



Llais y Llan Chwefror 2020

Copi dyddiad ar gyfer rhifyn nesaf – 28th Mawrth 2020

Cyhoeddwyd gan Llanpumsaint Cyfnewid Gwybodaeth Gymunedol

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

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

Isafbris am alcohol:
2 Mawrth 2020

**Minimum price
for alcohol: 2 March 2020**

Mae yfed llawer iawn o alcohol cryfder uchel yn niweidiol i'ch iechyd.

Drinking high volumes of high strength alcohol is harmful to your health.

Mae'r gyfraith yn newid yng Nghymru a byddwch yn sylwi ar gynnydd ym mhpris rhai ddiodydd.

The law is changing in Wales and you will notice an increase in the price of some drinks.

Oa ydych chi'n poeni am faint o alcohol rydych chi'n ei yfed: ffonwch neu tekstiwch y llinell gynorthwng am ddim i gael gwybodaeth, cyngor neu gwnsela.

If you worry about the amount of alcohol you drink: Call or text the free helpline for information, advice or counselling.

0808 808 2234
neu tectiwch DAN ar/or text DAN to 81066
www.dan247.org.uk



Ronwydd Fronfras



Sion Corn wedi cyrraedd Ffair Nadolig ysgol



Sion Corn yn croesawu rhagor o ymwelwyr



“..O liliwen fach o ble daethost ti...”



Hyfrydwch y cyclamen coum bychain



Caniau salw ar y cloddiau



Y gynulleidfa yng ngwasanaeth y Lladdfa



Cynorthwywyr coginio cinio – Hospis Skanda Vale

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 Mercher 10.30 Tennis Bwrdd Neuadd Goffa Llanpumsaint

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

Chwefror 18 Nos Fawrth Cwis a Chyri £5 y pen Tafarn Rheilffordd

Chwefror 23 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Bronwydd

Chwefror 23 Dydd Sul 11.00 Taith y Bewisg Galed Gerddi Botaneg

Chwefror 23 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Bronwydd

Chwefror 23 Nos Sul 8.00 Cwis Tafarn Hollybrook

Chwefror 24 Dydd Llun 2.00 Clwb gwili 60+ Neuadd Bronwydd

Chwefror 25 Dydd Mawrth 11.00 Taith y Bewisg Galed Gerddi Botaneg

Chwefror 26 Dydd Mercher y Llundw – Cymundeb y Llundw Llanpumsaint

Chwefror 27 Nos Iau 6.00 Gwesty'r Warren Caerfyrddin – Pryd y Grawys Tocyn £20 wrth Gaynor.

Chwefror 29 Dydd Sadwrn 8.00 – 12.00 Amnest Gwastraff Maes Parciau Mart Castell Newydd Emlyn

Chwefror 29 Dydd Sadwrn 10.30 CCB Cymdeithas Rhandiroedd

Mawrth 4 Nos Fercher 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa

Mawrth 7 – 14 Wythnos Cymhennu a Phigo Sbwriel – Carolyn 01267 253308

Mawrth 7 Dydd Sadwrn Eglwys Eco Agored 10.30yb – 1.30yp

Mawrth 8 Dydd Sul 10.00 Cyngerdd Gwyl Dewi Cylch Meithrin Bronwydd, Neuadd Bronwydd

Mawrth 9 Nos Llun 7.30 CCB Llanpumsaint Community Information Exchange Neuadd Goffa

Mawrth 11 Nos Fercher 7.00 Clwb Swper Tafarn y Rheilfordd 01267 253643

Mawrth 14 Sadwrn 10.00- 12.00 Marchnad Agored Llanllawddog –prynhawn Sesiwn Eglwysig yn y goedwig

Mawrth 17 Nos Fawrth 7.00 Llyfrau Llafar Cymru Y Pafiliwn Pencader

Mawrth 17 Nos Fawrth 7.00 Cwis a Chyri £5 y pen Tafarn Rheilffordd

Mawrth 18 Dydd Fercher 10.00 Clinig Traed Neuadd Goffa

Mawrth 18 Nos Fercher 7.00 Llyfrau Llafar Cymru Neuadd Goffa Llanpumsaint

Mawrth 19 Nos Iau 7.00 Llyfrau Llafar Cymru Neuadd Llanllwni

Mawrth 20 Nos Wener Noson 'Welsh Whisperer' Neuadd Goffa Llanpumsaint

Mawrth 21 Dydd Sadwrn 10.00 – 4.00 Fair Gwanwyn Hospis Skanda Vale

Mawrth 22 Dydd Sul 1.45 CCB Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Bronwydd

Mawrth 23 Dydd Llun 2.00 Clwb gwili 60+ Neuadd Bronwydd

Mawrth 29 Nos Sul 8.00 Cwis Tafarn Hollybrook

Mawrth 31 Nos Fawrth Y pryd o Fwyd Elusennol Tafarn y Rheilfordd

Ebrill 8 Nos Fercher 7.00 Clwb Swper Tafarn y Rheilfordd 01267 253643

Ebrill 19 Dydd Sul 10.30 Rhandir Glanhau

Ebrill 21 Nos Fawrth 7.00 Cwis a Chyri £5 y pen Tafarn Rheilffordd

Ebrill 22 Nos Fercher Bingo Neuadd Goffa Llanpumsaint

Ebrill 26 dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Bronwydd

Ebrill 26 Nos Sul 8.00 Cwis Tafarn Hollybrook

Ebrill 27 Dydd Llun 2.00 Clwbgwili 60+ Neuadd Bronwydd

Ebrill 27 Nos Llun 8.00 CCB Pwyllgor Lles a Hamdden Llanpumsaint Neuadd Goffa Llanpumsaint

Mehefin 7 Dydd Sul Fferm Agored

Mehefin 19 Nos Wener Helfa Drysor I Geir

I logi'r Neuadd Llanpumsaint, Ffoniwch 07944793133

Sul Fferm Agored – 7fed o Fehefin.

Mae Sul Fferm Agored yn fudiad cenedlaethol pan fydd ffermwyr yn croesawi'r cyhoedd i ymweld â'u ffermydd. Mae dwy o ffermydd Llanpumsaint yn rhan o'r cynllun ar y 7fed o Fehefin eleni, sef Esgair a Hafod. Daw mwy o fanylion yn nes ymlaen ond am nawr gwnewch nodyn o'r dyddiad. Bydd yn bosib ymweld â'r ddwy ar yr un diwrnod.

Cewch fanylion pellach yn y rhifyn nesa' o Lais y Llan neu ewch i www.farmsunday.org i ganfod beth sy'n digwydd fan hyn ac yng ngweddill y wlad.

Cyfarfod Blynyddol Cyffredinol Cyfnewidfa Gwybodaeth Llanpumsaint

7.30yh 9fed Mawrth - Neuadd Goffa. - Bydd y Pwyllgor sy'n gyfrifol am gyhoeddi Llais y Llan a chynnal i Wefan www.llanpumsaint.org <<http://www.llanpumsaint.org>> yn cyfarfod ar y dyddiad uchod. Croeso i bawb fod yn bresennol! Byddem yn ddiolchgar am gymorth i gyhoeddi a dosbarthu'r Llais a hefyd i gynnal y Wefan yn gyfoes. Cewch fwy o wybodaeth oddi wrth Carolyn Smethurst 01267 253308.

Wythnos Cymhennu a Phigo Sbwriel - Sadwrn 7fed Mawrth - Sadwrn 14eg Mawrth.

Trefnwyd y gweithgaredd unwaith eto'r flwyddyn yma, ond y tro hwn gallwch ddewis eich diwrnod i fynd ati i lanhau ochrau ein heolydd a'n cloddiau.

Bydd gennyf ffyn pigo, offer i ddal y bagiau, rhai coch, a hefyd gyrsiau melyn diogelwch, i gyd yma yn Bodran Felyn yn barod i chi ar y diwrnod ddewiswch. Ond dewch a'ch menig eich hunan! Byddaf hefyd yn dweud wrthyich ba hewl i fynd ati. Felly os am weithio ar ryw hewl arbennig y cyntaf i'r felyn i falu pia hi! Wedyn dewch a'r offer a'r bagiau 'nol yma i Bodran Felyn, fel eu bod ar gael i'r gwirfoddolwyr nesaf. Daw'r Cyngor Sir yma ar 17eg i gasglu'r holl fagiau. Unrhyw ymholiad pellach i Carolyn Smethurst ar 01267 253308.

Dyma stori dau fu'n glanhau o Riw Graig hyd Panteg, rai wythnosau'n 'ôl.

Aethom ati i wneud ein rhan rhwng cawodydd. A ninnau'n byw mewn ardal mor hardd mae'n syndod shwd ma' bobl yn gallu bod mor anniben. Mae'n ymddangos fod yna rai yn prynu prydiau pysgod a sglodion, creision a diod yn y dre. Erbyn cyrraedd tro Graig maent wedi benni bwyta, ac yn lle mynd a'r gweddillion gartre, ffling mas trwy'r ffenest yw hi i fudreddi ein cloddiau. Diddorol oedd sylwi nad oedd yna unrhyw sbwriel o amgylch sgwâr Cnwycpistyll a'r troad am Nebo. Falle fod 'na bobl cydwybodol lleol yn clirio lan, neu falle fod y troseddwy'r yn ymwybodol i beidio taflu mewn ardaloedd poblog, er mwyn osgoi dirwy.

Rydym hefyd yn ddiolchgar i'r unigolyn/cerddwr sy'n hongian caniau gwag a'r canghennau'r coed, mae'n rhwyddaf i'w gweld i'w casglu wedyn. Diolch byth mae'r oll gasglo'n ni oedd caniau, poteli plastig, a phacedi ffags, ac nid fel digwyddodd i'n rhagflaenydd wnaeth ganfod padell ffrio enfawr yn y clawdd. Tebyg yw'r fenter hon i'r rhai sy'n paentio pont yr afon Forth, felly mas fyddwn ni 'to yn herio'r tywydd a'r traffig. Felly ein neges - Ewch a'ch sbwriel gartre ac AILGYLCHWCH. Diolch.

Sylwais hefyd fod yr arfer o roi canir ar frigau'r coed yn lledaeni - gwelir hyn nawr ar yr heol rhwng Llanpumsaint a Bancyffordd - Carolyn

A484 - Bronwydd – Pante – Henallt.

