau cynt, ac yn debygol o gynnwys cyngor ar atal tor-cyfraith, apêl am wybodaeth droseddol, neu gynnig gwybodaeth am ddigwyddiadau cymdeithasol yn yr ardal. Mae'r gwasanaeth hefyd yn gymorth i'r cynlluniau Gwarchod (Gwarchod Ffermydd - Gwarchod Ceffylau - Gwarchod Cychod - Gwarchod y Gymuned), yn enwedig pan fod angen trosglwyddo gwybodaeth yn gyflym i ardal arbennig. <https://www.dyfedpowyscommunitymessaging.org/en/>.

Atgyweirio'r ffordd A484 ger Pante Bronwydd.

Daeth cadarnhad oddi wrth Irfon Jones y byddai'r ffordd ar gau o'r 28ain o Fai rhwng saith o'r gloch y nos a chwech y bore am gyfnod o 28 diwrnod, neu pan ddaw'r gwaith arbenigol i ben. Gwelir arwyddion eraill yno i rybuddio teithwyr am oedi hir ar adegau yn ystod y dydd. Tebyg iawn eich bod wedi gweld maint y gwaith ac yn gobeithio gweld llwyddiant er mwyn dychwelid at weld trafnidiaeth yn llifo unwaith eto.

Mae'r Cyngor yn awgrymu'r dargyfeirio canlynol tra bod y ffordd ar gau.

Teithio tua'r de ar y A484 o gyfeiriad Castell Newydd Emlyn - trowch i'r chwith ar gyffordd yr hen Bronwydd Arms i'r B4301. Dilynwch hon drwy'r pentref ac ymlaen i Bontarsais. Yno trowch i'r dde i ymuno a'r A485 drwy Rydargaeau a Peniel am Gaerfyrddin.

Teithio tua'r gogledd o Gaerfyrddin - ymunwch a' A485 am Lamed. Wedi cyrraedd Pontarsais trowch i'r chwith ar y B4301 am Bronwydd. Wedi cyrraedd cyffordd yr hen Bronwydd Arms trowch i'r dde i ymuno'r a'r A484 am Gastell Newydd Emlyn

Treialon Cwn Defaid Cenedlaethol Cymru a'r Ffair Fwyd a Chrefftau

Dydd Gwener 2ail Awst – Parc a Chastell Dinefwr, Llandeilo sa196rt

Tocyn £8 i'r cyhoedd nad ydynt yn aelodau. Gall aelodau o'r Ymddiriedolaeth Genedlaethol gael mynediad am ddim hefyd drwy arddangos eu bathodynau.

Bydd y parcio am ddim i bawb. <https://www.welshnationalsheepdogtrials.org.uk/2019-welsh-national-trial/>

Pont Glanryrnys tua Chwm Hagar ac Esgair ar gau

Caewyd y bont er diogelwch ganol Mis Mai eleni. Yn ôl ymchwil Arwyn Thomas mae hi bron yn gant oed. Yn Mehefin 1919 adroddodd y Jynnal fod Cyngor Dosbarth Caerfyrddin wedi ymateb yn gadarnhaol i gais cynghorau Plwyf Cynwil a Llanpumsaint am gael pont dros yr afon Ynys ger ffatri wlân Glanryrnys. Byddai gofyn iddynt gyfrannu treian o'r gost adeiladu. Yn dilyn hynny gwelwyd darn arall yn y Carmarthen Weekly Reporter yn fis Awst yn dweud y byddai'r gwaith adeiladu yn dechrau yn y gwanwyn canlynol. Felly mae hyn yn awgrymu fod y bont yn dyddio o 1920. Gobeithiwn weld ei hadfer cyn bo hir.

Cronfa Gymunedol Fferm Wynt Brechfa

Bydd y Pwyllgor yn cynnal cyfarfodydd trafod drwy'r ardaloedd dan sylw er budd y cyhoedd. Os hoffech ddysgu mwy am y Gronfa, trafod syniadau neu amlygu anghenion dewch i un o'r cyfarfodydd yma rhwng un o'r gloch y Projectau/prynhawn a chwech yr hwyr -

19 Mehefin - Neuadd Gymunedol Peniel

17 Gorffennaf - Ystafell Eglwys Llanllwni

21 Awst - Canolfan Pafiliwn Pencader

18 Medi - Neuadd Goffa Llanpumsaint

Os na allwch ddod i un o'r cyfarfodydd uchod gallwch gysylltu â'n rheolwr cefnogol i ddatblygiadau, Alex, unrhyw bryd - Alex Wilcox Brooke Rheolwr Projectau/ Rheolwr Cefnogol Datblygu Cymunedol -

AlexW@severnwyte.org.uk

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

Er iddynt fod yn eu lle ers tair blynedd a hyd yn hyn ni fu galw amdanynt. Ond pe bai rhywun mewn angen wedi trawiad ar y galon a fydddech yn gwybod ble i fynd a beth i neid? Mae'r Sefydliad Calon Brydeinig yn datgan fod rhywun sydd wedi cael trawiad yn colli 10% o obaith goroesi am bob munud maent heb driniaeth. Felly mae cael Peiriant Adfywio wrth law yn dyngedfennol bwysig, yn enwedig mewn ardaloedd gwledig a'r ambiwlans yn debygol o gymerid amser i gyrraedd.

Felly beth yw CPR? (Adfywiad Ysgyfeiniol Cardiaidd - Cardiac Pulmonary Resuscitation)? Gweithred i arbed bywyd rhywun sydd wedi dioddef trawiad ar y galon, drwy helpi lif y gwaed drwy'r corff pan fod y galon wedi pallu curo. Gellir defnyddio'r Adfywiwr gydag oedolion a phlant blwydd oed hyd yn oed. Daw'r peiriant gyda chyfarwyddiadau llawn ynghyn a'r defnydd, ac nid oes peryg achosi sioc drydanol oherwydd bydd y peiriant yn ymwybodol os yw'r galon yn curo.

Gweithredu CPR yw'r unig driniaeth effeithiol pan fod trawiad ar y galon yn digwydd. Mae rhoi sioc drydanol wrth ddefnyddio'r Adfywiwr yn rhoi cyfle i'r galon guro'n gywir unwaith eto. Felly mae'r peiriant a'i ddefnydd yn fodd i arbed bywyd. Mae gan Gurad Calon Llanpumsaint becynnau ymarfer oddi wrth y Sefydliad Cenedlaethol sy'n dangos sut i ddefnyddio'r peiriant. Gallwch fenthyg un er mwyn ymarfer gartre gyda'r teulu drwy gysylltu â Carolyn Smethurst drwy Ebost info@gwilimill.com [<mailto:info@gwilimill.com>](mailto:info@gwilimill.com).

