



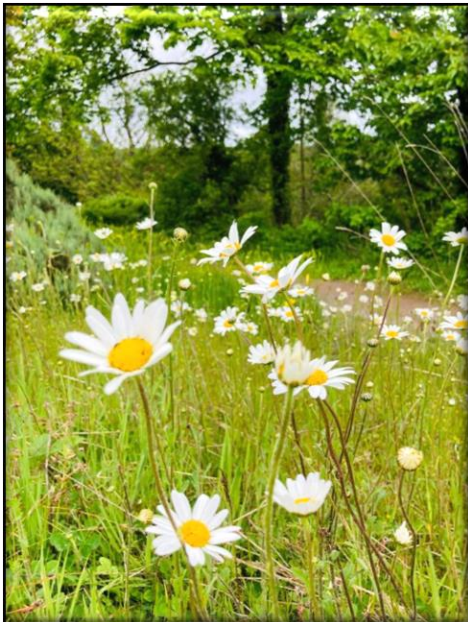
Village Voice June 2022

Copy Date for next Edition 26th July 2022

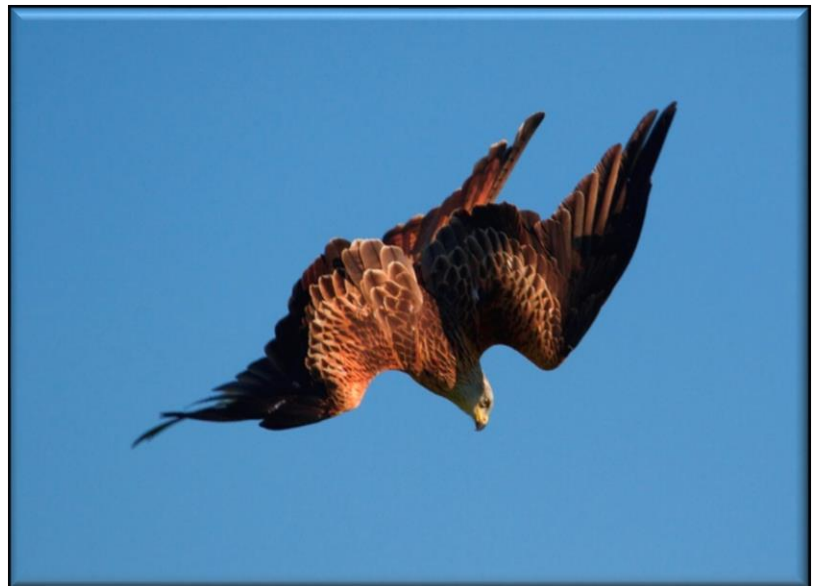
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The beauty of 'No mow May'
(Marlene Wareham)



Red Kite at Feeding Centre (Ray Davies)



Time to leave home (Sally James)



Election fever (Marlene Wareham)

Llanpumsaint Community Council

Good news! The following have been elected as our Community Councillors for the next five years: Kumi Ariyadasa, Clare Bishop, Dylan Jones, Derick Lock, Arwel Nicholas and Ann Pettitt. Council meetings will be held on the second Tuesday of every other month in the Village Memorial Hall, starting at 8 pm.

Dates in 2022: 12th July, 13th September, 8th November

Events

- **16th July 2022:** Coffee Morning with various stalls in Llanpumsaint Memorial Hall 10.00 am to midday. Proceeds towards the Urdd National Eisteddfod in Carmarthenshire in 2023
- **22nd October 2022:** Save the Date! Tribute night: Robbie Williams, in the Village Memorial Hall

Llanpumsaint and Nebo Short Mat Bowling Club



The 2022 bowls season has drawn to a close and the members are having a well-deserved summer break. It was a challenging 8 months due to the on-going and changing Covid restrictions, but the members enjoyed their bowling once again after 18 months of sitting at home. After a mixed season, the club finished the league with 4 wins, 1 draw and 3 losses.

The Club would like to congratulate our Club Captain Aled Edwards and Catrin Williams who represented Carmarthenshire in a recent County competition with Swansea, Montgomery, Ceredigion and Pembrokeshire.

The Club meets in the Hall for practice on Monday and Thursday evenings from 7.30-9.30 pm. between September and 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.

Check out our website www.Llanpumsaintsmbc.org.uk where you will find up to date information on the Club.

For further information contact **Chair Derick Lock (01267) 253524** or **Secretary Jill Edwards (01267) 253474**

Gwyn Nicholas is the winner of this year's Sir TH Parry-Williams Memorial Medal

In recognition of his voluntary work that has "inspired generations of young people in his square mile over a period of half a century and more". The medal is given annually to an individual who has made a real contribution in their local area, with a particular emphasis on working with young people.

The Eisteddfod says that Gwyn's contribution and work "influenced generations of young people locally" as he "helped them with music theory work, taught them to play the piano and sing". Gwyn has supported hundreds of young people over the years, including encouraging the choirs of Ysgol Bro Myrddin, or helping young farmers' clubs before competitions and assisting at Llanpumsaint primary school. He is currently employed as a part time Welsh for Adults Tutor by Aberystwyth University.

The Village Voice joins many others to offer their congratulations to Gwyn and wish him a wonderful time when he receives the medal at the Ceredigion National Eisteddfod in the summer.

Llwynbedw Sheepdog Trial, Llanpumsaint



Slowly does it
(Marlene Wareham)

On the last weekend of May more than 100 competitors attempted to control and steer a packet of sheep around a trial course at Llwynbedw farm. It was a lovely sunny weekend and handlers came from as far afield as Germany and England but mainly from Wales.

We had wonderful support and it was lovely to see so many spectators from the village enjoying not only the trial but also the weather, views and the catering.

This was a fund-raising event and the profit from the trial, catering and raffle came to a massive £750; of which £450 will go to Tenovus Cancer Care and £300 to the Welsh National Sheepdog Trial that is due to take place in Hayscastle, Pembrokeshire between 25th – 27th August 2022.

Alison Sharpe

Llanpumsaint Heartbeat – Defibrillator Locations

There are 4 defibrillators in the Llanpumsaint Area, please check the location nearest to you.

- Outside Village Hall SA33 6BZ
- Outside Railway Inn SA33 6BU
- On wall outside Henfryn, Ffynnon Henry SA33 6LD
- Outside the Vestry Nebo SA33 6HN

All the defibrillators are listed on The Circuit, a UK register which the Ambulance Service access if they get a call re an unresponsive casualty. So please check out the location nearest to you, and if ever you need to access a defibrillator you know where the nearest one is located. You do not need a code to access the defib, and the ambulance service will be there to advise while you are on the phone with location and use.

No formal “training” is required to use an AED, the 999 Dispatcher talks you through as does the Unit itself. Please visit [Lifesaver \(life-saver.org.uk\)](https://www.life-saver.org.uk) interactive scenarios any time – viewing these will give you confidence, and they are free and very informative.

Carolyn 0267253308

Llanpumsaint 100 Club

Congratulations to the March, April and May winners. You will be contacted soon!

March:

1st - £20: (105) Hazel Thomas 2nd - £15: (18) Megan Eldred 3rd - £10: (34) Ann Jones

April

1st - £20: (74) Dee Tozer 2nd - £15: (50) Elsie Jones 3rd - £10: (68) Roz Evans

May

1st - £20: (90) Cath Vimpany 2nd - £15: (14) Becka Dufty 3rd - £10: (88) Gwyneth Ayers

You can still join the 100 club and be entered into the remaining draws. The cost of entering is £12 with monthly draws as well as a bonus draw at Christmas time. If anyone is interested in joining, please contact any of the park committee members or e-mail llanpumsaint100club@gmail.com.

Llanpumsaint Welfare and Recreational Association (Llanpumsaint Park)

The Llanpumsaint Welfare and Recreational Association Annual General Meeting (AGM) was held on Monday the 25th of April at 8pm in Llanpumsaint Memorial Hall. Thank you to all that attended, it was great to have non-committee members attending. The following committee roles were elected:

Chair: Aaron Jones; Vice-Chair: Sarah Moore; Treasurer: Heledd Jones; Secretary: Kevin Mably.

Works will be commencing shortly to renew and replace some of the play equipment in the park thanks to the funding received from the Brechfa Windfarm Fund. This will mean that some areas may be closed for the duration of the work. We thank you in advance for your patience while this work is ongoing. This won't affect the football pitch or tennis court areas.