Parhau mae'r gwaith ar y rhan yma o'r A484 rhwng Caerfyrddin a Chynwi, bellach ar ochr Bronwydd o'r Cymal cyntaf. Bu rhagor o lithriadau, ac mae'r ail Gymal maent yn gweithio arni ar hyn o bryd i'w chwblhau erbyn y 9fed o Fawrth. Wedyn gwelir gwaith ar Gymal 3 fydd yn ail osod y gwahanfur neu rwystr ar ochr Caerfyrddin o'r hewl, a hyn i derfynu erbyn Ebrill 20fed.

Y cyswllt nawr gyda'r Cyngor Sir yw Ed Rees edrees@cardiff.gov.uk

01267 224531. Y newyddion da yw bod y gwaith ychwanegol hwn wedi eu hariannu ac allan gyda'r contractwyr felly ni ddyle fod yna oedi pellach. Michael Hall.

Siop Gymunedol Llanpumsaint - Y diweddaraf

Daeth llu o bobl ynghyd i'r cyfarfod cyhoeddus i drafod y syniad o Siop Gymunedol ar y 22ain o Ionawr. I'r rhai ohonoch nad oedd yn bresennol dyma ganlyniadau Arolwg.

Daeth ymateb sylweddol 99 i'r ymholiad ac mae'r canlyniadau yn dangos cefnogaeth gadarn i'r syniad o Siop Gymunedol yn y pentref.

1 Pe bae siop yn agor yn y pentre' a fydddech chi neu eraill yn eich cartref yn ei defnyddio dwy neu dair gwaith yr wythnos (48%), unwaith yr wythnos (24%).

2 Beth fydddech debycach o'u prynu? Bara, cynnyrch lleol a phapurau dyddiol oedd y mwyaf poblogaidd.

3 Pa wasanaethau fydddech fwyaf tebygol o'u hangen? Swyddfa Bost, Caffi, taliadau cerdyn a thynnu arian parod, dyma'r eitemau ddaeth i'r brig.

4 Pa amser o'r dydd fydddech fwyaf tebygol o ddefnyddio'r siop? Daeth canlyniadau 8 y bore i hanner dydd ac o ddau'r prynhawn hyd 6 yr hwyr yn gydradd.

5 'Roedd y mwyaf yn teithio o 5 i 10 milltir am siopa wythnosol a siopa nawr ac yn y man. Prif siop 89% - 5 - 10 milltir. 7% - dros 10 milltir Siopa nawr ac yn y man 5 - 10 milltir 61% (35% dan 5 milltir o 83)

6 87% yn barnu fod Siop Gymunedol yn bwysig neu'n bwysig iawn.

Bu ymateb cryf i'r alwad am wirfoddolwyr gyda 33 unigolyn yn cynnig help llaw mewn rhyw fodd na'i gilydd.

Y Cam Nesaf

Mae Arolwg Dichonolrwydd dan nawdd Cronfa Fferm Wynt Brechfa ar droed yn barod, i edrych ar ddewisiadau posib o leoliad, gwasanaethau a nwyddau. Daw'r adroddiad i law ddiwedd Chwefror.

Gosodwyd tudalen Facebook eisoes er mwyn rhannu gwybodaeth a datblygiadau

www.facebook.com/llanpumsaintshop <<http://www.facebook.com/llanpumsaintshop>>.

Shwd gallwch chi helpi?

Mae'r criw gweithredol yn awyddus fod gan bawb gyfle i fwydo mewn i'r syniad oherwydd siop i'r holl gymuned ddyle hi fod. Felly rhwydd hynt i chi fwydo i mewn awgrymiadau a syniadau ynghyn a'r fenter.

Roxanne Treacy (Ymgynghorydd i ddichonolrwydd y fenter) roxtraecy@icloud.com 07972024945.

Gwasanaeth Coffa'r Lladdfa Eglwys Llanpumsaint

Ar ddydd Sadwrn 25ain o Ionawr daeth cynrychiolaeth o'r eglwysi a'r capeli lleol ynghyd a'r gymdeithas Fwslemiaid, rhai o gefndir Iddewig, ieuenctid, ysgolion a'r Bwrdd Iechyd lleol, i'r Eglwys wledig yma i i gofio am erchylltra'r Lladdfa a phob hil-laddiad arall.

Dyma ein trydydd gwasanaeth i gofio am y Lladdfa a phregethwyd gan y Parch Eurfyl Howells prif gaplan ein hysbytai lleol. Pwysleisiodd Eurfyl bwysigrwydd cofio, gan son am ei brofiad personol o gwrdd â rhai orosodd hil-laddiad Rwanda. Gwahoddwyd pobl i ychwanegu eu henwau, sylwadau, ymrwymiad a myfyrdod, i gadwyn bapur enfawr, i symbylu ein cefnogaeth i sefyll a chyd-weithio er mwyn erlid yr amgylchiadau wnaeth arwain at hil-laddiad yn ein byd. Goleuwyd canhwylau o gofio am ddioddefwyr y L laddfa ac erlid y Natsiaid, a'r hil-laddiadau wedyn yn Cambodia, Bosnia, Rwanda a Darfu.

Wedi'r gwasanaeth daeth cyfle i gyd-gwrdd ac ymgom dros banded.

Gaynor –Jones Higgs Offeiriad Ardal Bro Caerfyrddin.

Bowlio Dan Do Llanpumsaint a Nebo.

Bu'n ddiweddglo cadarnhaol iawn i'r hen flwyddyn gyda thair buddugoliaeth dda erbyn Llandyfaelog A, Alma a Salem (pencampwyr y Gynghrair llyne3dd), Gadawodd hyn ni yn y 5ed safle hanner ffordd dry'r tymor.

Taith i Lanboidy fu hi am gêm gynta' 2020 i wynebu gwrthwynebwyr cryf iawn a'r siom o golli. Yna cyfartal fu hi erbyn Meinciau adre yn yr ail gêm, er i'r parau a'r triawd ennill.

Enillodd Aled a Gethin Edwards eu lle fel unigolion ac yn y pedwarawd i Gystadleuaeth Genedlaethol Cymru yn Llandrindod yn Ionawr. Wedi brwydro eu ffordd i'r chwarteri colli wnaeth Aled o drwch blewyn. Aeth y pedwarawd ymhellach drwy ennill pob gem hyd at y ffeinal, ac yna colli yn y pen olaf un i Dîm cryf iawn o Sir Benfro. Gellir dod o hyd i adroddiad llawn am y penwythnos ar ein Gwefan - www.llanpumsaintsmbc.org <<http://www.llanpumsaintsmbc.org>>

Ar y 26ain o Ionawr aeth Rhys a Catrin Williams i gystadlu yn y Bencampwriaeth Parau Cymreig Dan Un ar hugain yng Nghaerfyrddin. Wynebwyd cystadleuwyr cryf iawn oedd yn cynnwys yr enillwyr o Geredigion a Brycheiniog a Maesyfed ddaeth i'r ail safle. Y nesaf fydd wynebu Lloegr Dan un ar hugain eto ym Mro Myrddin ar 28ain o Fawrth

Estynnwn groeso cynnes iawn i Dafydd Jones wrth iddo ymuno a ni, ac mae eisoes yn edrych yn addawol iawn.

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

Croeso i chwaraewyr newydd rhwng 11 a 99 oed, oherwydd mae gennym hyfforddwyr profiadol wrth law i addysgu ac annog. Am wybodaeth bellach ewch at ein Cadeirydd Dereck Lock 01267 253524 neu'r Ysgrifenyddes Jill Edwards 01267 253474.

Clwb Gwili Chwedeg Bronwydd

Bu'n flwyddyn lewyrchus iawn gyda'r aelodaeth yn aros yn gryf, er colli rhai daeth nifer atom o'r newydd. Os am ymuno yna cysylltwch â Val Giles, yr Ysgrifenyddes, ar 01267 281194. Cynhelir ein cyfarfodydd ar y dydd Llun olaf bob mis, ond ar ddyddiadau Gŵyl y Banc byddwn yn cyfarfod wythnos ynghynt. Pob cyfarfod i gychwyn am ddau o'r gloch. Tal aelodaeth £7.50 y flwyddyn.

Eleni derbynion rodd o £875 gan Gronfa Gymunedol Fferm Wynt Brechfa. Ac rydym yn ddiolchgar iawn am hynny. Ym mis Rhagfyr cawsom Daith Ddirgel yn arwain at Ginio Nadolig gyda 68 aelod yn bresennol. Bu'n ddiwrnod o fwynhad wrth i ni ymweld â Pharc Masnach Trostre am ychydig siopa cyn mynd ymlaen am y Cinio i Westy Parc Strade gydag adloniant i ddilyn.

Bu'r Pwyllgor wrthi'n ddiweddar yn cynllunio pedair taith ddyddiol am 2020, a dyma nhw!

13eg Mai - Gwersyll Carcharorion Rhyfel Henllan ac Amgueddfa Wlân Genedlaethol Drefach Felindre.

10fed Mehefin - Mordaith ar yr afon Gwy ac Abaty'r Felin

19eg Awst – Neuadd Glansevern a'r Gerddi Drenwydd.

9fed Medi - Amgueddfa Werin Genedlaethol San Ffagan.

Cyfarfodydd am y flwyddyn 2020-02-06

27ain Ionawr – Siaradwr – Jeremy John

24ain Chwefror - Cawl ac adloniant Dydd Gŵyl Dewi gan y delynores Lucy Rhian Jones.

23ain Mawrth – Siaradwr Arwyn Thomas.

27ain Ebrill – Mary Thorley

Mae yna wyliau Haf o bum diwrnod yn cael ei drefnu tuag ardal Lerpwl. Cewch y manylion oddi wrth Val Giles a Glyn Ifans ac rydym yn barod yn casglu blaendal. Wedyn ym mis Tachwedd daw'r pum diwrnod Twrci a Thinsel unwaith eto. Val Giles, Ysgrifenyddes 01267 281194

PTA Ysgol Llanpumsaint

Hoffem ddiolch i bawb am wneud ein Ffair Nadolig eleni'n llwyddiant. Rhown ddiolch arbennig i Fanc Barclays, Mr Barrett, Ashfied Solutions, Capel Nebo, Becky Dufty, Matthew Jones a Sion Corn.

Digwyddiadau - Bingo'r Pasg 22ain o Ebrill am 7yh yn y Neuadd.

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

Adfer y Dirwedd Rhagluniaeth y Gerddi Botaneg - Taith y Benwisg Galed

Daeth cyfleoedd pellach i ymuno ac aelodau o'r fenter i fynd amgylch y llyn sy'n cael ei adfer. Cewch wybod mwy am dir parc hanesyddol y Bonheddwr Wiliam Pacston, ac i fod yn dyst i'r holl waith adferol sydd eisoes wedi ei wneud.

