



Llais y Llan Hydref 2019

Copi dyddiad ar gyfer rhifyn nesaf – 24th Tachwedd 2019

Cyhoeddwyd gan Llanpumsaint Cyfnewid Gwybodaeth Gymunedol

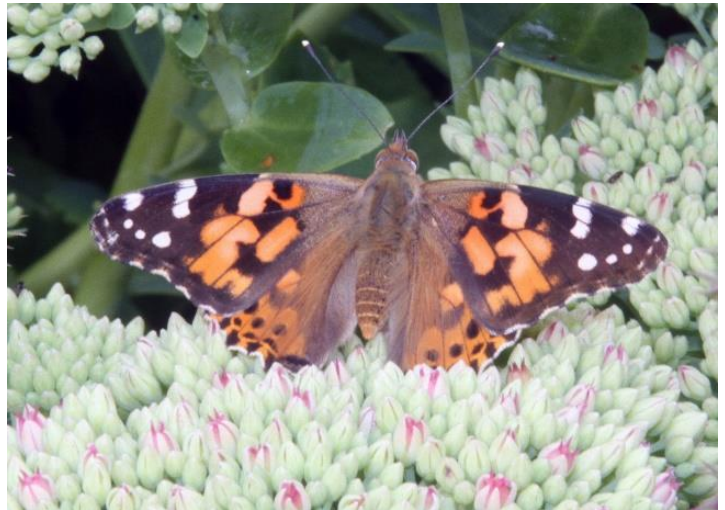
www.llanpumsaint.org.uk info@llanpumsaint.org.uk

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

leir Fach yr Haf yn Medi – Trilliwr Bach



Mantell Dramor



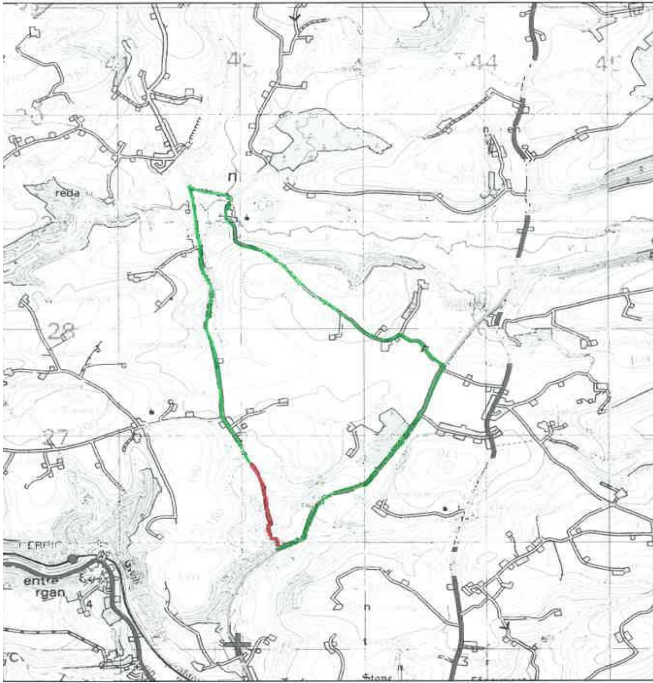
Dewinwyr wrth y Maen Hir yn Llangydeirn



Gorchudd newydd Y Rhandir



Dargyfeirio heol Y Graig - Ar gau am bum diwrnod o Hydref 28ain



**Swper Caws a gwin,
Cheese and wine
supper**

B I N G O

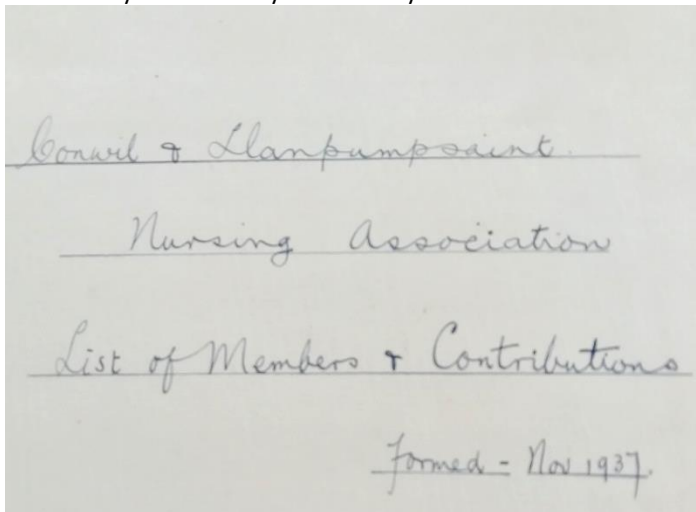
**£6
plus bingo tickets**

**30 November/ Tachwedd
6.30pm**

**Neuadd Llanllawddog
Llanllawddog Church Hall.
Canu canauon Nadolig
Christmas sing-a-long**

Tickets from church members

Darnau o Lyfr Cownt Y Gymdeithas Nyrsio leol



*Llanpumpaint. Dist 4.
Collection. T Jones Llwynneilyn
Glynur Jones, Penbontbren.*

1938.

Mr Tom Jones, Waun	5 0
" Joseph Davies, Bryn	10 0
" Ed J. Jones, Hwchgwi	5 0
" Owen Jones, Llwynnorchyddod	5 0
" James, Mill Farm	10 0
" G. Jones, Penbontbren	5 0
" J. Jones Llwynneilyn	5 0
" Thomas, Pantillyn	10 0
Miss M. Howells, Pencilgan	5 0
Mr Tom Jones, Eger x allgareidig	10 0
Mr J. Thomas Pont ar Sais P.O. d. Hwllw.	5 0
" Abel Rees " " " J-ddog.	5 0

Dyma beth yw whompen!



Y llwybr at gopa Penylan.



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 (o Fedi 12)
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 dydd 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
Hydref 9 Nos Fercher 7.00 Clwb Swper Tafarn y Rheilffordd 01267 253643
Hydref 12 Nos Sadwrn 7.00 Olly Murs (Tribute) Neuadd Goffa
Hydref 15 Nos Fawrth 7.00 Cwis a Chyri £5 y pen Tafarn Rheilffordd
Hydref 15 Nos Fawrth Cwis Rotary Club Football Club Caerffyrddin
Hydref 16 Dydd Mercher 10.00 Clinig Traed Neuadd Goffa
Hydref 16 Dydd Mercher 3.30 – 5.00 Eglwys Agored Llanpumsaint
Hydref 23 Nos Fercher 7.30 Cyfarfod Agored Ymddiriedolaeth Afonydd Gorllewin Cymru Neuadd Goffa
Hydref 27 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Bronwydd
Hydref 28 Dydd Llun 2.00 Clwbgwili 60+ Neuadd Bronwyddos
Hydref 28 Nos Fawrth Dathlu'r 40 gyda Swper ac Adloniant yn Neuadd Llanpumsaint
Tachwedd 4 – 8 Pum diwrnod o Dwrci a Thinsel Clwbgwili 60+
Tachwedd 6 Nos Fercher 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa
Tachwedd 10 Dydd Sul 10.45 Gwasanaeth Coffa Cymunedol Neuadd Goffa
Tachwedd 11 Dydd Llun 3.30 – 5.00 Eglwys Agored Llanpumsaint
Tachwedd 13 Nos Fercher 7.00 Clwb Swper Tafarn y Rheilffordd 01267 253643
Tachwedd 16 Dydd Sadwrn 2.00 – 5.30 Ffair Nadolig Neuadd Bronwydd Ffôn Jean 234868
Tachwedd 19 Nos Fawrth 7.00 Cwis a Chyri £5 y pen Tafarn Rheilffordd
Tachwedd 20 Taith Siopa Nadolig Cribbs Causeway Clwbgwili 60+
Tachwedd 24 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Bronwydd
Tachwedd 24 Nos Sul 8.00 Cwis Tafarn Hollybrook
Tachwedd 25 Dydd Llun 2.00 Clwbgwili 60+ Neuadd Bronwydd
Tachwedd 27 Nos Fercher 7.00 Digwyddiad codi arian Band Ukelele Tafarn Hollybrook
Tachwedd 30 Nos Sadwrn 6.30 Swper Nadolig & Bingo Neuadd yr Eglwys Llanllawddog
Rhagfyr 7 Dydd Sadwrn 11.00 – 2.00 Ffair Nadolig – Neuadd Goffa
Rhagfyr 11 Dydd Mercher taith Ddirgel am Ginio Nadolig Clwbgwili 60
Rhagfyr 11 Dydd Mercher 10.00 Clinig Traed Neuadd Goffa
Rhagfyr 12 Dydd Iau 3.30 – 5.00 Eglwys Agored Llanpumsaint
Chwefror 1 Nos Sadwrn Cyngerdd Côr Llanpumsaint Capel Tabernacl

I logi'r Neuadd Llanpumsaint, Ffoniwch Celt ar 07944793133 neu Llanpumsaintmemorialhall@gmail.com

Siop Gymunedol - Y diweddaraf

Daeth nifer o bentrefwyr at ei gilydd i drafod y syniad o sefydlu siop gymunedol. Trefnwyd rhestr faith o'r holl fydd angen ei wneud, llefydd i ymweld a nhw, pobl i'w gweld a phentwr i waith papur. Y gobaith yw y bydd astudiaeth dichonogol yn cadarnhau gobeithion y gymuned; hynny yw, y gefnogaeth gan gwsmeriaid, parodrwydd gwirfoddolwyr, a'r holl fanteision all ddod o'r fath fenter. Mae'r Arolwg wrthi ar hyn o bryd, felly gnewch yn siwr eich bod yn barod i ymateb ac yn cymerid rhan yn yr ymgynghoriad pan ddaw. Rydym yn awyddus iawn i wybod shwd i chi'n ymateb a pha syniadau sydd gennych.

Felly mae 'na lawer yn mynd mlaen y tu hwnt i'r llenni, a byddwn yn adrodd yn ol yn gyson yn Llais y Llan. Os ydych yn awyddus i fod yn rhan o'r Gweithgor yna cysylltwch gan roi eich Ebost. Heblaw hynny cadwch eich llygaid ar agor am ddatglygiadau.

Cysylltydd Rosie Frewin - Rosie.Frewin@yahoo.co.uk

Neuadd Goffa Llanpumsaint & Ffynnonhenri Memorial Hall

Brics Codi Arian

A hoffech chi brynu bricsen i roi ar y wal tu fewn i'r Neuadd? Rydyn ni nawr yn derbyn archebion. Mae angen pump archeb arnom ni, cyn i ni fedru prynu'r brics. Pris y brics yw £50 yr un. Am fwy o wybodaeth a ffurflen archeb cysylltwch â Donna Thomas ar 07854072195.

Tribute Night - Mae nifer bach o docynnau ar ôl i'r noson. I archebu tocyn cysylltwch â Donna Thomas ar 0785407195. Pris tocyn bydd £12.50 yr un. Drysau i agor am 7yh. Nifer cyfyngedig o docynnau ar ôl.