Keep an eye out on the Llanpumsaint Facebook Page for any updates and events.

As ever, the committee is looking for new volunteers to help with the ongoing maintenance and fundraising for the park. If you would like to help then please get in touch with us via our email: parcllanpumsaintpark@gmail.com, or speak to **Aaron Jones (07814157946)** or any other committee member for more information.

The three Ps

A small group enjoyed a very informative visit round the village sewage works in May. According to Dwr Cymru staff, we have one of the newest 'and one of the best' local treatment works. There have been no failures at the site for more than two years.

In addition to the 10 litres of household wastewater and surface water that flows into the first settlement tank per second, items that do not belong in the sewage system also turn up. T-shirts and rags, nappies and nappy liners, wet wipes, feminine products, cotton buds and cooking fat, etc can clog up the system. The primary treatment removes the coarser materials and suspended solids.



Learning about the magic of rotating biological contactors

A 4000-litre tanker visits the site once a week to take away the sludge which is either turned into 'cake' and burnt for electricity for the grid or compressed and used as organic fertiliser.

Two rotating biological contactors are at the heart of the system, where millions of bacteria provide the secondary treatment of wastewater. But their effectiveness can be compromised by too much bleach.

The main takeaways (not literally!): only put the three Ps down the loo (pee, poo and paper), go steady on the bleach (if at all), and flush the toilet during prolonged dry spells to keep the system flowing!

Thanks to the Dwr Cymru team (Richard, William and Alex) for hosting our visit.

Clare Bishop

Llanpumsaint Allotment Association

It was great to see everyone at the Annual General Meeting last month eagerly looking forward to the growing season ahead. There is a big thanks to Sarah for agreeing to take on the role of Treasurer.

It is with sadness that we said goodbye to Ray this season who has decided to hang up his trowel and wellies giving those green fingers a well earned rest. On behalf of all the growers I would like to say a huge thank you for all your hard work and commitment to the allotment over the years and for all your sage advice. Ray you will be sorely missed but if we need your advice we know where to find you - especially on Thursday evening when you are doing some watering of a different variety.

The weather has been perfect for seed sowing which has been followed by a flurry of activity at the allotment. Every day that goes by sees more and more seedlings appearing in the beds and poly tunnels and it will not be long until the first fruits of people's labours are harvested. If anyone is interested, we still have plots available, big or small. Please get in touch: **Rosie on 07950 411536 or Sarah on 07811 288104.**

Forest Church – Rogation walk

Forest Church this month saw us come together on a Rogation walk. Rogation was traditionally a time when Christians prayed for God's blessing on their crops, land, and farming work. Often prayers over the parish were combined with "Beating the Bounds": a medieval custom, from a time when maps were not readily available, which involved walking the parish boundaries.

More than twenty of us gathered at the church all in sturdy shoes and waterproofs hoping the rain would hold off and that we were not walking the whole of the parish boundary! Not to fear, our walk was a leisurely two miles, and we were all soon removing said waterproofs as the sun shone brightly.



The Rogation walkers

Our route was gentle, taking in some of the many focal points of the village such as the school, a Ukrainian flag, one of the numerous mills, farmland, and a statue of Buddha. We took time to consider and give thanks for our wonderful surroundings, for the land and those who provide for us, how we can move freely and live without fear in our beautiful village, and reflected that if we can be anything we should be kind.

The term "rogation" comes from the Latin word *rogatio*, "to ask" and it is taken from the Gospel reading Luke 11:9, "Ask and it will be given, seek and you will find..." fittingly we ended our walk at the Railway Inn where we all enjoyed a well earned refreshment.

We started our walk with many of us not knowing each other, people of all ages and experiences but soon got to know each other as neighbours and the afternoon was enjoyed by all. Next Forest Church will be on Sunday the 10 July, Sea Sunday, keep an eye out for more details on the Church Facebook page.

Sharon Frewin

Llanpumsaint Bronwydd and Llanllawddog Anglican Church in Wales Churches

Services Every Sunday:

9.30 am Zoom Morning Prayer Contact Rev'd Gaynor for details.
11 am Llanllawddog/ St Celynin Bronwydd
2 pm Llanpumsaint

Tuesdays:

Pop up Café at Llanpumsaint Church 11.30 -2.30
Godly Play starting 7th June 4.30 -5.30, Llanpumsaint Church: a time of stories, craft, play and refreshments for people of all ages - especially suitable for primary school aged children with their parents / carers.

Wednesdays: Zoom Morning prayer 9am contact Rev'd Gaynor for details

Thursdays: DOTs Youth group for young people aged 10 upwards

Follow us on Facebook for up to the minute info on church services and events

<https://www.facebook.com/LlanpumsaintbronwyddandLlanllawddogchurches>

A summer cooking challenge!



Skanda Vale Hospice gardens

A warm thank you to everyone who visited our Car Boot fayre and Open Day at Skanda Vale Hospice, Saron in May. It was a joy to have such a buzz of activity in the hospice grounds again and we're keen to keep that going; it's a beautiful place to be and it is for sharing.

Our next National Garden Open Day is on July 16th from 11-4.30 but we're happy to show people around at other times too. In the meantime, our attention is firmly on the kitchen and our quest for catering volunteers.

With that in mind we'd like to tell you about: **"A taste of hospice cooking!" - July 23rd.**

The day is free of charge and open to aspiring kitchen volunteers who may just be feeling a little too nervous to apply. Attendees will join our hospice chefs for the day and learn how to make a three-course meal for 30 in our hospice kitchen. At lunch you'll have the chance to enjoy the fruits of all your hard work and you'll return home with a big smile.

Places are limited and you will need to book so if you're interested, please contact nicky.gilbert@skandavalehospice.org or leave a clear message and contact details on our answerphone: **01559 371222**

See you in the kitchen!

Nicky Gilbert, Recruitment Lead, Skanda Vale Hospice (Available Monday-Thursday)

West Wales Dowzers

Dowsing is sometimes undertaken 'remotely', that is, at a distance from the place where the hidden element is sought, using a pendulum and a map. Map dowsing is most commonly used to locate missing persons or concealed archaeological artefacts. The dowser holds a pendulum over areas of the map in turn and 'asks' whether the person or object is to be found there, eventually honing-in to the likely spot.

On Sunday 22th May, Grace and Andrew Edgar spoke about the work they did to map dowsing various areas of Cardiff. Members were given a small map area of Cardiff to dowsing for themselves. A large amount of pendulum activity centred over the docks area which was once a heyday for ships coming and going, unloading coal and other products. Sadly, the small map given did not include the Principality Stadium which would surely have sent the pendulums into a spin! For those that are interested in Crime TV dramas, you may have noticed Inspector Grace consulting a map dowser in the hope of finding a missing bridegroom.

Interested in finding out more about dowsing? Meetings are held at 1.45 pm for 2pm start at Bronwydd Hall:

Sunday 26th June: Evie Crystal – Aromatherapy

Sunday 24th July: Author and speaker, Ross Broadstock - Cymroglyphics: A Guide to Reading Egyptian Hieroglyphics Using the Welsh Language. TO BE CONFIRMED*

AUGUST – No meeting.

*Apologies, normally we have our speakers organised a year in advance but due to Covid and Lockdowns plus the rising travel costs etc we are finding it harder to find speakers. If you are aware of anybody who can present a talk on subjects related to dowsing, please feel free to contact me (see below for contact details). However, we can always organise something with the help of our members.

Annual Membership is £15 a year. Entrance is £5 for members and £7 for non-members including a welcome cuppa and biscuits. Prospective members are welcome to attend two meetings before joining.

Please see our Facebook page or website: <http://westwalesdowzers.org.uk> or contact **Sandy** on **01267 253547** or westwalesdowzers@gmail.com

Where Higher Education began in Wales

The bi-centenary of the University of Wales Trinity Saint David commemorates the laying of the foundation stone for St David's College, Lampeter by Bishop Thomas Burgess on 12th August 1822.

From the seeds sown in Lampeter over two centuries ago, the University has continued to serve Wales and has developed into a multi-campus, dual-sector University providing vocationally relevant programmes in partnership with employers.

The campuses in Lampeter, Carmarthen and Swansea together with Birmingham and London and those of Coleg Sir Gar and Coleg Ceredigion are distinctive in their academic offer and character and have evolved to meet the needs of their communities. They provide access to further and higher education for people of all backgrounds, and respond to the economic, social and cultural needs of their regions to make a difference.