Bydd taith o ddwy awr yn cychwyn 11yb o fynedfa orllewinol y Ty Gwydr. Gwisgwch yn gadarn am eich traed oherwydd i'r dirwedd fod yn anwastad mewn manau. Cyfyng yw'r llefydd felly cysylltwch â Joanne.Evans@gardenofwales.org.uk <<mailto:Joanne.Evans@gardenofwales.org.uk>> neu 01558 667157 i wneud yn siŵr.

Dydd Sul 23ain Chwefror - 11yb hyd 1yp

Dydd Fawrth 25ain Chwefror - 11yb hyd 1yp

Gwnewch fawr o'r cyfle i gerdded yn ôl i'r gorffennol hudolus..



Y SEFYDLIAD DPJ

Rhannu'r baich i'r gymuned amaethyddol

Ffurfiwyd y Sefydliad yma i fod yn gefn i ffermwyr, gweithwyr amaethyddol a'u teuluoedd sy'n brwydro yn erbyn ieched meddwl. Dyma gyflwr tebyg iawn i afiechyd corfforol pan allwn i gyd deimlo'n anhwylyd ar adegau. Felly mae DPJ yno i gynghori a chefnogi a chefnogi ffermwyr a'u teuluoedd. Mae'r Sefydliad hefyd yn cefnogi eraill sydd mewn cysylltiad cyson a ffermwyr a'u teuluoedd yng nghefn gwlad, ar sut i estyn help llaw yn enwedig adegau o argyfwng. Er mwyn siarad ag un o'n gwirfoddolwyr profiadol ynghyn a'n gwasanaeth cynghori sydd wedi ei ariannu ffoniwch 0800 587 4262 neu anfon neges i 07860 048799 - mae'r ddau ar agor bob dydd drwy'r dydd. Hefyd mae gennym arbenigwyr ym mhob ardal i siarad am fod yn ymwybodol o ieched meddwl, ac i egluro gwaith y Sefydliad. I ni ar Facebook/ Trydar a Instagram neu www.thedpjfoundation.co.uk <<http://www.thedpjfoundation.co.uk>> neu emma@dpjfoundation.co.uk <<mailto:emma@dpjfoundation.co.uk>>

Clwb Cant Llanpumsaint – At ein holl aelodau

Daeth yn amser i adnewyddu tanysgrifiad - £12 am y deuddeg mis i gychwyn yn Fis Mawrth. Dylai eich siec gael ei gwneud mas i "Clwb Cant Llanpumsaint" ac i'm cyrraedd erbyn diwedd mis Mawrth. Neu mae arian parod yn dderbyniol hefyd.

Bydd yr holl elw i'w ddefnyddio i gynnal a chadw'r cae chwarae, lle chwarae'r plant ac i gadw'r holl gyfarpar yn ddiogel a defnyddiol. Mae gennyf 120 o rifau'n barod, a llynedd defnyddiwyd 112. Croesawir aelodau newydd ac o godi'r ffon gallaf egluro unrhyw beth. Daw llythyr i atgoffa'r aelodau presennol ynghyd ac adroddiad am wariant y flwyddyn aeth heibio.

Diolch yn fawr i'r holl aelodau am eu cefnogaeth dros y cyfnod yn y gobaith fydd hynny'n parhau.

Derick Lock Trysorydd 01267 253524 Maesyfelin, Llanpumsaint. Sa336by.

Amnest Gwastraff –

Maes Parcio Mart Castell Newydd Emlyn 20fed Chwefror - 8yb Canol dydd

Derbynnir pob math i wastraff cartref gan gynnwys amnest i deiars hefyd ee. Celfi, carpedi, matras, eitemau trydanol fel oergell, rhewgell, a setiau teledu. Gellir dod a phedair hen deiar ond nid rhai tractor neu lori. Ni dderbynnir y canlynol chwaeth - paent (ond bydd tuniau gwag yn iawn) - tiwbiau fflworoleuol, batris, cemegau, poteli nwy, asbestos, gwastraff gardd, gwastraff gwaith, gwastraff adeiladu, gwydr (ee. Paneli gwydr neu ddodrefn yn cynnwys gwydr).

Gofynnir i'r rhai sy'n dod gwahanu eu gwastraff cyn cyrraedd ac i gyflwyno prawf o'u cyfeiriad gartre er mwyn cael mynediad i'r mart.

Pwyllgor Lles a Hamdden Llanpumsaint.

Hoffai'r Pwyllgor ddiolch i bawb am eu cefnogaeth dros y flwyddyn aeth heibio. Mae'r Cae Chwarae'n gaffaeliad pwysig i'r pentref, ac rydym yn gweithio'n ddyfal i'w gynnal.

Diolch i bawb wnaeth gefnogi Gorymdaith Sion Corn ac i'r llwyddiant er gwaethaf y tywydd. Diolch yn arbennig i Wayne a Liz am roi'r Blychau Dewisol Sion Corn. Ynghyd a chynnyrch y Botel ar y Bar yn y Railwe codwyd £559- 73 at gynnal y Cae Chwarae a'n Elusen ddewisol eleni, sef yr Uned Gofal Dwys Babanod yn Ysbyty Glangwili.

Yr Elusen tro nesa' fydd Yr Uned Cancr y Fron yn Ysbyty Llanelli.

Y Pryd o Fwyd Elusennol

Lasania fydd ar y fwydlen i'r pryd Elusennol yn y Railwe am £12 (£5 i blant). Fe fydd yna raffl hefyd felly bydd angen gwobrau. Tocynnau ar gael oddi wrth aelodau'r Pwyllgor Lles a Hamdden.

Helia Drysor i Geir Nos Wener 19eg Mehefin2020

Daw manylion pellach yn y rhifyn nesa' o Lais y Llan.

Cyfarfod Cyffredinol Blyneddol 8 o'r gloch Nos Lun Ebrill 27ain yn y Neuadd.

Y Gymdeithas Rhandiroedd

Dyma'r amser o'r flwyddyn i ni dros holl wledda'r Nadolig, ac mae'n codi calon i weld y cennin Pedr yn gwthio'u ffordd drwy'r pridd i gyhoeddi arwyddion cynta' fod y Gwanwyn ar droed.

Cyn belled â hyn gwelwn fod y gwaith a wnaed cynt wedi llwyddo i osgoi llyfogydd y gorffennol. Cynhelir ein Cyfarfod Cyffredinol Blyneddol eleni ar Sadwrn 29ain o Chwefror am 10.30yb yn y Rhandir. Yno fydd aelodau presennol a'r rhai newydd yn cofrestru am y flwyddyn; £35 i'r newydd ond £25 bob tro wedyn. Am 10.30yb ar 19eg o Ebrill bydd yn fore o gymhennu a chomopo'r safle. Bydd y cyfarpar newydd brynwyd drwy haelioni Cronfa Fferm Wynt Brechfa yn ysgafnhau'r baich yn fawr.

Drwy holl saga Star Wars ni ddatgelwyd cynnwys dyddiaduron Luke Skywalker. Anodd iawn oedd hi i ddehongli ei ysgrifen coesau brain a'r cyfieithiadau anghywir o'i iaith wreiddiol, felly gwelwyd gwallau. Mae'n debyg i'w Dad Anakin fod yn arddwr brwd gyda rhandir, hyn yn hanfodol oherwydd prinder bwyd ar asteroid Polis Massa. Oherwydd y prinder offer hefyd rhaid oedd rhannu. Ysgrifennodd am ei Fam Padme Amidala yn ffarwelio a'i Dad wrth iddo ymadael am y rhandir "Y fforch fydd gyda thi!".

Os yn awyddus i ymuno a'r Gymdeithas cysylltwch â Keith253375 neu Ray 253157 am fanylion pellach.

Cymdeithas Dewinwyr Gorllewin Cymru

Sul Chwefror 23ain - Wendy Harding - cyflwyno Sêr Ddewiniaeth

Sul Mawrth 25ain – Cyfarfod Cyffredinol Blyneddol – Croeso!

Sul Ebrill 25ain - Rory Macquisten - Dosbarthiad Llinellau Egni'r Ddaear

Sul Mai 24ain – Shelley Underhill Savage – Iachau drwy Sain.

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 banded yn y fargen. Does dim angen cyfarpar felly cysylltwch â Sandy ar 01267 253547

Cór Llanpumsaint a'r Cylch

Ar ddiwedd mis Mawrth 2020 fe fyddwn yn teithio i ardal Brighton i gynnal cyngerdd (a mwynhau peth hefyd) ar y cýd gyda Chór Andrew Rees (cyn-aelod o'r Cór). Ac i orffen y dathlu bydd gennym Ginio'r Dathlu ddechrau mis Mehefin 2020 (dyddiad i'w gadarnhau) ym Mhantyrathro, Llangain. Mae'r digwyddiad hyn yn agored i aelodau presennol a chyn aelodau o'r Cór.

Dyma Hen Scam wedi Dychwelid

Daw llythyr yn honedig o Hong Kong, oddi wrth un o brif weithredwyr Banc mawr yn Tsieina. Scam ariannol yw e' ac ymgais i'ch twyllo fod enillion o ryw 10 miliwn o ddoleri yw gwneud. Ymddangosa fel llythyr personol ac mae nifer ohonynt wedi cyrraedd cartrefi ym Mhrydain a'r Unol daleithiau, yn esgus dod o ryw brif Fanc yn Hong Kong.

Y stori yw eu bod yn trafod ystâd ryw ddydd ariannog fu farw drwy ddamwain yn Tsieina heb ewyllys, ac os nad oes cais am y ffortiwn bydd Llywodraeth Tsieina yn cael y cwbl. Honnir i'r dyn fu farw rannu'r un cyfenw a chi, dyna'r abwyd arall i'ch denu i'r pry cop. Yn dilyn ymholiadau gan un papur newydd datgelwyd i'r cyfeiriad yn Hong Kong fod ddim mwy na ryw ystafelloedd di-nod mewn stryd gefn yn Hong Kong, ac 'r oedd y rhif ffôn hefyd yn amheus tu hwnt. Celwydd oedd y cyfeiriad E-bost. Yn ôl yr Heddlu gallai'r scam fod wedi cychwyn o Brydain neu Nigeria hyd yn oed.