Cór Llanpumsaint a'r Cylch

Mae'r Cór yn awr wedi ail ddechrau ar ôl seibiant haeddiannol dros yr haf ac yn dechrau ar flwyddyn bwysig iawn yn eu hanes. Eleni mae'r Cór yn dathlu eu penblwydd yn 40. Dechreuwyd y Cór ar Hydref 29ain 1979 yn Neuadd Goffa Llanpumsaint gyda rhyw 25 o aelodau. Ar hyn o bryd mae'r aelodaeth tua 50 ond er hyn yn dal i chwilio am ragor o aelodau. Fel y gwyddoch yr ydym yn cwrdd bob nos Iau yn Neuadd Gymunedol Cynwyl Elfed am 7.45 p.m. Os oes diddordeb gyda unrhyw un i ymuno a ni cysylltwch a Gwyn Nicholas neu unrhyw aelod o'r Cór.

Dyma rhestr o'r digwyddiadau a fydd yn digwydd yn ystod 2019/20

- | | |
|-----------------|---|
| Hydref 29 2019 | Dathlu'r 40 yn Neuadd Llanpumsaint gyda Swper ac Adloniant. Tocynnau i'w cael oddiwrth aelodau'r Cór. |
| Rhagfyr 7 2019 | Cyd ddathlu mewn Cyngerdd Nadolig yn Neuadd Bronwydd gyda mudiadau eraill yn yr ardal sydd hefyd yn dathlu eleni sef Aelwyd Hafodwennog 40 blynedd, C.F.F.I. Penybont 70 blynedd ynghyd a Chór Llanpumsaint a'r Cylch 40 blynedd
Bydd elw'r cyngerdd yma yn mynd tuag at Ambiwlans Awyr Cymru. |
| Chwefror 1 2020 | Cyngerdd Blyneddol yng Nghapel y Tabernacl Caerfyrddin gyda Rhodri Prys Jones, Steffan Jones, Guto Jenkins a Gwen Morris. Yr organydd eleni eto fydd Jeffrey Howard. |
| Mawrth 27/30 | Taith / Cyngerdd i ardal Brighton i gyngerdd ar y cýd gyda Chór Andrew Rees , cyn-aelod o'r Cór. |

Rhaglen Gweithgareddau Cymdeithas Rhieni ac Athrawon Llanpumsaint

Rhagfyr 7fed -- Ffair Nadolig -- Neuadd Goffa - 11yb hyd 2yp

I agor am un-ar-ddeg y bore mi fydd yna amrywiaeth o stondinau gan y cyhoedd a'r Ysgol ynghyd a lluniaeth. Gobeithiwn eich gweld yno unwaith eto ac y byddwch yn mwynhau. Os am osod standin yna cysylltwch ag Emma Brown 07773034461 neu brown6b@btinternet.com <<mailto:brown6b@btinternet.com>>

Codi Arian yn haws -- Os ydych yn siopa ar y We gallwch helpi' godi arian i'r Gymdeithas drwy gofrestru yn www.easyfundraising.org.uk/causes/llanpumsaintpta neu gysylltu ag Emma Brown. Os oes 'na rywun yn gallu hawlio £4E/matchfunding drwy eu gwaith ac yn barod i gefnogi'r Gymdeithas Athrawon/Rhieni i wneud cais yna rhowch wybod i Becky James 01267 253560

Clwb Gwili Chwedeg Bronwydd

Gwelwyd 54 aelod yn bresennol yn y Cyfarfod Blynnyddol eleni, pan ail-etholwyd pob swyddog am dymor arall. 'Roedd yna sawl aelod newydd hefyd. Dywedodd y Cadeirydd Peter Giles fod y Clwb wedi bod ar bedair gwibdaith eleni gydag un arall i Cribbs Causway Bryste yn dod yn Dachwedd. Bydd y Cinio Nadolig yn dilyn taith ddirgel yn Rhagfyr. Bydd pawb yn edrych ymlaen yn awchus at daith pum diwrnod o Dwrci a Thinsel sy'n mynd i Gei Newydd Cernyw eleni.

Cyfarfodydd

Llun 28ain Hydref - 2yp – Gareth Richards – Blas o ddanteithion yr Hydref

Llun 25ain Tachwedd - Ralph Carpenter - Lluniau'r Wasg – Achlysur arbennig gan un o'n haelodau.

Nid oes cyfarfod yn Rhagfyr ar wahân i'n Cinio.

Croeso i aelodau newydd – Y tal yw £7.50 – Cysylltydd Val Giles – Ysgrifenyddes o1267 281194.

Pwyllgor Lles a Hamdden Llanpumsaint

Bore Coffi Elusen Macmillan. Er ymateb siomedig y cyhoedd llwyddwyd i godi £245 at yr Achos da hwn. Diolch i Rees Electrics am noddi'r achlysur a diolch i bawb am y cacennau a'r gwobrau raffl.

Cronfa Gymunedol Fferm Wynt Brechfa

Cafwyd ymateb gan dri chwmni am osod cyfarpar newydd a lloriau diogel i'r Lle Chwarae. Arhoswn nawr am amcangyfrî'r gost cyn gwneud ein cais. Lyn Evans

Cymdeithas Rhandiroedd Llanpumsaint

Bu heulwen Haf Bach Mihangel Medi yn fodd i ymestyn y tymor tyfiant. Anffodus fu hi felly i ni drefnu ein diwrnod o gymhennu a chomopo'r safle ar ddiwrnod gwlyb. Wrth lwc nid oedd y glaw mor ddrwg â hynny felly fe wnaed jobyn da o baratoi'r safle gogyfer a'r gaeaf. Cyn hynny gyda diolch i Gronfa fferm Wynt Brechfa gosodwyd ein gorchudd newydd yn ei le, fel y gwelwch yn y llun.

Wrth gwrdd â chyfaill o arddwr yn ddiweddar sylwais fod yna sawl cwt cas ar ei dalcen. Eglurodd i'w wraig ei annog i wisgo het wrth adael am ei randir un bore, ond gan ei bod yn fore mwyn anwybyddodd ei chngor.

Wrth fynd heibio adeilad oedd yn cael ei adnewyddu chwythwyd nifer o diwbiau golau trydan ato, ac mi darodd nifer ohonynt ef ar ei ben. Wedi dychwelyd adre ac egluro'r hyn ddigwyddodd i'w wraig, medde hi "Wedes i wrthyt ti am bido mynd mas heb het!". Gofynnodd wedyn shwd o'dd hi wedi gallu rhagweld y ddamwain. Ymateb y wraig oedd bod dyn y tywydd wedi gweud y byddai "Light Showers" yn yr ardal.

Os am ymuno a'r Gymdeithas cysylltwch â Keith 263375 neu Ray 253157.

Clwb Bowlio Dan-do Llanpumsaint a Nebo

Yn y Cyfarfod Blynnyddol yn y Neuadd ar y 29ain o Awst etholwyd y swyddogion canlynol.

Cadeirydd - Derick Lock. Ysgrifenyddes - Jill Edwards. Trysorydd - Gethin Edwards. Archwilydd - Huw Williams. Capten - Aled Edwards. Is-gapten - Peter Giles. Lluniaeth - Jill Edwards. Swyddogion Diogelu Plant - Derick Lock a Huw Williams.

Daeth buddugoliaeth dros Lanboidy Ac yn y gêm gynta' ac mae rhaid cydnabod camp ein Triawd, Huw Williams, Patrick Thacker a Chatrin Williams am ennill o 18 i 1.

Llongyfarchwn Gethin ac Aled Edwards ar eu hethol i Ddim Cymru fydd yn cystadlu yn y Bencampwriaeth Brydeinig yn Aberdeen dros benwythnos 16eg a'r 17eg o Dachwedd. Mae Aled hefyd yn haeddu canmoliaeth am ennill Tlws Efydd yng nghystadleuaeth SMPT Iwerddon yn Belfast ym mis Medi. Gwnaeth yn arbennig o dda i gyrraedd y brig ymysg 234 cystadleuydd o ddeg gwahanol wlad.

Cofiwch edrych ar ein gwefan Llanpumsaintsmbc.org.uk am y wybodaeth ddiweddaraf gyda chanlyniadau ac ati. Rydym yn cyfarfod yn y Neuadd bob Nos Lun a Nos Iau o 7.30 tan 9.30, a hynny hyd ddiwedd Ebrill.

Croeso i chwaraewyr newydd rhwng 11 a 99 oed, ac mae gyda'm hyfforddwyr profiadol wrth law i estyn cymorth. Gwybodaeth bellach oddi wrth y Cadeirydd Derick Lock 01267 253524 neu'r Ysgrifenyddes Jill Edwards 01267 253474

Cymorth I Uganda

Ar Nos Fawrth 15fed o Hydref bydd Clwb Rotari Caerfyrddin yn cynnal cwis i gefnogi ymgyrch Cymorth I Uganda. Clwb Peldroed Caerfyrddin fydd y lleoliad i ddechrau am saith o'r gloch yr hwyr, gyda Bar ac ychydig ddanteithion rhad.

Codir £10 am bob tim, ac mi fydd yna wobrau gyda Thlws i'r pencampwyr.

Dewch i gefnogi'r achos da hwn, sy'n hyrwyddo hyfforddiant ac adonddau i staff meddygol yn Uganda.

Os nad ydych yn cystadlu dewch i gefnogi a mwynhau'r noson beth bynnag.

Nid oes angen cofrestri ymlaen llaw - trowch lan!

Dringo Pen y Fan

Fe netho'n ni fel! Cyrraedd y copa ar y 14eg o Fedi at achos da'r Gymdeithas Alzheimer. Diolch i bawb wnaeth gefnogi'n Parti Te ac i bawb wnaeth fy noddi. Codais £700 i gyd at elusen haeddiannol. Mae goresgyn clefyd mor greulon yn flaenoriaeth i ni gyd. Carolyn Smethurst.