In celebrating the University's foundation, the continued evolution of its mission of transforming education and transforming lives is still as valid today as it was 200 years ago.

On 17th June a procession will take place in Carmarthen followed by a grand procession in Lampeter on the 200th anniversary, 12th August 2022. Come and support your local University and celebrate reaching an incredible achievement.

For further details see: www.uwtsd.ac.uk

Clwb Gwili Over 60s

April 25th: From Fleece to Rug: Thank you to Mr Ian Goddard who gave us a fascinating and informative talk with the use of a range of materials. We were all given a selection of samples of various furs and asked to discuss what animal we thought they were from including dog hair!

May 11th: We all thoroughly enjoyed our trip to Tenby whether trawling through the extensive range of shops, visiting the beach or having a convivial snack and drink in the local taverns. Thanks also to

Lletty Cynin in St. Clears for providing such a delicious tea to round off a brilliant day.

May 23rd: RNLI: Thanks to Mr Robert Owen for an interesting 'trip' through the history of the RNLI. One of our members was also invited to don the safety outfit, which proved to be a bit of a struggle because it was too small.

Forthcoming events:

- **June 15th:** Prisoner of War Hospital and Italian Chapel with talk. Cilgerran Wildlife Park, for lunch and talk followed by a meal at the Ffostrasol Arms on the way home
- **June 27th:** Venerable Dorian Davies, Archdeacon of Carmarthen: Flower Demonstration
- **July 25th:** Mr Graham Williams – Therapy Dogs
- **August 17th:** Trip to on the Brecon Mountain Railway and Visitor Centre
- **August 22th:** Mr Peter Hughes-Griffiths – Topic TBC

*For further information call the Secretary: **Val Giles: 01267 281194***

Tractor run

Brian Thomas and Emyr Jones of Cwm Vintage Club organised a Tractor Run on the 2nd of May where 107 vintage, classic and modern tractors made the journey from The Cwm in Abernant, to Llanpumsaint via Cynwyl Elfed and Ffynonhenri. They then went on to Brechfa for lunch, before heading through Horeb, towards Peniel, out to Bronwydd and back to Abernant.

As a club we would like to thank all tractors that took part and to everyone along the route for helping us raise over £6,000 towards two very important charities. The funds raised will be split between Padarn Ward, Glanwgili Hospital and Morriston Hospital Intensive Care Unit.

Thankyou very much to everybody involved.

Ceris Thomas



Tractor run (Ceris Thomas)

Neuadd Goffa Llanpumsaint and Ffynnonhenri Memorial Hall

Bookings:

To book the Hall, please contact Ann by email llanpumsainthallbooking@gmail.com, or by phoning **01267 253028**, and leaving a message.

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 **Catrin Eldred on 07772235243**.

Upcoming Events: Robbie Williams Tribute Night 22nd October.

Village Memorial Hall: Hiring Charges

(all rates per hour unless noted otherwise)

Main Hall Weekdays £8

Fridays & Weekends £10

Main Hall & Kitchen Weekdays £10

Fridays & Weekends £12

Either Meeting Room Any day £5

Either Meeting Room & Kitchen Any day £7

Funerals with Kitchen & Crockery Any day £40 standard charge

Additional facilities: Sound and light system, projector and screen, electric piano, stage and crockery are an £10 each per booking. The technical equipment will only be available for large events.

Ffynnonhenri Chapel

Details of services for the months of June and July 2022

June 26th, 2022: United Communion Service at 2.00 pm at Ffynnonhenri Chapel, Rev Huw George

July 17th, 2022: Service at 2.00 pm. Further details to follow.

For further information, contact Danny Davies, Treasurer (01267 253418) or Gwyn Nicholas, Secretary (01267 253686)

Llanpumsaint and District Choir

The rehearsals have now re-commenced for several months and all the members are now looking forward eagerly at performing in a Ceremony at the National Eisteddfod in Tregaron in August.

There are several bookings from September onwards and it does look as if the Autumn term will be very busy.

As with other Choirs we are looking for new members in every voice therefore if you are interested please contact Gwyn Nicholas on 01267 253686 or any choir members. You will be very welcome.

Cylch Meithrin Bronwydd

Before Easter, an Egg Hunt was held in the Town Park. It was an opportunity to say good-bye and good luck to six children who were leaving to attend primary school. It was also the end of an era with some of the families having been part of the Cylch for ten years.

We returned to the Cylch on 25 April for the first term of the Summer. It is wonderful to see the present group developing their communication skills and gaining confidence.

This term we are re-arranging the areas of the room in order to prepare the Cylch for the new Curriculum for Wales which starts in September.

The Curriculum emphasises five developmental pathways which are: belonging; communication; discovering; physical; wellbeing.

We will be ensuring that we have a varied provision for the children that serves their interests as well as supporting learning. This term the children have enjoyed planting sunflowers and have been learning about what is needed for plants to grow.

We are open during term time from Tuesdays to Fridays from 9:15 - 12.00. There are spaces available now for 2-3 year olds.

There is also Ti a Fi (Toddler group) during term time on Fridays, 10-12. Parents and small children welcome.

Contact: **Verona (Leader) 07929 431652** cylchmeithrinbronwydd@gmail.com



Sunflowers and carrots
(Cylch Meithrin Bronwydd)

Scam warning

In these ever changing times, including rocketing energy prices, there's always someone out there trying to steal your cash.

This is a new Scam. For those who have not seen it - be aware. There is a fake email purporting to be from the energy watchdog Ofgem. The email claims that you are eligible for a rebate and includes a link to claim cash back. This will take you to a website which will steal your details. As I have previously said, large organisations such as Ofgem will never ask you to share personal information about yourself.

(Original information was from the Daily Mail, Sally Hamilton column on 25 May 2022)

Your PC and other communicating issues friend.

Dave

Some background to the Railway Inn (Hotel)

Now that the Railway Inn has re-opened to the relief of all it seems appropriate to record some of its varied and contrasting past. It all began when Thomas Evans, that long serving astute Station Master at Llanpumsaint, decided he could benefit from building a hotel nearby. Upon its completion came the first of many twists, when the Great Western Railway Company objected to him selling beer, despite having presented Evans with a 30 year long service medal. So our shrewd Station Master put his daughter in charge, but she hated the job. Next he built a Post Office next door which proved highly profitable over time. It remained in the same family hands into the 21st century.

The pub was sold to Buckleys Brewery. Hannah Jones from Ceredigion came to take charge, followed by Mary Thomas when the First World War came. By the Second World War a colourful brother and sister team had arrived. Kate not only served beer but was also Llanpumsaints Church Organist, at the very time when many chapels preached abstinence and raved about the evils of drink. Her brother John worked with his faithful mare Polly, pulling a cart alone up to the weigh bridge each day, before embarking on coal deliveries both far and wide from the Station Yard. When, in 1945, the new Vicar heard that there had been a death in the Railway he hastened up to commiserate, to be mightily relieved that his organist was safe and it was Polly who had passed away.

Trade was quiet as only the monied farmer, dodging the religious critics, could afford to drink. Nevertheless, expert poachers, like Sam Glanyrafon and Emrys the Co-op driver, always had a spare bob or two. Then the sixties revolution witnessed youngsters, with money in their pockets, whizzing around in borrowed family cars bound for local pubs. Darts became popular and drew in customers, making the local pub an even more popular social centre. Arriving in 1978 Glyn and Mary Rees saw it grow ever more and their sons Twm and Hedydd continue as customers to this day.

Gwilym arrived to exhibit an extraordinary talent for enticing customers into very big rounds and keeping them there for countless hours, as Bob Jameson and Jack Pantglas called the shots. Eagle-eyed Gwilym's favoured remark from behind the bar was "Anybody else nearly empty?!" It was an era full of colourful characters. As afternoons wore on farmer Gwyn Deri, Emrys the petrol pumps and David John the milk, sorted out all the world's problems and evenings were always enlightened by the mischievous Handel, Darts maestro Gwilym and the Dai Twm gossip. Those were the days of seriously big sessions!

The 21st century witnessed another shift in direction when Mike and Jane arrived to launch gourmet food and develop a social area to enjoy outside. Customers came from afar to sample those tasty menus as did the local Lunch Club and numerous nearby organisations. Following a brief Covid restricted stay by Liz and Wayne, the local now embarks on a new journey

Arwyn 2022.

