

Llais y Llan Hydref 2016

Copi dyddiad ar gyfer rhifyn nesaf – 25 Tachwedd 2016

Cyhoeddwyd gan Llanpumsaint Cyfnewid Gwybodaeth Gymunedol

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

Beth sy' Mlaen yn y Pentref yn y misoedd nesaf

Noson Stêc y Rheilffordd pob Nos Fercher 01267253643

Noson Cinio Rhost y Rheilffordd pob Nos Iau 01267253643

Bowlïo pob Nos Lun a Nos Iau 7.30 – 9.30

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

Hydref 7 Nos Wener 7.30 Swper Cyneuaf Yr Eglwys Neuadd Goffa

Hydref 8 Dydd Sadwrn 10.30 Cerdded Carn Inqli

Hydref 11 Nos Fawrth Swper Elusennol

Hydref 12 Dydd Mercher 12.30 Clwb Cinio Tafarn y Rheilffordd Ffôn 253643

Hydref 14 Nos Wener 7.00 Sioe Ffasiwn 'Nanette's' Neuadd Bronwydd

Hydref 15 Nos Sadwrn 'Pure Magic' cyngerdd Neuadd Goffa

Hydref 18 Nos Fawrth 7.00 Cwis a Chyri £5.00 y pen, Tafarn y Rheilffordd

Hydref 23 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Bronwydd

Hydref 31 Nos Lun 5.00 Disco'r Wrach Neuadd Goffa

Tachwedd 1 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa

Tachwedd 2 Dydd Mercher 11.00 – 4.00 Clinig Traed Neuadd Goffa

Tachwedd 5 Dydd Sadwrn 11.00 Cerdded Laugharne

Tachwedd 9 Dydd Mercher 12.30 Clwb Cinio Tafarn y Rheilffordd Ffôn 253643

Tachwedd 13 Dydd Sul 10.45 Gwasanaeth Coffa Neuadd Goffa

Tachwedd 15 Nos Fawrth 7.00 Cwis a Chyri £5.00 y pen, Tafarn y Rheilffordd

Tachwedd 26 Nos Sadwrn Côr Llanpumsaint a'r Cylch Meseia Yng Nghapel y Tabernacl

Tachwedd 27 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Bronwydd

Tachwedd 27 Nos Sul Cwis Hollybrook

Rhagfyr 2 – 4 Dydd Gwener – Dydd Sul Eliffant yn y Digwyddiad Ystafell Saron Hosbis

Rhagfyr 3 Dydd 11.00 Sadwrn Cerdded Llanpumsaint

Rhagfyr 3 Dydd 11.00 Ffair Nadolig Neuadd Goffa

Rhagfyr 14 Dydd Mercher 11.00 – 4.00 Clinig Traed Neuadd Goffa

Village Voice

October 2016

Copy Date for next Edition 25th November

Village Voice is published by Llanpumsaint Community Information Exchange
www.llanpumsaint.org.uk email info@llanpumsaint.org.uk. Please send items to
info@llanpumsaint.org.uk or post to Bodran Felin, Llanpumsaint SA33 6BY

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

Every Wednesday Steak Night at the Railway Inn 01267 253643

Every Thursday Roast Dinner Night at the Railway Inn 01267 253643

Every Monday and Thursday from 1 September 7.30 – 9.30 Bowls at Memorial Hall

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

October 7 Friday 7.30 Harvest Supper Memorial Hall

October 8 Saturday 10.30 Walk to Carn Ingli from Newport

October 11 Tuesday 7.00 Charity Meal Railway Inn Tickets £12.50

October 12 Wednesday 12.30 Luncheon Club Railway Inn – 253643 to book

October 14 Friday 7.00 Fashion Show with Nanette's Fashions Bronwydd Hall

October 15 Saturday 'Pure Magic' Concert Memorial Hall

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

October 23 Sunday 1.45 Sunday 1.45 West Wales Dowsers Bronwydd Hall

October 31 Monday 5.00 Spooky Halloween Disco Memorial Hall

November 1 Tuesday 8.00 Llanpumsaint Community Council Memorial Hall

November 2 Wednesday 11.00 – 4.00 Foot Clinic Memorial Hall

November 5 Saturday 11.00 Walk in Laugharne

November 9 Wednesday 12.30 Luncheon Club Railway Inn – 253643 to book

November 13 Sunday 10.45 Remembrance Service Memorial Hall

November 15 Tuesday 7.00 Curry and Quiz £5 per head Railway Inn

November 26 Saturday 7.30 Messiah with Llanpumsaint & District Choir Tabernacle Chapel

November 27 Sunday 1.45 West Wales Dowsers Bronwydd Hall

November 27 Sunday 8.00 Quiz Hollybrook Inn

December 2 – 4 Friday – Sunday Elephant in the Room Event at Hospice Saron

December 3 11.00 Walk in Llanpumsaint from Railway Inn

December 3 11.00 School Annual Christmas Fair Memorial Hall

December 14 Wednesday 11.00 – 4.00 Foot Clinic Memorial Hall

December 14 Wednesday 12.30 Luncheon Club Railway Inn – 253643 to book

January 3 Tuesday 8.00 Llanpumsaint Community Council Memorial Hall

February 4 Saturday Race Night Neuadd Goffa.

Llanpumsaint and Ffynnonhenry Memorial Hall

To book phone Derick Lock on 253524

Clwbgwili 60+

The Club is going on a 5 day break in November staying at the Langham Hotel Eastbourne. There are still a few vacancies on the coach, if there is anyone interested contact Mr Glyn Evans on 01267 236280 for further information.

There are now 150 members in the Club with a few new members enrolling nearly every month. Anyone needing more information contact the Club Secretary Mrs. Val Giles on 01267 281194

105 - Western Power Distribution New Emergency Number

Anyone experiencing an emergency like a power cut can now call the national freephone power cut phone line – 105 – or WPD's direct emergency line number, which is 0800 6783 105.

Forward planning and regular advanced Met Office weather predictions mean that WPD's operational depots are always primed and staffed for when poor weather arrives, with extra operational and engineering staff in place and on stand-by, as well as extra Contact and Control Centre operatives available to look after the electricity network and to help customers with their enquiries.

WPD also provides additional support to customers who could find themselves vulnerable in a power cut, such as the less able and the elderly via their Priority Service Register. For more information about WPD's Priority Service Register and advice on what to do to prepare for a power cut call 0800 0963080

Here are some tips on what to do to prepare in case of a power cut:

1. Check you have a phone available that will work in a power cut – digital or cordless ones may not work.
2. Keep a battery/solar charger handy so that you can recharge your smart phone or tablet and follow updates on social media and on WPD's online power cut map.
3. Keep WPD's telephone number handy or save it into your mobile phone (105 or 0800 6783 105) so that you can report a power cut or call for information and advice.
4. Have a torch or lantern ready. It's best not to use candles or paraffin lights.
5. Protect sensitive equipment such as computers with a surge protector plug.
6. Keep a wind-up/battery/solar radio ready so you can listen to local radio updates.
7. If you have a mains operated stair lift, check to see if there is a manual release handle that can be used to return it safely to the ground level if it stops working.