LPG - Amser adnewyddu Cytundeb

Mae MPG Compare yn gorff cymharol annibynnol gyda gwasanaeth cyfnewid sy'n arbenigo yn y farchnad LPG swmp. Drwy ddefnyddio eu gwybodaeth gynhwysfawr o fewn y diwydiant LPG gallant awgrymu pris cystadleuol i chi. Y pris targedol ar hyn o bryd yw 37 i 41 ceiniog y litr. 'Rwy'n cysylltu â nhw bob tro y byddaf yn ystyried prisiau LPG gyda'm cyflenwyr. Os am wybod faint allwch arbed galwch 01384883009 neu ewch i www.1pgcompare.co.uk <<http://www.1pgcompare.co.uk>>

Newidiadau i'r Cynllun Teithio Rhatach

Bydd pob Tocyn Cynllun Teithio Rhatach ac Anabl yn dod i ben ar ddiwedd y flwyddyn, sef 31ain o Ragfyr 2019. O'r 11eg o Fedi ymlaen gall y defnyddwyr presennol wneud cais am eu Tocyn newydd. Ewch i www.tfw.wales/travelcards <<http://www.tfw.wales/travelcards>> - yna dewiswch Dros 60 neu Anabl, cliciwch Adnewyddu gan lenwi eich manylion. Bydd angen eich deunaw rhif o'ch carden bresennol, dyddiad geni, cod post a'ch rhif yswiriant cenedlaethol. Os oes rhywun arall yn gwneud i gais drosoc'h gwnewch yn siŵr fod y manylion hyn oll ganddynt. Ceir mwy o wybodaeth o <https://1/tfw.gov.wales/QandA>

Dirgelwch Oesol

Mae 'na ddau ddirgelwch dwy fyth wedi canfod! Falle fo chi 'run peth felly 'dwy ddim ar ben fy hun. Mae'r cyntaf yn ymwneud a'r holl focsys plastig sy'n llenwi ein cypyrddau. Bob nawr ac yn y man o'u tynnu allan ceisiaf gael y cloriau i ffitio, gan waredi'r rhai nad oes eu hangen. Felly wedi cael pob clawr i gau pob bocs ni ddylai darnau diangen fod ar ôl. Ond 'does dim parhad, ac o agor y cwpwrdd unwaith eto ni allaf ddod o hyd i'r clawr iawn i'r bocs mewn llaw. Shwd gall hyn ddigwydd o hyd ac o hyd?

Yr ail ddirgelwch mawr yw'r drâr yn llawn sane unigol. Chi'n gwybod fel mae, wedi gwisgo par o sane chi'n eu rhoi yn y fasged ac yna miwn i'r peiriant golchi. Pan ddônt mas di nhw ddim yn bar! Beth ddigwyddodd? Dirgelwch!

Clwb Cant Llanpumsaint

Dyma enillwyr y tri mis olaf

Gorffennaf £20 - Rhif 35 - Mandy Jameson. £15 - Rhif 97 Ann Wyke. £10 - Rhif 72 Carolyn Atkinson.

Awst £20 - Rhif 76 Chris a Jayne Hughes. £15 - Rhif 34 Vi Robinson. £10 - Rhif 11 Mr Smith.

Medi £20 - Rhif 99 Dave Houghton. £15 - Rhif 74 Ian Years. £10 - Rhif 50 Nirvina Davies.

Prynwyd Rhif 101 gan Liz Rees Y Railwe - croeso Liz! Mae Rhifau 113 - 120 ar gael o hyd.

Derick Lock Trysorydd 253524.

Mwy o sgams

Bu yna nifer o straeon unwaith eto yn y wasg am scamwyr yn twyllo a dwyn arian oddi wrth bobl ddiniwed. Maent yn hoff o dargedu'r bregus. Ond yn ddiweddar twyllwyd eraill gan gynnwys rhai enwog yn ôl y teledu. Mewn un enghraifft daeth galwad ffôn honedig o'r Banc wnaeth dwyllo'r unigolyn i golli miloedd o bunnoedd. Rhoddodd fanylion ei gyfrif dros y ffon ac mi wnaeth y lladron ddwyn pob dine o'r cyfri. Maent yn gyfrwys ac yn dosbarthu'r arian dros wahanol fanciau, nifer ohonynt yn dramor.

Felly cofiwch hyn. Ni fydd y Banc fyth yn eich ffonio ac ni fyddant fyth yn gofyn i chi drosglwyddo arian i gyfri arall. Ni fydd HMRC na BT na'r Heddlu fyth yn eich ffonio. Cofiwch!!

Gall y llais ar ben draw'r ffon swnio'n swyddogol, cyfeillgar a gwybodus, ond twyllo am arian yw eu nod bob tro. Byddwch yn wiliadwrus o alwadau annisgwyl a diarth.

Peidiwch fyth a rhannu gwybodaeth bersonol neu ariannol dros y ffon neu ar y We hyd yn oed os yw'n swnio'n iawn ar y pryd. Wrth drafod gyda'ch Banc mi ofynna'n nhw am ran o'ch cyfrinair ond fyth am yr un llawn. Felly os daw galwad honedig o Fanc anwybyddwch e' a rhowch y ffon i lawr. Arhoswch am ryw ugain munud neu fwy (rhag ofn i'r twyllwr fod ben arall y lein o hyd) ac yna ffoniwch eich Banc iawn i egluro'r hyn sydd wedi digwydd.

Un sgâm arall o'r gorffennol. Mae'r twyllwyr yn hoff o dargedu pobl ar wyliau. Wedi hacio'r E-bost a dwyn y rhestr o gysylltiadau, anfonwyd negesau i'r ffrindiau hynny yn gofyn iddynt drosglwyddo arian oherwydd eich bod mewn trafferthion mawr rhywle dramor. Celwydd i gyd! Os wneith rhywun ymateb bydd y sgamwyr yn mwynhau gwyliau bach net eu hunain.

Gwyddom fod y wybodaeth uchod yn weddol hysbys i bawb, ond byddwch ar ddihun, byddwch yn ofalus a chadwch lygad agored i warchod eich cymdogion a 'ch cyfeillion. A chofiwch hefyd fod y rhan fwyaf ohonom yn hollol ddiwyll. - Oddi wrth eill cyfaill cyfrifiadurol Dave.

Hynod o beth y diwrnod wedi derbyn yr uchod wrth Dave gefais alwad ffôn, honedig o HMRC yn fy ngwahodd i gysylltu â <https://tax.refund-ref623.com/to process er mwyn derbyn fy ad-daliad>. Darllenais y neges sawl gwaith cyn sylweddoli nad oedd hwn yn gyswllt cywir o HMRC. Os am gysylltu â'r awdurdodau cywir ynghyn a'ch materion treth yna ewch <https://www.gov.uk/personal-tax-account>

Mae hon yn safle diogel a phersonol sy'n crynhoi eich holl faterion treth dan un to. Yma gallwch newid eich taliadau neu godi unrhyw gwestiwn sy'n eich poeni, fel dyddiad eich tal nesaf neu rywbeth arall. - Carolyn

Comisiynydd Pobl Hŷn Cymru wedi lansio tudalen Facebook!

Yma yn swyddfa'r Comisiynydd, rydyn ni'n dathlu'r ffaith ein bod ni'n byw bywydau hirach ac iachach, ac rydyn ni'n deall pwysigrwydd ychwanegu bywyd at y blynyddoedd, nid dim ond blynyddoedd at fywyd.

Mae clywed gan bobl hŷn am y pethau sydd bwysicaf iddyn nhw yn hanfodol er mwyn helpu i arwain a dylanwadu ar ein gwaith ni, ac rydyn ni eisiau defnyddio Facebook fel llwyfan i gael sgwrs agored a gonest gyda phobl hŷn a rhanddeiliaid ledled Cymru.

Rydyn ni eisiau clywed gan bobl hŷn ynglŷn â beth sy'n gweithio'n dda, a beth sydd angen ei wella. Rydyn ni eisiau i bobl hŷn rannu eu barn am sut brofiad yw mynd yn hŷn yng Nghymru heddiw, a chlywed eu syniadau am y ffyrdd gorau o gyflawni newid oherwydd drwy gydweithio fe allwn ni helpu i wneud Cymru y lle gorau yn y byd i fynd yn hŷn ynddo.

Os hoffech chi gael yr wybodaeth ddiweddaraf am waith y Comisiynydd, mae croeso i chi hoffi, dilyn a rhannu ein tudalen yma: https://www.facebook.com/Comisiynydd-Pobl-H%C5%B7n-Cymru-Older-Peoples-Commissioner-for-Wales-463421591135062/?modal=admin_todo_tour

Ein Hafonydd a'n pysgod.

Un amser bu ein hafonydd yn Sir Gar yn enwog am ei eog, eu sewin a'u brithyll llwyd. Er dagrau'r peth nid yw hyn yn wir bellach, gyda'n pysgod dan fygythiad erbyn hyn. Bu tipyn o son yn ddiweddar am lygredd amaethyddol, ond nid dyma'r unig elyn iddynt mas yn y môr mawr, ar hyd yr arfordir ac i fynnu'r afonydd a'r nentydd.

Mae Cyfoeth Naturiol Cymru yn mesur cyfoeth afon yn ôl ei ffin gadwriaethol (CL) drwy fesur y nifer o wyau pysgod mewn afon yn ôl ei thymor. Un rheswm pam nad yw afon yn cyrraedd ei nod yw'r nifer o rwystredigaethau sy'n wynebu'r pysgod wrth frwydro lan yr afon i ddodwy tua Mis Hydref ymlaen. Oherwydd nad yw'r coed bellach yn cael eu torri a'u cymhennu mae'r rhai sydd wedi cwmpo yn casglu deunydd plastig a phob math o sbwriel arall. O rwystro taith y pysgod gorfodir hwy i ddodwy eu hwyau mewn mannau sy'n llai manteisiol. Mae hyn yn effeithio ar y nifer o bysgod bach a enir ac sy'n debygol o oroesi.

Gall ychydig goed mewn afon fod o fudd ac yn fwyd ond mae angen rheoli'r sefyllfa'n ofalus gan dirfeddianwyr, rheolwyr a chymdeithasau pysgota. Mae gan Ymddiriedolaeth Afonydd Gorllewin Cymru gynllun. Mabwysiadu Nant sy'n cael ei gefnogi gan Dwr Cymru ac Adnoddau Cenedlaethol Cymru ac yn weithredol yn ardal y Tywi. Ceisia'r cynllun sefydlu cylch o dirfeddianwyr ac aelodau lleol i gyd-weithio ar y nentydd pwysicaf i'r pysgod - maent yn cynnwys Nant Alltwalis a'r afon Gwili. Ein gobaith yw y bydd y cylchoedd yma o wirfoddolwyr yn cynnig help llaw i glirio'r rwbwl ac annibendod, coed mawr, gelyn fel y balsam himaleuaidd, a chanfod lle mae crydiad neu debygrwydd o orlifo.

Rydym yn barod i gynnig rhaglen o hyfforddiant gan gynnwys sut i adnabod clêr yr afon, sydd mor hanfodol bwysig yn y gwaith. Mae'r glêr hyn fel y dryw lawr y pwll glo, maent yn ymateb yn sydyn iawn i newid yn ansawdd y dŵr. Felly mae par o lygaid lleol yn cadw golwg mas am unrhyw newid yn hollol hanfodol er mwyn canfod nam allai barhau a gwaethygu.