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Gwyrdd Enterprises Property Maintenance - Household Repairs Patio Cleaning - Drain unblocking Carpet, Rug and Upholstery Cleaning Car Battery Diagnosis, Jumpstarting & Replacement. TV and computer Set Up If you can't see what you need just ask Contact Jon 07943 948173 <u>Based in Llanpumsaint</u> Gwyrddenterprises@gmail.com	 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
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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.

Contact Carolyn Smethurst 01267 253308 or email info@llanpumsaint.org.uk

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CYMUNED LLANPUMSAINT COMMUNITY

yn cyflwyno / presents

ras hwyald
duck race

Gwisgo Lan
Fancy Dress

to start with the letter
i ddechrau gyda'r llythyren

A

ELW TUAG AT EGLWYSYSGOL, PARC A NEUADD LLANPUMSAINT
PROCEEDS TOWARDS LLANPUMSAINT SCHOOL, CHURCH, PARK AND HALL

DIWRNOD HWYL

.....

FAMILY FUN DAY

1-5YP : DYDD SADWRN MEHEFIN 25AIN

1-5PM : SATURDAY JUNE 25TH

BWYD/FOOD HWYL/FUN GEMAU/GAMES A LLAWER MWY/& MUCH MORE

am ragor o wybodaeth ynglyn ar diwrnod cysylltwch a
parcllanpumpark@gmail.com for further information about the day

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meet

Llanpumsaint 100 Club 2022/23 - Members

Clwb 100 Llanpumsaint 2022/23 - Aelodau

Number Rhif	Name Enw
001	John Richards
002	Lewis Richards
003	Eirlys Lloyd
004	Bob Jameson
005	Matthew Jameson
006	Mo Jameson
007	Sarah Moore
008	Rosie Frewin
009	Sharon Frewin
010	Valerie Langham
011	Becky Icke
012	Dave Icke
013	Bowls Club
014	Becka Dufty
015	Andy & Lisa Williams
016	Beth Thomas
017	Lesley Hargreaves
018	Megan Eldred
019	Rhys Eldred
020	Dafydd Jones
021	Delyth Brown
022	Will Fitzsimon
023	Rhianydd Jones-Evans
024	Alun Stedman
025	Maria Stedman
026	Brian Smethurst
027	Carolyn Smethurst
028	Ann Wyke
029	Dafydd Charles
030	Delyth Charles

Number Rhif	Name Enw
031	Barbara Glossop
032	Margaret Brown
033	Jill Edwards
034	Ann Jones
035	Pamela Jones
036	Dewi Jones
037	Emma Clift
038	Lisa Clift
039	Dewi & Luned Davies
040	Ray Davies (Delfryn)
041	Lyn Henstredge
042	Nick Henstredge
043	Marged Davies
044	Grant Davies
045	Nivina Davies
046	Danny Davies
047	Diane Lee
048	Peter Lee
049	Arwel Nicholas
050	Elsie Jones
051	Dave Robinson
052	Vi Robinson
053	Derick Lock
054	Valerie Lock
055	John Francis
056	Heledd Jones
057	Mathew Jones
058	Becki Harris
059	Kevin Mably
060	Dorrien & Mair Thomas

Number Rhif	Name Enw
061	Lyn & Neris Thomas
062	Sandy Mather
063	Llew Thomas
064	Dylan Jones
065	Meinir Jones
066	Rhodri Jones
067	Irene Davies
068	Roz Evans
069	Marlene Wareham
070	Gordon & Barbra Cable
071	Dexter Penfold
072	Ollie Penfold
073	Dave Hume
074	Dee Tozer
075	Keith Tozer
076	Huw Williams
077	Kathy Williams
078	Jonny Evans
079	Lyn Evans
080	Paul & Juliet
081	Ray Davies (Brackla)
082	Shirley Davies
083	Gary & Tanya
084	Brian Taplin
085	Janet Taplin
086	Jean Andrews
087	John & Carolyn Atkinson
088	Gwyneth Ayers
089	Ian Ayers
090	Cath Vimpany

Number Rhif	Name Enw
091	Donna Thomas
092	Eirian Powell
093	Sandra Powell
094	Lee Davies
095	Eirian Williams
096	Bryan Davies
097	Sally James
098	Stuart James
099	Diane Thomas
100	Dewi & Luned Davies
101	Dewi & Gwen Thomas
102	Wayne Goman
103	Aaron Jones
104	Lisa Jones
105	Hazel Thomas
106	Darrell & Sara Ward
107	Becky Duffty
108	Helen Duffty
109	Helen Hastings
110	Anji Henderson
111	Clare Bishop
112	Colin Griffiths
113	Carolyn Griffiths

If you would like to join,
it's not too late, please e-mail:
llanpumsaint100club@gmail.com

Os hoffch ymuno, nid yw'n rhy hwyr,
anfonwch e-bost at:
llanpumsaint100club@gmail.com



Llais y Llan Mehefin 2022

Copi dyddiad ar gyfer rhifyn nesaf 26 mis Gorffennaf 2022

CRONFA GYMUNEDOL FFERM WYNT
COEDWIG GORLLEWIN BRECHFA

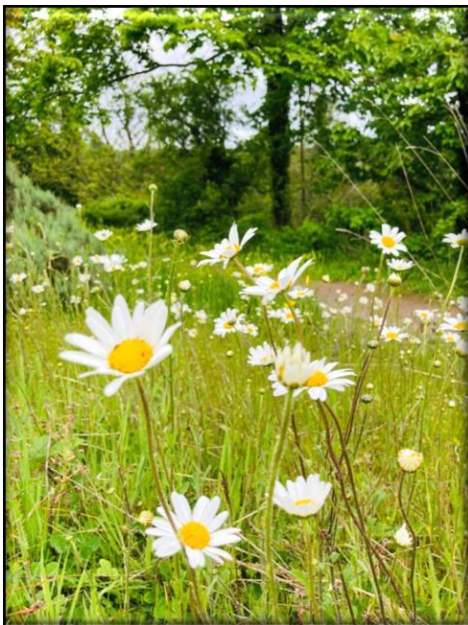


BRECHFA FOREST WEST WIND FARM
COMMUNITY FUND

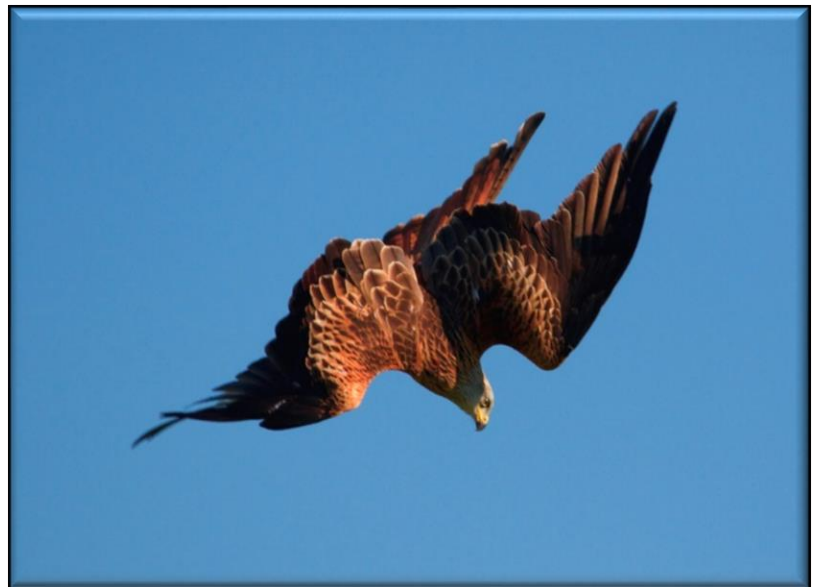
Cyhoeddwyd gan Llanpumsaint Cyfnewid Gwybodaeth Gymunedol

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

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



Rhagoriaeth gadael y gwair dyfu
(Marlene Wareham)



Y barcud coch yn bwydo
(Ray Davies)



Amser gadael cartref
(Sally James)



Cynnwrf yr etholiad
(Marlene Wareham)

Cyngor Cymuned Llanpumsaint

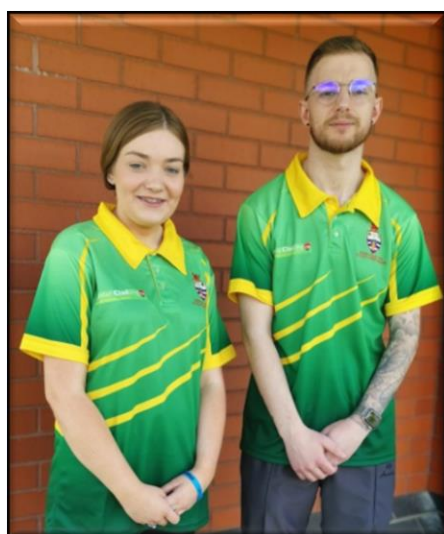
Newyddion da. Etholwyd y canlynol i'n cynrychioli ar y Cyngor am y bum mlynedd nesaf - kumi Ariyadasa, Clare Bishop, Dylan Jones, Derick Lock ac Ann Petitt. Cynhelir cyfarfod cyffredinol yn y Neuadd Goffa ar nos Fercher 8fed o Fehefin am wyth o'r gloch gyda chroeso i bawb sydd â diddordeb.