Post Office Mobile Outreach Service – Layby opposite the Railway Inn, Tuesday 2.00 – 4.00, Friday 1.00 – 3.00pm

Rhagfyr 14 Dydd Mercher 11.00 – 4.00 Clinig Traed Neuadd Goffa

Rhagfyr 14 Dydd Mercher 12.30 Clwb Cinio Tafarn y Rheilffordd Ffôn 253643

Ionawr 3 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa

Chwefror 4 Nos Sadwrn Noson Rasys Ceffylau nesa Neuadd Goffa

Neuadd Goffa Llanpumsaint a Ffynnonhenri
I logi'r Neuadd Goffa, ffoniwch Derick Lock 01267253524

105 – Western Power -- Rhif Argyfwng Newydd

Mewn argyfwng neu sefyllfa o golli cyflenwad yn sydyn mae yna rif cenedlaethol newydd gellwch alw ddi-dâl - 105.-neu rif argyfwng Western Power sef - 0800 6783 105.

Drwy gynllunio 'mlaen llaw a chyda rhagolygon tywydd arbennig rydym yn sicrhau fod ein canolfannau yn barod at unrhyw argyfwng. Felly pan ddaw'r tywydd garw bydd peirianwyr a staff arbenigol yn barod i ymateb, er mwyn ateb ymholiadau a sicrhau fod y cyflenwad trydan yn dal i lifo.

Yn ychwanegol at hynny bydd Western Power yn cynnig cymorth arbennig i'r mwyaf anghenus, megis henoed a'r methodig gyda'i Gwasanaeth Blaenoriaethol. Am fwy o wybodaeth a chyngor cysylltwch ar 0800 0963080.

Dyma rai awgrymiadau ar beth yw gwneud os daw toriad i'r trydan -

- 1 Ceisiwch wneud yn siŵr fod gennych ffon wna weithio mewn toriad trydan.
- 2 Oes gennych fatri a ellir ei gyflenwi'r solar?
- 3 Gwnewch yn siŵr fod rhif argyfwng Western Power ar eich ffon symudol.
- 4 Mae golau torsh yn saffach na chanhwyllau a pharaffin.
- 5 Ceisiwch sicrhau eich cyfrifiadur.
- 6 Bydd radio fatri yn sicrhau eich bod yn cadw lan a'r newyddion.
- 7 Os oes gennych lift lan star drydan gwnewch yn siŵr y gellir ei symud gyda llaw.

Ydych chi wedi gweld yr adar gemog yma?

Mae dau aderyn paun glas Indiaid wedi mynd ar goll o Neuadd Deg, a'r olwg ola' o Idris a Tegwen oedd lan sha Glynneuadd rywle. Felly mae 'na wobwr o £20 os ydych chi wedi ei gweld neu'n well fyth £40 am eu dychwelid, oherwydd bod Eli yn gweld eu hishe'n ofnadwy. Maent yn holl o'r cloddie a'r coed ac yn eithaf tawel hyd y wawr, pan glywir eu can arbennig.

Ffoniwch - 01267 253668 neu 07494 466506 neu E-bost themerrys@live.com
[<mailto:themerrys@live.com>](mailto:themerrys@live.com)

Clwb Cerdded Llanpumsaint

Oherwydd y rhagolwg am law trwm ar y 3dd o Fedi gohiriwyd y daith i'r rhaedrau ond mi fydd yn cymerid lle yn y flwyddyn newydd.. Yn nesaf yw cerdded lan Carn Ingli o Drefdraeth ar Sadwrn yr 8fed o Hydref. Byddwn yn cychwyn o'r maes parcio ger Long Street am 10.30 y.b. Bydd angen esgidiau cerdded a dewch a rhywbeth i fwyta gyda'ch. Cerddwn yn araf i fynnu'r llwybr serth gan aros yn fynych i fwynhau'r golygfeydd yn amlygu. Mi gymerith daith gyfan tua phedair awr cyn dychwelid am baned o de yn Nhrefdraeth.

Dychwelwn at un o'm ffefrynnau ar Sadwrn y 5ed o Dachwedd sef Lacharn. Wedi parcio ger y castell byddwn yn cychwyn am unarddeg y bore. Cofiwch edrych ar y wybodaeth am amser ac uchder y llanw cyn mynd ar hyd yr arfordir. Galwn yn Sied Dylan ar y ffordd nol, cyn cael lluniaeth yn un o'r caffis ar y Grist.

'Nol i Lanpumsaint fydd hi ar y Sadwrn y 3dd o Ragfyr gan gychwyn o dafarn Y Railwe am 11.00 y.b. Taith gylch fydd hi gan ddefnyddio'r llwybrau lleol a fydd hynny'n golygu cerdded drwy rhai caeau felly gwisgwch yn addas. Rhyw ddwy filltir fydd y cyfan. Rhowch wybod os ydych yn dod yn arbennig i Drefdraeth oherwydd bydd rhannu ceir yn help mawr. Ceir mwy o wybodaeth a lluniau o deithiau clwb Cerdded Llanpumsaint ar Facebook.

MacMillan Cancer Support - Y gwaith i ni'n neud.

Eleni cefais y fraint o fynychu Bore Coffi Grŵp Llanpumsaint, oedd yn llwyddiant mawr gyda chryn gefnogaeth o'r tu allan i'r ardal. Gyda rafflau digonedd o goffi a chacennau di ddiwedd i'n cadw'n brysur. A'r cyfle cyntaf oll i mi brofi cacen corjet.

I'r Ganolfan Gwybodaeth daeth 24 o bobl ac atebwyd nifer fawr o gwestiynau gan eraill am ganser. Bu hefyd yn fuddiol i gyfarfod a phobl a thrin a thrafod gwahanol brofiadau, a hefyd ddysgu pa fath o gymorth sydd ar gael yn lleol. Bydd eich ymgyrchoedd codi arian yn help mawr i ddioddefwyr cancr, y rhai sy'n goroesi'r clefyd ac i'w teuluoedd.

Ein huchelgais yn MacMillan yw ceisio sicrhau na fydd neb yn wynebu'r argyfwng cancr heb gymorth, felly mae gennym nifer o wasanaethau cefnogol i wasanaethu lle bydd angen. Mae gennym ganolfannau gwybodaeth, safle ar y We a llyfrgell o wybodaeth, llinell gymorth gan nyrs arbenigol, cyngor ariannol a hawliau Lles, Tîm gwybodaeth symudol, a chymdeithas sy'n tyfu ar y We, Tîm Grantiau, nyrsys, seicolegwyr, meddygon teulu, deietegyddion, ac yn y blaen a llawer mwy. Gobeithio eich bod yn cyd-fynd i hon fod yn rhestr hir o wasanaethau a chymorth!