Mae twyll o'r fath yna yn ffynnu ar drachwant pobl ac yna ennill eu hymddiried. Ddaw'r arian ddim oherwydd lawr yr hewl bydd angen trosglwyddo symiau mawr o arian ar gostau cyfreithiol honedig, diflannu gwna'r cwbl. Mae'n debyg fod sgamiau o'r fath yna yn costio £150 mil bob blwyddyn, felly cadwch eich dwylo'n lan

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

Eglwys Llanpumsaint

Ysgrifennaf hyn ar y 3dd o Ionawr gyda'r aduniadau Nadolig o hyd yn eu lle, ond ers Mis Hydref buom yn cynllunio ein cynllun gogyfer a'r Grawys. Bu yna adrefnu sylfaenol i'r Esgobaeth yn ystod y misoedd diwethaf i weld nifer o eglwysy'n uno i un Plwyf Mawr dan yr enw Ardal Offeiriadaeth Leol, hyn yn cynnwys eglwysi Caerfyrddin, Abergwili, Llangynnwr ac uned Cynwil Elfed. Mewn un ystyr mae hyn yn dipyn o her ond mae'n agor cyfleoedd, felly bydd yr eglwysi hyn i gyd yn yr AOL yn rhan o gynllun Eco'r Grawys.

Bwriad AOL Bro Caerfyrddin fydd rhedeg ymgyrch Eco Grawys i gysylltu'r pryder presennol am y newid hinsawdd gyda'r traddodiad eglwysig hanesyddol o ymprydio ac ymddwyn yn gysyngedig adeg y Grawys. Rydym yn barod i herio'r gosodiad fod Cristnogion a'r eglwys yn hawlio'r byd naturiol, ac yn datgan ein cyfrifoldeb dros fyd rhoddwyd i ni gan Dduw. Mae cynnal ac amddiffyn adnoddau'r ddaear yn gyfystyr a charu Duw a chymydog. Fel y dywed ein Swyddog Esgobaeth am Greu, Gofal a Chynnal, "... mae gan yr eglwys gyfrifoldeb i fod wrth galon ein bywyd bob dydd, ac mae'r hyn a wnawn fel Cristionogion yn dylanwadu ar gymdeithas yn gyffredinol..."

Eisoes gwnaethom gysylltu â chynghorau lleol, ysgolion, Pkant Dewi a mudiadau cymunedol megis Rhandiroedd a busnesau lleol, er mwyn hysbysebu ac ehangu'r neges Eco. Trefnwyd tri achlysur yn barod yn y gobaith y daw'r cyhoedd nad ydynt yn aelodau eglwys i ymuno a'r fenter. Pryd o fwyd Llysieuwr yn y Warren gyda sylfaenydd y lle Deri Reed yn siarad. Cyfarfod Eco Eglwys Agored, gyda chwaraeon, crefftau a lluniaeth ar themâu Gofal. Sesiwn Blasu Eglwys yn y Goedwig. Rydym yn cydnabod nad yw'r eglwys draddodiadol bob amser yn cyrraedd y cyhoedd tu fas, fod aelodau'n aml yn cynnal a gweithredu eu ffydd mewn gwahanol ffyrdd. Felly drwy gynnal ac ehangu i wahanol leoliadau gobeithiwn gysylltu â mwy o bobl. Digwyddiadau eraill ellir eu cynnal byddai dadl Ysgol Uwchradd mewn cyswllt a Maint Cymru, Gwasanaeth ysgolion cynradd, Coginio Pincws, Astudio'r Beibl, a Sioe Ffasiwn Gynaliadwy. Mae yna ddrws agored i unrhyw un o'n gwasanaethau neu ddigwyddiadau ac edrychwn ymlaen at gyd-gwrdd a gwysebau newydd wrth wasanaethu duw yn ein cymuned. Os ydych o'r farn nad yw'r eglwys yn gymwys i chi, nad yw'n berthnasol i'r byd sydd ohoni, ac nad yw'r cristion yn cael sbri, yna meddylwch eto oherwydd mae'r eglwys yn newid a'r flwyddyn 2020 yw'r amser i sylweddoli hynny.

Ceir gwybodaeth bellach am wasanaethau a digwyddiadau yn Llanpumsaint, Bronwydd a Llanllawddog ar ein tudalen Facebook. Hefyd Y Parch Gaynor 01267 253158 neu i_gaynor@hotmail.com

Llyfrau Llafar Cymru

Bydd taith Llyfrau Llafar Cymru yn Ymweld â Llanpumsaint nos Fercher, 18ed o Fawrth. Cynhelir noson yn y Neuadd i hysbysebu'r gwasanaeth pwysig hwn i bobl sydd â phroblemau gweld. Wyddech chi y gallwch chi gael fersiynau sain dros 2500 o lyfrau heb sôn am bapurau bro fel Y Lloffwr, Y Garthen a Chlonc - a hynny am ddim!!!

Bydd y noson yn gyfle i ddiolch i Gronfa Gymunedol Melinau Gwynt Brechfa am gyfraniad o £25,000 i goffrau'r gwasanaeth. Croeso i wrandawyr, cefnogwyr ac unrhyw un sydd am wybod mwy. Bydd y cyfarfod yn dechrau am 7yh.

Bydd y daith o ymweliadau yn mynd i'r llefydd canlynol - pob un i ddechrau am sith o'r gloch yr hwyr -

17eg Mawrth - Y Pafiliwn Pencader

18fed Mawrth – Neuadd Goffa Llanpumsaint

30ain Mawrth – Neuadd Brechfa

31ain Mawrth – Neuadd Felingwm Uchaf.

Caersalem, Llanpumsaint

'O, deuwch, ffyddloniaid...' Cwrdd carolau dwy-ieithog Rhagfyr 22ain am 2pm

Eleri Morris 253895

Gwasanathau Capel Nebo

Mawrth 8 Gwasanaeth aelodau 10.30

15 Mr Dafydd Evans 2.00

22 Mrs Elonwy Phillips 2.00

Ebrill 5 Mrs Beti Holmes 2.00

12 Gwasanaeth Aelodau 10.30

26 Parch Meirion Morris 2.00

May 10 Parch Gareth Soan 10.30

17 Mr Tudor Dylan Jones 2.00

June 14 Parch Roger Thomas 2.00

21 Parch Tom Dafis 2.00

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

Capel Ffynnonhenri

Dyma fanylion y gwasanaeth Chwefror 2020

Chwefror 16 2020 Cymundeb am 2.00 y.p. Parch Huw George

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

CYLCH MEITHRIN BRONWYDD

Dyma ni eto ar ddechrau blwyddyn newydd, a hoffem ni ddiolch yn fawr iawn yn gyntaf i bob un ohonoch sydd wedi ein cefnogi dros y flwyddyn ddiwethaf. Rydym yn ddiolchgar iawn i bawb sydd yn ein helpu ym mhob ffordd. Mae niferoedd ein plant wedi cynyddu yn fawr dros y flwyddyn ddiwethaf gan fod nifer o deuluoedd a phlant ifainc yn ein dalgylch. Cofiwch bod croeso mawr i chi ddod a'ch babanod a phlant bach i ein sesiynau 'Ti a Fi' sy'n cael eu cynnal bob bore Gwener (10yb – 12hd) yn ystod y tymor. Bydd mynychu'r sesiwn yn helpu pob agwedd o ddatblygiad eich plentyn, yn enwedig datblygiad cymdeithasol hollbwysig.

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.

Noson Welsh Whisperer – Mae'r Neuadd a Chymdeithas Rhieni ac Athrawon Ysgol Llanpumsaint yn trefnu Noson gyda'r Welsh Whisperer ar nos Wener 20fed o Fawrth. Bydd bwyd a lluniaeth ar gael. Pris tocynau yw £5 oedolyn, £2.50 plant uwchradd a plant cynradd am ddim. Am docyn cysylltwch gyda Donna Thomas ar 07854072195.

Cyngor Cymuned Llanpumsaint

Diflastod yw cyflwr presennol Cyngor Cymuned Llanpumsaint, oherwydd i Swyddfa Archwilio Cymru ymrafael ynddo. Nid yw'r Clerc wedi cyflwyno cyfrifon y Cyngor ers dwy flynedd gan nad ydyw yn gallu cwblhau y ffurflen archwilio, ac ers iddo gychwyn gwneud y swydd, mae ef wedi defnyddio cyfrifydd y fferm i wneud y gwaith yn ei le. Yn 2017, gwanethpwyd cwyn yn erbyn y Clerc am weithredu fel hyn oherwydd ym marn yr Archwiliwyr Allanol, Grant Thornton, yr oedd yn amhriodol fod cyfrifydd yn arwyddo fod ei waith ei hun yn gywir. Dehongliwyd hyn gan y Clerc fel gwaharddiad dros ddefnyddio'r cyfrifydd ac felly, nid ydyw wedi cyflwyno cyfrifon oddi ar hynny. Ym Mis Medi 2019, penderfynnodd Swyddfa Archwilio Cymru i weithredu Adran 52 o Ddeddf Archwilio Cyhoeddus (Cymru) 2004 yn erbyn y Clerc a'r Cyngor, a golyga hyn y bydd rhaid i'r Clerc dalu dirwy o £1,000 a'r gymuned costau o £2,000 am y gwaith ychwanegol i gwblhau'r arolwg. Os fydd rhaid talu'r costau ychwanegol, cynyddar Praesept o £22 i £28, ac ni fydd y gymuned yn elwa o hyn mewn unrhyw ffordd oherwydd mai i goffrau Swyddfa Archwilio Cymru â yr arian. Y swm arferol a delir am yr arolwg flynyddol yw £180 - £200. Er i'r cyfrifon gael eu cyflwyno erbyn hyn gan fod cydymaith wedi eu cwblhau ar rhan y Clerc, mae Swyddfa Archwilio Cymru yn mynnu fod rhaid i'r Clerc a'r Gymuned ysgwyddo'r costau ychwanegol.....diflastod y wir!

.....a rhywbeth arall i ystyried; derbyniwyd neges ar y cyfrifiadur oddi wrth un o drigolion Llanpumsaint oedd yn dweud y byddai yn gwerthfawrogi yn fawr pe bai'r pentref yn garedicach i blant! "Beth" meddech chi, "ond mae gyda ni bentref bach dymunol iawn; trafniadaeth yn arafu i 30 mya ac hyd yn oed 20 mya heibio i'r Ysgol a'r Cae Chwarae, ac ar y Cae Chwarae mae gyda ni yr offer arferol mae plant yn hoff o chwarae arnynt. Nid ydi hwn yn dystiolaeth digonol fod y pentref yn caru plant?" Wel odi, ond....â y neges yn ei flaen a dweud hyn; "Mae fy mhlant yn chwarae yn y pentre ac wrth chwilota yn y perthi ac ymyl y ffordd, mae nhw yn dod o hyd i fwy 'na dim ond planhigion, pryfed a thrychfilod, mi fyddant weithiau yn camu mewn i ddom ci a phan mae hynny'n digwydd, nid yw'r canlyniadau yn iachusol na ffafriol." Os ydi hwn yn fater neu sefyllfa y gallech chi ei wella, mi fyddai gweddill y pentref yn ei werthfawrogi yn fawr. Allwn ni gyd chwarae ein rhan i greu cymuned sydd yn gymuned i bawb; 'dyw hynny ddim yn ormod i ofyn ynte...?