Gall ein Curad Calon wneud a rhagor o wirfoddolwyr i roi help llaw i gynnal a chadw ein peirannau Adfywio, ac efallai aneli at gael mwy. Felly cysylltwch â mi yn y ffordd uchod os gallwch fforddio awr neu ddwy at y gwaith. Carolyn.

Mis Mai – Tywydd amrywiol

Gwyddom yn iawn fod Mai yn gallu bod yn fis amrywiol na ellir dibynnu arno yma yn Llanpumsaint. Y gelyn penna yw rhew hwyr un flwyddyn fe gollo'n ni'n gynabens iddo ar y 12fed o Fehefin. Ond daliwn ati gan blannu tato cynnar yn Ebrill, ac eleni'n dod mhlan yn dda. Daeth rhybudd fod rhew yn berig felly dyma eu gorchuddio'n hyderus. Bore trannoeth 'roedd yn amlwg i'r rhew ddisgyn yn llawer mwy ffyrnig na'r disgwyl. Y dail wedi rhuddo a gwywo - san fferi â! Wrth lwc gwnaeth popeth yn y Tŷ Gwydr oreosi.

Wedyn o edrych o gwmpas gwelwyd fod dail ein coed wedi dioidde, rhai wedi eu rhuddo'n ddu, a hynny ar goed honni'r iddynt fod yn gallu gwrthsefyll i tua 12 gradd dan y rhew bwynt. Gwelwyd fod dail y coed derw hyd yn oed wedi duo, felly dyna beth oedd rhew caled. Erbyn hyn mae'r dail derw'n dod 'nol, a gobeithio byddant i gyd yn adfywio! Mae hyn oll yn ein hatgoffa am ein sgwrs gynta' gyda Malcolm Howells ar ôl cartrefu yn Llanpumsaint. A hithau'n ganol Mai gofynnion iddo pam nad oedd wedi plannu tato eto. Edrychom arnom yn syn gan ddweud nad oedd e' fyth yn plannu dim yn Llanpumsaint hyd Fehefin. Efallai nawr y byddwn yn ail-ystyried ei gyngor flwyddyn nesaf.

Dewinwyr Gorllewin Cymru - Digwyddiadau'r Dyfodol

Sul Mehefin 23ain - Gary a Caroline Biltcliffe - Speingefn Albion a'r Canolfan Grym

Sul 23ain Mehefin - Gary a Carolyn Biltcliffe - "The Spine of Albion & Power centre".

Sul 14eg Gorffennaf - Taith Faes i Three Cleffs a'r Labyrinth

Sul 28ain Gorffennaf - John Billingsly - "Magical House Protection"

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 agweddd bersonol yw heb gadarnhad gwyddonol. Dewch atom i Neuadd Bronwydd am 1.45yp, ac am £6 cewch baned yn y fargen. Does dim angen cyfarpar felly cysylltwch â Sandy ar 01267 253547

Gofal Traed Dyma ddyddiadau'r ddau glinig nesaf yn y Neuadd Goffa am 10 o'r gloch y bore ar y 26 Mehefin.

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).

Cymdeithas Rhieni ac Athrawon Ysgol Llanpumsaint

Rhagfyr 7fed 2019 – Ffair Nadolig – Neuadd

Codi Arian yn rhwydd.

Os i chi'n siopa ar y we yna gallwch godi arian i'r Gymdeithas Rhieni ac Athrawon. Cofrestrwch ar

www.easyfundraising.org.uk/causes/llanpumsaintPTA

<<http://www.easyfundraising.org.uk/causes/llanpumsaintPTA>> neu siaradwch ag Emma Brown.

Ysgol Llanpumsaint

Mae Ysgol Llanpumsaint wedi bod yn ffodus iawn i ennill arian grant oddi wrth Innogy sy'n gysylltiedig gyda Cronfa Gymunedol Fferm Wynt Brechfa. Mae'r arian wedi galluogi yr ysgol i brynu darpar Technoleg Gwybodaeth er mwyn datblygu sgiliau TG ac i drosgwlyddo y sgiliau i'r gymuned cyfan. Rydyn bwriadu cynnal prynhawn agored ar yr 11eg o Orffennaf rhwng 3-4:30y.p yn yr ysgol i'r gymuned cyfan. Mae yna gyfle i fobl y pentref derbyn sesiynau TG oddi wrth y disgyblion dros y flwyddyn academiaidd nesaf, felly manteisiwch ar y cyfle, symudwn ymlaen gyda'n gilydd i fywyd modern trwy dechnoleg. Mi fydd lluniaeth ysgafn ar gael.

Capel Nebo

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

CYLCH Y PENTREF

Yn gyntaf, hoffwn i (Niki) ddweud diolch yn fawr i'r holl bobl sy'n chwifio wrth y wraig yn y gadair olwyn yn cerdded ei chŵn (Tiana). Yn ail, hoffwn ymddiheuro am nad oedd unrhyw gofnod yn y rhifyn diwethaf, roeddwn yn meddwl fy mod wedi anfon un i mewn ond mae'n ymddangos ei fod wedi'i golli mewn seiber-ofod!!

Hoffwn chwalu'r myth, gan fod cylch y pentref yn cyfarfod yn yr Eglwys, ei fod yn grŵp crefyddol. Nid ydym, ond mae gennym y moethusrwydd o allu cyfarfod mewn adeilad hanesyddol hardd. O'r diwedd rydym wedi bod yn ymgynnull yn yr awyr agored mewn tywydd heulog a byddem yn gwerthfawrogi rhai o ymgarelau'r gerddi, os oes gennych unrhyw rai nad oes eu heisiau mwyach, y gallem eu defnyddio'n dda.

Mae myth hefyd ein bod yn grŵp crefft. Dydyn ni ddim ond os hoffech chi grefft tra byddwch chi'n sgwrsio a chael diod Mae croeso mawr i chi. Ar hyn o bryd mae gennym bobl sy'n gwau, crosio a chroesbwytho a fyddai'n fodlon helpu os oes gennych unrhyw gwestiynau.