Digwyddiadau

Gorffennaf 16eg 2022 Bore Coffi a stondinau yn y Neuadd Goffi am 10 o'r gloch hyd ddeuddeg. Yr elw tuag at Eisteddfod yr Urdd yn Sir Gar 2023.

Digwyddiadau i ddod: Robbie Williams Noson Tribute yn 22 mis Hydref.

Bowlio Dan-do Llanpumsaint a Nebo



Daeth y tymor i ben ag hamdden haelionus i'n haelodau. Bu'n wyth mis eithaf heriol oherwydd cyfyngiadau newidiol y Firws, ond fe fwynhawyd y bowlio unwaith eto wedi wyth mis o segurdod. Canlyniadau cymysg a gafwyd i'n gadael gyda 4 buddugoliaeth, un yn gyfartal a cholli tair. Rhaid llongyfarch ein capten Aled Edwards a Catrin Williams am gynrychioli Sir Gar mewn cystadleuaeth ag Abertawe, Trefaldwyn, Ceredigion a Sir Benfro.

Bydd y Clwb yn cyfarfod i ymarfer bob nos Lun a Nos Iau yn y Neuadd o 7.30 yh tan 9.30, tan ddiwedd Ebrill. Mae yna groeso i bob chwaraewr newydd o 16 oed hyd 99, ac mae yna

hyfforddwyr trwyddedig wrth law i'ch cymorth a'ch ysbrydoli. Ceir mwy o wybodaeth drwy ffonio Derick Lock ar 253524 neu ein Hysgrifenyddes Jill Edwards ar 253474.

Gwyn Nickolas yw enillydd Tlws Cofiant Syr T H Parry Williams eleni

Mae hyn mewn cydnabyddiaeth o'i waith gwirfoddol "wedi ysbrydoli cenedlaethau o ieuenctid yn ei filltir sgwâr am dros hanner canrif a mwy". Dyfarnir y wobr yn flynyddol i unigolyn sydd wedi gwneud cyfraniad sylweddol yn eu hardal gyda phwyslais arbennig a'r ieuenctid.

Dywed yr Eisteddfod i waith a chyfraniad Gwyn " .. ddylanwadu ar genedlaethau o ieuenctid lleol" wrth iddo " eu cymorth gyda gwaith damcaniaeth cerddorol, eu dysgu i chwarae piano a chanu". Cefnogodd Gwyn ganuoedd ohonynt dros y blynyddoedd gan gynnwys ysbrydoli corau Ysgol Bro Myrddin, hyfforddi'r Ffermwyr Ifainc cyn cystadlu a rhoi help llaw gyson i Ysgol Llanpumsaint. Ar hyn o bryd mae'n diwtor dysgwyr hyn gyda'r Gymraeg dan adain Coleg Aberystwyth.

Ymuna Llais y Llan a phawb arall i estyn llongyfarchiadau gan ddymuno'r gorau oll iddo wrth dderbyn y wobr yn Eisteddfod Tregaron eleni.

Alison Sharpe

Her Coginio'r Haf

Diolch yn fawr i bawb wnaeth ein Ffair Gefn Car a'r Dydd Agored yng Nghlafdy Skanda Vale Saron ym mis Mai. Bu'n wefr cael shwd gynnwrf yng ngherddi'r lle unwaith eto, ac rydym yn awyddus i gynnal y brwdfrydedd mewn safle mor odidog i rannu/r profiad gydag eraill. Cynhelir ein Dydd Agored Cenedlaethol nesaf ar Orffennaf 16eg o 11.00 y bore hyd 4.30 yp, ond rydym yn barod i



Gerddi Skanda Vale

dywys pobl o gwmpas ar adegau eraill. Yn y cyfamser mae ein sylw pennaf tuag at y Gegin, gyda'r ymgyrch am wirfoddolwyr i goginio yno. Felly dyma gyfle i son am "Blas Coginio'r Clafdy" - Gorffennaf 23ain.

Diwrnod rhad ac am ddim i rai sy'n awyddus ond ychydig yn ofnus i roi cais i mewn yw hwn. Dyma gyfle i ymuno gyda chogwyr y Clafdy am y dydd i ddysgu paratoi prydiau tri chwrs i ryw 30 fwyta. Amser cinio gallwch fwynhâi ffrwyth eich llafur ac yna dychwelid adre'n hapus. Cyfyng yw'r cyfleoedd felly rhaid bwcio ymlaen llaw - nicky.gilbert@skandavalehispace.org, neu gadewch neges eglur ar **y ffon gyswllt 01559 371222 Welwn ni chi yn y gegin!** Nicky Gilbert Arweinydd Recriwtio – Clafdy Skanda Vale (Ar gael Llun i Iau)

Curad Calon Llanpumsaint - Safleoedd y peiriannau Adfywio

- Tu fas y Neuadd Goffa sa336bz
- Tu fas Tafarn y Railwe sa336bu
- Ar y wal tu fas fferm Henfryn Ffynnonhenri sa336ld
- Tu fas Festri Capel Nebo sa336hn

Cofrestrir y 4 ar y rhwydwaith cenedlaethol sydd ar restr y Gwasanaeth Ambiwlans pe bae galw'n dod. Felly gwnewch yn siŵr eich bod yn ymwybodol o le mae'r un agosaf atoch pe bo angen. Nid oes angen cod i'w ddefnyddio a bydd y Gwasanaeth Ambiwlans ar gael i gynghori dros y ffon.

Nid oes angen cwrs hyfforddi oherwydd bydd y peiriant yn gallu eich siarad drwy'r holl broses. Gallwch ymweld a Lifesaver (lifesaver.org.uk) er mwyn bwydo'ch hyder a chael cyngor rhad.

Rhybydd Scam

Yn yr awyrgylch ansicr yma gyda phrisiau ynni'n codi'n sylweddol mae 'na wastad rhywun mas na am eich twyllo. Cadwch eich llygaid yn agored am y scam newydd yma.

Daw E-bost ffug yn honedig o Ofgem, yn honni fod yna ad-daliad yn dod i chi gan gynnwys cyswllt i gael eich arian yn ôl. Aiff hwn a chi i safle fydd am ddwyn eich manylion. Peidiwch gysylltu oherwydd ni fyddai cwmnïau mawr fel Ofgem fyth yn gofyn am eich manylion personol.

Dave

Pwyllgor Lles ac Adloniant Llanpumsaint (Y Cae Chwarae)

Cynhaliwyd cyfarfod cyffredinol blynyddol y Pwyllgor uchod ar Nos Lun y 25ain o Ebrill am wyth o'r gloch yn y Neuadd. Diolch i bawb am ddod ac mi 'roedd yn bleser i weld cymaint nad oeddent yn aelodau'r Pwyllgor yno. Etholwyd y canlynol - Cadeirydd Aaron Jones - Is-gadeirydd Sarah Moore - Trysorydd Heledd Jones - Ysgrifennydd Kevin Mably.

Bydd y gwaith o adnewyddu ac ailosod cyfarpar chwarae yn y Cae yn cychwyn yn fuan, diolch i Gronfa Elusennol Fferm Wynt Brechfa. Golyga hyn fydd yna rannau ar gau ar adegau wrth i'r gwaith fynd ymlaen. Diolchwn ymlaen llaw am eich amynedd bryd hynny. Bydd y maes peldroed a'r cwrt tenis yn dal ar agor gydol yr amser. Felly cadwch lygad ar dudalen Facebook Llanpumsaint am y newyddion diweddaraf.