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

Gofal Traed

Clinig nesaf yn y Neuadd Goffa am 10 o'r gloch y bore ar y a Fawrth 18, Dydd Fercher. 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).

Newyddion Digwyddiad Recriwtio Hospis Skanda Vale

Diolch yn fawr i bawb a ddaeth i'r diwrnod Recriwtio Gwirfoddolwyr yn mis Ionawr, roedd yn hyfryd i gwrdd a chi gyd ag yn edrych ymlaen i groesawu gwirfyddolwyr newydd i tim yr hospis.

Beth bynag fydd y swydd gwirfoddoli, rydym ni yn un tim yma, ag mae bob cyfraniad yn ychwanegu i profiad y cleifion sydd yma gyda ni.

Rydym ni wastad yn edrych allan am y bobl iawn i ymuno a'r tim, felly os na oeddech yn medru ymuno a ni nol ym mis Ionawr a bydde chi a diddordeb i wirfoddoli gyda ni, codwch y ffon a gofynwch am Aquila neu Nicky ar 01559 371222.

Yn y cyfamser, mae ein Fair Gwanwyn, Dydd Sadwrn Mawrth 21fed o 10yb – 4 yp yn Hospis Skanda Vale, Saron SA44 5DY. Croeso i bawb – gobeithio gweld chi yna!

Ronwydd Fronfras

Tasech chi gerllaw maes chwarae Llanpumsaint ryw brynhawn Sadwrn 'nol yn wythdegau'r ganrif ddiwethaf, fe glywech lais cryf a threiddgar yn atsain drwy'r cwm. Byddech yn gwbod felly mae Ronwydd Williams, Fronfras oedd gol geidwad Gwili Rangers ar y dydd hwnnw. Fel mae Eifion George yn cofio byddai'n annog yr amddiffynwyr i gicio'r bel yn glir lan y cae i ddiogelwch - Awei!! Awei!!. Ond o'dd e'n ddyn Rygbi hefyd, a bu' where yn yr ail reng i Nantgaredig am gyfnod hir. Er chware peth criced i Hen Dy Gwyn ei brif lwyddiant fu ymuno gyda'r criw bach brwdfrydig i ffurfio Clwb Criced Bronwydd yn 1978. Daeth yn Gapten bum mlynedd yn ddiweddarach ac wedyn yn Llywydd yn 2014. Bob gaeaf gwelwyd ef o flaen y bwrdd darts yn taflu am ddegawdau i dafarn y Roc Cynwil. Yn ei waith datblygodd yn adeiladwr mawr ei barch am safon ei waith drwy'r ardal. Diddordeb arall oedd bridio ceffylau a gwelwyd ef gyda'r cynta' i gyrraedd y Sioe yn Llanelwedd ar Ddydd Mercher y Cobs Cymreig, unwaith i ddihuno'r dyn y fynedfa am chwech y bore. Wrth ymlwybro lan star i'w gwelyau am dri o'r gloch y bore mewn gwesty criced yng Ngwlad yr Haf torrodd Ronwydd a'r tenor mwyn Rhys Bach i mewn i emyn. Getho'n nhw holl benillion Sara cyn i ddrws agor a rhyw ymwelydd bach gwyno i'w deulu gael eu dihuno. Wrth dderbyn y gwyn fore drannoeth ymateb Maurice, Rheolwr y lle oedd ymddiheuro ond cadarnhau eu bod wedi canu mewn tiwn. Talodd y boi bach digwsg ac ymadael yn siglo ei ben.

Wedi rhoi'r gore i chwarae datblygodd yn gefnogwyr brwd a chyson i griced Bronwydd a rygbi Nantgaredig, prin yn colli gem gartre neu ble bynnag i ffwrdd. Bydde Ron hyd yn oed yn gwylio sesiynau ymarfer Nantgaredig ganol wythnos ac yn canlyn Bronwydd bellteroedd i Loegr. Mae dyfarnwyr y ddwy gêm yn hen gyfarwydd a throi clust byddar i glochdaa un- llygeidiog rhai cefnogwyr rhagfarnllyd. 'Roedd Ronwydd yn uchel ei gloch ond mi sylweddolodd sawl swyddog fod hi'n talu ffordd i wrando ar ei sylwadau, oherwydd yr oedd ganddo ddealltwriaeth fanwl o reolau'r gêm. Wedi byw bywyd cyhoeddus iawn angladd hollol breifat oedd hi yn ôl ei ddymuniad. Erbyn hyn mae 'na wacter trist ar ochr cae chwarae Nantgaredig ac mi deimlir hyn hefyd yn Cnwcyderi Bronwydd pan ddaw'r haf. *Arwyn 2020*

Domestic For sales, wants, free!

For sale

One Dog crate in perfect condition 34 x 28 inches £45 ONO.
One Dog Crate in perfect condition 34 x 22 inches £35 ONO.
Phone 01267253498

Free - Pair of leather Hush Puppies size 4 black short boots, with a soft sole, hardly worn – 01267253308

Want some fun at a party or event? Hire out Stocks at £5 a day, all money taken will go to the Village Voice – 01267 253498

For sale – Large Desk-top, 87”x30” x1” – dark green tooled leather top, would make a great table or grand desk, £30 Phone 01267 253308

For Sale – Black metal ceiling light, three arms, good condition, £10. 01267253308

Wanted – old anglepoise lamps, please contact Carolyn on 01267 253308

Have you got things/stuff you want to get rid of. Please email details to Carolyn on info@gwilimill.com, and they can go into this new page in the April Edition of Village Voice, no charge for domestic ads.

Nothing too small or too big, we even sold a car by advertising it in Village Voice some time ago.



Village Voice February 2020

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

**Isafbris am alcohol:
2 Mawrth 2020**

**Minimum price
for alcohol: 2 March 2020**

Mae yfed llawer iawn o alcohol cryfder uchel yn niweidiol i'ch iechyd.
 Mae'r gyfraith yn newid yng Nghymru a byddwch yn sylwi ar gynnydd ym mhpris rhai diodydd.

Drinking high volumes of high strength alcohol is harmful to your health.
 The law is changing in Wales and you will notice an increase in the price of some drinks.

Os ydych chi'n poeni am faint o alcohol rydych chi'n ei yfed: ffoniwch neu tecstiwch y llinell gymorth am ddim i gael gwybodaeth, cyngor neu gwrsela.

If you worry about the amount of alcohol you drink: Call or text the free helpline for information, advice or counselling.

0808 808 2234
 neu tecstiwch DAN ar/or text DAN to 81066
www.dan247.org.uk



Ronwydd Williams

Information Poster from Welsh Government



Santa at the PTA Christmas Fair



Santa welcomes more visitors



Cans impaled on the hedgerows



Congregation at the Holocaust service



Volunteers cooking lunch Skanda Vale Hospice



Snowdrops pushing through the undergrowth



Tiny Cyclamen Coum flowers, such a delight

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 10.30 Table Tennis Memorial Hall
- 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
- February 18 7.00 Curry and Quiz Railway Inn £5 per head
- February 23 Sunday 1.45 West Wales Dowsers Bronwydd Hall
- February 23 Sunday 11.00 Hard Hat Tour Botanic Garden
- February 23 Sunday 1.45 West Wales Dowsers Bronwydd Hall
- February 23 Sunday 8.00 Quiz Hollybrook Inn
- February 24 Monday Clwbgwili 60+ 2.00 Bronwydd Hall
- February 25 Tuesday 11.00 Hard Hat Tour Botanic Garden
- February 26 Wednesday – Ash Wednesday Eucharist Llanpumsaint Church
- February 27 Thursday 6.00 Eco Lent Meal The Warren Carmarthen Tickets £20 Rev'd Gaynor
- February 29 Saturday 8.00 – 12 noon Waste Amnesty Newcastle Emlyn Mart Car Park
- February 29 Saturday 10.30 Annual General Meeting Allotment Association at Allotment Site
- March 7 10.30 – 1.30 Eco Open Church Llanpumsaint Church
- March 7 – 14 Village litter pick – details from Carolyn 01267253308
- March 8 Sunday 10.00 St David's Concert Cylch Meithrin Bronwydd, Bronwydd Hall
- March 9 Monday 7.30 AGM for LCIE Memorial Hall Llanpumsaint
- March 11 Wednesday Supper Club Railway Inn – 01267253643 to book
- March 14 Saturday 10 – 12 Monthly Market Llanllawddog , pm Forest Church taster session
- March 17 Tuesday 7.00 Talking Books The Pavilion Pencader
- March 17 Tuesday 7.00 Curry and Quiz Railway Inn £5 per head
- March 18 Wednesday 10.00 Foot Clinic Llanpumsaint Memorial Hall
- March 18 Wednesday 7.00 Talking Books Memorial Hall Llanpumsaint
- March 19 Thursday 7.00 Talking Books Llanllwni Community Hall
- March 20 Friday Welsh Whisperer Llanpumsaint Memorial Hall
- March 21 Saturday 10.00 – 4.00 Spring Fayre Skanda Vale Hospice
- March 22 Sunday 1.45 AGM Dowsers Bronwydd Hall
- March 23 Monday 2.00 Clwbgwili 60+ Bronwydd Hall
- March 29 Sunday 8.00 Quiz Hollybrook Inn
- March 31 Tuesday Welfare Charity Meal Railway Inn
- April 8 Wednesday Supper Club Railway Inn – 01267253643 to book
- April 19 Sunday 10.30 Allotment Clean-up
- April 21 Tuesday 7.00 Curry and Quiz Railway Inn £5 per head
- April 22 Wednesday 7.00 Bingo Llanpumsaint Memorial Hall
- April 26 Sunday 1.45 West Wales Dowsers Bronwydd Hall

April 26 Sunday 8.00 Quiz Hollybrook Inn Bronwydd

April 27 Monday 2.00 Clwbgwili 60+ Bronwydd Hall

April 27 Monday 8.00 AGM Welfare & Recreation Association Memorial Hall

June 7 Sunday Open Farm at Esgair and Hafod – more details in April Village Voice

June 19 Friday Car Treasure Hunt – more details April Edition

Llanpumsaint Memorial Hall – to book phone 07944793133

Open Farm Sunday

Open Farm Sunday is a national scheme in which participating farmers welcome the general public onto their farms. Two farms in Llanpumsaint are taking part on Sunday 7th June 2020, Esgair and Hafod. There will be more information to follow but meanwhile please pop the date in your diaries, both farms can be visited on the same day if you would like to.