Os ydych am fwy o wybodaethau am ein cynllun neu'n well fyth am wirfoddoli neu ddysgu mwy am ein hafonydd, croeso i chi gysylltu â'n Swyddog y Cynllun Ieuan Davies ieuan@westwalesrivertrust.org

Caersalem

Angel yr Arglwydd a gastella o amgylch y rhai a'i hofnant ef, ac a'u gwared hwynt. Salm 34:7
Cwrdd am 2pm bob Sul. Croeso! Eleri Morris 01267 253895

Gwasanathau Capel Nebo

Hyfref	13/10/19	Parch Roger Thomas	2.00
	27/10/19	Parch Goronwy Evans	10.30
Tachwedd	3/11/19	Parch Wyn Maskell	2.00
	10/11/19	Sul y Cofio Goffa Neuadd	
	24/11/19	Parch Dafydd Morris	10.30
Rhagfyr	1/12/19	Parch John Gwilym Jones	2.00

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 2019

Hydref 13 2019 Cymundeb am 10.30 y bore Parch Huw George

Hydref 27 2019 Gwasanaeth am 2.00 y.p. Mrs Dwyndwen Teifi

Tachwedd 10 2019 Manylion pellach i ddilyn

Tachwedd 24 2019 Gwasanaeth am 2.00 y.p. Parch Wyn Maskell

Rhagfyr 15 2019 Gwasanaeth Nadolig am 2.00 y.p.

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

Pam fi'n mynd i'r Eglwys Mae gennyf atgofion melys o fynychu i Eglwys Sant Celynin pan oeddwn i'n blentyn, ond wrth fynd yn henach aeth yn fwy anodd oherwydd bod yf rhieni mewn gwaith gweinyddol. Byddent yn gweithio bob Sul ac 'roedd angen i mi a fy chwaer gynnig help llaw, felly amhosib oed hi gadw mynd i'r cwrdd. Er hynny ni anghofiais beth olygai'r profiad i mi pan oeddwn i'n blentyn, ynghyd a'r safonau a'r gred sydd wedi aros gyda'r hyd heddiw.

O edrych yn ôl ar fy mywyd sylweddolaf i mi droi fy nghefn ar Dduw gan ganolbwyntio ar bethau eraill yn hytrach nag addoli Duw. Yn ôl fy ngŵr neu fy mhartner ar y pryd, fy nhad mabwysiedig a fy nhad iawn golledig, yr oeddwn wedi eu gadael i gyd lawr. Wrth ganolbwyntio ar bethau materol a threulio'n amser yn ceisio plesio pobl, llanw ryw wagle oeddwn i. Mor awyddus i fod yn boblogaidd a chael fy nerbyn, ond fyth yn llwyddo. Y canlyniad oedd i mi fynd yn anhapus iawn gan encilio wrth bawb a phopeth er mwyn arbed rhagor o boen, cywilydd a chael fy ngwrthod.

Daeth tro ar fydd ar enedigaeth fy merch Elis pan sylweddolais pa mor fendithiol oedd y rhodd yma. Yn fuan wedi ei gen, ddim o ddewis, ces fy ngadael heb dad iddi. Felly sylweddolais bryd hynny pwysigrwydd fy nhynged fel yr unig riant. Gan nad oeddwn am weld hanes yn ail adrodd rhaid oedd i mi gynllunio ei dyfodol. Penderfynais ail adeiladu fy mywyd ac adfywio fy nghred Gristnogol, ac edifar, bod yn agored a rhoi terfyn ar feio fy hun am gamgymeriadau. Wedi'r cwbl dim ond Duw all ein beirniadu. Nid perfffeithrwydd yw'r ateb ond dysgu a symud ymlaen drwy ras Duw, gan fod yn feddwl agored, yn Gristnogol ac yn garedig i bawb. Dechreuais fynd i'r Eglwys unwaith eto flwyddyn yn ôl wedi cyfarfod a'r Parch Gaynor. gan deimlo ysbrydoliaeth a chroeso yn ei geiriau. Hi oedd y Ficer benywaidd cyntaf i mi weld; ei thread ar lawr ac mor frwdfrydig. O'r hyn ddysgaais ganddi a'm hatgofion o'm plentyndod, des i ddeall mwy am Dduw a'i athrawiaeth. Dysgu mwy am y byd a'i bethau, o fewn y gymuned ac am fy hunan, a dod i gysylltu ag unigolion fu mor garedig at Elis a minnau. Cryfhaodd hunanhyder Elis pan aeth i chwarae'r delyn yn yr Eglwys. Dysgu ymddiried a bod yn ostyngedig, dysgu gwerthfawrogi lle'r ydw'i nawr, shwd gyrhaeddes 'mha a pha mor bell fu'r daith. Bod yn ddiolchgar am bopeth, mawr a bychan, a dysgu maddau. Trosglwyddo hyn oll i Elis fel ei bod yn cynnal ei ffydd ac yn trosglwyddo'r athrawiaeth hyn i'w phlant hithau un dydd. Dyna'r gobaith! Rhaid iddi osgoi hunanoldeb sydd mor rhemp yn ein cymdeithas ar hyn o bryd; gwerthfawrogi'r ddynol ryw, y ddaear a grëwyd ac a gynhelir gan Dduw. Sylweddoli hefyd fod yna rym goruwch y gall hi droi ato heblaw fi. Pan oeddwn yn blentyn 'doedd na'r un Gweinidog benywaidd. Diolchaf fod yr Eglwys yng Nghymru bellach yn gwerthfawrogi pwysigrwydd ordeinio menywod. Rydym yn ffodus fod gennym y Parch Gaynor ac Esgob Joanna yma i drosglwyddo neges y Beibl mewn ffordd mor syml effeithiol yn yr oes sydd ohoni. - Mererid

Details of all our services and events including Christmas services will be published on our Church facebook page Llanpunsaint Bronwydd and Llanllawddog churches and on the church notice boards. All Welcome.

Contact Details Rev'd Gaynor j_gaynor@hotmail.com, mobile 07796049509, Vicarage 01267 253158/

Dewinwyr Gorllewin Cymru - Dyddiau'r Dyfodol -

Sul 27ain Hydref - Peter a Sue Knight – Albion Breddwydiol - Ail-swynio Ynys y Dreigiau.

Sul 24 Ain Tachwedd – Ros Briagha cylchoedd cerrig

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 1.45 y.p. ac am £4 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 16/10, 11/12.

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).

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

Cyngor Cymuned Llanpumsaint

Cafwyd cwmni siardwr gwâdd yng nhyfarfod Mis Medi o'r Cyngor; Ieuan Davies o Ymddiriedolaeth Afonydd Gorllewin Cymru ac yn ei gyflwyniad, disgrifiodd gyflwr yr afonydd sydd ym mhlwyf Llanpumsaint; y Gwili a Nant Alltwallis a'r pryder sydd fod y rhwystrau sydd ynddynt yn amharu ar allu pysgod fel y samwn a'r siwin rhag cyrraedd y manau lle yr oeddynt yn dodwy eu wyau.

Mae Ieuan ei hun wedi ysgrifennu erthygl i Llyll ac nid oes angen ail-adrodd yn y pwt bach byr yma ond dywedwyd wrth y Cyngorwyr fod nifer o goed wedi syrthio i'r afonydd, lle nad oedd hyn yn digwydd yn yr oes a fu oherwydd mi fyddai tir feddiannwyr yn hela'r coed oddi yno a'u defnyddio fel tanwydd ond erbyn hyn, mae'r coed yn aros yn yr afonydd ac yn creu cynefinoedd newydd sydd yn creu fwy fyth o anhawsterau i'r pysgod rhag cyrraedd pen eu taith hirfaith.

Cytunodd y Cyngorwyr mai trefnu cyfarfod agored fyddde'r ffordd ore i gynyddu ymwybyddiaeth o'r angen sydd i lanhau'r afonydd, ac i rhoi cyfle i Ieuan i ofyn am wirfoddolwyr i gynorthwyo gyda'r gwaith o adfer y llwybrau dyfrllyd. Felly, llogwyd y Neuadd Goffa ar gyfer Nos Fercher yr 23ain o Hydref, gyda'r cyfarfod yn cychwyn am 7.30.

O dan 'Gohebiaeth' ar agenda'r cyfarfod, soniwyd fod Adran Priffyrdd Cyngor Sir Gâr yn cynllunio ail osod arwynebedd heol Rhiw Graig, a daeth hyn fel tipyn o syndod i bawb oherwydd tan yn ddiweddar iawn, dywedwyd fod dros 500 o heolydd yn y Sir yn aros am welliannau sylweddol ac i Rhiw Graig fod tua rhif 90 ar y rhester! Er mwyn cael gwneud y gwaith o osod wyneb newydd ar y darn heol sydd yn ymestyn o'r cyffordd gyda'r B4310 a ffarm Lleine, mi fydd rhaid cau'r ffordd am gyfnod o 5 niwrnod, ac mi fydd y cyfnod hwnnw yn cychwyn ar yr 28ain o Hydref, sef wythnos Hanner Tymor. Ni fydd pawb wrth gwrs yn gorfoleddu fod Rhiw Graig unwaith eto yn llyfn a gwastad; ystyrier y peiriannwyr a chwmnïau teiars fydd ar eu colled.....!

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

YNGHYLCH : CAU FFORDD DROS DRO – C1301 BRONWYDD (The Graig)

Mae cais wedi dod i law am gau dros dro yr C1301 ym Mronwydd, o'i chyffordd â'r B4301 am bellter o 886 metr i gyfeiriad y gogledd-orllewin.

Mae angen cau'r ffordd er mwyn i Gyngor Sir Caerfyrddin osod wyneb newydd ar y ffordd o 0800 o'r gloch ddydd Llun 28 Hydref 2019 am gyfnod o 5 diwrnod.

Y ffordd arall ar gyfer traffig sydd am deithio tua'r de-ddwyrain fydd mynd tua'r gogledd-orllewin ar hyd yr C1301 hyd at ei chyffordd â'r U5552. Wrth y gyffordd, troi i'r dde a theithio tua'r de-ddwyrain ar hyd yr U5552 (gan basio Siop Penbontbren a Glancorwg) hyd at ei chyffordd â'r B4301. Wrth y gyffordd, troi i'r dde a theithio tua'r de-orllewin ar hyd y B4301 i ddychwelyd i fan sydd i'r de-orllewin o'r man lle mae'r ffordd ynghau. I'r gwrthwyneb ar gyfer traffig sy'n teithio i'r gogledd-orllewin.

Andrew Morgan, Traffic Engineer, Carmarthenshire County Council

Cipolwg cyn dyddiau'r Gwasanaeth Iechyd

Ychydig amser 'nol dangosodd John Hopkins, nawr yn byw'n Nghwmdwyfran, lyfr diddorol iawn i mi, fu'n eiddo i'w dad. Yn 1937 apwyntiwyd Dyfrig Hopkins yn Gofrestrydd Genedigaethau, Priodasau a Marwolaethau dros blwyfi Cynwil a Llanpumsaint. Bu Is-Swyddfa ganddo yn Gwili Terrace Llanpumsaint. Yn ychwanegol i hynny gofynnwyd iddo fod yn gyfrifol am rywbeth newydd sbon, sef Cymdeithas Nyrsio Cynwil a Llanpumsaint.