Rwy'n falch o gyhoeddi bod cylch y pentref bellach yn cael ei e-bost ei hun a gellir cysylltu ag ef ar thevillagecircle19@hotmail.com. Rydym yn bwriadu sefydlu tudalen Facebook yn y dyfodol agos. Edrychwn ymlaen at eich gweld yn fuan. Niki Day a Helen Thomas

CYLCH MEITHRIN BRONWYDD

Ein Thema'r tymor hwn yw "ailgylchu" yn seiliedig ar y llyfr "Ailgylchu gyda Cyw". Mae pawb wedi bod yn brysur yn dod a'u poteli plastig gwag, cardfwrdd a thuniau i mewn i'r Cylch i'w hailgylchu i mewn i bethau newydd fel rocedi, matiau ceir a pharlwr godro. Yn yr wythnos olaf, buon yn plannu blodau yn ein hardal allanol. Diolch yn fawr iawn i'r Clwb Criced am yr hawl i ddefnyddio darn o dir i blannu blodau, a diolch enfawr hefyd i'r Clwb Garddio am greu lle deniadol i ni i blannu. Rydym mor ddiolchgar am eu hamser a'u haelioni. Braf oedd gweld y plant yn awyddus i blannu blodau yn y teiars lliwgar, a'u dyfrhau. Yn ein hanner tymor nesaf, ein thema bydd Dewin a'i ffrindiau yn dathlu. Dyma yw thema'r Wyl Feithrin eleni sy'n cael ei chynnal yn yr Ardd Fotaneg ar yr 20fed o Fehefin. Bydd Dewin siŵr o fod yno i ddiddanu'r plant. Byddwn hefyd yn paratoi ar gyfer y Mabolgampau trwy gydol mis Mehefin. Mae'r plant yn mwynhau rhedeg rasys amrywiol ac y maent yn magu llawer o hyder erbyn y Mabolgampau.

Cofiwch hefyd ein bod yn cynnal ein sesiynau Ti a Fi bob bore Gwener yn ystod amser tymor rhwng 10yb a 12 hanner dydd. Oes oes gennych fabi newydd yn eich teulu, dewch lawr i gwrdd â babis eraill. Mi gewch groeso cynnes, sgwrs a dished o de neu goffi.

Ymholiadau am y Cylch i Verona (07929 431652)

Capel Ffynnonhenri

Dyma fanylion y gwasanaethau am fisoedd Mehefin a Gorffennaf 2019

Mehefin 9 2019 Gwasanaeth am 3.30y.p. Parch Wyn Maskell

Mehefin 23 2019 Cymundeb am 4.00 y.p. Parch Huw George

Mehefin 30 2019 Gwasanaeth Undebol yn Graig, C.N. Emlyn 10.00 y.b. i'w gadarnhau

Gorffennaf 14 2019 Gwasanaeth am 2.00 y.p. Manylion pellach i ddod

Gorffennaf 28 2019 Cymundeb am 5.00 y.p. Parch Eirian Wyn Lewis

Hefyd llawer o ddiolch i bawb a gefnogodd ein Swper yn y Neuadd Goffa yn ddiweddar. Fe fu'r noson yn llwyddiant mawr. Diolch yn fawr.

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

Caersalem

Ac wedi dyfod dydd y Pentecost, yr oeddynt hwy oll yn gytûn yn yr un lle. Ac yn ddisymwth y daeth sŵn o'r nef, megis gwynt nerthol yn rhuthro, ac a lanwodd yr holl dŷ lle yr oeddynt yn eistedd.... A hwy oll a lanwyd â'r Ysbryd Glân.... Actau 2

Cwrdd bod dydd Sul am 2pm. Cwrdd arbennig ar Awst 4ydd pan fydd Jeanne Campbell (nèe Phillips, gynt o Fronhaul a merch Towy Sawmills) a Billy ei gŵr yn dathlu eu penblwydd priodas gyda ni ar ôl 50 mlynedd! Priodon nhw ym 1969 yng Nghaersalem ac maen nhw wedi bod yn gweithio yn Hong Kong am ran helaeth o'r amser ers hynny. Cwrdd Saesneg fydd e, dan eu gofal nhw, ond ma croeso cynnes i bawb.

Eleri Morris: 01267 253895

Cyngor Cymuned Llanpumsaint

Mae'n drist mewn gwirionedd ond mae hi wedi dod i hyn; mae Cyngor Cymuned Llanpumsaint wedi penderfynu cyfarfod am yn ail fis oherwydd nad yw'r Cyngor Sir yn gwrandao arnom. Rhoddwyd esboniad i'r Sir ynglŷn â beth yw hanfod Cyngor y Gymuned, sef clustiau a llygaid ein hardal ac wrth wrando ar gwynion bobl y gymuned mae'r Cyngorwyr yn dod a nhw i gyfarfod o'r Cyngor, ac wedi eu trafod, rhoddir gwybod i'r Sir am yr hyn sydd angen ei wneud. Nid oes gan Gyngor y Gymuned y modd i lenwi tyllau yn yr heol, glanhau'r cwteri neu'r awdurdod i ostwng cyflymdra trafnidiaeth ar hyd ein heolydd; mi allai Cyngor y Gymuned godi'r arian o'r gymuned ar gyfer gwneud rhai o'r pethau yma ond nid oes gennym y strwythurau sydd eu hangen i'w cyflawni; strwythurau sydd eisoes yn bodoli gyda'r Sir a hefyd, mae gan y Cyngor Sir gyfrifoldebau statudol i wneud llawer iawn o bethau nad ydynt yn eu gwneud ar hyn o bryd. Penderfyniad doeth ar ran Cyngorwyr Cymuned Llanpumsaint yw gostwng nifer y cyfarfodydd; mae democratiaeth leol wedi colli clust y Sir a does dim diben gweiddi. Felly, yn y Cyfarfod Cyffredinol Blyneddol a gynhaliwyd ar ddechrau'r mis, penderfyniad Cyngor y Gymuned oedd, o hyn allan, i gyfarfod yn Fis Ionawr, Mawrth, Mai, Gorffennaf, Medi a Thachwedd.

Bont y Ffatri

Cafwyd gwybodaeth gan Peter Morgan, Prif Beiriannydd Priffyrdd Cyngor Sir Gâr, ynglŷn a'r bont sydd wedi cau. Dywedodd y Prif Beiriannydd fod Peirianwyr yr Adran Briffyrdd wedi gwneud archwiliad o'r bont, a'u bod wedi creu cynlluniau ar sut mae ei drwsio dros dro. Gweithlu'r Cyngor fydd yn gwneud y gwaith, felly ni fydd oedi wrth aros am gwmnïau allanol ddyfynnu prisiau, a gobeithir i'r gwaith adfer gychwyn o fewn y pythefnos nesa ac iddo gael ei gwblhau ymhen mis. Eisioes, roedd yna gynlluniau ar gyfer ail-adeiladu'r bont ond ei drwsio yw'r flaenoriaeth nawr a gwneir y gwaith mwy sylweddol rhywbryd y flwyddyn nesaf, ar ôl cael trafodaeth gyda'r gymuned ynglŷn a'r amser mwyaf cyfleus i gau'r heol am gyfnod.