Gellir galw am unrhyw un o'r gwasanaethau hyn drwy ffonio 0800 808 00 00 yn rhad ar unrhyw ffon. Mae'n na hefyd ffon decs i'r byddar 0808 808 0121, www.Macmillan.org.uk <<http://macmillan.org.uk>>. Mae cynnal yr holl gefnogaeth hyn yn ddibynnol ar eich cefnogaeth chi ac rydym ni yn MacMillan Cancer Support yn ddiolchgar dros ben am eich cyfraniad godidog

Diolch o galon Michelle Smith

West Wales Dowzers Society – Future Events

Sunday October 23rd: Tanya Peterson – Kinesiology

Sunday November 27th: Ros Briagha – Subject to be confirmed.

Dowsing is a useful and interesting practice that almost anyone can learn. It's thought to have originated in Egypt or even earlier. Many companies use the services of experienced dowzers to search for water, minerals, oil, electricity cables etc. Some people dowse the safety of their food, and check for geopathic stress in their surroundings, but this is a personal belief and not yet scientifically proven. Why not come along on Sunday to find out for yourself? Bronwydd Village Hall, 1.45 pm. Entrance is £4 per person including a welcome cuppa and a biscuit in the break. No equipment is necessary, just bring yourselves. Further Information: Sandy 01267 253547 Ring for details.

Have you seen these bejewelled birds?

Missing two Indian blue peacocks from Neuadd Deg: Idris and Tegwen were last seen in the hedgerows around Glynneudd.

There is a reward of £20 for spotting them for us to catch them, or £40 for their return, as Eli is missing them terribly. They love hedgerows and trees, are very quiet and loving, apart from at dawn when they make their distinctive call!

Please ring- 01267 253668 or 07494 466506 or email themerrys@live.com

Clwb Cerdded Llanpumsaint Walking Club

Because of the heavy rain forecast for 3rd September, we cancelled the Waterfall Walk, but it will be repeated in the new year.

The waterfall walk was cancelled due to the heavy rain forecast for that day - and did it rain!

Our next walk will be walking up Carn Ingli, Newport Pembs on Saturday 8th October

Park in the car park on the left in Long Street, the walk will start at 10.30am. Please bring a packed lunch, and good walking boots. We climb slowly up the footpath to the top of Carn Ingli, stopping regularly to see the views unfold behind us. The walk will take about 4hrs, and we will be back in time for a cup of tea in Newport.

On Saturday 5th November we will do one of our favourite walks in Laugharne. Meet in the car park next to the castle - we will start the walk at 11.00am. Check the notices re high tide before you park. Easy walk along the estuary, and back with a visit to the Tin Shed museum *tinsbedexperience.co.uk/* on our return. We will have refreshments in one of the cafes when we return to the town square.

On Saturday, December 3rd, we will do a walk in Llanpumsaint starting at 11.00am outside the Railway Inn, using the footpaths which give a circular walk close to the village. This is an easy walk, but we do go through some fields, so you may want to wear wellies. About 2 miles in all. Please let me know if you are coming on either of these walks, so that we can share transport to Newport, and so that we don't leave without you. Carolyn Smethurst 01267253308
More details on Llanpumsaint Walkers Facebook page – plus photos of our walks.

Llanpumsaint 100+ Club

The September and October draws were made at the Welfare and Recreation Association Trustees' recent meeting. The lucky winners were as follows:

September	£20	No. 7	Elsie Jones
	£10	No. 41	Molly Grindley
	£5	No. 2	Valerie Lock
	£5	No. 9	Rhiannnydd Jones-Evans
October	£20	No. 114	Samantha James
	£10	No. 31	Eirlys Lloyd
	£5	No. 76	Heledd Jones
	£5	No. 102	Rhiannon Laughlin

The November and Christmas Draws will be made at the Trustees' meeting on 15th November.

Llanpumsaint Welfare and Recreation Association

Many thanks to all those who supported our Macmillan Coffee Morning on 24th September, especially those who donated cakes, of all sorts!! It was another successful charity fundraiser, enabling the Association to send a cheque for £440.00 to Macmillan Cancer Support.

We were lucky enough to have Michelle Smith in attendance, the Macmillan Area Organiser for the whole of Wales, S.W. England and the Channel Islands. Quite a job!!

Michelle gave an interesting explanation of her role in the Charity and went on to explain the services and help Macmillan offers. She stayed for the whole of the event, and was on hand for anyone to ask her personally questions they might have. Thanks Michelle.

The association is holding a Charity Meal in the Railway on Tuesday 11th October – 7.00pm for 7.30pm, courtesy of Jayne and Nick. Tickets are available from Trustees, price £12.50, £5 of which will be put towards improvements on the playing field. This year the meal is chicken and ham pie with a shortcrust pastry, chips and veg. Desserts are available at extra cost.

Most would have noticed that Welsh Water's contractor's, Bentleys, have now vacated the playing field, having completed their task in a most helpful and obliging manner. Bentleys have tarmaced the two unfinished areas of the circular path and also installed

Two plinths on which we can now position the picnic tables. We would ask, please, that no-one move the tables from the plinths from now on.

Through the deal struck with Welsh Water, the Association has had a monetary windfall, which we intend using to improve the park facilities.

The Trustees are drawing up a wish-list that includes, not necessarily in order of priority, the following:

- A newer, larger lawnmower

- A notice board to list the Trustees and advertise events

- A new roundabout for the play area

- Repairs to the tennis court

- Additional seating

Two benches and two full-size goalposts have already been purchased and can now be put in place as soon as the weather allows. Spare parts will be ordered for the see-saw which is currently out of action.

If any reader can come up with any other suggestions for our wish-list, please contact our Secretary Derick Lock on 253524

Pwyllgor Lles ac Adloniant Llanpumsaint

Diolch yn fawr i bawb wnaeth gefnogi Bore Coffi MacMillan ar y 24ain o Fedi yn enwedig y rhai a wnaeth gyfrannu danteithion. Bu'n fore llwyddiannus unwaith eto i ganiatáu'r gymdeithas i anfon siec o £400 i FacMillan. Buom yn ffodus o gwmni Michelle Smith, trefnydd rhanbarthol MacMillan am Gymru, De-orllewin Lloegr ac Ynysoedd y Sianel; tipyn o job! Yn ei hanerchiad eglurodd Michelle waith y mudiad gan aros drwy'r bore i drafod ac ateb cwestiynau. Diolch!

Cynhelir Swper Elusennol gan y Gymdeithas yn y Railwe ar Nos Fawrth 11eg o Hydref am saith o'r gloch drwy gydweithrediad Jane a Nick. Tocynnau ar gael oddi wrth yr Ymddiriedolwyr am £12.50, gyda £5 yn cael ei neilltuo at welliannau i'r Cae Chwarae. Y fwydlen eleni yw pastai ffowlyn a chig moch gyda sglodion a llysiau, gyda phwdin am bris ychwanegol.