Ar y cychwyn mudiad trefol oedd y *District Nursing Associations*, ond erbyn tridegau'r ganrif ddiwethaf, ymledi wnaeth i'r ardaloedd gwledig. Yn 1931 gwelwyd deg ohonynt yn Ne Cymru gyda chwech arall yn y gogledd. Felly beth o'n nhw'n wneud a shwd o'dd pethe'n gwitho? Jobyn Dyfrig Hopkins oedd dewis casglwyr i fynd o amgylch y gwahanol ardaloedd yn flynyddol i ofyn ym mhob tŷ a fferm am gyfraniadau i gronfa, arbennig. Byddai hyn yn galluogi'r Gymdeithas i gyflogi Nyrs i'r ardal, am ryw £70 o gyflog y flwyddyn. Awgrymwyd nod o isaf- swm o geiniog yr wythnos ond mi fyddai'r mwyafrif yn gallu fforddio tipyn mwy na hynny. Gan fod ei wraig yn gwasanaethu ardal Bwlchnewydd gwyddai Dyfrig fod y Nyrs yn gorfod ymateb i alwadau amrywiol a di-ri dros ardal eang. 'Roedd y Diclein (TB) yn elyn mawr, holl heintiau'r plant o'r frech goch, y pŵs a'r dwymyn doben yn hawlio sylw, ac yn aml iawn hi oedd y fydwraig hefyd.

Yn y Llyfr Cownt ceir manylion hynod o ddiddorol am y cyfnod 1937-45. Rhannwyd Cynwil a Llanpumsaint i nifer o unedau bychan gyda chasglwyr oedd yn barchus ac yn adnabyddus i'w cynefin yn gyfrifol am gnocio'r drysau. Bu tri ohonynt yn Gynghorwyr Sir leol ar wahanol adegau. Wil Phillips Gilfachyestyn oedd yn gyfrifol am Flaen-y-coed, J J Evans yn casglu am orllewin Cynwil tua Ffynnonhenri, gyda D J Richards Llwyncroes yn troedio ardal Nebo. Dangosodd y tair esiampl dda drwy roi £1-1-0 yr un bob blwyddyn. O amgylch pentre' Llanpumsaint gwelwyd enwau Mrs Ifans Gwelfryn, Henry Howells Waunyrhelfa, Glyndwr Jones Penbontbren a Jase Jones siop Gwili Vale yn casglu, gyda Willie Ifans Parke yn gyfrifol am ardal Bronwydd. Cyfrannodd nifer fawr ddeg swllt y flwyddyn, y llai cyfoethog pum swllt, ond ben ag ysgwydd yn uwch na neb arall oedd £2-2-0 Decima Morgan Lewis, gwraig y Ficer, yn Llanpumsaint bob tro. Dros y cyfnod bu dros 500 o gartrefi'n cyfrannu i'r Gymdeithas.

Yn cydweithio gyda'r meddygon lleol, weithiau'n gorfod dygymod ac arferion traddodiadol ac amheus cefn gwlad, a chyrraedd cartrefi anghysbell, nid oedd swydd y Nyrs yn un rhwydd iawn. Gyda milltiroedd diarffordd rhwng galwadau, ac mewn oes cyn hyd yn oed y bocs ffôn, anodd oedd hi i gyrraedd claf mewn pryd. Daeth cynnig o feic gan y Cyngor Sir yn help. Er hynny yn yr hen gymdeithas wŷr wledig, yn hen gyfarwydd ag edrych ar ôl eu gilydd; naill ar gefn ceffyl neu mewn trap a phoni daeth cynnig lift i'r Nyrs yn rhan o'r diwylliant. Erbyn 1945 penderfynwyd y dylai hi gael ei chario o un lle i'r llall mewn car. Rhyddhad! Gallai ymateb i fwy o alwadau mewn diwrnod, a hefyd ei gweld y rhwyddach i gario gatre yr holl ddanteithion oddi wrth deuluoedd diolchgar. Ie! Tato, llysiau, ambell darten a darnau blasus o gig moch.

Cyn hir clywyd y plant ar yr iard yn ceisio ynganu gair newydd Saesneg arall. Daeth *Innoculation* i roi ergyd marwol i lawer o'r hen heintiau fu'n bla mewn ysgolion. Daeth meddyginiaethau cyfoes i arbed bywyd, a daeth y Gwasanaeth Iechyd Cenedlaethol yn 1948 i agor cwys newydd yn erbyn afiechyd. Da o beth, ond rhaid peidio anghofio'r ymdrech a'r ffordd wnaeth yr hen gymdeithas lwyddo i edrych ar ôl pobl ore gallent.

Amryn 2019



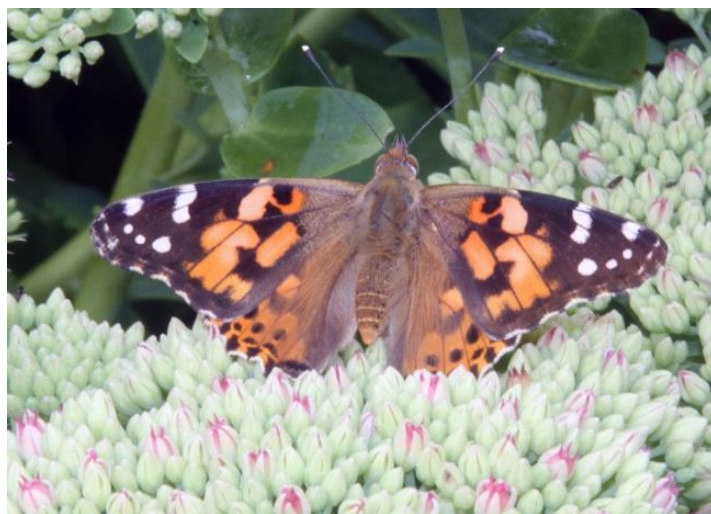
Village Voice October 2019

Copy Date for next Edition 24th November 2019

Village Voice is published by Llanpumsaint Community Information Exchange
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



September Butterflies – Small Tortoiseshell



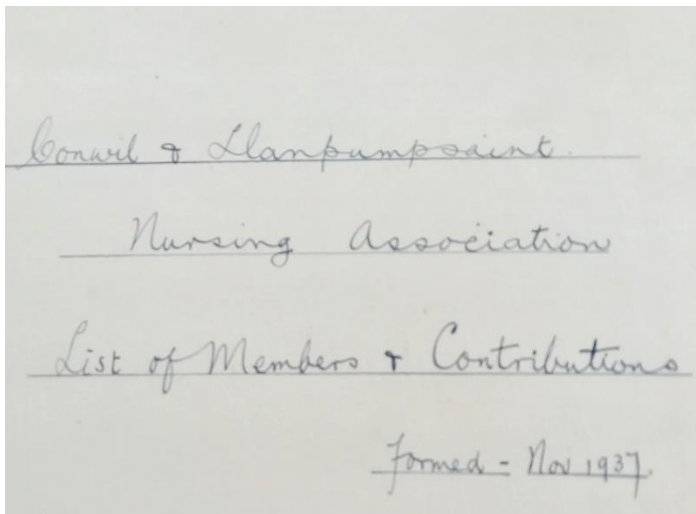
Painted Lady



Dowsers at Standing Stone on Mynydd Llangendeirne



New Polytunnel cover at Allotment Site

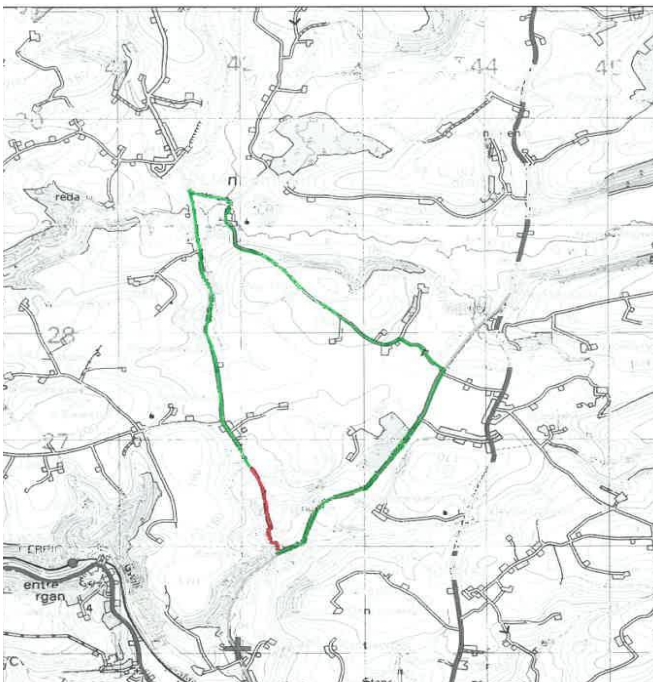


Extracts from Nursing Association Register

Llanpumpaint. Dist 4.
Collection T Jones Llwynneilyn
Glyndwr Jones, Penbontbren.

1938.

Mr Tom Jones, Waun	5 0
" Josiah Davies, Bryn	10 0
" Ed J. Jones, Hwchgwiili	5 0
" Owen Jones. Llwynnecryddod	5 0
" James. Mill Farm	10 0
" G. Jones. Penbontbren	5 0
" T. Jones Llwynneilyn	5 0
" Thomas, Pantillyn	10 0
Miss M. Howells. Pencilgân	5 0
Mr Tom Jones, Egeit x allgaredig	10 0
Mr J. Thomas Pontas. Sarn P.O. y Llanllawddog	5 0
" Abel Rees " " " " J. ddog.	5 0



Diversion for Graig closed 28th October for 5 days

Swper Caws a gwin,
Cheese and wine
supper

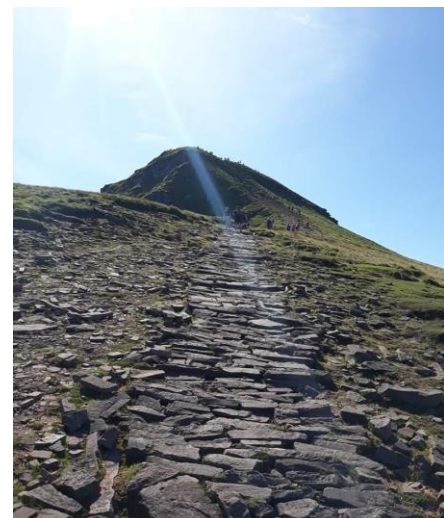
£6
plus bingo tickets

30 November/ Tachwedd
6.30pm
Neuadd Llanllawddog
Llanllawddog Church Hall.
Canu canauon Nadolig
Christmas sing-a-long

Tickets from church members



What a whopper!