Further information will be in the next Village Voice and do check out www.farmsunday.org and see what is going on here and across the UK

AGM LLANPUMSAINT COMMUNITY INFORMATION EXCHANGE (LCIE) –

7.30 9th March Memorial Hall – The committee that produces the Village Voice and looks after the village Website www.llanpumsaint.org.uk will hold the AGM on 9th March in the Memorial Hall. All are welcome to attend. We would appreciate help with producing and delivering Village Voice and assisting with keeping the website up to date. If you want more information, please contact Carolyn Smethurst 01267253308

Village Litter-Pick – week Saturday 7th March - Saturday 14th March

We have arranged another litter pick again this year – this time instead of just a day, you can choose the day you would like to help clear litter from the roads and verges in and around Llanpumsaint, any day from Saturday 7th March to Saturday 14th March.

I will have the litter pickers (no, not the persons!), rings to hold the rubbish bags, red litter bags, and yellow safety vests at Bodran Felin, for you to collect which day you choose. Please bring your own gloves. I will also allocate the road for you. So, the earlier you collect your equipment, the more likely you will be able to choose your preferred area. Please bring all the equipment back to Bodran Felin, together with the rubbish bags. I can then ensure that the equipment is available for the next litter pickers. The County Council will collect all the rubbish from Bodran Felin on Monday 16th March.

Any queries, please phone me on 01267253308 Carolyn Smethurst.

Here is the tale of two litter pickers who cleared from the Graig to Panteg a few weeks ago:

‘In between showers we decided to do our voluntary road litter pick. We live in such a beautiful part of the world and it never ceases to amaze me how people can throw so much litter into our countryside.

It appears people purchase takeaways, fish and chips, crisps and drinks in town. By the time they get to the turning to Llanpumsaint they have devoured the lot and instead of taking packaging/litter home they proceed to hurl it out into the hedgerows. It’s interesting to note there is hardly any litter in the hamlet around the Nebo signpost. It may be a diligent resident who clears up, but more than not the people responsible are aware of the litter fines and avoid built up areas.

We are also indebted to the walker/person who impales empty tin cans plastic bottles on the hedgerow making it easier for us to locate when doing a litter pick. Thankfully we only found cans, plastic bottles cigarette packages, not as a former resident of our house who found a huge flat based frying pan in the hedge! Sadly this exercise is akin to painting the “Forth Bridge” and we will be probably be out again soon braving the elements and traffic. Please take your litter home and RECYCLE. Diolch Thank you.’

And I have noticed more impaled cans on the road from Bancyffordd into Llanpumsaint – so that strange habit is spreading! Carolyn.

A484

You probably all have noticed that work is continuing on the A484, this time above the initial work (Phase 1). There have been more collapses – the one they are working on at present is Phase 2 which should be completed by 9th March. Phase 3 will follow, to replace the barriers on the Carmarthen side of Phase 1 and is due to be completed by April 20th.

The new contact at Carmarthenshire Council is Ed Rees, edrees@carmarthenshire.gov.uk. Telephone 01267 224531. The good news that these additional works are funded and contracted, so there should be no further delays. Michael Hall

Llanpumsaint Community Shop Update

There was a great turnout for the Public Meeting to discuss the community shop on January 22nd.

For those who were unable to make it, here are the results from the public survey:

Survey Results

An impressive 99 responses were recorded, and the results demonstrated clear support for a community shop in the village.

- If a new village shop was opened in Llanpumsaint would you or any member of your household use it? 2-3 times a week (48%), once a week (24%) daily (13%)
- What products would you be most likely to buy? Bakery, Local Produce and Newspapers were the most popular options
- What services would you be most likely to use? Postal Services, Tea Room and card payment/ cash back were the most popular options
- At what time of day would you be most likely to use the shop? 8am -12pm and 2pm - 6pm were joint top choice
- Majority travelled 5-10 miles for both weekly and convenience shop:
 - Main shop - 89% 5-10 miles 7% over 10 miles
 - Top Up shop - 61% 5-10 miles (35% under 5 miles out of 83)
- 87% rated having a community shop as important or very important
- Strong response to call for volunteers: 33 people have offered to volunteer in some way to support the shop

Next Steps

A feasibility study, funded by Brechfa Forest Wind Farm is currently underway to look at options including site, services and products. The report will be finalised at the end of the February.

A Facebook page has also been set up to share news and progress: www.facebook.com/llanpumsaintshop

How you can help - The working group are very keen to ensure that everyone has the opportunity to feed into the design of this project as the shop is intended for use by the entire community.

Please feel free to forward any thoughts or suggestions you may have to:

Roxanne Treacy (consultant undertaking the feasibility study) roxtreacy@icloud.com 07972 924 945

Head to Toes Footcare The next session in the Memorial Hall is on Wednesday March 18th. New clients should contact Gary Robinson any weekday evening between 6 – 8pm on 07789344488, as should any existing client wishing to cancel (at least 24hrs notice, please)

Llanpumsaint 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

LLANPUMSAINT & NEBO SHORT MAT BOWLING CLUB

2019 finished on a positive note for the Club with three strong wins against Llandyfaelog A, Alma and Salem (last years' League winners) which left the Club in 5th place in the League at the mid way point of the season. The first match of 2020 saw the Club travel to Llanboidy A where they came up against very strong opposition and succumbed to a disappointing loss. The second match was at home against Meinciau where the honours were shared with the pairs and triples winning.

Aled and Gethin Edwards qualified for the Welsh National Singles and Fours finals in Llandrindod Wells in January. Aled won all his singles group matches but lost in the quarter finals in a very close match. The Fours had a successful day winning all their group matches and reaching the final where they unfortunately lost in the very last end to a very strong team from Pembrokeshire. A full report on the weekend can be seen on the Club's website www.llanpumsaintsmbc.org.uk

On the 26th January Rhys and Catrin Williams played in the Welsh Under 21's pairs competition in Carmarthen. They were in a very tough group which contained the eventual winners from Cardiganshire and runners up from Brecon and Radnorshire. The next competition for the Under 21's will be an International against England on Saturday, 28th March at the Bro Myrddin Bowls Club in Carmarthen.

The Club would like to extend a warm welcome to Dafydd Jones who has joined the Club and has already proved that he has the potential to be a very good player.

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

Clwbgwili 60+ Club, Bronwydd

The Club has had a very good year with its membership holding up well. Although we have sadly lost several members there have been many new members also. Anyone wanting to join can get further information from Val Giles Club secretary Tel no 01267 281194. Club Meetings are held on the last Monday of every month apart from when the last Monday, falls on Bank Holiday. Then it is held the week before. Meeting starts at 2pm. Cost of membership is £7.50 per year. The Club has this year been awarded a funding grant of £875 from Brechfa Windfarm Community Fund for which the Club is most grateful.

Clwbgwili held its Mystery Trip/Christmas Dinner in December and it proved a great success again this year with 68 members attending. We went to Trostre Retail Park, Llanelli for some retail therapy and coffee before moving on to Stradey Park Hotel for our Christmas lunch with entertainment following. It really was an excellent day had by all.

During the last couple of months the committee have been busy planning four day trips for 2020. These are the day-trips planned for this year:

13th May Henllan Prisoner of War Camp/National Wool Museum, Drefach, Velindre

10th June Wye Valley River Cruise and Abbey Mill.

19th August Glansevern Hall and Gardens, Welshpool

9th September St Fagan's National Museum of History

Club Meetings for 2020

27th January.....Speaker Mr Jeremy John

24th February.....Cawl/Refreshments entertainment by Miss Lucy Rhian Jones Harpist (Our St David's Day Celebration)

23rd March.....Speaker Mr Arwyn Thomas

27th April.....Ms Mary Thorley

There is also a 5-day Summer Break Planned for July visiting Liverpool and district. Details from Val Giles and Glyn Evans. Deposits being collected now. Turkey and Tinsel 5-day break in November is being planned this year again. Everybody welcome - come and join us for a good afternoon's entertainment!! Val Giles, Club Secretary 01267 281194

Holocaust Memorial Service Llanpumsaint Church 2020

On Saturday 25th January 2020 representatives of local churches, chapels, the Muslim community, those of Jewish heritage, youth groups, schools and our local health board came together in our small rural Anglican church in West Wales to remember the atrocities of the holocaust and other genocides and to commit to stand together to end genocide.

This was our third holocaust memorial service, and this year the address was given by Rev'd Euryl Howells, senior chaplain at our local hospitals. Euryl reflected on the importance of remembering, and his own personal experience of meeting survivors of the Rwandan genocide.

People were invited to add their names, reflections and commitments to end genocide to a giant paper chain, symbolising how we will work and stand together to try to ensure that we eliminate factors that lead to genocide from our communities.

Candles were lit to remember victims of the holocaust, Nazi Persecution and subsequent genocides in Cambodia, Bosnia, Rwanda and Dafur.

After the service we enjoyed getting to know each other a little better and shared refreshments together. Rev'd Gaynor Jones-Higgs Priest in Charge Bro Caerfyrddin Ministry Area

Restoration of Regency Landscape at National Botanic Garden – Hard Hat Tour

More dates available for you to join a member of the Project team on a hard hat tour of the lake restoration work. You will find out more about the history of [Sir William Paxton](#)'s fabulous historic parkland and get an update on the progress the [Regency Restoration](#) Project and see the amazing changes that have already taken place with this restoration!

A two hour tour starting at 11.00am from the Western entrance of The [Great Glasshouse](#). Please wear appropriate footwear as the terrain is uneven in places.

Spaces are limited so please book your place with Joanne.Evans@gardenofwales.org.uk or phone 01558 667157 for any of these dates: Sunday 23rd Feb - 11am to 1pm

Tuesday 25th Feb - 11am to 1pm

Go on, treat yourself to a stunning walk back in time.



Sharing the Load for Farming Communities.