Mi sylwch siŵr o fod i Bently, sef contractwyr Dwr Cymru, wedi gorffen eu gwaith ar y Cae Chwarae ac wedi bod yn gwrtais ac o gymorth. Tarmacwyd y rhannau o'r llwybr cylch oedd heb eu gwneud a gosodwyd dau blinth fydd yn addas i osod byrddau picnic arnynt. Gofynnwn yn garedig i neb symud y byrddau o'u safleoedd ar y plinth.

Mae'r cytundeb wnaed gyda Dŵr Cymru wedi golygu swm o arian fyddwn yn gwario ar wella'r cyfleusterau yn y Cae. Gwnaeth yr Ymddiriedolwyr greu rhestr o anghenion isod ond nid mewn unrhyw drefn o flaenoriaeth -

1 Torrwr porfa mwy o faint.

2 Hysbysfwrdd i arddangos enwau'r Ymddiriedolwyr ac i hysbysebu digwyddiadau.

3 Cylchfan newydd i'r ardal chwarae.

4 Adnewyddu'r cwrt tenis.

5 Mwy o seddi.

Prynwyd dwy ffwrwm a dwy set o byst pêl droed eisoes, i'w gosod yn eu lle cyn gynted a bod y tywydd yn caniatáu. Byddwn yn archebu offer addas er mwyn atgyweirio'r si-so sydd ddim yn gweithio ar hyn o bryd. Os oes gennych awgrymiadau pellach yna cysylltwch â Derik Locke ar 01267 253524.

Clwb Bowlio Llanpumsaint a Nebo

Buom yn ymarfer ers dechrau Medi, ac yna chwarae gem gyfeillgar erbyn Bronwydd i ennill 6-2. Daw gem gynta'r Gynghrair i ffwrdd erbyn Trimsaran ar y 28ain o Fedi, ac yna adre erbyn Llanboidy ar y 6ed o Hydref. Daw'r canlyniadau yn y rhifyn nesaf o Lais y Llan. Unrhyw una diddordeb ymuno cysylltwch â Derik Locke ar 01267 253524.

Gwasanaeth Swyddfa Bost - gyferbyn â Thafarn y Rheilffordd ar ddydd Mawrth 2.00 -4.00 a dydd Gwener 1.00-3.00 y.h.

Newyddion o Glafdy Skanda Vale

Cynhelir digwyddiad rhad yng Nghlafdy Saron, *Yr Eliffant yn yr Ystafell*, am dridiau o ddydd Gwener yr 2ail hyd ddydd Sul y 4dd o Ragfyr, i gyd yn ymwneud a marwolaeth a marw. Bydd yna gerddoriaeth, drama, gweithdai, a darlithiau gan arbenigwyr (i gynnwys cyfreithwyr, cynghorwyr, a fforwm aml-ffydd) a hefyd ddarlithiau gan rai a phrofiad yn y maes. Bydd yna gyfleoedd ac amser i unigolion drafod yn anffurfiol marw a marwolaeth dros baned a chacen, a rhannu profiadau, o safbwyntiau proffesiynol a phersonol, a hefyd trafod amheuon a phryder efallai ynghyn a'u marwolaeth eu hunain neu rywun yn agos atynt neu rywun yn agos at y terfyn, hefyd trafod rhai sydd wedi marw a chael cyfle i'w cofio a siarad amdanynt. Bydd bwyd ar gael gyda chyfle i edrych o amgylch y Clafdy i weld ein cyfleusterau a siarad â'r staff.

Dau beth pendant sydd na mewn bywyd - cewch eich geni a byddwch farw. Felly fel y cynllunnir a thrafodir genedigaeth, mae angen trafod a pharatoi sut mae gadael y byd yma gore gallwn ni.

Tîm Codi Arian y Brif Weinyddes Nyrsio Alley

Cydwaith Cofebion Rhyfel Gorllewin Cymru

Dechreuodd hyn oll rhyw dair blynedd ar ddeg yn ôl pan benderfynais ymchwilio i gefndir y bechgyn a enwyd ar Gofeb Rhyfel Lacharn, fy nghartref. Buan iawn datblygodd yn obsesiwn bywyd, a phan welais mai fy nhad-cu a'i frawd oedd dau o'r enwau ar Gofeb y Rhyfel Gyntaf fe'm hysbrydolwyd i sefydlu Gwefan.[wwwmp.co.uk](http://www.wwwwmp.co.uk).

Hyd yma mae'r wefan yn cynnwys manylion am ddynion a gwragedd a gofnodir ar 416 o Gofebion dros Orllewin Cymru. Yno hefyd cofnodir manylion milwrol pellach cyn 1914 ac ar ôl 1945. Tebyg iawn fod yna lawer o gofebion nad wyf eto wedi eu darganfod, yn enwedig gan i nifer o eglwysi a chapeli nawr fod ar gau, na allaf ymchwilio iddynt. Ni lwyddais i weld Cofeb Llanpumsaint ond wedi cysylltu drwy E-bost gyda Carolyn Smethurst cyfeiriwyd fi at Arwyn Thomas, wnaeth ddanfôn lluniau a manylion imi.

Mae yna storiâu diddorol am bob un enwir ar y Gofeb yn y Neuadd Goffa, ond saif un allan, oherwydd i Harry Howells Penllwynuchel ymuno a'r 15fed Bataliwn o'r Gatrwd Gymreig. Fy niddordeb personol yw i ewythr fy mam Harry Allen o Hendy-gwyn, o'r un Gatrwd golli ei fywyd yng nghoedwig Mametz. Fe'm hysbrydolwyd i ymchwilio ac yn y diwedd gyhoeddi 5 llyfr ar hanesion y Cymry mewn rhyfeloedd.

(Cofnodwyd hanes rhyfel Harry Howells yn Llais y Llan 2014)

Mae derbyn manylion am ddynion fel Harry Howells o gymorth mawr, oherwydd wedyn gall perthnasau gysylltu'n uniongyrchol a mi i gasglu neu gynnig rhagor o wybodaeth. Gyda Harry gynigodd perthynas iddo lun oedd mewn loced ac 'roeddwn innau gallu cynnig llun o'i fedd yn Ffrainc yn ôl.

Os oes gan rywun luniau o'r gwŷr ar y Wefan byddwn yn falch ohonynt ac os dymuna naill ai llun neu wybodaeth bellach oddi wrthyf byddwn yn falch o helpi.

[Wwwwmp.co](http://www.wwwwmp.co) <<http://www.wwwwmp.co>>uk Stephen John

Macmillan Cancer Support - the Work We Do

This year, I was fortunate enough to be invited to the annual Llanpumsaint Macmillan Cancer Support Coffee Morning. The event was a great success with people from outside of the village also attending to support.