Tŷ Hers

Yn yr oes a fu, roedd yr adeilad cerrig sydd wrth ymyl safle bws Teras Gwili yn cadw'r elor gerbyd neu'r hers, a rhywbryd yn y gorffennol, daeth yr adeilad yn eiddo i'r gymuned a Chyngor y Gymuned sydd â gofal amdano. Ers blyneddoddd mwyach, mae'r adeilad wedi cael ei rhentu ac mae'r tenant presennol yn gadael yr ardal ac wedi rhoi'r adeilad nôl. Os oes gan rywun arall yn y gymuned ddiddordeb yn ei rhentu, rhowch gynnig arno a chynigiwch beth yw ei werth i chi mewn rhent ac os fydd mwy nag un a diddordeb ynddo, y sawl fydd wedi cynnig talu'r rhent uchaf fydd y tenant newydd. Danfonwch eich cynigion i'r Clerc. Cyhoeddir pwy fydd y tenant newydd ym Mis Medi.

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

Hunllef!

Teimlai'r Cynghorwyr a'r arweinwyr lleol yr un mor grac â'r dorf anniddig o'u blaen yn y Neuadd orlawn .. pawb am eglurhad o'r datganiad moel a chreulon yn y Western Mail y diwrnod cynt ...

“ .. Daeth cadarnbad o Westminster fod y Mesur Seneddol i foddi dyffryn Llanpumsaint wedi llwyddo er bod holl Aelodau Cymru a'r Senedd yng Nghaerdydd wedi gwrthwynebu'n llwyr ...”

..Dyweddodd snyddog ar ran y Lhwodraeth fod y safle'n un delfrydol .. byddai dŵr yr afon Gwili a'i nentydd yn ddigonol i greu llyn tair milltir o hyd a milltir a hanner o led .. hyn i ateb gofynion trefi a dinrydiant i'r dyfodol. Cyngorwyd y pentrefwyr i beidio ag ymgyrchu a gwrthwynebu'r cynllun oherwydd yr holl fanteision a deiau yn sgil y fenter Byddai canolfannau cychod ar dop Rhin Llandre a Ffynnonhenri i bysgotwyr ac ymwelwyr yn creu gwaith i rai wedi iddynt symud o'r pentref .. Byddai nifer o dai haf hefyd i ardal Nebo.

.... Cyn boddi'r mynwentydd dylai perthnasau wneud cais am unrhyw feddau maent am eu symud ... Bydd rhai'r Eglwys i'w casglu o dop Rhin Cwppers a gellir cael rhai Bethel a Caersalem ger mynedfa Skanda Vale. Cyn gynted a bod Cyngerdd Ffarwel olaf yr ysgol wedi gorffen dylai rhieni gasglu'r plant yn syth oherwydd bod y peiriannau'n anyddus i ddymchwel yr adeilad. .. Dylid symud unrhyw gofeb sydd i'w anfon i Amgueddfa Caerfyrddin o'r Neuadd Goffa cyn i'r muriau ddod i lawr.

Rhoddwyd addenid i drigolion ardal Cynwil a Chwmdryfran oedd yn meddwl symud, y byddai argae Cwm Tredarren yn ddigon cryf a sefydlog i ddal y llyn Gall ardal Llanpumsaint edrych ymlaen at dyfodol llenyrchus .. ac mi fydd pentrefwyr yn siŵr o werthfawrogi eu cartrefi newydd yng Nghaerfyrddin a Llanybydder ...

Ffrwyth dychymyg o'dd hwnna'i gyd? Ie siŵr o fod! Alle fe ddigwydd? Anhebygol iawn! Ond nid yn amhosib oherwydd fe ddigwyddodd yn y gorffennol. 'Nol yn y chwedegau'r ganrif ddiwethaf er holl brotestiadau Cymru gyfan, gyda lleisiau amlwg o Lanpumsaint yn eu plith, boddwyd cymuned ger y Bala.

Dyna pam ddyle ni fyth anghofio ... COFIWCH DRYWRYN ..

Amryn 2019



Village Voice June 2019

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www.llanpumsaint.org.uk email info@llanpumsaint.org.uk. Please send items to
info@llanpumsaint.org.uk or post to Bodran Felin, Llanpumsaint SA33 6BY
 Brechfa Forest West Wind Farm Community Fund provides some funding for Village Voice



Bridge near Nantyrnyns - the earth moved!



St. Non's Well, St David's from Dowzers Field Trip



Fun Day - Brisk Sales for the Raffle



Lampreys in Nant Alltwallis

**JUNE 27 AT 7PM
BRONWYDD HALL, BRONWYDD, SA33 6BE**

Helen Williams presents a discussion between best selling author **Dr Kathryn Mannix**, Dr Rebecca Croft Palliative Care Consultant at Ty Cymorth and Euryl Howells Hospital Chaplain as they talk about this powerful collection of stories taken from Dr Mannix's clinical practice working with people with advanced, incurable illness.

Come and join the conversation. There will be tea, cake and fascinating insights



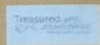
After 30 years as a palliative care specialist, Kathryn Mannix is on a mission. She feels passionately that it's time to re-claim public understanding of the process of dying. Knowing end of life wishes allows us to relate to our dearest and help plan the last part of their – or our - lives. Dying well is a real possibility for which we can plan.

'There aren't all that many books that change the way you see the world. This book really might'. The Sunday Times

Tickets £5.00 Available at Goldstone Books, Hall Street, Carmarthen and Eventbrite

Proceeds to Ty Cymorth

Enquiries to Helen Williams 07986526732



Recently Confirmed Parishioners



Frost Blackened Oak Tree

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

Every Monday and Thursday from September 2nd Short Mat Bowls 7.30 – 9.30 Memorial Hall

Every Tuesday 2.00 – 3.30 Village Circle Llanpumsaint Church

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

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

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 Mobile Post office Outside Bronwydd Hall

Every Third Monday – Merched y Wawr Memorial Hall

Every Friday 10.00 – 12 noon Ti a Fi sessions Cylch Meithrin Bronwydd Hall

Every Second Saturday in the month, Monthly Market 10 – 12 Llanllawddog Church Hall

June 9 Sunday 12.00 to 4.00pm Open Farm Sunday Esgair and Hafod Farms Llanpumsaint

June 12 Wednesday 6.00 Supper Club Railway Inn – phone 253643 to book

June 14 Friday 4.30 Car Treasure Hunt Welfare and Recreation Association

June 18 Tuesday 7.00 Curry and Quiz Railway Inn £5 per head

June 23 Sunday 1.45 West Wales Dowsers Bronwydd Hall

June 24 Monday Clwb gwili 60+ 2.00 Bronwydd Hall

June 26 Wednesday 10.00 Foot Clinic Llanpumsaint Memorial Hall

June 27 Thursday 7.00 Talk 'With the End in Mind' Bronwydd Hall

June 29 Saturday 10.00 – 12.00 Coffee Morning at Skanda Vale Hospice Saron

June 29 Saturday 2.00 Afternoon Tea Llanllawddog Church Hall

June 30 Sunday 7.30 Quiz Hollybrook Inn Bronwydd

July 2 Tuesday 8.00 Llanpumsaint Community Council Memorial Hall

July 3 Wednesday 8.00 Community Council Meeting Memorial Hall

July 8 Monday 3.30 – 5.00 Open Church Llanpumsaint

July 10 Wednesday 6.00 Supper Club Railway Inn – phone 253643 to book

July 14 Sunday Field Trip Dowsers

July 16 Tuesday 6.30 Cheese and Wine for St Celynin Church @ Bronwydd Cricket Club