Fel arfer Mae'r Pwyllgor yn croesawu gwirfoddolwyr i roi help llaw gyda chynnal a chadw a chodi arian. Os am gysylltu yna gwnewch drwy Ebost parcllanpumsaint park@ gmail.com neu siaradwch ag Aaron Jones 07814157946 neu unrhyw aelod o'r Pwyllgor.

Cór Llanpumsaint a'r Cylch

Mae'r ymarferion yn awr wedi ail ddechrau ers sawl mis bellach a mae'r aelodau yn awr yn edrych ymlaen yn eiddgar at berfformio mewn Seremoni yn yr Eisteddfod Genedlaethol yn Nhregaron ym mis Awst.

Mae llawer o bethau ar y gweill o fis Medi ymlaen felly mae'n edrych bod tymor yr Hydref yn mynd i fod yn brysur iawn.

Fel pob Cór arall yr ydym yn chwilio am aelodau newydd ymhob llais felly os oes diddordeb gennych cysylltwch a Gwyn Nicholas ar 01267 253686 neu unrhyw aelod o'r Cór. Gallaf eich sicrhau y cewch chi groeso cynnes

Clwb Cant Llanpumsaint

Llongyfarchiadau i enillwyr Mawrth, Ebrill a Mai - byddwn mewn cysylltiad yn fuan -

Mawrth

1af £20: Hazel Thomas (rhif 105)

Ail £15: Megan Eldred (rhif 18)

3dd £10: Ann Jones (rhif 34)

Ebrill

1af £20: Dee Tozer (rhif 74)

Ail £15: Elsie Jones (rhif 50)

3dd £10: Roz Evans (rhif 68)

Mai

1af £20: Cath Vimpany (rhif 90)

Ail £15: Becka Duffy (rhif 14)

3dd £10: Gwyneth Ayers (rhif 88)

Gellir ymuno a'r Clwb Cant o hyd a chael eich cynnwys yng ngweddill y rhaglen. £12 am ymuno a'r tynnu misol gyda gwobrau ychwanegol adeg y Nadolig. Cysylltwch ag aelodau'r Pwyllgor os am wneud.

Cymdeithas Rhandir Llanpumsaint

Braf fu gweld pawb yn y cyfarfod cyffredinol blynyddol mis diwetha' yn edrych ymlaen yn awchus at y tymor tyfiant. Diolch yn fawr i Sarah am gymerid at y swydd Trysorydd. Trist fu ffarwelio a Ray eleni wrth iddo roi'r twls wrth y bar, gan roi hamdden i'r bysedd gwyrdd yna. Ar ran ein holl aelodau hoffwn ddiolch iddo am ei holl waith caled a'i ymrwymiad i'r Rhandir dros y blynyddoedd a hefyd yr holl gyngor call. Ray, mi welwn eich eisiau ond os fydd angen cyngor arnom gwyddom ble i ddod ar Nos Iau pan fyddwch yn gwlychu'r big gerllaw.

Bu'r tywydd yn berffaith i hau hadau wnaeth ysgogi tipyn o fynd a dod yn y Rhandir. Ddydd a r ôl dydd gwelwn yr hadau'n blaguro tu fas neu dan y twneli, a chyn hir daw'r ffrwyth i'w fedi. Mae gennym rhai lleiniau yn wag, mawr a bach, os oes yna rywun yn awyddus. Cysylltwch â **Rosie ar 07950411536 neu Sarah ar 07811288104.**

Y tair llythyren - PCP



Cafodd nifer fach y profiad o ymweld â safle carthffosiaeth y pentref ym mis Mai. Yn ôl Dŵr Cymru mae gennym y gwasanaeth gorau cyfoes o drafod carthffosiaeth. Ni fu yna unrhyw fethiant yno adeg y ddwy flynedd olaf yma.

Ar wahân i'r deg litr o wastraff tŷ a dŵr o'r wyneb sy'n cyrraedd y tanc cyntaf bob eiliad gall pethau eraill gyrraedd hefyd. Daw crysau T, cewynnau, papur glanhau, cotwm a llawer o fraster, i dagu'r gwasanaeth.

Bydd y broses gyntaf yn gwaredu'r mwyaf a'r gwastraff anodd. Bob wythnos daw tancer 4 mil litr i'r safle i gasglu'r holl fudreddi, i'w droi yn gacen, a honno i'w llosgi i gynhyrchu trydan neu ei defnyddio fel gwrtaith. Mae yna ddau gontractwr sy'n cylchdroi ynghlwm a'r gwasanaeth, a bydd miliynau o facteria wrthi'n glanhau'r dŵr gweddill. Ond gall gormod o can yn gallu amhari ar eu heffeithiolrwydd.. Felly yn y tŷ bach, pisho, caca a phapur yn unig ddylai fynd lawr, a tholiwch ar y can. Adeg cyfnodau sych cadwch y dŵr i fynd er mwyn helpi bethau Diolch i Richard William ac Alex o Ddŵr Cymru am ein gwaho

Clare Bishop

Eglwys y Goedwig - Gweddio a Cherdded

Daeth Eglwys y Goedwig ynghyd y mis yma i Weddio a Cherdded. Yn wreiddiol dyma pryd deuai Cristionogion ynghyd i ofyn am fendith i'w cnydau a'r holl waith fferm. Wedi gorffen gweddio deuai'r plwyf ynghyd i gyd-gerdded eu tiroedd, gorchwyl pwysig mewn cyfnod pan nad oedd yna fapiau tiroedd ar gael.

Gwnaeth rhyw ugain ohonom gyfarfod yn yr Eglwys, pawb mewn sgidiau cadarn a dillad glaw ond yn gobeithio am dywydd sych. Rhyw ddwy filltir o

daith oedd hi a daeth yr haul mas i'n cyfarch. Yn hamddenol gwnaethom sylwi ar faner Wcrein yn yr Ysgol, y felin wlân, ffermydd a cherflun Budha. Cymeron amser i ddiolch am ein hamgylchfyd godidog a phawb sy'n cyfrannu at ein lles, ein rhyddid i fyw a symud fel y mynnwn yn ein pentref prydferth, a sut y dylwn fod yn garedig bob amser.

Daw'r gair Rogation o'r Lladin, a'i ystyr yw gofyn yn dod o Efengyl Luc 11-9 "Gofyn ac fe'i rhoir, ymofyn ac fe'i chanfod". Terfyn y daith fu Tafarn y Railwe lle torrwyd ein syched. Wrth gychwyn 'roedd nifer ohonom yn ddiarth i'n gilydd, pobl o bob oed a phrofiad, ond buan iawn daethom yn gymdogion wrth i bawb fwynhau'r prynhawn.

Cynhelir yr Eglwys Goedwig nesaf ar y 10 fed o Orffennaf. Daw gwybodaeth bellach ar safle'r Eglwys ar Facebook.

Sharon Frewin



Y Daith Weddi

Treialon Cwn Defaid Llwynbedw Llanpumsaint

Ar benwythnos olaf Mis Mai ymgasglodd dros gant o gystadleuwyr i geisio rheoli a llywio pac o ddefaid ar hyd cwrs heriol Llwynbedw. Ar benwythnos heulog daeth cystadleuwyr mor bell a'r Almaen a Lloegr yma ynghyd a'r mwyafrif o Gymru. Cawsom gefnogaeth frwd ac 'roedd yn bleser gweld cymaint o'r ardal yma'n mwynhau'r cystadlu, y golygfeydd a'r lluniaeth.

Ymgyrch godi arian oedd hwn wnaeth gasglu £750 o elw'r gystadleuaeth a 'r bwyd.

Rhoddwyd £450 i Elusen Cancr Tenovus, gyda'r £300 weddill yn mynd at Dreialon Cwn Cenedlaethol Cymru fydd yn cael ei chynnal yn Hayscastle Sir Benfro rhwng y 25ain a'r 27ain o Awst eleni.