There were raffles, competitions and an endless supply of coffee and cake to keep us all satisfied! The event offered me my first opportunity to try courgette cake!

The information point was well accessed and a total of 24 people either took information from the stand or had a direct questions relating to cancer answered. It was also a wonderful opportunity to meet with people and listen to their experiences and find out a little bit more about the support that is available for people in the area.

Your fundraising efforts really will help the experience of people living with and beyond cancer whether it is the person with the diagnosis or those around them.

At Macmillan, it is our ambition that no one should face cancer alone and we have several services in place to help us support as many people as possible:

We have static cancer information points, a website with a library of information to access, the nurse specialist helpline, the welfare rights and financial guidance team, the mobile information team, a growing online community, our grants team as well as our nurses, psychologists, GP's, dieticians etc. I hope you will agree that this is quite a collection of services!

All services are accessible on our main number 0800 808 00 00. This is free from a landline or a mobile. We also have textphone for those who are hard of hearing and that number is 0808 808 0121, www.Macmillan.org.uk

Funding this range of services is dependent on your support and we at Macmillan Cancer Support are incredible grateful for your wonderful contribution.

With grateful thanks, Michelle Smith.

Head to Toes Footcare

All clients please remember that with effect from the June Clinic, the fee will be increased by £1 to £11. The next 2 clinics are on Wednesdays on the following dates:

2nd November from 11.00am – 4.00pm and 14th December from 11.00am – 4.00pm

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 Memorial Hall Trustees

There has been a n amazing response for tickets for the “Pure Magic” concert on 15th October and all the tickets have been sold. Our secretary, Derick Lock (253524) has a waiting list of those wanting tickets.

The concert on 16th September featuring the Llanpumsaint and District Choir and the Llanpumsaint Primary School Choir proved to be extremely popular and successful with profits from the evening going towards the repair and upkeep of the hall. Our sincere thanks go to Gwyn Nicholas and the teachers at the School for their enthusiasm and hard work in making the evening so enjoyable for all.

News From Skanda Vale Hospice

There is a free event at the Hospice in Saron called 'Elephant in the Room' The event will span over 3 days, from Friday 2nd to Sunday 4th December and it is all about death and dying. It includes live music, drama, talks and workshops from professionals (inc solicitors, counselors, and an inter-faith forum) and talks from those who have had direct involvement with the issues they will be discussing. There will also be a time and space for people to get together informally over cake and tea to discuss death and dying - from personal or professional experiences they have had, to worries and/or reservations about their own death or somebody close to them who's death is imminent and it will be an opportunity also to remember those who have died and to be able to talk openly about those experiences. There will also be refreshments and people will also have the opportunity to look around the hospice and find out what facilities we have and a chance to talk to our team.

There are only two certainties in life - you are born and you will die so just as we discuss and plan for someone to come into the world we should discuss and plan (as best we can) how a person leaves this world. Sister Ally Fundraising Team

Llanpumsaint Allotment Association

The Association began the year welcoming new members to swell our ranks, and old and new members alike were involved in early Spring in a very successful day of tidying and generally improving the site at the old station yard. Again this year a plant sale by a professional grower was also held in Spring.

During the year railway sleepers were purchased enabling additional outdoor growing beds to be constructed to accommodate anticipated demand. Repairs were also undertaken to damaged polytunnels, and some members also undertook improvements to the growing beds within the polytunnels. In conjunction with Sustainable Llanpumsaint part of the site has now been fenced to enable work towards the development of a separate recreation area for the benefit of all the community.

The season this year has in general been very successful with some good crops, and some members experimenting with different plant varieties - with varying success! Sadly our treasurer, Bob Conyard, has recently suffered serious illness which will prevent him tending to his plants for some while. He is the brightest blossom in our orchard and all within the Allotment Association wish him a speedy journey along the road to a full recovery. His advice and general support to members is sorely missed. We are always keen to welcome new members to the Allotment Association (no previous experience necessary!) and anyone interested should contact Ray (253157) or Keith (253375).

Cymdeithas Rhandir Llanpumsaint

Cychwynnwyd y flwyddyn drwy groesawu aelodau newydd, hen ac ifanc, fu'n brysur wrthi ar ddiwrnod o gymani a chlirio er mwyn gwella'r safle yn hen iard yr orsaf a'r Co-op. Hefyd yn y Gwanwyn daeth tyfwr proffesiynol yma i werthi blanhigion. Prynwyd slipers rheiffordd er mwyn creu rhagor o waliau tyfu oherwydd y galw amdanynt. Atgyweiriwyd rhai o'r twneli poli ac aeth eraill ati i wella ansawdd y tir ynddynt. Mewn cydweithrediad a Cynaliadwy Llanpumsaint aed ati i ffensio rhan arall er mwyn creu congl hamdden er lles y gymuned gyffredinol.

Bu 'n dymor eithaf ffrwythlon gyda chnydau da a gwelwyd rhai aelodau'r arbrofi planhigion newydd, a chymysg fu'r canlyniad. Yn anffodus tarwyd ein hysgrifennydd Bob Conyard yn wael ac ni fydd yn garddio am spel. Fe yw'r cymeriad mwyaf lliwgar sydd gennym ac mae holl aelodau'r Rhandir yn dymuno'n dda iddo ar ei daith yn ôl i iachâd buan. Mi welwn ishe ei gyngor a'i gymorth i'n haelodau.

Hoffwn estyn croeso i aelodau newydd a does dim angen profiad arnoch. Cysylltwch â Ray 253157 neu Keith 253375.

Cymdeithas Rhieni ac Athrawon Llanpumsaint

Yn ein Cyfarfod Blynyddol dathlwyd blwyddyn arall ffrwythlon o godi arian i'r Ysgol. Hoffwn ddiolch i'r rhieni, y plant a'r gymuned am eu cefnogaeth yn y gobaith y byddant yn parhau i gefnogi'r Ysgol yn y flwyddyn sydd i ddod. Rydym yn dal i dalu am y peiriant oeri dŵr i'r plant a hefyd am y llungopiwr a'r bws i'r gwersi dysgu nofio. Yn ychwanegol at hynny prynwyd sied newydd a deunydd plannu a chyfrannwyd at y parti Nadolig a'r parti plant ymadael Blwyddyn 6

Disco'r Wrach. Ar 31ain o Hydref gwahoddir y plant i'r Neuadd Goffa o bump hyd saith o'r gloch i Ddisco Nos Calan Gaeaf y Wrach. Digon o gemau a chystadleuaeth y wisg orau, gan gynnwys y rhieni. Tocyn mynediad yn £4 i gynnwys ci poeth, sglodion a diod. Croeso i bawb!