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

July 17 Wednesday Clwb gwili 60+ Trip Elan Valley

July 28 Sunday 1.45 West Wales Dowsers Bronwydd Hall

July 28 Sunday 7.30 Quiz Hollybrook Inn Bronwydd

July 29 Monday 2.00 Clwb gwili 60+ 2.00 Bronwydd Hall

August 2 Friday – 4 Sunday Welsh National Sheepdog Trials Dinefwr Park

August 9 Friday Shrewsbury Flower Show

August 14 Wednesday Clwb gwili 60+ Mystery Trip and Afternoon Tea

August 14 Wednesday 6.00 Supper Club Railway Inn – phone 253643 to book

August 19 Monday 2.00 Clwb gwili 60+ 2.00 Bronwydd Hall

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

August 25 Sunday 7.30 Quiz Hollybrook Inn Bronwydd

August 26 Monday Music and BBQ Railway Inn – More details in next Village Voice

August 29 Thursday 8.00 AGM Bowls Club Memorial Hall

September 3 Tuesday 8.00 Llanpumsaint Community Council Memorial Hall
September 8 Sunday Field Trip Dowzers
September 10 Wednesday 6.00 Supper Club Railway Inn – phone 253643 to book
September 18 Wednesday 13.00 – 18.00 Drop-In Session Brechfa Forest Community Fund Memorial Hall
September 21 Saturday 10.00 – 12.00 Macmillan Coffee Morning Memorial Hall
September 23 Monday 2.00 AGM Clwbgwili 60+ Bronwydd Hall
October 4 Friday Church Harvest Service and Supper
October 28 Monday Clwbgwili 60+ 2.00 Bronwydd Hall
December 7 Saturday PTA Christmas Fair Memorial Hall
Llanpumsaint and Ffynnon Henri Memorial Hall – to book phone Derick Lock on 253524

LLANPUMSAINT WELFARE AND RECREATION ASSOCIATION

The Association's AGM was held at the Memorial Hall on 30th April 2019.

The following officers were elected:

Chair: Pamela Jones, Vice-Chair: Aaron Jones, Secretary: Lyn Evans, Treasurer: Heledd Jones, Auditor: Mary Howell, 100 Club Treasurer: Derick Lock, 100 Club Auditor: Huw Williams.

The Llanpumsaint Funday was held on 18th May which was a great success. The weather was fine and sunny; it was well attended and enjoyed by adults and children alike.

Brechfa Forest West Wind Farm Community Fund

The Association Fund sub-committee is in the process of inviting companies to tender for the improvement works in the park. Additional park equipment will also be considered as part of the bid for the funding.

Car Treasure Hunt

This will be held on Friday 14th June. The cost is £5 per car leaving the Memorial Hall from 5.00pm to 6.30 pm. Further details can be obtained from Mathew and Heledd Jones and Aaron Jones.

The Macmillan Coffee Morning will be held at the Memorial Hall on Saturday 21st September 2019 from 10am until 12 noon. **Lyn Evans**

Church dates for Village Voice

Every Tuesday Village Circle @ Llanpumsaint Church 2-3.30

Ever Second Saturday of the month (except June) Monthly Market Llanllawddog Church Hall

Thursday 6th June Open Church Llanpumsaint 3.30 -5 pm

Thursday 27th June 7pm Talk "With the End in Mind" Bronwydd Hall. See poster on page 2.

Sat 29th June Afternoon Tea @ Llanllawddog Church hall 2pm

Monday 8th July Open Church Llanpumsaint 3.30 -5 pm

Tue 16th July Cheese and Wine evening for St Celynin Church Bronwydd @ Bronwydd Cricket Club 6.30 pm

Friday October 4th Llanpumsaint Church Harvest service and supper

Benefice of Llanpumsaint with Llanllawddog Including St Celynin

Sunday 12th May was an occasion of great joy for our churches as Bishop Joanna visited to confirm seven members of our congregations. After four months of preparation in informal confirmation classes, where we explored the basics of the Christian faith and the group had a chance to ask lots of questions. The candidates made a public declaration of faith and commitment to follow a Christian way of life at their confirmation.

This is the start of a lifelong journey of Christian discipleship and faith development. See photo page 2.

If you are interested in finding out more about Christianity, or attending confirmation classes with no commitment to be confirmed. Please contact Rev'd Gaynor j_gaynor@hotmail.com, mobile 07796049509, Vicarage 01267 253158/

Please check our face book page or church notice boards for details of Sunday Services

Facebook Page Llanpumsaint Bronwydd and Llanllawddog Churches

LLANPUMSAINT & NEBO SHORT MAT BOWLING CLUB

The Club finished the bowling season by retaining the Roy Bowen Memorial Cup. The 6-2 away win was followed a week later by an 8-0 home win and it was lovely to see Janet Bowen, Roy's widow, present Gethin Edwards the Club captain with the Cup at the end of the evening.

Our Club competitions were held before Easter with Nikki Day and Dylan Jones taking the 2 wood pairs trophy; Aled Edwards winning the 4 wood singles and Janet Powling winning the 2 wood singles. The Alan Dentry Player of the Year Trophy, voted for by Club Members, was deservedly won by Nikki Day.

Our Annual Dinner was held in the Railway Inn, and our thanks go to Liz and Wayne for an excellent evening.

The Club will now take a well-earned break for the summer months and reconvene at the AGM which will be held on Thursday, 29th August in the Memorial Hall from 8.00 p.m.

Anyone interested in joining our friendly Club is welcome to attend.

The Club will then start the 2019-20 season on Monday, 2nd September at 7.30 p.m.

Don't forget to check out our new website **Llanpumsaintsmbc.org.uk**

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

Llanpumsaint Allotment Association

The Allotment's annual site tidy up day took place on Sunday 14th April and thanks to members' efforts the site was tidied and spruced up for the growing season. Shirley's luscious bacon and sausage rolls were again on hand to revitalise and fuel members on.

This year, thanks to the efforts of Ray (Chair) and Rosie & Sharon, we have been successful in obtaining a grant from the Brechfa Forest West Wind Farm. This will enable the replacement of two polytunnel covers (one of which was completely destroyed during winter storms) and the purchase of equipment and tools to further maintain the site and create facilities for children to experience the pleasures of gardening.