The final climb to the top of Pen y Fan

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 from 12th September
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
October 9 Wednesday 7.00 Supper Club Railway Inn – phone 253643 to book
October 12 Saturday 7.00 Tribute Night Olly Murs Memorial Hall
October 15 Tuesday 7.00 Curry and Quiz Railway Inn £5 per head
October 16 Wednesday 10.00 Foot Clinic Llanpumsaint Memorial Hall
October 16 Wednesday 3.30 – 5.00 Open Church Llanpumsaint
October 23 Wednesday 7.30 Open Meeting West Wales Rivers Trust, Memorial Hall
October 27 Sunday 1.45 West Wales Dowsers Bronwydd Hall
October 28 Monday Clwbgwili 60+ 2.00 Bronwydd Hall
October 29 Tuesday 7.30 Choir's 40th Anniversary Supper and Entertainment Memorial Hall
November 4 – 8 Turkey and Tinsel Break to Newquay Club Gwili 60+
November 6 Wednesday 8.00 Community Council Meeting Memorial Hall
November 10 Sunday 10.45 Community Remembrance Service Memorial Hall
November 11 Monday 3.30 – 5.00 Open Church Llanpumsaint
November 13 Wednesday 7.00 Supper Club Railway Inn - phone 253643 to book
November 16 Saturday 2.00 – 5.30 Christmas Fair Bronwydd Hall – phone Jean 234868 to book a table
November 19 Tuesday 7.00 Curry and Quiz Railway Inn £5 per head
November 20 Wednesday Christmas Shopping Trip to Cribb's Causeway Club Gwili 60+
November 24 Sunday 1.45 West Wales Dowsers Bronwydd Hall
November 24 Sunday 8.00 Quiz Hollybrook Inn
November 25 Monday Clwbgwili 60+ 2.00 Bronwydd Hall
November 27 Wednesday 7.00 Fundraising Event Ukele Band Hollybrook Inn
November 30 Saturday 6.30 Christmas Supper & Bingo Llanllawddog Church Hall
December 7 Saturday 11.00 – 2.00 PTA Christmas Fair Memorial Hall
December 7 Saturday Choir Celebration Christmas Concert
December 11 Mystery Trip/Christmas Dinner Club Gwili 60+
December 11 Wednesday 10.00 Foot Clinic Llanpumsaint Memorial Hall
December 12 Thursday 3.30 – 5.00 Open Church Llanpumsaint
February 1 Saturday Annual Choir Concert Tabernacl Chapel Carmarthen

***Llanpumsaint Memorial Hall – to book phone Celt Thomas on 07944793133 or through email
Llanpumsaintmemorialhall@gmail.com***

Head to Toes Footcare The next sessions in the Memorial Hall are on Wednesdays 16/10, 11/12. 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)

Community Shop Update

A keen group of village residents have met to discuss possible ways of making steps towards opening a community shop in the village. A long list of actions has been written of places to visit, people to speak to and paperwork to complete.

We are hoping that a feasibility study will confirm the wishes of the community in supporting the shop as a volunteer or customer, and the benefits this may bring. This is in the process of being arranged, so please participate in any survey or consultation that comes your way. We want to hear your views and ideas!

So work is going on behind the scenes, and we will be providing regular updates through the village voice.

If you would like to be part of the working group please contact us with your email address, otherwise watch this space for other ways to get involved. Contact Rosie Frewin Rosie.Frewin@yahoo.co.uk

Clwbgwili 60+ Club Bronwydd

The club has just held its Annual General Meeting at Bronwydd Hall this week with 54 members present. It was a very successful meeting when all the committee were re-instated for another year. There were several new club members this year again. The Chairman Mr Peter Giles said that the club had been on four day trips this year with another planned in November going to Cribbs Causway, Bristol. The Christmas Dinner is combined with a Mystery Trip which is planned for December. The 5- day break (Turkey and Tinsel) is going to Newquay, Cornwall this year and the members are looking forward to that.

Club Meetings

Monday 28th October at 2pm, Mr Gareth Richards will be with us showing "A Taste of Autumn "

Monday 25th November at 2pm Mr Ralph Carpenter will be with us talking about "Press Photography". It is always extra special when one of our members is giving the talk.

There is no meeting in December as we hold our Christmas Dinner.

New members are always welcome at our meetings and the cost of membership for the year is £7.50

Any queries contact Val Giles on Tel no 01267 281194 Club Secretary

LLANPUMSAINT WELFARE AND RECREATION ASSOCIATION

Macmillan Cancer Care Coffee Morning

This was held on Saturday morning 21 September at the Memorial Hall and despite the disappointing turnout the sum of £245 was raised for this important charity. Thanks must go to Rees Electricals for sponsoring the event and also to the many donations of cakes and raffle prizes.

Brechfa Forest West Wind Farm Community Fund

Three companies have responded to requests for supplying new equipment and safety flooring for the play area in the village playing field. We now wait for designs and costs from the companies so that an application can be made for funding.

November 11 Monday 8.00 pm Welfare and Recreation Association Trustees meeting at the Memorial Hall.

Lyn Evans

CYLCH MEITHRIN BRONWYDD

Don't forget that we have Ti a Fi sessions every Friday morning in Bronwydd Hall 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)

LPG Contract coming up for renewal?

LPG Compare is an independent cost comparison and supplier switching service, specialising in the bulk LPG. market. Using their in-depth knowledge and numerous years of experience within the LPG. Industry, they are able to find the most competitive price for you. Target price at present is 37 – 41 pence per litre

I check with them whenever I am negotiating prices for LPG with our supplier.

To find out how much you could save call 01384 883009 or visit www.lpgcompare.co.uk

Llanpumsaint Allotment Association

September gave us some good periods of sunshine to keep the growing season going. It was unfortunate then that we chose one of the few very rainy days to have an Autumn tidy up day! Luckily the weather was not as bad as forecast and a good job was done to prepare the site for Winter.

Shortly before this, and with thanks to the grant provided by the Brechfa Forest West Wind Farm, the replacement cover for the storm damaged polytunnel was installed and is now looking good – see photo.

I recently met a young gardener acquaintance and was concerned to see that he had several cuts to his forehead. In response to my enquiry of this, he said that early one morning recently as he was leaving the house to go to his allotment his wife urged him to wear a hat. Seeing that it was a fine morning he ignored her suggestion. To get to the allotment site he passed by a large office block that was being renovated. As he walked by several fluorescent tubes flew out of the upper storey windows, many hitting his head. Upon returning home later, and explaining to his wife what had happened she responded with "I told you not to go out without a hat". He then queried how she could have known that he would encounter such an incident. "If you listened to the morning radio" she said "you would have heard the weatherman say there would be light showers in the area today!"

Should you be interested in joining the Allotment Association you can contact Keith (tel: 253375) or Ray (tel: 253157) for further details. Oct 2019

LLANPUMSAINT & NEBO SHORT MAT BOWLING CLUB

The Club held it's AGM in the Memorial Hall on the 29th August when the following Officers were elected:

Chair: Derick Lock; Secretary: Jill Edwards; Treasurer: Gethin Edwards; Auditor: Huw Williams; Team Captain: Aled Edwards; Vice Captain: Peter Giles; Match Day Refreshments: Jill Edwards; Club Child Protection Officers: Derick Lock and Huw Williams.

The new season started with a home win against Llanboidy A, a special mention has to go to our triples, Huw Williams, Patrick Thacker and skip Catrin Williams, who won 18 shots to 1.

Our congratulations are extended to Gethin and Aled Edwards on being selected to represent Wales in the forthcoming British Isles Championships which will be held on the weekend of the 16th and 17th November in Aberdeen. Congratulations also to Aled who won the bronze medal at the SMPT Irish Open held in Belfast in September, his achievement was special as there were 234 players from 10 countries taking part.

Don't forget to check out our website **Llanpumsaintsmbc.org.uk** where you will find up to date information on the Club's fixtures and results.

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

Ysgol Llanpumsaint PTA Events:

Christmas Fair

The Annual Christmas Fair is on Saturday 7th 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 to see you all again at 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.

Climbing Pen y Fan

Well, I did it, I conquered the mountain on 14th September in aid of Alzheimer's Society. It was hard, very hard! Many thanks to all who came and helped with our cream tea and to all who sponsored me. In total I raised £700 for this worthwhile charity. Finding a solution to this terrible disease is such a priority for everyone. Carolyn Smethurst.

West Wales Dowzers Future Events

Sunday October 27th: Peter & Sue Knight – Albion Dreamtime – Re-enchanting the Isle of Dragons

Sunday November 25th: Ros Briagha – Modern Stone Circles

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. Learn to dowse with the experts.

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

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

Changes to Concessionary Travel Passes – all current travel passes (Bus passes - green 60 or over and Disabled Persons) will expire on 31 December 2019. From 11 September cardholders can apply for their new-style card before the expiry date.

Apply via www.tfw.wales/travelcards, select “60 and over” or “Disabled” then click on “replace old-style card” then enter the cardholder details – follow the instructions, you will need the 18-digit card number on your existing card, your date of birth, your postcode and your National Insurance number. If someone else is doing this for you then ensure they have this information. For more info see <https://tfw.gov.wales/QandA>

Perennial mysteries!

I have two mysteries I have never been able to solve. You might have similar mysteries in your home as I am sure I cannot be alone.

The first one is to do with the plastic containers we all have in our cupboards. Every now and again I get them all out and match the bases with the lids and get rid of the non-matching items. This should mean that there are no renegade items in the cupboard. Then I make sure that if I take any out, or put any back, they always have their other half. But that never lasts – I open the cupboard to get a base but can never find the right lid or take out a lid and can never find the right base. How does this happen?

The other perennial mystery is a drawer full of single socks. Yes, you know the story, you wear a pair of matching socks, and after wearing them you put them in the washing basket, then into the washing machine. But when you get them out, there are always socks without their partner – where do they go? Perplexed! Carolyn

The Older People's Commissioner for Wales has launched a Facebook page!

Here at the Commissioner's office, we celebrate the fact that we are living longer, healthier lives and we understand the importance of adding life to years, not just years to life.

Hearing from older people about the things that matter to them most is vital in helping to guide and shape our work and we want to use Facebook as a platform to have an open and honest conversation with older people and stakeholders throughout Wales.

We want to hear from older people about what is working well, and what needs to be improved. We want older people to share their opinions about what it's like growing older in Wales today and hear their ideas on the best ways to deliver change because by working together, we can help to make Wales the best place in the world to grow older.

If you would like to keep up to date with the Commissioner's work, feel free to like, follow and share our page here:

https://www.facebook.com/Comisiynydd-Pobl-H%C5%B7n-Cymru-Older-Peoples-Commissioner-for-Wales-463421591135062/?modal=admin_todo_tour

LLANPUMSAINT 100 CLUB

Here are the winning numbers and owners for July, August and September:

JULY £20. No. 35. Mandy Jameson, £15. No. 97. Ann Wyke, £10. No. 72. Carolyn Atkinson

AUGUST £20. No. 76. Chris and Jayne Hughes, £15. No. 34. Vi Robinson, £10. No. 11. Mr. Smith

SEPTEMBER £20. No. 99. Dave Houghton, £15. No. 74. Ian Ayers, £10. No. 50. Nirvina Davies.

Number 101 has been purchased by Liz Rees (The Railway) - welcome, Liz.

Nos. 113 - 120 are still available to purchase. Derick Lock, Treasurer, (01267) 253524.

More scams!