Ffair Nadolig. Bydd yn digwydd ar Sadwrn y 4dd o Ragfyr gyda'r drysau'n agor am 11. 00 y bore yn y Neuadd Goffa. Os am redeg stondin beth am gysylltu ag Emma Bowen ar 07773 034461 neu brown6bz@btinternet.com

Gan i hon fod yn weithgaredd da i'r Gymdeithas cofiwch ddod i gefnogi

Calendr yr Ysgol

Bydd y calendr eleni yn adlewyrchu mwy o flas y pentref. Rydym yn gwahodd hysbysebion o fusnesau lleol am £30 - felly cysylltwch â Becky James cyn gynted â phosib - beckyjames@btinternet.com <<mailto:beckyjames@btinternet.com>> neu 07779104456.

Dim mwg dim tan! – nac unrhyw arwyddion eraill!

Am bum niwrnod ym Mis Awst ac eto yn Medi bu ardal Llanpumsaint heb wasanaeth ffon symudol oddi wrth EE, Tmobile ac Orange. Daeth rhyddhad i bawb pan atgyweiriwyd y gwasanaeth yn rhannol yn dilyn trafodaethau gyda'r cwmni.

Cadarnhaodd EE eu bod yn uwchraddio mastiau yn yr ardal, a than fod hynny'n gyflawn mae'n bosib fydd yna drafferth bellach. Os digwyddith hynny anfonwch y manylion i EE drwy E-bost neu ffon i *Marie Holiday Executive Customer Relations* yn

customer.complaints@ee.co.uk <<mailto:customer.complaints@ee.co.uk>> neu fffoniwch 08454122800. Bydd angen

Rhif y Cyfrif neu'r ffon

Enw, cyfeiriad a'r cod post

Dwy lythyren gyntaf eich cyfrinair

Y gwasanaeth sy'n ddifffgiol. *Carolyn Smethurst*

Heddlu

Yn ystod y misoedd diwethaf, rydyn ni wedi derbyn cynnydd yn nifer y galwadau sy'n ymwneud â chyswllt ffôn neu e-bost amheus gan bersonau sy'n honni eu bod nhw'n gweithio i fanc derbynnydd yr alwad, ei gymdeithas adeiladu, neu unrhyw sefydliad ariannol arall, yn gofyn iddo gadarnhau manylion diogelwch, neu'n gofyn am wybodaeth ychwanegol.

Weithiau, daw'r galwadau hyn gan gwmni sy'n gofyn i chi adnewyddu eich trwydded Microsoft. Mae'r galwr naill ai'n gofyn i chi am eich manylion banc er mwyn talu, neu'n dweud wrthyh fod gennych broblem ac yn gofyn am fynediad o bell, a'r pryd hynny maen nhw'n cymryd unrhyw wybodaeth bersonol i'w defnyddio yn y dyfodol.

Gofynnir i unrhyw un sy'n derbyn galwad ffôn gan rywun sy'n honni bod ganddo rai manylion amdanoch i drin y cysylltiad hwn fel twyll. Rydyn ni wedi derbyn sawl galwad lle mae'r unigolion wedi credu'r galwr ac wedi rhoi manylion iddynt, sydd wedi arwain at golled o £20,000 a dros £5,000 mewn 2 dau ddigwyddiad gwahanol.

Mae'r galwadau hyn yn ymddangos yn ddilys, ond rydyn ni'n annog pawb i drin unrhyw alwadau fel rhai amheus, a chysylltu â'ch banc o rif gwahanol os yn bosibl, neu ymweld yn bersonol â'ch banc. Os oes gennych unrhyw bryderon, peidiwch â datgelu unrhyw wybodaeth bersonol dros y ffôn neu drwy e-bost. Byddaf yn gadael gwybodaeth yn siop y pentref, ond mae gwybodaeth bellach ar gael ar www.getsafeonline.com

Erbyn hyn, ni fydd y rhan fwyaf o fanciau'n eich galw'n uniongyrchol, oherwydd y pryderon a godwyd gan gwsmeriaid mewn perthynas â'r galwadau amheus hyn. Os oes gennych unrhyw bryderon, neu os ydych chi eisiau cadarnhad ynghylch sefyllfa'ch banc, galwch heibio'n bersonol a thrafodwch eich materion wyneb yn wyneb ag aelod staff. Os oes gennych unrhyw bryderon, cysylltwch â mi ar 101.

Martin Dickenson 8046, Swyddog Cymorth Cymunedol, Heddlu Dyfed Powys

Gorsaf Yr Heddlu 101 Ex 25344 / 25343 martin.dickenson@dyfed-powys.pnn.police.uk

West Wales War Memorial Project

Just over thirteen years ago a small idea to research the men on my local war memorial at Laugharne became the starting point for what has proved to be, so far, a lifetime obsession.

Finding that one of the men on the WW1 memorial was my Great Grandfather and that another was his brother triggered an interest in me that has led to the creation of my website, w

So far the website contains details of the men and women who are commemorated on 416 war memorials from west Wales, plus extra pages on local military units, pre-WW1 memorials and post-WW2 memorials. There are most likely still a lot of war memorials to discover in our part of Wales, since most of the Churches and Chapels are nowadays locked up and I have not been able to get access to a large number in order to see what is contained within them.

One such memorial was at Llanpumsaint. I often badger people by e-mail to see if they could photograph memorials for me and this is how I came into contact with Carolyn, who then kindly obtained photographs of your local memorials from Arwyn Thomas.

There are interesting stories behind all of the men on your memorial, but the stand out one for me is that of Harry Howells, because he served with our local battalion, the 15th Battalion, Welsh Regiment, which was known as the Carmarthen Pals. The interest for me is two-fold. My mother's uncle, Harry Allen, from Whitland, was killed at Mametz Wood while serving with the 15th Welsh and it was because of him that I researched the battalion in detail and then wrote my first published book, entitled 'Carmarthen Pals'. It was the writing of that book that led to my publisher commissioning me to write five further books: Carmarthen in the Great War; Welsh Yeomanry at War; and a three book series 'The Welsh at War'.

Arwyn Thomas wrote about Harry Howells for a previous edition of Village Voice.

Having the details of men like Harry online has a lot of advantages for me as it enables relatives of the men to contact me, either to get more information themselves, or to provide me with extra information. In Harry's case a descendant of his contacted me to provide me with a photograph of Harry which was in a locket, together with a photograph of an unnamed sergeant, presumably from the same battalion. I was able to provide him with more details about Harry and also a photograph of his gravestone which I had taken on one of my many trips to the battlefields.

If anyone has photographs of anyone on the website that they would like to share, or if they would like copies of anything I hold, please feel free to contact myself through the website,

www.wwwmp.co.uk. Steven John

No smoke signals – or any other signals!

Residents in Llanpumsaint would have been aware for about 5 days in August, and again in September that there was no signal on their mobile phones if they were served by EE, T Mobile or Orange. It was a relief to everyone that the signal was restored to some extent after discussions with the company.