Whilst driving recently I took a wrong turn and found myself on an unfamiliar road. After a few minutes driving and looking for any informative road signs I came to a fork in the road. I of course immediately stopped and got out of my car to look for any sign of an injured gardener in the vicinity.

There being none I made toward a track that led to a nearby allotment site where I saw a gardener who was working on his plot, and offered him the fork. In response with head tilted back looking down his nose at me he advised that he would not be seen dead with such an inferior implement. Before I could stop myself I accused him of being a snob. He thrust into my hand a pamphlet on his allotment's guide to etiquette and walked off. After a few paces he turned and bellowed "I am not a snob.....I am a Haughtyculturist!". I will enlighten you on the guide to etiquette next time.

Should you be interested in joining the Allotment Association you can contact Keith (tel: 253375) or Ray (tel: 253157) for further details.

Welsh National Sheep Dog Trials Food and Craft Fair 2019

Friday 2nd August to Sunday 4th 2019

Dinefwr Park and Castle, Llandeilo, Carmarthenshire, SA19 6RT

(Same venue as the 2008 World Sheep Dog Trial)

Admission fee for non ISDS members to the 2019 Welsh National Sheep Dog Trials, Food and Craft Festival is £8. National Trust members and ISDS members can enter free of charge, but valid membership cards/badges must be presented at the admission gates. Car parking is free of charge to all.

<https://www.welshnationalsheepdogtrials.org.uk/2019-welsh-national-trial/>

Skanda Vale Hospice - Coffee Morning at the hospice (SA44 5DY) Saturday 29th June 10-12pm – Tea, coffee, cake, raffle and tombola! Contact hello@skandavalehospice.org for more details.

Clwbgwili 60+ Club Bronwydd

The Club held its Club meeting at the end of April. Mr Nick Brunger was with us as a guest speaker. He uses magic to amuse and mystify audiences and I must say he certainly did that with his Tales of Carmarthen. It really was an interesting afternoon.

The first day trip this year was to The National Library of Wales, Aberystwyth. A full coach made its way there on 8th May also calling in Aberaeron for some shopping. We had a very nice lunch at the Library.

Clwbgwili 60+ Club Events for the Summer/ Autumn months.

Wednesday 12th June - Trip to Pembroke Castle/ Pembroke Heritage Centre

Monday 24th June Club Meeting 2pm Guest speaker Mrs Angela Skym "Hat Lady"

Wednesday 17th July - Trip Elan Valley Tour/ Welsh Royal Crystal Rhyader

Monday 29th July - Club Meeting 2pm Mrs Jenny Hyatt "Dinefwr Estate"

Wednesday 14th August - Mystery Trip/ Afternoon Tea.

Monday 19th August - Club Meeting 2pm Mr Eddie Whitehead "Devil's Device"

Monday 23rd ANNUAL GENERAL MEETING

Monday 28th October - Club Meeting Mr Gareth Richards "A Taste of Autumn Delights"

Monday 4th November - Turkey and Tinsel 4-night break to Newquay Cornwall

Monday 25th November Club Meeting - Mr Ralph Carpenter "Press Photography"

Wednesday 11th December - Club Christmas Dinner/ Mystery Trip

New members are still welcome at the Bronwydd Hall every fourth Monday of the month at 2pm. Further details available from Val Giles Club Secretary on 01267 281194

Shrewsbury Flower Show

Drefach Felindre Gardening Club is taking a coach to Shrewsbury Flower Show on Friday, 9th August 2019. It will be leaving the Red Dragon Hall in Drefach Felindre at 8.30 am and returning at approximately 8.00 pm. The coach will drop you off at the Flower Show gates and return to pick you up from there. Tickets for entry can be bought on-line. The cost of the coach is £12.50 each.

If anyone would like to join us, please make your cheques payable to Drefach Felindre Gardening Club and send to: Helen Nolan, Coedmor, Adpar, Newcastle Emlyn, Ceredigion, SA38 9EH. For further information, please contact Helen on 07964674287 or email helencoedmor@gmail.com

West Wales Dowzers Future Events

Sunday June 23rd: Gary & Caroline Biltcliffe – The Spine of Albion & Power Centre

Sunday July 14th: Field Trip to Three Cliffs Bay plus Labyrinth

Sunday July 28th: John Billingsley – Magical House Protection

Sunday 8th September: Field Trip Stone circles and ancient sites around Llandovery TBC

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 £6 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/> or

Facebook: <https://www.facebook.com/WestWalesDowzers/>

Head to Toes Footcare The next session in the Memorial Hall is on Wednesday 26th June. 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)

Ysgol Llanpumsaint 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.

Match Funding

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.

Llanpumsaint School

Llanpumsaint School have secured funding from Innogy which is linked to Brechfa Wind Farm Community Fund. The funds have allowed the school to purchase IT equipment so that pupils and members within the community can develop their IT skills. We are organising an open afternoon on the 11th of July between 3-4:30pm at the school so we can engage with the community and understand the IT skills gap to ensure that pupils can teach members of the community about modern technology but also for pupils to learn from members in the community about the history of the village. Come along to the afternoon, so we can share ideas on how to work together in the next academic year. There will be light refreshments available.

Dyfed-Powys Police 'Community Messaging' (DPCM)

Dyfed-Powys Police 'Community Messaging' (DPCM) is now available force-wide. DCPM is a system which enables us to issue fast time messages to you and, enables you to play a part in policing.

To sign up, go to www.dpcm.co.uk. Once in the page, you will be asked to choose the kind of information you want to receive, as well as answer a few questions specific to where you live.

Messages received through DPCM will be relevant to the information you provide when you sign up and could include specific crime prevention advice, direct appeals based on local incidents and information about community events near to you.

DCPM is especially useful in support of the 'Watch' schemes (Farm Watch, Horse Watch, Boat Watch, Neighbourhood Watch) – where very specific information needs to be communicated to a distinct community very quickly. See <https://www.dyfedpowyscommunitymessaging.org/en/>

Road works on A484 at Bronwydd

Councillor Irfon Jones confirmed that the A484 road will close from 28th May for 28days from 19 00hrs until 6 00 hrs or until the engineers can clear the road.

There are also signs to inform drivers that they may be long delays during the day.

If you have used the road lately, you will have seen that the works in progress, and I expect that you are looking forward to the road being completed and the traffic lights removed at last.

Diversion signs are in place for when the road is closed.