The DPJ Foundation has been set up to support farmers, agricultural workers and their families in the agriculture communities that are struggling with poor mental health. Mental Health is just the same as physical health, we can all struggle to feel well at times, and the DPJ Foundation has been set up to provide counselling specifically for farmers and their families. The Foundation also supports those in the rural communities that are regularly in touch with farmers and want to know how better support them to get help when in times of crisis. To speak to a trained volunteer about our fully funded counselling service please phone 0800 587 4262 or text 07860 048799 both are open 24/7. We have regional champs in your area and can give talks about mental health awareness and the foundation, find us on facebook/twitter/Instagram or www.thedpjfoundation.co.uk or emma@thedpjfoundation.co.uk

Waste Amnesty - Newcastle Emlyn Mart Car Park 29th February, 8.00 – 12 noon

Most household waste can be taken along to a waste and tyre amnesty - including unwanted furniture, carpets, mattresses, electrical items such as fridge-freezers and televisions.

A maximum of four domestic tyres can also be taken. However, tractor or lorry tyres will not be accepted.

The following hazardous waste items will not be accepted e.g. paint (only empty paint tins accepted), fluorescent tubes, batteries, chemicals, gas bottles, asbestos, garden waste, trade waste, construction waste, agricultural waste, glass e.g. panes of glass or furniture containing glass.

Residents are advised to please separate their waste and to bring proof of address or they will be refused entry.

Llanpumsaint 100 Club - To all members

Subscriptions are now up for renewal - £12 for the 12th month period commencing in March. Cheques to renew should be made payable to 'Llanpumsaint 100 Club' and be sent to me no later than the 31st March. Cash is acceptable too!!

All profits made by the 100 Club are used to help keep the village playing field, the play area and equipment in good order.

I have 120 numbers available, last year 112 were allocated. New members are always welcome to join, just give me a tinkle for more information. Members will receive a letter of reminder to renew in February with an attached annual statement.

A big thank you to all members for your support during the past 12 months, which I hope you will continue to give.

Derick Lock, Treasurer, 01267253524, Maes y Felin, Llanpumsaint SA33 6BY

LLANPUMSAINT WELFARE AND RECREATION ASSOCIATION

The Llanpumsaint Welfare and Recreation Association would like to thank everyone for their support during the past year. The park is an important asset to the village, which we work hard to maintain for the enjoyment of everyone.

Thanks to everyone who made the **Santa Parade** successful, despite the poor weather. We would especially like to thank Wayne and Liz for supplying Santa's Selection Boxes. Along with the 'Bottle on the Bar' collection at the Railway Inn, a sum of £559.73 was raised for the Park and our 2019 charity, which was the Special Care Baby Unit at Glangwili Hospital.

This year's chosen charity 2020 is the Peony Breast Cancer Care Unit at Prince Philip Hospital, Llanelli.

Charity Meal Tuesday 31 March 2020

A Charity Meal of Lasagne will be available at the Railway Inn at £12.50 for adults and £5 for children.

A raffle will be held and donations to the raffle will be most welcome. Tickets will be available from any of the Welfare Committee Members.

Car Treasure Hunt Friday 19 June 2020

Further details will be available in the next edition of Village Voice.

Annual General Meeting Monday 27 April at 8.00 pm at the Memorial Hall

The next meeting of the Association will be on 2 March 2020 at 8.00 pm at the Memorial Hall.

Allotment Association

This time of year, now that we are well over the excesses of the Christmas period, it lifts the spirits to see Daffodils just begin to push up through the soil and the very first indications that Spring is waiting in the wings. So far this Winter the work previously undertaken at the far end of the allotment site has, finally we hope, prevented any flooding as endured in previous years.

This year the Allotment Association's Annual General Meeting will be held at the allotment site on Saturday 29th February 2020 at 10.30am, when existing and any prospective members register for the current year.

Membership is £35 for the first year with an annual fee of £25 thereafter.

A site tidy up day will again be held in April, on Sunday 19th from 10.30am. The new equipment purchased as a result of the grant from the Brechfa Forest West Wind Farm will greatly aid effort to maintain a neat & tidy site.

Throughout the whole Star Wars saga the diaries of a very young Luke Skywalker were never told. Albeit the young Luke's scribbles were often difficult to decipher, and translation from his native tongue gave rise to some errors, it was discovered that his father, Anakin, was a keen gardener and allotment holder. This was probably borne of necessity as food was far from plentiful on the asteroid of Polis Massa. In addition gardening tools were also scarce and allotment holders had to share tools, if available. He wrote how his mother, Padme Amidala, would often see his father off to the allotment saying "*May the fork be with you*". Should you be interested in joining the Allotment Association you can contact Keith (tel: 253375) or Ray (tel: 253157) for further details.

West Wales Dowzers Future Events

Sunday February 23rd Wendy Harding: An Introduction to Astrology

Sunday March 25th: AGM free to attend!

Sunday April 26th: Rory Macquisten – Classification of Earth Energy lines.

Sunday May 24th: Shelley Underhill-Savage – Sound Healing

The Society was formed in 1993 by a group of like-minded people wanting to explore and encourage the different aspects and uses of Dowsing and Divining. Our aim is to learn for ourselves and teach others, the many aspects of dowsing/divining. To further this aim, we hold practice sessions and/or invite excellent speakers plus our popular Summer field trips.

Dowsing is an ancient art. A wall painting in the *Caves of Tassili* in the foothills of the Atlas Mountains shows a dowser dowsing for water. These paintings have been carbon dated to be at least 8,000 years old. More recently, Elizabeth I (1533-1603) introduced German miners with dowsing expertise to our mining communities. Meetings are held in Bronwydd Hall on fourth Sunday of the month, 1.45 - 4.45.

Annual Membership is available at just £12 a year. Entrance is £5 for members and £6 for non-members including a welcome cuppa and a biscuit in the break. No equipment is necessary, just bring yourselves.

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

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

This is an old scam reinvented!

Letters claiming to come from a Hong Kong-based director of one of the China's biggest banks are trying to lure victims into a cash scam with the promise of a share in a fictitious US\$10+ millions.

Personalised letters sent by post to people in the United States and Britain, including residents in Llanpumsaint can be from a number of persons, falsely claiming to be a director of the private banking arm of one of the major banks in Hong Kong. Recipients are told that he is handling the estate of a Westerner who died in an accident in mainland China, leaving no will and with no next of kin - but the US\$ million fortune which would revert to the Chinese state unless claimed.

The letters say the dead man shares the same unusual surname as the people targeted in the scam, creating an opportunity for an illicit transaction that would make the addressee and the fictitious banker wealthy, saying that they will split the money in half.

If no action is taken, then the money will revert back to the state.

It appears that on investigation by a newspaper the address given in Hong Kong turned out to be a narrow corridor of shops beneath an ageing block of low-rent flats and offices. It was a derelict one-room shop which a neighbour said is used for storage only. The phone number was a forwarding number that can be bought for about US\$15 a month and which enable calls to be patched straight through to overseas numbers. The e-mail address was an untraceable account. According to a police officer familiar with such scams, the e-mails were probably being sent from overseas, and as likely to be from Britain or Nigeria or anywhere else.

The fraud works by preying on people's greed and gradually winning their trust. At a later stage in the supposed transfer, unexpected legal fees or other emergencies crop up, requiring up-front payments of thousands of US dollars.

Such scams are estimated to cost the British economy £150 million each year – don't get caught with this one!

Welcome Signs of Spring

After the grey days of December and January, I like to walk around the garden to enjoy the signs of spring that may be popping through the winter debris. Precious jewels like the tiny, fragile cyclamen flowers alongside the more robust but just as welcome snowdrops. There were a few daffodils out in the middle of January, and now there are the short winter irises coming up in some pots. And there is a rainbow of hellebores. And in a sheltered hedgerow, primroses are flowering.

The noisy sign that spring is on its way are the pairs of Canada geese flying overhead to the lake. Perhaps surprising that they have decided to return, their goslings last year were all taken by the foxes.

Summer can't be too far away! Carolyn Smethurst

Llanpumsaint Church

I write on 3rd January, the Christmas decorations are still up but since October now we have been putting plans into place for our Lent campaign.

There has been huge diocesan reorganisation over the last few months and this means that our Churches have now come into one “super parish” called a Local Ministry Area (LMA) with the Carmarthen Churches, Abergwili, Llangunnor and the Cynwl Elfed Group. Whilst this presents some challenges it also brings opportunities and all of the churches in the new LMA will be involved in the Eco Lent project.

Bro Caerfyrddin LMA aim to run an eco- lent campaign, linking current concerns regarding climate change and sustainability to the ancient Christian disciplines of fasting and deeper spiritual engagement during Lent. We aim to challenge views that Christians and churches are seeking to have dominion over the natural world and promote the view that actually Christians should be responsible for the created world that God has gifted to us. Sustainable use of the earth’s resources is an expression of love for God and neighbour. We recognize as the Diocesan Creation Care and Sustainability officer puts it that as Anglican Churches we have “an influential constituency often active at the heart of wider civic life. What we do matters, not just in terms of individual Christian responsibility but also in our impact on society”

We have already made links with the local council, schools, Plant Dewi and other community groups such as allotment associations as well as local businesses to help us promote and publicise the eco lent message.

Three events are already arranged and we very much hope that people who are not already members of our churches might like to join in with these.

A Vegetarian and locally sourced dinner @ The Warren restaurant Carmarthen with after dinner speaker founder of the Warren, Deri Reed.

An Eco Open Church event. This is a free drop in event with games, crafts activities and refreshments for people of all ages based on creation care themes.

A Forest Church Taster session. We recognize that “traditional” church does not always reach out effectively to people with no church background and that within church communities people nourish and sustain and express spiritual commitment differently. For these reasons we propose a variety of different activities and events in various locations to engage a wide diversity of people.

Other events proposed are a secondary school’s debate in partnership with Size of Wales, themed primary school assemblies, pancake launch event with focus on using leftovers, themed devotional / Bible study groups and a sustainable fashion show.

We hope to engage more people with the central Christian messages of Love of God and neighbour so that all may live in abundance, the recreation of creation and sharing of the earth’s resources being expressions of Christian love.

Everyone is welcome at any of our services and events we look forward to meeting new people at any of our events and services, and continuing to serve God and our communities.

If you think church is not for you, its not involved in the real world, that Christians have no fun think again Church has changed, maybe 2020 is the year to find this out for yourself .

For more details of church services and events please follow our Facebook page Llanpumsaint Bronwydd and Llanllawddog Churches or Contact Rev’d Gaynor 01267 253158 j_gaynor@hotmail.com

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.