However, EE confirmed that they are upgrading masts in the area, and so until that upgrade is complete, there may be other disruptions to the signal.

If that happens, please send the following details to EE either by email or phone to Marie

Holiday, Executive Customer Relations at customer.complaints@ee.co.uk or phone 0845 412 2800

Account or mobile number

Full name, Address, Post code

Password 1st and 3rd letter if applicable

The services you are having problems with.

Carolyn Smethurst

Ysgol Llanpumsaint PTA

The PTA recently held its AGM and celebrated another successful year of fundraising for the school. The PTA would like to thank the parents, children and community for your support and hope you continue to do so for the coming year.

The PTA has continued to fund the water cooler for the children in the school along with photocopying and the bus for the school swimming lessons. Additionally, the PTA has purchased a number of items for the school including a new shed, some planters and contributed to the Christmas Party and Year 6 Leavers Party.

Spooky Disco

On the 31st October @ 5pm-7pm, the children are invited to the Village Hall for a Spooky Halloween Disco. There will be games and a best costume competition for children and adults. £4.00 entry which includes a hotdog, fries and a drink. All are welcome.

Christmas Fair

The Annual Christmas Fair is on Saturday 3rd December. Doors open at 11.00 in the Village Hall. If you are interested in having a stall please contact Emma Brown 07773 034461 or brown6bz@btinternet.com

This event is particularly successful for the PTA and hope to see you all there.

School Calendars

We are creating a calendar again this year with more of a village theme. We are inviting local businesses to support the School by advertising on the calendar at a cost of £30 per advert – please could interested businesses contact Becky James asap via email: becky-james@btinternet.com or phone: 07779 014456.

Police News

During the last few months, we have received an increase in calls relating to suspicious telephone or email contact from persons alleging to be from the call recipient's bank, building society or other financial institution requesting confirmation of security details or asking the person for extra information.

Sometimes these calls are from a company asking you to renew your Microsoft license. The caller either asks for your bank details for payment or tells you have a problem and requests remote access at which point they take any personal information for future use.

Please will anyone who is phoned by any person who alleges to have some of your details treat this contact as fraud. We have had several calls where the persons have believed the caller and given out details which have resulted in the loss of £20,000 and over £5,000 in 2 separate incidents.

These calls are seemingly genuine, but we urge everyone to treat any calls as suspicious, contact your bank separately, from a different number if possible or attend in person at your bank. If you have any concerns never give out personal information over the phone or via email. I will be leaving some information in the village shop, but further information is available at www.getsafeonline.com

Most banks will not call you directly any longer, due to the concerns raised by customers regarding these suspicious calls. If you have any concerns or wish to clarify with your banks position, please attend in person and discuss your issues face to face with a member of staff. Should you have any concerns please contact me on 101.

Martin Dickenson 8046 Police Community Support, Dyfed Powys Police,
Carmarthen Police Station 101 Ex 25344 / 25343 martin.dickenson@dyfed-powys.pnn.police.uk

Capel Ffynnonhenri

Dyma fanylion am y gwasanaethau am fisoedd Hydref, Tachwedd a Rhagfyr 2016

Hydref 18 2016 Gwasanaeth Diolchgarwch M.Y.W. Peniel 7.00y.h.

Hydref 19 2016 Gwasanaeth Diolchgarwch Ysgol Llanpumsaint 2.00y.p.

Hydref 23 2016 Gwasanaeth Diolchgarwch Mr. Wyn Maskell 2.00y.p.

Tachwedd 6 2016 Cymundeb am 2.00y.p. Parch Carl Williams

Tachwedd 27 2016 Cwrdd Undebol ym Mhenybont Llandysul am 10.30y.b. Parch
Gareth Morris

Rhagfyr 4 2016 Cymundeb am 4.00y.p. Parch Huw George

Rhagfyr 18 2016 Gwasanaeth Carolau am 2.00y.p.

Os am ragor o wybodaeth cysylltwch a Danny Davies, Trysorydd ar 01267 253418 neu
Gwyn Nicholas, Ysgrifennydd ar 01267 253686

Nebo Chapel

Mi fydd y gwasanaethau canlynol yn cael ei gynnal yng Nghapel Nebo:

Hydref 16eg Mrs Ann Evans 10:30 y.b.

23ain Mr Peter Harries 2y.p

Tachwedd 6ed Mr Wyn Maskell 2 y.p

27ain Parch Andrew Lenny 2y.h

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

Capel y Bedyddwyr Caersalem, Llanpumsaint

“Cyhoeddwn Iesu Grist yn Waredwr ac yn Arglwydd”

Rhifau Cyswllt Mrs Eleri Morris 01267 253895

Newyddion Eglwys y Plwyf

Cynhelir y Cwrdd Diolchgarwch eleni ar Nos Wener y 7fed o Hydref am hanner awr wedi
chwech yn yr Eglwys. Dilynir hyn gan y Swper y Cyneuaf yn y Neuadd Goffa i ddechrau
am chwarter i wyth. Croeso i bawb!

Trefn y Gwasanaethau i ddod

Sul Cyntaf -- 8.30 y.b Cymun Bendigaid

Ail Sul -- 11.00 y.b Cymun Bendigaid

Trydydd Sul -- 11.00 Boreol Weddi

Pedwerydd Sul -- 11.00 Cymun Bendigaid

Ar unrhyw bumed Sul cynhelir gwasanaeth ar y cyd fydd yn cylchdroi gyda Llanllawddog a
Chelynin. Felly ar Ddydd Sul y 30ain o Hydref tro Llanllawddog fydd hi am 10.30 y.b.

Cyn hir byddwn yn chwilio am rywun i ofalu am y fynwent. Golyga hyn dorri porfa a
thwtio ryw wyth gwaith y flwyddyn. Os oes diddordeb gennych cysylltwch â Marice
Sherlock ar 01267 253195 i drafod manylion. Diolchwn hefyd i Matthew Jameson am ei
waith gofalus dros gyfnod..

Clwb Cant Llanpumsaint

Dyma enillwyr Awst a Medi tynnwyd gan Ymddiriedolwyr y Pwyllgor Lles ac Adloniant yn eu cyfarfod diweddaraf -

Medi	£20	Rhif 7	Elsie Jones
	£10	Rhif 41	Molly Grindley
	£5	Rhif. 2	Valerie Lock
	£5	Rhif 9	Rhiannnydd Jones-Evans
Hydref	£20	Rhif 114	Samantha James
	£10	Rhif 31	Eirlys Lloyd
	£5	Rhif. 76	Heledd Jones
	£5	Rhif. 102	Rhiannon Laughlin

Tynnir enillwyr Tachwedd a Nadolig yng nghyfarfod yr Ymddiriedolwyr ar y 15fed o Dachwedd.