Brechfa Forest West Wind Farm Community Fund

The Brechfa Forest West Wind Farm Community Fund are hosting a series of drop in sessions throughout the area of benefit. If you would like to learn more about the fund, discuss ideas for your community or a specific project then please come and visit us at one of the following sessions between 1300 and 1800hrs:

- 19th June 2019 - Peniel Community Hall
- 17th July 2019 - Llanllwni Church Room
- 21st August 2019 - Pencader Pavilion Centre
- 18th September 2019 - Llanpumsaint Memorial Hall

Alternatively if you can't make it to any of the sessions then you can contact our community development support manager; Alex, anytime on AlexW@severnwyce.org.uk

Alex Wilcox Brooke Project Manager/Community Development Support Manager. Rheolwr Cefnogaeth Datblygu Cymunedol

Llanpumsaint Heartbeat

This small group provided the 4 defibrillators in the Llanpumsaint area at the following locations:

Outside the Village Hall SA33 6BZ

Outside the Railway Inn SA33 BU

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

Outside the Vestry at Nebo SA33 6HN

These have been in place for 3 years and to date have not had to be used in anger – but if you needed to help someone with a cardiac arrest, would you know where the defibrillator nearest to you is located and what you need to do?????

The British Heart Foundation says for every minute someone is in cardiac arrest without CPR and access to a defibrillator, their chances of survival falls by up to 10%. Having a defibrillator available in an emergency can be lifesaving, especially in rural areas where ambulance response times may be longer.

So what is CPR? CPR stands for **C**ardio**P**ulmonary **R**esuscitation. It's a lifesaving procedure which is given to someone who is in cardiac arrest. It helps to pump blood around the person's body when their heart can't – and anyone can do it.

Defibrillators can save the life of someone having sudden cardiac arrest, when the heart suddenly and unexpectedly stops beating. They can be used for adults, as well as for children as young as 1 year old. They come with complete instructions for you to follow, and will not deliver an electric shock if the defibrillator detects that the heart is beating – so you cannot do any harm.

If sudden cardiac arrest occurs, the only effective treatment for sudden cardiac arrest is to start CPR and to deliver an electrical shock using a defibrillator (to de-fibrillate the heart), which stops the chaotic rhythm of a heart in VF, giving it the chance to restart beating with a normal rhythm. With CPR and a defibrillator means that you may be able to save a life.

Llanpumsaint Heartbeat have some training packs from British Heart Foundation which can show you what you need to know to be able to do CPR and how to use a Defibrillator – essential life saving skills which you may never need, but if you do need to, you will have confidence to start the life-saving procedure for someone in cardiac arrest. You are very welcome to borrow a pack so that all in your family can see what is required – just email Carolyn on info@gwilimill.com

And Llanpumsaint Heartbeat needs a few more people to help us with looking after the existing defibrillators, and possibly to provide more. Please contact me as above if you are willing to give a few hours through the year to help with this important project. Carolyn Smethurst

May 2019 – what a month of weather!

We know that May can be a tricky month for weather in Llanpumsaint, especially for late frosts. We did lose our runner beans to frost on 12th June one year. But we plough on regardless each year, with potatoes planted late April. This year they were doing well, but with the forecast early in the month warning of frost, the potatoes were covered with fleece and with fingers crossed we thought we would be OK.

But come the morning, it was obvious that the frost they forecast was much more severe than expected. Yes, you've guessed, foliage blackened even under the fleece. The rest of the crops protected in the greenhouse were OK.

But then we went to look at some of our trees and were surprised to see that hardy trees like the Handkerchief tree (hardy down to -15 deg) and some hardy Japanese Acers had blackened leaves. Still keeping our fingers crossed at the end of May that they will come back. But even more surprising when we looked up at the mature oaks we saw that all their foliage had been blackened too – that must have been some frost that came through that night. The oaks are coming back into leaf, so I think they will all be ok.

This reminds us of what Malcolm Howells told us in the first spring that we lived in Llanpumsaint. In the middle of May we asked Malcolm why his potatoes were not yet in the ground. He looked at us as if we had come from Mars, and he said 'no, I never plant any vegetables here in Llanpumsaint till June!' Perhaps next year we will heed his advice.

Carolyn Smethurst

THE VILLAGE CIRCLE.

Firstly could I (Niki) say a BIG thank you to all those people who wave at the lady in the wheelchair walking her dog (Tiana). Secondly could I apologise for there being no entry last issue, I thought I had sent one in but it appears to have been lost in cyber space!!

I would like to dispel the myth that as The Village Circle meet in the church it is a religious group. We are not, we just have the luxury of being able to meet in a beautiful, historic building. Of late we have been gathering outside in the sunny weather and would appreciate some garden umbrellas, if you have any that are no longer wanted we could put them to good use.

There is also a myth that we are a craft group. We are not but if you would like to craft while you chat and have a drink you are more than welcome to. We do have at this time people who knit, crochet and cross stitch who would be happy to help if you have any questions.

So please come and join us every Tuesday 2.00 – 3.30 Llanpumsaint Church.

I am proud to announce that The Village Circle now has it's own email and can be contacted on thevillagecircle19@hotmail.com. We are planning on setting up a facebook page in the near future. We look forward to seeing you all soon. Niki Day and Helen Thomas

CYLCH MEITHRIN BRONWYDD

Our theme for this term is recycling based on the book “Ailgylchu gyda Cyw.” (“Recycling with Cyw”). Everyone has been busy bringing their empty plastic bottles, cardboard and tins to the Cylch to recycle into new things like rockets, play mats and a milking parlour. In the last week we have been planting flowers in our outdoor area. A big thank you to the Cricket Club for allowing us to use a piece of land to plant flowers, and a huge thank you to the Gardening Club for creating an attractive area for us to use for planting. We are so grateful for their time and generosity. It was wonderful to see the children keen to plant flowers in the colourful tyres and watering them. In our next half term, our theme will be Dewin and his friends celebrating. This is the Meithrin Festival's theme this year which is being held at the Botanical Garden on 20th June. Dewin (Wizard) will be there to entertain the children. We will also be preparing for the Sports Day throughout June. The children enjoy running a variety of races, and they build up a lot of confidence by the Sports Day.

Don't forget that we have Ti a Fi sessions every Friday morning during term time between 10am and 12 noon. If you have a new baby in your family, then come and meet other babies. You will be sure of a warm welcome, a chat and cup of tea or coffee. Enquiries relating to the Cylch to Verona (07929 431652)

Community Shop

Would you like a shop back in the village?

Would you be willing to help in to get a shop back in the village?

Would you be willing to help work as a volunteer in the shop on a regular basis?

There may be funding from The Brechfa Wind Turbine Fund to get this project off the ground, but there would be a lot of preparatory work involved to even apply for funding.

So if you are interested, please email me on info@gwilmill.com, and I will coordinate the replies. If there are enough replies, I will arrange a meeting to discuss. Carolyn Smethurst

Always Be On Your Guard

I nearly got scammed today. Landline rang from 01267277419. Local number or so I thought and answered it. I got a recorded message saying she was from ofcom and my internet would be terminated in the next 24 hours as there is an anomaly on the line. If you are a BT customer press 1.....