Ara' deg amdani! (Marlene Wareham)

Clwb Gwili Chwedeg

Ebrill 25: O'r Gwlân i'r Carped . Diolch i Ian Goddard am ddarlith mor addysgiadol a diddorol gan ddefnyddio deunydd amrywiol. Cawsom i gyd ddarnau o ffwr gyda'r her o adnabod o ble y daethant, gan gynnwys blew ci.

Mai 11eg: Mwynhawyd ein taith i Ddinbych-y-pysgod wrth ymlwybro drwy nifer o siopau, ymweld â'r traeth a'r ymborth yn y tafarnau lleol. Diolch i Lety Cynin yn Sanclêr am De mor flasus i ddiweddu'r diwrnod.

Mai 23ain: RNLI. Diolch i Robert Owen am ein tywys drwy hanes yr RNLI. Gwahoddwyd un o'n haelodau i wisgo'r dillad diogelwch, ond anodd fu hi oherwydd ei bod yn rhy fach.
Rhaglen y Dyfodol –

Mehefin 15fed: Ymweld ag Ysbyty a chapel Eidalaidd y carcharorion rhyfel. Cinio ym Mharc Bywyd Gwylt Cilgerran ac yna bwyd yn y Ffostrasol Arms ar y ffordd 'nol.

Mehefin 27ain: Hybarch Dorian Davies Archddiacon Caerfyrddin- Arddangosfa Flodau

Gorffennaf 25ain: Graham Williams – Therapi Cwn

Awst 17eg: Taith ar Reilffordd Fynyddig Brycheiniog ac i'r Ganolfan Ymwelwyr

Awst 27ain: Peter Huws Griffiths – Pwnc yw drefnu.

Daw gwybodaeth bellach wrth yr ysgrifenyddes **Val Giles 01267 281194**

Man geni Addysg Uwch yng Nhymru

Mae dau canmlwyddiant Prifysgol Cymru y Drindod Dewi Sant yn nodi gosod y garreg sylfaen ar gyfer Coleg Dewi Sant, Llanbedr Pont Steffan gan Yr Esgob Thomas Burgess ar y 12ed o Awst 1822.

O'r hadau a heuwyd yn Llambled dros dwy ganrif yn ol, mae'r Brifysgol wedi parhau i wasanaethu Cymru ac wedi tyfu i fod yn Brifysgol aml-gampws, sector deuol sy'n darparu rhaglenni galwedigaethol berthnasol mewn partneriaeth a chyflogwyr.

Mae'r campysau yn Llambled, Caerfyrddin ag Abertawe gyda'r rhai yn Birmingham a Llundain ac hefyd Coleg Sir Gar a Choleg Ceredigion yn nodedig yn eu cynnig a'u cymeriad academiaidd ac wedi esblygu i ddiwallu anghenion eu cymunedau. Maent yn darparu mynediad i addysg bellach ac uwch i bobl o bob cefndir ac yn ymateb i anghenion economaidd, cymdeithasol a diwylliannol eu rhanbarthau er mwyn gwneud gwahaniaeth.

Wrth ddathlu sylfaen y Brifysgol, mae ei hesblygiad a'i chenhadaeth barhaus o drawsnewid addysg a thrawsnewid bywydau mor berthnasol heddiw ac yr oedd 200 mlynedd yn ol.

Fe fydd gorymdaith i ddathlu yng Nghaerfyrddin ar y 17eg o Fehefin ac hefyd yn Llambled ar diwrnod dathlu'r 200 mlynedd, sef y 12ed o Awst 2022. Dewch i gefnogi eich Prifysgol lleol wrth iddi ddathlu cyrhaeddiad carreg filltir holl bwysig yn ei hanes.

Am rhagor o fanylion gweler www.uwtsd.ac.uk

Dewinwyr Gorllewin Cymru

Weithiau bydd Dewinio yn digwydd pellter oddi wrth le chwilir am yr elfen guddiedig gan ddefnyddio pendil a map. Dyma beth ddefnyddir i geisio canfod unigolion sydd ar goll neu olion archeolegol. Bydd y dewiniwr yn dal y pendil wrth ben ardaloedd y map, gan ofyn bob tro a yw'r person colledig neu'r crair yno, gan obeithio cyrraedd y man cywir.

Ar ddydd Sul 22ain o Fai siaradodd Grace ac Andrew Edgar sut wnaethant ddewinio gwahanol ardaloedd o Gaerdydd. Rhoddwyd map bychan i bob aelod gael ymarfer. Gwelwyd llawer o gynnwrf pendil yn ardal y dociau fu unwaith yn brysur wrth i'r llongau fasnachu glo a llawer o gynnyrch arall. Yn anffodus nid oedd y map bychan yn cynnwys Stadiwm y Mileniwm, fyddai siŵr o fod wedi creu cryn gynnwrf. I'r rhai sydd yn diddori mewn dramâu troseddol, efallai i chi weld yr arolygwr Grace yn defnyddio map deninio er mwyn canfod priodfab colledig. Os ydych am ddysgu mwy am Ddewinio dewch i'n cyfarfodydd y Neuadd Bronwydd – cwrdd am 1.45 yp i ddechrau am 2 o'r gloch.

Sul 26ain Mehefin - Aromatherapi

Sul 24ain Gorffennaf - Awdur a siaradwr - Rose Broadstock - Cymrogliffics; Arweiniad at ddarllen Hieroglifficau'r Eifftwyr drwy gyfrwng y Gymraeg Cyfarfod yw gadarnhau

Awst - Dim cyfarfod

Ymddiheuriad! Fel arfer trefnir ein siaradwyr flwyddyn ymlaen llaw, ond oherwydd Covid, y cyfnod cloi a chostau teithio, anoddach yw hi ddod o hyd i siaradwyr. Felly os gwyddoch am rywun allai siarad ar bwnc perthnasol i ddewinio cysylltwch â mi (manylion isod) . Gallwn drefnu rhywbeth gyda chymorth ein haelodau.

£15 am ymaelodi am flwyddyn ond £5 y cyfarfod wedi hynny, ac fe fydd yna gwpaned a bisgedi i'r fargen. £7 y tro os nad ydych yn aelod a hynny am ddau gyfarfod. 'Does dim angen cyfarpar jyst trowch lan. Efallai bydd gwisgo mwgwd a chadw pellter yn ofynnol o hyd os nad oes cyflwr meddygol yn eich eithrio. Gwyliwch ein gwefan -

<<http://westwalesdowsers.org.uk>> neu ffoniwch **Sandy 01267 253547**

Capel Ffynnonhenri

Dyma fanylion y gwasanaethau am fisoedd Mehefin a Gorffennaf 2022

Mehefin 26 2022

Cymundeb Undebol am 2.00y.p. yn Ffynnonhenri, Parch Huw George

Gorffennaf 17 2022

Gwasanaeth am 2.00y.p. Manylion pellach i ddilyn

Os am fanylion pellach cysylltwch a Danny Davies Trysorydd ar 01267 2534418, neu Gwyn Nicholas Ysgrifennydd ar 01267 253686

Neuadd Goffa Llanpumsaint and Ffynnonhenri Memorial Hall

Llogi'r Neuadd: Er mwyn llogi'r Neuadd a wnewch chi gysylltu ag Ann trwy e-bost llanpumsainthallbooking@gmail.com neu ar 01267 253028 a gadael neges iddi.

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 archebu cysylltwch â **Catrin Eldred ar 07772235243**.

Digwyddiadau i ddod: *Robbie Williams Noson Tribute yn 22 mis Hydref.*

Village Memorial Hall: Hiring Charges

(all rates per hour unless noted otherwise)

Main Hall Weekdays £8

Fridays & Weekends £10

Main Hall & Kitchen Weekdays £10

Fridays & Weekends £12

Either Meeting Room Any day £5

Either Meeting Room & Kitchen Any day £7

Funerals with Kitchen & Crockery Any day £40 standard charge

Additional facilities: Sound and light system, projector and screen, electric piano, stage and crockery are an £10 each per booking. The technical equipment will only be available for large events.