Recently, there have been various reports on the TV and other media, about scammers still stealing hard earned cash from unsuspecting people. This is usually targeted towards vulnerable people. But recently, this has not been the case. A recent scam was directed towards a celebrity who highlighted the problem. You may have seen this on national TV. This scam involved a phone call from the bank which ended up with the celebrity being fleeced out of thousands of pounds. Obviously, it was not the bank who called, but after disclosing bank card details, the scammers (robbers) emptied the account. This is usually done with many transactions where the money is spirited away to many different banks, usually overseas, with no trace.

So, remember, the bank will never phone you.

They will never ask you to transfer money to another account.

HMRC will never call you.

BT will never call you.

The Police will never call you.

Callers can fool you by sounding very professional, official, friendly, and helpful... (Helping themselves to your money!) A call from any organisation such as the above, out of the blue, should always make you suspicious and put you on your guard.

Do NOT share any sensitive, personal or financial information over the phone, e-mail or text, even if it looks as though it is genuine. If you contact your bank, they will normally ask you for parts of your password or other security information, but they will never ask for the complete password.

So, if you get a call from the "bank" then do not tell them anything - hang up.

Contact your bank afterwards using the number on your bank card. Use a different phone, or if another phone is not available, wait about 10-20 minutes before calling them. This ensures that the scammer has hung up the phone and cannot then fool you in thinking you are calling your bank, when actually, they are still on the line. Another type of scam.

One more from the past. Scammers have been known to target someone who is on holiday. They hack into their e-mail system and steal their address book of contacts. Then they send an e-mail to all contacts in the victim's address book (from the victim's e-mail address), claiming that they are abroad and having financial difficulties which are preventing them from getting back home.

The message says – *'will you help by sending money to me by bank transfer?'*

Not a chance - do not do it. If you do, you'll be helping the scammers to have a few good holidays instead of helping a friend who does not have a problem and is unaware of what is going on back home.

I know that a lot of this is general knowledge but be aware, keep safe and try to make sure that any friends, relatives and neighbours are also safe. Remember, not everyone is dodgy, just be careful please.

Stop Press: If anyone has been caught up in the Thomas Cook fiasco, the scammers have already started to punish them! They are, apparently, ringing to say that they can help get your money back, all you have to do is hand over your bank details and they will do the rest - yes, they will clear your bank account out. Some nasty people out there, targeting those who are in a vulnerable state. Be vigilant.

Your PC and other dodgy issues friend. Dave

Postscript: Coincidentally, the day after Dave sent in this article I got the following text message

"HMRC: Your tax refund from year ending '2018' is still pending. Please visit our secure link <https://tax.refund-ref623.com/to process>".

I read the message a couple of times – as you do when there is a promise of unexpected money. But this is obviously not a link to HMRC website. If you want to find out more about your tax, just use your personal tax account which allows you to manage your tax affairs online, quickly and simply, whenever you want. <https://www.gov.uk/personal-tax-account>. It's [safe](#), personalised, and brings together all your tax information in one place. Whether you need to make changes to the tax you pay or have questions about when your next tax credits payment date is, your personal tax account can help. Carolyn Smethurst

Neuadd Goffa Llanpumsaint & Ffynnonhenri Memorial Hall

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

Tribute Night 12 October – There are a small number of tickets left. To book a ticket contact Donna Thomas on 07854072195. Tickets are £12.50 each. Doors will open at 7pm. Limited tickets left.

Our Rivers, our Fish

Our iconic Carmarthenshire rivers were once famous for the runs of Sewin and Salmon, as well as their healthy populations of Brown Trout, which can get up to quite a size in good conditions. Sadly, this is no longer the case and our fish populations are under severe pressure from several areas. There has been a lot of press recently about agricultural pollution, but there are other causes of the long-term population decline, both out at sea, in the estuaries and here in our local streams and rivers.

National Resources Wales measure the productivity of a river as its Conservation Limit (CL), which relates to the amount of fish eggs that a river that can potentially yield in a typical season. One major reason the CL is not being reached on some stretches are physical obstacles in the river preventing the upstream migration of the fish which start moving up to spawning gravels around mid-October. As riparian trees are no longer managed as a valuable resource for timber and firewood (and clogs!) as they used to be, more and more are falling into the rivers, catching debris and plastics and forming obstructions that fish cannot get past, forcing them to spawn in less than ideal conditions which impacts the survival of the eggs and young fish.

Some in stream woody debris is very important for habitat and food for invertebrates but its levels need to be carefully considered and managed, a responsibility for all landowners, managers and fishing clubs.

The West Wales Rivers Trust 'Adopt a Tributary' project is co funded by Dwr Cymru/Welsh Water and Natural Resources Wales and is active in the Towy Catchment. The project seeks to set up groups of interested landowners and community members, work with and mentor them to work on some of the most important spawning tributaries – which includes the Nant Alltwalis and Gwili. We hope these groups will work with us to help remove litter and woody debris blockages, map and remove invasive species such as Himalayan balsam and spot areas of erosion and flood risk. We will provide training, including the identification of one of the most complex and important parts of a river ecosystem – its Riverflies. These are a river's 'Canary in the coalmine' and respond quickly to changes in water quality. Local eyes on the water doing this monitoring are a very valuable way to tackle chronic issues that would otherwise go unnoticed.

If you would like to help, know more about our project or just gain advice or knowledge on the rivers in your area, please contact the project officer Ieuan Davies at: ieuan@westwalesrivertrust.org

Care for Uganda

On Tuesday 15th October, The Rotary Club of Carmarthen will be running a quiz in aid of Care for Uganda.

The Quiz will take place in Carmarthen Football Club starting at 7p.m. There will be a bar and free 'nibbles'

The cost will be £10 per team and there will be cash prizes and a trophy for the winning team/s.

This is an excellent cause which supports the training and resourcing of medical staff in Uganda.

Please come if you are able. If you haven't got a team come along anyway as you will be able to join up with others!!

There is no need to register just turn up on the night!!!

TEMPORARY ROAD CLOSURE – C1301 BRONWYDD (The Graig)

A request has been received for the temporary closure of the C1301 Bronwydd, from its junction with the B4301 for a total distance of 886 metres in a north-westerly direction. The closure is necessary for Carmarthenshire County Council to carry out highway resurfacing works from 0800 hours Monday 28th October, 2019 for a period of 5 days.

The alternative route for south-east bound traffic will be to proceed in a north-westerly direction along the C1301 to its junction with the U5552. At the junction, turn right and continue in a south-easterly direction along the U5552, (passing Penbontbren Shop and Glancorrwg) to its junction with the B4301. At the junction, turn right and continue in a south-westerly direction along the B4301 to return to a point south-west of the closure. Vice Versa for north-west bound traffic.

Andrew Morgan, Traffic Engineer, Carmarthenshire County Council

Llanpumsaint Heartbeat

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

Outside the Village Hall SA33 6BZ

Outside the Railway Inn SA33 BU

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

Outside the Vestry at Nebo SA33 6HN

Why do I go to church?

I have fond memories of going to Saint Celynin Bronwydd as small child. As I became older, it became more difficult to be able to go, mum and dad worked in hospitality. They were working every Sunday and my two sisters and myself helped out, which meant we couldn't make it to church. Nevertheless, I have never forgotten what church brought to me as a young child and the values and beliefs it instilled in me to this day.

Looking back at my life I realise with hindsight, that I stopped turning or focusing on God and instead worshiped or idolised the wrong things in life, e.g. my husband or partner at the time, my adopted father or non-existent biological father, who all told me that I had failed them. I was also valuing materialist things and spending my life trying to please to fill the void, I so desperately wanted to be liked and to fit in somewhere which I never did. This in turn made me very unhappy and has led to me isolating myself from everyone and everything for fear of more hurt or humiliation or rejection.

The turning point my life, came when my daughter Elis was born, and I realised what a blessing and a gift she was to me. Not long after she was born, I became a single mother, not my choice, but there it was. I realised quite quickly that I was going to be her biggest role model that was constant. I was not prepared to let history repeat itself, and had to plan ahead for her. I needed to rebuild myself and re calibrate my spiritual Christian beliefs and be open grow, to repent to stop punishing myself for my mistakes, only God can truly judge you after all. Perfection is not the key, but learning and moving forward in god's grace and to be more Christian and open-minded and kind to everyone is.

I started going to church about a year ago after meeting Rev Gaynor and feeling very welcomed and inspired by what she had to say. She was the first female vicar I had ever met, and she was very down to earth and enthusiastic. From what I have learned from her and remember from my early childhood, I go to learn more about God and his teachings, to learn more about what is going on in the world, near and far and also within my community and within myself. To connect with others, who have been so welcoming to me and Elis. To give back even in small ways. To encourage Elis to play her harp in church, this has helped Elis's confidence grow and has brought music for others to enjoy. To learn to trust again, to be humble, to be thankful for where I am now and how I have got here and how far I have come. To be grateful for all I have the big and the small things, and to learn to forgive. To pass on an important message to Elis, so that she becomes a whole, carries her faith with her, and lives by it for rest of her life and in turn passes it on its teachings to her children, that is the hope anyway. To make sure that Ego and self is not what she values above all else, as a lot of our society does currently. That she values humanity and the earth that God created, and contributes to and maintains that. Also, that there is something greater that she can turn to and that I am not her only role model.

When I was a child there were no female priests. I am thankful that the Church of Wales now accepts the importance of female priests and ordains women. We are lucky enough to have Rev Gaynor and Bishop Joanna to bring the teachings of the bible to us, which is done in a down to earth and relevant way to this time in history. Mererid Details of all our services and events including Christmas services will be published on our Church facebook page Llanpunsaint Bronwydd and Llanllawddog churches and on the church notice boards. All Welcome.

Contact Details Rev'd Gaynor j_gaynor@hotmail.com , mobile 07796049509, Vicarage 01267 253158

Llanpumsaint and District Choir

The Choir have now restarted rehearsals after a well-earned rest over the Summer and are commencing an important year in their history. The choir started on October 29th 1979 at the Memorial Hall in Llanpumsaint with 25 members. Currently there are about 50 members but still on the look-out for new members. We meet every Thursday evening at the Community Hall in Cynwyl Elfed and if anybody is interested to join us please contact Gwyn Nicholas or any Choir member.

I append below details of planned events during 2019/20

- | | |
|-----------------|---|
| October 29 2019 | Celebrating the 40th in Llanpumsaint Hall with a Supper and Entertainment evening, starting at 8.30. Tickets available from Choir members. |
| December 7 2019 | Christmas Concert with other organisations in the area who are also celebrating this year. Aelwyd Hafodwennog 40 years, Penybont Y.F.C. 70 years and the Llanpumsaint and District Choir 40 years. The proceeds of this Concert will go to the Welsh Air Ambulance. |
| February 1 2020 | Annual Concert at the Tabernacl Chapel in Carmarthen with Rhodri Prys Jones, Steffan Jones, Guto Jenkins and Gwen Morris. The organist this year again is Jeffrey Howard. |
| March 27/30 | Trip / Concert to the Brighton area. We will be joining 2020 Andrew Rees' Choir ex member and soloist of the Choir for a joint Concert. |

Llanpumsaint Community Council

Ieuan Davies of the West Wales Rivers Trust addressed the September meeting of the Community Council and described rivers, streams and tributaries that were in need of maintenance; to protect the spawning ground of the salmon and sewin, fish that were far more evident in the Gwili 'back in the day.'