That's when I hung up realising I was about to get scammed.

I then went online, checked my service status and contacted BT on the live chat.

BT always use a 0800 number to contact their customers. If there is a problem a human will call you, never a recording. It is easy to check your service status on the BT website.

If cynical me can nearly get scammed then I worry for others. Angela Bearman

Llanpumsaint Community Council

It is sad that it has come to this but the Community Council has decided to conduct Council Meetings every other month because the County Council no longer listens. The County Council is not omniscient and cannot be expected to know everything and that is why Community Councils exist, as they are the neighbourhood eyes and ears and share with the Local Authority what needs doing locally. Members of the community share their concerns and complaints about various matters with Community Councillors who bring them before the Council and following discussion, many of these matters are forwarded to the County. The Community Council doesn't have the means to fill potholes, clean ditches, unblock drains or have the authority to set new speed restrictions although it could raise the Precept and undertake some of the work, however, the necessary structures and practices to carry out these tasks don't exist whereas the County Council does have them and also, has the statutory responsibility to many of them yet doesn't....

At the Annual General Meeting held at the beginning of the month, the Councillors wisely agreed to hold Council Meetings every other month which means that as of immediately, meetings will be held in January, March, May, July, September and November. The next Council Meeting will be in on 2nd July at 8.00pm Memorial Hall.

The Broken Bridge....

The bridge which has closed the C1317 should be repaired soon and the road reopened, according to the Chief Engineer of Highways. According to Peter Morgan, the Highways Department Engineers have inspected the bridge and have drawn up plans for its temporary repair. The mending of the bridge will be done by the Council's Direct Labour Unit which means that there won't be a prolonged wait for tenders to be received and contracts awarded and hopefully, remedial work will commence within the next fortnight and completion of the repairs should be done by the end of next month. The bridge had been scheduled for renewal but repairing it temporarily is the priority and the rebuilding can be done some time next year, after consultation with the community regards the least inconvenient time to close the road.

And some history on the bridge by Glanyrynys from Arwyn Thomas:

Glanyrynys Bridge -- Carm Journal 20/6/1919

Petition from Conwil and Llanpumsaint Parish Councils to Carmarthen District Council to erect a bridge over the weir near Glanyrynys factory - approved provided both parish councils contribute one third of the cost.

Carm Weekly Reporter 15/8/1919 - Stone Bridge approved - work to commence following spring.

This probably dates the bridge to 1920 - because Newspapers on-line end at 1919 it is difficult to follow the story any further.

The Hearse House.

In times past, the stone-built building adjoining the Bus Stop near Gwili Terrace was the garage for the Community Hearse and some time ago, responsibility for the structure passed to the Community Council. For quite a while now, the building has been rented out but the present tenant has left the community and given back the building. If anyone has an interest in using the building, tender a rent and submit it to the Clerk and should there be more than one tender, the next tenancy will be awarded to the highest bidder with the successful bidder being informed in September.

Nightmare !?

Confused angry councillors and local officials faced an equally disturbed crowded village hall all demanding an explanation of yesterday's brief but brutal footnote in the Western Mail -

".... Confirmed that a Private Members Bill to flood the Llanpumsaint valley had successfully passed through Parliament despite being opposed by all Welsh M P's and the Senedd in Cardiff

... A Government spokesman confirmed the location as ideal .. the fast flowing Gwili and its tributaries would ensure a constant and reliable flow for the new three mile long and mile and a half wide lake .. to meet urban and industrial demand ..

..Residents were advised not to go on fruitless and disruptive protest marches, but rather look on the positive gains to the Llanpumsaint area .. New boating centres from the top of Llandre hill and Ffynnonhenri would run tourist and fishing trips providing new job opportunities for those forced to leave the village .. as would the holiday homes scheduled for Nebo Relatives were advised to indicate which graves they wished to move before places of worship are flooded ... those from the church can be collected from the top of Coopers Hill .. Bethel and Caersalem chapel coffins will be parked lakeside at Skanda Vale .. Parents are advised to pick up their children immediately after the last school farewell concert ends, since contractors wish to start demolishing the building without delay. Plaques from the Memorial Hall destined for Carmarthen museum must be removed before the walls come down...

Officials reassured those Cwmwl to Cwmdwyfran residents thinking of selling up, that the Tredarren Gorge dam would be safe and solid.... Llanpumsaint can look forward to a new and prosperous future. ... past residents will be happily re-housed in Carmarthen and Llanybydder..

All a flight of fantasy? .. Probably! .. Could it happen? .. Highly unlikely! .. But it did happen once! Protest voices echoed all over Wales, including Llanpumsaint, but failed to prevent the drowning a North Wales village in the 1960's. That is why we should always remember Tryweryn! .. COFIWCH DRYWERYN

Amryn 2019

Caersalem

And when the day of Pentecost was fully come, they were all with one accord in one place. And suddenly there came a sound from heaven as of a rushing mighty wind, and it filled all the house where they were sitting... And they were all filled with the Holy Ghost.... Acts 2

English service last Sunday every month at 2pm. Special event on August 4th when Jeanne Campbell (née Phillips, who used to live in Fronhaul) and her husband, Billy, will be celebrating their 50th wedding anniversary with us. They got married in Caersalem in 1969 and have been working in Hong Kong most of the time since then. They will be in charge of the service and all are invited!

Eleri Morris: 01267 253895

Ffynnonhenri Chapel

Details of services for the months of June and July 2019

June 9 2019 Service at 3.30p.m. Rev Wyn Maskell

June 23 2019 Communion at 4.00p.m. Rev Huw George

June 30 2019 United Service at Graig, N.C Emlyn at 10.00a.m. To be confirmed

July 14 2019 Service at 2.00p.m. Further details to follow

July 28 2019 Communion at 5.00p.m. Rev Eirian Wyn Lewis

May we also thank everybody who supported our Spring Supper recently at the Llanpumsaint Hall. The event turned out to be a big success. Thank you.

For further information please contact Danny Davies Treasurer on 01267 253418 or

Gwyn Nicholas Secretary on 01267 253686

Nebo Chapel Services For more information please contact Chapel Secretary Meinir Jones on 253532

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Railway Inn Llanpumsaint Pub and Restaurant Tel: 01267 253643 Monday open 4.00, no food Tues – Friday open 4.00 & food from 6.00 Sat open 12 noon with food 12.00 – 3.00 & from 6.00 Sunday open 12 noon Lunch 12 noon – 3.00 Wayne and Liz	Multi Heat Boiler Care Servicing & Maintenance of Oil Boilers and Cookers Ground & Air Source Heat Pumps Solar Thermal Panels Unvented Cylinders 01559 370997 07966592183
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