Daith Dractorau

Trefnodd Brian Thomas ac Emyr Jones, sy'n aelodau yng Nghlwb Hen Dractorau'r Cwm Daith Dractorau ar yr 2il o Fai a welodd 107 dractor, a oedd yn gymysgedd o hen dractorau, dractorau clasuron a thractorau modern, yn ymgymryd ar siwrnai o'r Cwm yn Abernant, tuag at Lanpumsaint, trwy Cynwyl Elfed a Ffynnonhenri. Aethant ymlaen yna i Frechfa am ginio, cyn teithio trwy Horeb, tuag at Peniel, trwy Bronwydd ac yna yn ôl i Abernant. Fel clwb, hoffem ddiolch i bob tractor wnaeth gymryd rhan ac i bawb ar hyd y siwrnai am ein helpu i godi dros £6,000 tuag at ddwy elusen bwysig iawn. Mae'r arian a godwyd yn cael ei rhannu rhwng Ward Padarn, Ysbyty Glangwili ac Uned Gofal Dwys, Ysbyty Morriston. Diolch yn fawr i bawb oedd yn rhan o'r daith.

Ceris Thomas



Cylch Meithrin Bronwydd



Blodau'r haul a moron (Cylch Meithrin Bronwydd)

Cyn y Pasg, cynhaliwyd Helfa Wyau ym Mharc y Dref. Roedd yn gyfle i ddweud hwyl fawr a phob lwc i 6 o blant a oedd yn ein gadael i fynychu'r ysgol gynradd. Roedd yn ddiwedd cyfnod gyda rhai o'r teuluoedd wedi bod yn rhan o'r Cylch ers deng mlynedd.

Dychwelon i'r Cylch ar y 25ain o Ebrill ar gyfer tymor cyntaf yr Haf. Braf yw gweld ein grwp bach presennol yn datblygu eu sgiliau cyfathrebu a magu hyder.

Y tymor hwn rydym yn ail-drefnu ardaloedd yr ystafell er mwyn paratoi y Cylch ar gyfer y Cwricwlwm newydd i Gymru sydd i ddechrau ym mis Medi. Mae'r Cwricwlwm yn pwysleisio ar bump llwybr datblygu sef- Perthyn; Cyfathrebu; Archwilio; Datblygiad Corfforol; Lles. Byddwn yn ceisio sicrhau bod darpariaeth amrywiol gyda ni ar gyfer y plant sydd yn bodloni eu diddordebau yn ogystal â chefnogi'r dysgu. Y tymor hwn mae'r plant wedi mwynhau plannu blodau haul a dysgu am yr hyn sydd angen i blanhigion i dyfu.

Mae llefydd ar gael yn y Cylch nawr ar gyfer plant 2-3 oed a rydym ar agor amser tymor o Ddydd Mawrth i Ddydd Gwener 9:15yb- 12.00 hd.

Mae Ti a Fi ar Ddydd Gwener amser tymor o 10.00yb tan 12.00hd. Croeso i rhieni a phlant bach.

Manylion Cyswllt: Verona (Arweinydd) 07929431652

cylchmeithrinbronwydd@gmail.com

Eglwysi Llanpumsaint, Bronwydd a Llanllawddog – Yr Eglwys yng Nghymru

Gwasanaethau pob Sul

9 30 yb Boreol Weddi Zoom – Manylion gyda'r Parch Gaynor

11.00 yb Celynin Bronwydd a Llanllawddog

2.00 yp Llanpumsaint

Dydd Mawrth – Y Caffi Bach – Eglwys Llanpumsaint 11.30 hyd 2.30

Chwarae gyda Duw - I gychwyn 7fed Mehefin 4.30 hyd 5.30. yn Eglwys Llanpumsaint - Amser storïau, creffttau, chwarae a lluniaeth at chwaeth pob oedran - yn arbennig o addas i blant ysgol gyda'u rhieni neu warchodwyr.

Dydd Mercher – 9.00 yb Boreol Weddi – Manylion gyda'r Parch Gaynor.

Dydd Iau - Cylch Ieuenctid Dot i blant dros ddeg oed

Dilynwch ni ar Facebook am y wybodaeth ddiweddaraf am wasanaethau a digwyddiadau.

<https://www.facebook.com/llanpumsaintbronwyddandllanllawddogchurches>

Peth o hanes Tafarn y Railwe

Nawr fod ein tafarn lleol wedi ail-agor wedi hir ddisgwyl mae'n amser edrych ar ychydig o'r cefndir amrywiol. Penderfynodd tad-cu Mali Post, sef Tomos Ifans, gorsaf feistr craff Llanpumsaint iddi fod yn syniad da i adeiladu tafarn gerllaw. Ond er iddo wisgo tlws yn dathlu ei ddeg mlynedd ar hugain yn ei swydd, penderfynodd y Great Western Railway nad oeddent yn hapus i weld un o'u swyddogion yn gwerthu cwrw. Bu Tomos Ifans yn ddigon call i adeiladu Swyddfa Bost llewyrchus drws nesa a safodd yn y teulu hyd y ganrif bresennol. Gosododd ei ferch y tu ôl i'r Bar, ond 'roedd hi'n casáu'r swydd, felly gwerthwyd y Railwe i gwmni Bragdy Bwcle. Daeth Hannah Jones o Geredigion yno i redeg y lle, ond adeg y Rhyfel Gyntaf. Mary Thomas sydd yno. Erbyn yr Ail Ryfel Byd gwelwyd brawd a chwaer hynod o liwgar yn y Railwe. Ar wahân i dynnu cwrw, Kate oedd organyddes Eglwys Llanpumsaint, a rhaid bod hynny wedi creu cryn drafod ymysg capelwyr yr ardal oedd mor ffyrnig eu gwrthwynebiad i'r ddiod gadarn. Swydd ei brawd John oedd carto glo i'r ardal gyda'i gasseg gall Poli, oedd bob bore yn camu lan i bwysu'r glo ger yr orsaf ei hunan bach. Pan glywodd Emlyn Lewis y ficer newydd fod yna farwolaeth yn y Railwe yn 1945, prysurodd lan i gydymdeimlo. Deallodd wedyn gyda chryn ryddhad fod ei organyddes yn saff ac mae Poli oedd wedi darfod.

Tawel oedd hi tu fewn oherwydd mewn oes o dlodi ambell i ffermwr gyda cheiniog sbâr oedd yn barod i dywylli'r drws gan osgoi cenfigen llwyrwmwrthodwyr y capeli brwd. Ond fydd na arian sbâr weithiau gan botsiws pysgod profiadol fel Sam Glanyrafon ac Emrys y Co-op. Yna dyma chwildro'r chwedegau yn cyrraedd, gyda chenhedlaeth ifanc rydd, ag arian yn eu pocedi yn benthycu modur y teulu i grwydro'r wlad a gwario. Daeth dartiau'n gem boblogaidd iawn i lenwi tafarnau oedd erbyn hyn yn datblygu'n ganolfannau cymdeithasol poblogaidd. Dyma'r awyrgylch groesawgar pan gyrhaeddodd Glyn a Mari Rees o Geredigion yn 1978 a datblygodd y bwrlwm dros y blynyddoedd. Pan ddaeth Tony ac Aloma i aros noson yr oedd bron mwy yn y tafarn wedyn na fu yn y Neuadd cynt. Mae'r ddau fab Twm a Hedydd yn dal yma fel cwsmeriaid. Yna gwelwyd Gwilym yn camu tu ôl i reoli'r Bar a phawb arall, gyda'i ddawn unigryw i dwyllo pawb mewn i rownd fawr a'u cadw yno am oriau di-ben-draw. Wrth i Bob Henfryn a Jac Pantglas wacau eu pocedi hoff ddywediad Gwilym bob tro oedd "*Os rhywun arall biti fod yn wag?*". Dyma gyfnod o gymeriadau lliwgar a diddorol, wrth i Gwyn Deri, Emrys Pwmp a Defi John Llath rhoi'r byd yn ei le bob prynhawn. Gyda'r hwyr gwelwyd y drygionus Handel, Gwilym dewin y bwrdd dartie, a chlonc Dai Twm yn lliwio'r awyrgylch. Dyma gyfnod yr yfed mawr!

Newid eto a ninnau i mewn i'r ganrif bresennol pan welwyd Meic a Jen yn datblygu'r lle fel bwyty safonol a datblygu ardal foethus tu fas i fwynhau'r heulwen. Cyn hir 'roedden yn cyrraedd o bell ac agos i flasau'r bwyd moethus, gyda Chlwb Cinio lleol a nifer o gymdeithasau lleol yn awchu am y fwydlen. Wedyn daeth tymor anodd y cofid i ymharri ay gynlluniau Wayne a Liz, ond nawr dyma gychwyn ar gyfnod newydd eto.

Arwyn 2022