Ieuan ; who has written an article for VV detailing the intentions of the Rivers Trust, stated that there are too many obstructions in the waterways; trees that have fallen into the rivers trapping sediment which becomes a seed bed for a myriad of aquatic plants, that form an even greater obstacle for the migratory fish and which need to be cleared. The Councillors agreed that an **open meeting** would be the best forum for Ieuan to describe the state of the rivers and how local people can volunteer to help with their restoration and to that end the **Memorial Hall** has been reserved for **Wednesday the 23rd of October** with the meeting **commencing at 7.30 pm**.

Other business discussed at the Council Meeting was the proposed closure of the 'helter skelter'; the thrill seeker ride to Carmarthen, or Graig Hill to the rest of us! Carmarthenshire County Council Highways Department has included the section of road noted not only for its hairpin bends but also its corduroy surface for a make-over and in order for the work to be carried out, the road will be closed for a number of days so that the section of road between the junction with the B4310 and Lleine Farm can be planed and re-surfaced. This announcement came as very much of a surprise as the community had previously been told that out of some 500 roads in the County in need of re-surfacing, Graig Hill was 90 something in the queue.....! Many thanks Carmarthen Highways for bringing this job forward. If there is a downside to this road improvement, it will be that mechanics and tyre fitters might have to downsize! Oh and by the way, **the road will be closed for 5 days and the closure will happen during the week of Half Term; 28.10 2019 onwards.**

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

Caersalem

The angel of the Lord encampeth round about them that fear Him, and delivereth them. Psalm 34:7

English service 2pm last Sunday every month – All welcome

Eleri Morris 01267 253895

Nebo Chapel Services

October	13/10/19	Rev Roger Thomas	2.00pm
	27/10/19	Rev Goronwy Evans	10.30am
November	3/11/19	Rev Wyn Maskell	2.00pm
	10/11/19	Remembrance Sunday at Llanpumsaint Hall	
	24/11/19	Rev Dafydd Morris	10.30am
December	1/12/19	Rev John Gwilym Jones	2.00pm

For more information please contact Chapel Secretary Meinir Jones on 253532

Capel Ffynnonhenri

Details of services for the months of October, November and December 2019

October 13 2019 Communion at 10.30 a.m. Rev Huw George

October 27 2019 Service at 2.00 p.m. Mrs. Dwywen Teifi

November 10 2019 Further details to follow

November 24 2019 Service at 2.00 p.m. Rev Wyn Maskell

December 15 2019 Christmas Service at 2.00 p.m.

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

Before the National Health Service

In 1937 Dyfrig Hopkins at Llys Myfyr Conwil became responsible for the Registration of Births, Marriages and Deaths in our area, with a sub-office at Gwili Terrace in Llanpumsaint. He was also in charge of administering the accounts of the newly formed Conwil and Llanpumsaint Nursing Association.

Initially active in urban areas District Nursing Associations had by the 1930's spread into rural areas. By 1931 there were ten in South Wales and six in the North. Then a rapid expansion occurred and we here became involved in 1937. So what did they do and how did they operate? The Association appointed local area collectors to visit houses and farms asking for annual contributions in order to pay for the services of a District Nurse, whose salary would then be in the region of £70 yearly. People responded according to their means with a minimum of one penny a week being asked. Some of course would afford much more. The Nurse would respond to a wide variety of calls over wider area. TB was then very prevalent as were the plethora of child afflictions, from measles, chicken pox, whooping cough to pneumonia. Adult afflictions were many and she often acted as a midwife too.

John Hopkins of Cwmdwyfran kindly allowed me to peruse his father's Account Book which meticulously recorded local contributions for the years 1937 to 1945. It made fascinating reading revealing how the Association was organised and collections made. Conwil and Llanpumsaint were divided up into smaller units, with chosen collectors, obviously people of some influence and standing within their communities. It is revealing that three of them served as County Councillors for the area at different times; W. Phillips Gilfachyjestin collected around Blaenycod, J.J. Evans took on the western end of Conwil towards Ffynnonhenri, and D J Richards Llwyncoes covered the Nebo area. All three set a good example donating a guinea (£1-1-0) annually. Around Llanpumsaint the names of Mrs Evans Gwelfryn, Henry Howells Waunyrhelfa, Glyndwr Jones of Penbontbren and Jase Jones Gwili Vale shop knocked on doors. Down towards Bronwydd Willie Evans Parke was in charge.

Many, gave ten shillings whereas most settled for 5, but head and shoulders above all Mrs Decima Morgan Lewis, the Vicar's wife in Llanpumsaint, donated two guineas (£2-2-0) each time. In all well over five hundred homes contributed each year until 1945.

Working alongside local doctors, sometimes in competition with amateur experts and covering a huge area, the District Nurse's role was demanding to say the least. With calls miles apart in remote locations even with a County Council bicycle it must have been hard going to reach somewhere in time. And in those pre-telephone days all communication would be slow. Nevertheless in a traditionally truly caring and integrated rural community, whether on horseback or by trap and pony, they made sure that Nurse got there. By 1945 cars were provided, so now it was possible to complete more calls in a day. Nurse also found it easier to carry home her stock of grateful goodies, be they potatoes, vegetables, the occasional tart or some tasty pig meat.

Soon the school yard echoed to pupils attempts at a new English word. *Innoculation* arrived to banish those age-old epidemics for ever. New medicines allied to the arrival of the National Health Service in 1948, revolutionised the fight against ill health. We should however salute and remember all those who contributed to people's well-being in that era before that.

Amyyn 2019

PALU 'MLAEN FORWARD DIGGING Plant & Agricultural Contractor 3 tonne - 14 tonne Diggers, Site clearing, Landscaping, Steel sheds, Concrete work, Fencing, Hedge cutting and Much more! Just Ask Mathew Jones, 07970030679 Waun Wern, Llanpumsaint, Carmarthen, SA33 6LB	Hollybrook Country Inn Bronwydd 4* Accommodation Pub and Restaurant Tel 01267 233521
Harcourt Plumbing and Heating All aspects of plumbing Boiler services Heating installation and repairs Free Estimates - Fully Insured Oftec Registered 01267253368 07891887983 Lleifior Llanpumsaint	Eifion Williams Builder General building Plastering, Patios etc 5 Parc Celynin Llanpumsaint 01267253523 07973842681
Fferm-y-Felin Farm Guest House and Self-Catering Cottages Enjoy a relaxing break at this beautiful guest house or in one of our stone cottages 01267 253498 www.ffermyfelin.com	Cobain Gas Services – Steve Cobain Natural Gas and LPG Gas Safe 568543 Boiler Servicing and Repair Landlords Certs Fires, Boilers, Cookers and Hobs Installation Dryslwyn House Llanpumsaint SA33 6BS 01267 253675 07976384857
Railway Inn Llanpumsaint Pub and Restaurant Tel: 01267 253643 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	Aled Evans Servicing & Maintenance of Oil Boilers and Cookers Ground & Air Source Heat Pumps Solar Thermal Panels Unvented Cylinders 01559370997 07966592183
G J ISITT and SON ROOFING Free estimates and advice Repairs, Guttering, Chimney repointing, Fascias, leadwork, Storm damage, Re-roofing 01267 253425 / 07770 818951 Lan Fawr Nebo	JOHN KERR <i>Motor Vehicle Engineer</i> Servicing • Diagnostics • MOT preparation Tyres • BOSCH 4 wheel alignment Gerwyn Villa Llanpumsaint - 01267 253560 e-mail: johnworkshop@hotmail.co.uk

Gwili Mill Llanpumsaint 5* self catering - Sleeps up to 15 Ideal for family and friends for celebrations, get-togethers, family holidays & team building www.gwilimill.co.uk 01267 253308	Gwalia Garage Peniel Road Rhydargaeau MOT's, servicing, tyres, repairs Tel: (01267) 253599 JRB & K Thomas Peniel Road Carms SA32 7DR
Harcourt Tree and Garden Services Tree Surgery, Felling and Removal 25 years experience Garden work, All types of Fencing And Gwili Firewood Seasoned hardwood or softwood logs Ian Harcourt 01267253368 or 07812158825	Gwalia Stores Peniel Road 01267 253249 Fuel, Shop, Post-office Licensed, Hot & cold food to go Coffee, Vapehive Newspapers and magazines
Pure Shine Pure water window cleaning Based in Bronwydd, serving Bronwydd, Llanpumsaint and the surrounding villages. <i>Window Cleaning, Conservatory Cleaning, External</i> <i>Gutters, Fascia and Soffit Cleaning</i> Contact Steve for a FREE no obligation quote: Tel: 07462138885 / 01267 253956 Email: pureshinewindowcleaning@gmail.com Facebook: Pure Shine	<u>Branford Building Conservation</u> <u>Building Surveyor &</u> <u>Building Consultant</u> Surveys – Houses to Ecclesiastical Buildings Conservation and Heritage Consultancy Architectural Designs, Drawings, Specifications Planning & Building Regulation Applications Project Management & Contract Administration Tel: 01267 253860 / 07837984114
THE OLD DAIRY DOG HOTEL Seven Brand new luxury kennels Spacious individual kennels with their own covered patio area Underfloor heating for our guests' comfort 18 acres of private grounds to exercise Fully licensed, 30 years' experience caring for clients' dogs To view our kennels phone 01267 281628 or 07717 345277 or email www.theolddairydoghotel.co.uk	 Hafan Holistaidd Holistic Heaven Adweitheg / Reflexology Tyluno / Aromatherapy Massage Indian Head Massage Thermal-auricular (Ear candling) Reiki Meleri Brown MAR mels.brown@hotmail.co.uk 07855488660 Therapy Cyflenwol – Complementary Therapist Penllwynuchel, Nebo, Llanpumsaint, Caerfyrddin, SA33 6LT
Experienced Gardener available for all your needs:- Grass cutting - Hedge cutting - Pruning Flower borders - Vegetable gardens Fencing and much more For more details/quotes, please contact Brian Taplin on M 07778796794 H 01267 253097 (lives in Llanpumsaint)	Local Business? You can advertise here for £50 Includes an advert in Village Voice for 6 issues Plus a webpage linked to yours on www.llanpumsaint.org.uk Or just £5 an issue for advertising in Village Voice Domestic sales and wants free Contact Carolyn Smethurst 01267 253308 or email info@llanpumsaint.org.uk.

Much of the information contained within this newsletter has been provided by the contributors. Whilst every effort has been made to ensure that the information is correct, the committee of Llanpumsaint Community Information Exchange is not responsible nor liable for any actions taken from use of content and the opinions expressed within this newsletter.