Welsh Whisperer Evening – The Hall and Parents and Teachers Association of Ysgol Llanpumsaint are arranging a night with the Welsh Whisperer. It is to be held in the Hall, on Friday the 20th of March. There will be food and refreshments on the night. Tickets are priced adults £5, secondary aged children £2.50 and primary aged children free. For tickets please contact Donna Thomas on 07854072195.

Llanpumsaint Community Council

An enormous cloud hangs over the deliberations of the Community Council at present, which has effectively been suspended, because the Clerk did not submit the Council's accounts for auditing by the Wales Audit Office. The Clerk is a self confessed innumerate and consequently had enrolled the help of his farm accountant to complete the annual auditing form on his behalf; who had done so for 5 years and then Grant Thornton; the Wales Audit Office appointed External Auditor, criticised this delegation of duty, as the accountant was effectively signing off as accurate his own work. As a result of this censure, the Clerk ceased submitting accounts for auditing and no longer returned the auditing form. A consequence of this is that in September 2019, the Wales Audit Office has applied the Letter of the Law; Section 52 of the Public Audit (Wales) Act 2004 to the Clerk and the Council and are charging upwards of £3,000 to the democratic process as it is exercised in the community of Llanpumsaint. The Clerk himself is liable for £1,000 and the remainder will be charged to the community, resulting in an immediate increase of £6.00 in the Annual Precept which would then rise from £22.00 to £28.00. Of course, there would be no benefit to the community from the additional taxes raised, as the money would be paid to the Wales Audit Office to cover the increased cost of conducting the audit. The average annual fee charged for auditing the accounts is somewhere between £180.00 and £200.00. To date, although the accounts have now been submitted; thanks to them being completed by a colleague, the Wales Audit Office continue to expect the community and its Clerk to cover the extortionate fees.....these are not happy times at present!

...and on another note; an e-mail was received from a resident of Llanpumsaint who would really appreciate if the village was a little more child friendly! "What", you may gasp, "surely, the speed restrictions of 30 mph and 20 mph around the Playing Field and School and swings and slides and so on in the village playground is evidence enough that the community is 'child-friendly'? Yes, but,.. the message goes on to say; "My children play in the village and are curious about nature and venture into the verges on our daily outings and discover more than curious plants and creepy crawlies, they also find dog mess and as you can imagine; when that happens, the consequences aren't appealing or greatly hygienic ." If this issue is something that you feel that you can improve upon, it would be greatly appreciated if you did so. Can we all play our part in keeping this a community for everyone; it's not a big ask....!

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

Talking Books Wales Roadshow will hold a meeting in the Hall at Llanpumsaint on Wednesday 18 March at 7pm. This will be an opportunity to publicise the work of this service, based in Carmarthen, for those who have sight problems. Did you know that you can borrow audio books, free of charge, from a library of over 2500 books and community papers such as Y Lloffwr, Y Garthen and Clonc?

A warm welcome is extended to listeners in the Llanpumsaint area, along with friends and supporters. It will also be an opportunity for Talking Books Wales to thank, publicly, the Brechfa Wind farm Community Fund for their generous support to this important service.

The Road Show will visit the following locations. Each meeting will start at 7pm

- 17 March - The Pavilion, Pencader
- 18 March - Llanpumsaint Hall
- 19 March - Llanllwni community Hall
- 30 March - Brechfa Hall
- 31 March - Felingwm Uchaf Hall

Nebo Chapel Services

March	8	Members Service	10.30
	15	Mr Dafydd Evans	2.00
	22	Mrs Elonwy Phillips	2.00
April	5	Mrs Beti Holmes	2.00
	12	Easter Service	10.30
	26	Rev. Meirion Morris	2.00
May	10	Rev. Gareth Soan	10.30
	17	Mr Tudor Dylan Jones	2.00
June	14	Rev. Roger Thomas	2.00
	21	Rev. Tom Dafis	2.00

For more information please contact Chapel Secretary Meinir Jones on 253532

Ffynnonhenri Chapel

Details of service February 2020

February 16 2020 Communion at 2.00 p.m. Rev.Huw George.

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

Caersalem

Thou wilt keep him in perfect peace, whose mind is stayed on Thee, because he trusteth in Thee. Isaiah 26:3
Service every Sunday at 2pm in chapel or in members' homes. Welcome!

Eleri Morris 253895

CYLCH MEITHRIN BRONWYDD

At the start of the new year, here we are again, and we would like to thank all of you very much for your support over the past year. We are very grateful for all your help. Our numbers have increased considerably over the past year as there are many families with young children in our catchment. Please remember that you are welcome to bring your babies and small children to our Ti a Fi sessions held every Friday morning (10am - 12noon) during term time. It will help all aspects of development including all important social skills.

Christmas at the Cylch was very busy with our concert and craft fair. In addition to this, the children and their parents experienced a train ride to visit Father Christmas. We are fortunate to have the Father Christmas train passing so close to us in Bronwydd! We had a wonderful party at the end of term, and Father Christmas came to visit us.

At the start of the Spring term, our new theme is "Historical heroes of Wales" looking at famous people in Welsh history. We start by learning about Saint Dwynwen and her significance in Wales. The children have been busy making crafts and playing games. The theme will continue throughout the term and lead towards St. David's Day when we will celebrate with a Concert on March 8th. Remember to join us for a cup of tea and a Welshcake. Enquiries relating to the Cylch to Verona (07929 431652)

Event and Volunteering news from Skanda Vale Hospice

A big thank you to everyone who came along to our Volunteer Recruitment Day on January 25th - it was lovely to meet you all and we are looking forward to welcoming some great new volunteers onto the hospice team.

Whatever the volunteer role, we are a single team here - and every contribution adds to the quality of our patients' experience with us.

We're always on the look-out for the right people, so if you didn't make our January event but think you might like to volunteer with us, please just pick up the phone and ask for Aquila or Nicky on 01559 371222. Meanwhile, our Spring Fayre will be on Saturday 21st March from 10- 4 at Skanda Vale Hospice, Saron SA44 5DY. All are welcome - See you then!

Llanpumsaint School PTA

We would like to thank everyone for their support in the Christmas fair this year to make it such a success. We would like to especially thank Barclays Bank, Mr Barrett, Ashfield Solutions, Nebo Chapel, Becky Dufty, Mathew Jones and Santa Claus.

Upcoming events - Easter Bingo 22nd April at 7pm in the Memorial Hall

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.

Away! Away!

If, during the 1980's you'd happened to be within earshot of Llanpumsaint playing field on a Saturday, you would have heard loud authoritative shouts directing the Gwili Rangers football defence. That deep voice emanated from their tall goalkeeper Ronwydd Williams, playing for the Joe Latter/Huw Jones outfit in the Cardiganshire Soccer League. That however was just one of many sporting activities, pursued by the man from Fronfras, the smallholding in Cwmdwyfran, where he was brought up. He enthusiastically embraced the other code, establishing himself as a faithful second row forward for Nantgaredig rugby football club. He played some cricket for Whitland, but more significantly joining those local pioneers to launch Clwb Criced Bronwydd in 1978. There, he became Captain five years later and eventually President in 2014. On Winter nights for decades he threw darts for Conwil's Roch & Fountain around the Carmarthen Leagues, one player who almost looked down at double top. A much respected builder by trade he also bred horses and always amongst the first to arrive at the Royal Welsh on Wenesday's Welsh Cobs Day, once disturbing a still slumbering gateman at 6 a.m. Eventually going upstairs to bed at 3 a.m at a Somerset cricket tour hotel, he and tenor Rhys Bach broke into a full length hymn, to disturb some sleeping guests. The Manager listened to the complaint next morning before responding, "*Oh Aaar! Sorry about that. But they were singing in tune though!*". Totally bemused, the sleepless tourist paid up and departed.

Playing days ended Ron blossomed into the most loyal, frequent and vocal supporter for both Bronwydd cricket and Nantgaredig rugby. Home or away, no matter how far, he rarely missed a match, even attending evening training sessions at Nantgaredig. Most Umpires and Referees are well used to ignoring raucous derogatory shouts from some biased one-eyed supporters. Ron's voice resounded loud and clear, but the Official in charge often had to consider what he had to say, for his knowledge of the game and the Laws was sound. It had been a very public life but by his own wish the funeral was strictly private. Both the touchline at Nantgaredig and the boundary edge at Cnwcyderi Bronwydd will in future be somewhat quieter and sadder places.

Arwyn 2020

<p align="center">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</p>	<p align="center">Hollybrook Country Inn Bronwydd 4* Accommodation Pub and Restaurant Tel 01267 233521</p>
<p align="center">G J Isitt & Son ROOFING Free estimates and advice All aspects of roofing undertaken We pride ourselves on our reputation 01267 253425 / 07770 818951</p>	<p align="center">JOHN KERR MOTOR VEHICLE ENGINEER Servicing • Diagnostics MOT preparation • Tyres Gerwyn Villa Llanpumsaint 01267 253560 07980 982025 Email: johnworkshop@hotmail.co.uk</p>
<p>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</p>	<p>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</p>
<p>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</p>	<p align="center">Aled Evans Servicing & Maintenance of Oil Boilers and Cookers Ground & Air Source Heat Pumps Solar Thermal Panels Unvented Cylinders 01559370997 07966592183</p>
<p>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</p>	<p align="center">Gwalia Garage Peniel Road Rhydargaeau MOT's, servicing, tyres, repairs Tel: (01267) 253599 <i>JRB & K Thomas</i> <i>Peniel Road Carms SA32 7DR</i></p>

<p>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</p>	<p>Gwalia Stores Peniel Road 01267 253249 Fuel, Shop, Post-office Licensed, Hot & cold food to go Coffee, Vapes Newspapers and magazines</p>
<p>Pure Shine Pure water window cleaning Based in Bronwydd, serving Bronwydd, Llanpumsaint and the surrounding villages. <u>Window Cleaning, Conservatory Cleaning, External Gutters, Fascia and Soffit Cleaning</u> Contact Steve for a FREE no obligation quote: Tel: 07462138885 / 01267 253956 Email: pureshinewindowcleaning@gmail.com Facebook: Pure Shine</p>	<p>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</p>
<p>R. Thomas Electrical Services Electrical Installation And Maintenance Fully Part P Registered Phone Rob on 0777 2364553 Llys Onnen Carmarthen</p>	<p> 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</p>
<p>Alex Boucher - Massage Therapist Swedish Massage & Indian Head Massage 07516 005146 Alexboucher110@hotmail.co.uk Gwernen, Llanpumsaint</p>	<p>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 07778796794 or 01267 253097 (lives in Llanpumsaint)</p>

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

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

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