Cór Llanpumsaint a'r Cylch

Ar Fedi 16 2016 cynhaliodd y Cór gyngerdd llwyddiannus iawn yn y Neuadd yn Llanpumsaint. Cafwyd ymateb teilwng gyda'r neuadd yn gysurus lawn. Diolch i blant Ysgol Llanpumsaint ac hefyd Erin Morgan o Alltwalis am eu cyfraniadau hwythau tuag at lwyddiant y noson. Roedd yr elw yn mynd tuag at gynnal a chadw y Neuadd a diolch yn fawr i bawb am eu cefnogaeth.

Ar Dachwedd 26 2016 fe fydd y Cór yn cynnal eu Cyngerdd Blynnyddol yng Nghapel y Tabernacl, Caerfyrddin i ddechrau am 7.30y.h. Eleni fe fydd y Cór yn perfformio y Meseia gan Handel a'r artistiaid gwadd fydd:-

Ffion Edwards, Soprano. Beca Davies, Contralto. Huw Ynyr, Tenor a Keyes Huysmans, Bas.

Gwyn Nicholas fydd yn arwain a'r organydd fydd Martin Jones.

Fe fydd posterï o amgylch y pentref yn fuan ac hefyd tocynnau oddiwrth aelodau'r Cór.

Erfyniwn am eich cefnogaeth os gwelwch yn dda.

Cyngor Cymuned Llanpumsaint

Phillip Jones yw'r clerc a gellir cysylltu ag e' ar 01267 253512 neu

clerc@llanpumsaint.org.uk <<mailto:clerc@llanpumsaint.org.uk>>. Gall y trigolion lleol fynychu unrhyw gyfarfod o'r Cyngor. Trafodir yn bennaf drwy'r Gymraeg ond mae cyfleusterau cyfieithu llawn ar gael

Ceir manylion pellach ar y We <<http://llanpumsaint.org.uk/communitycouncil/>>

Cynhelir y cyfarfod nesaf ar y 6ed o Fedi am wyth o'r gloch. Croeso i bawb.

Cais Cynllunio – Dim

Llanpumsaint and District Choir

On September 16 2016 the choir held a successful concert at the Llanpumsaint Memorial Hall. The response was wonderful with the hall being comfortably full. Many thanks to the children of Llanpumsaint School and also Erin Morgan from Alltwalis for their contributions to the success of the evening. All proceeds will go to the upkeep of the hall and many thanks to everybody who supported.

On November 26 2016 the choir will hold its Annual Concert at the Tabernacle Chapel in Carmarthen to commence at 7.30p.m. This year the choir will perform The Messiah by Handel and the supporting artists will be:-

Ffion Edwards, Soprano. Beca Davies, Contralto. Huw Ynyr, Tenor and Keyes Huysmans, Bass. Gwyn Nicholas will be the conductor and the organist will be Martin Jones.

Posters will be placed around the village shortly and also tickets will be available from choir members.

Thank you all

Tom and Cath 8 Parc Celynin would like to give a belated big Thank you/ Diolch to all our friends, family and neighbours for the very kind wishes, cards, and gifts on the arrival of our baby boy Alex X

Mobile Library – Every 4 weeks – for details phone 01267 224830

Llanpumsaint and Nebo Bowling Club

We've all been in training since the beginning of September, and played a home friendly match with Bronwydd, winning 6 – 2.

Our first league match is away to Trimsaran on 28th September, followed by a home match with Llanboidy A on 6th October. Results will appear in the December Village Voice.

Anyone interested in joining us, please contact our Secretary, Derick lock, on 253524

Nebo Chapel

The following services will take place at Nebo chapel:

16th Mrs Ann Evans 10:30am

23rd Mr Peter Harries

November 6th Mr Wyn Maskell 2pm

27th Rev Andrew Lenny 2pm

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

Caersalem Baptist Chapel Llanpumsaint

“We proclaim Jesus Christ as Saviour and Lord” Please contact Eleri Morris (Secretary) 253895

Ffynnonhenri Chapel

Details of services for the months of October, November and December 2016

October 18 2016 Thanksgiving Service Peniel M.Y.W. 7.00p.m.

October 19 2016 Thanksgiving Service Llanpumsaint School 2.00p.m.

October 23 2016 Thanksgiving Service at 2.00p.m. Mr Wyn Maskell

November 6 2016 Communion at 2.00p.m. Rev Carl Williams

November 27 2016 United Service at Penybont, Llandysul at 10.30a.m.

Rev Gareth Morris

December 4 2016 Communion at 4.00p.m. Rev Huw George

December 18 2016 Carol Service at 2.00p.

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

Llanpumsaint Parish Church News

We will be celebrating Harvest on Friday 7th October at Llanpumsaint Church with a service at 6.30 pm. This will be followed by a Village Harvest Supper in the Memorial Hall commencing at 7.45 pm. All are welcome.

Services in the Parish continue as follows:

First Sunday 8.30 am Holy Communion

Second Sunday 11 am Holy Communion

Third Sunday 11 am Morning Prayer

Fourth Sunday 11 am Holy Communion

Any fifth Sunday will be a service of Holy Communion jointly with Llanllawddog and St Celynin, rotating between the three Churches. On October 30th this will be at 10.30 am at Llanllawddog.

We will shortly be looking for someone to take over caring for the churchyard. This involves mowing and strimming when necessary, about 8 times during the year. If you are interested please contact Marice Sherlock on 01267 253195 to discuss and for further details. Our thanks to Matthew Jameson who has been doing such a good job in maintaining it to date.

Cymdeithas Dewinwyr Gorllewin Cymru – rhaglen y dyfodol

Sul – Hydref 23 – Tanya Peterson - Cinesioleg

Sul – Tachwedd 27ain – Ros Briagha – (testun i'w gadarnhau)

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

Codi Arian Hawdd Os ydych yn siopa ar y We yna gallwch helpi i godi arian i'r ysgol drwy gofrestri ar www.easyfundraising.org.uk/causes/LlanpumsaintPTA neu gysylltu ag Emma Brown

Llyfrgell Deithiol - Bob 4 wythnos, ffl gael ffôn 01267 224830

Diolch i bawb!

Yn hwyr ond yn ddiffuant - mae Twm a Cath am ddiolch o galon i'w holl ffrindiau, teulu a chymdogion am y cyfarchion, y cardiau ac anrhegion, ar achlysur geni ei mab Alex . Diolch yn dwlpe!

Clwb Gwili Chwedeg

Gwesty'r Langham yn Eastbourne fydd ein cartref am 5 diwrnod ar daith Mis Tachwedd. Mae lle o hyd i un neu ddau arall ar y bws felly cysylltwch â Glyn Ifans ar 01267 236280 am wybodaeth. Bellach mae gennym dros gant a hanner o aelodau ac yn dal i ehangu. Y cysylltydd yw Val Giles ar 01267 253194.

Ymddiriedolwyr Neuadd Goffa Llanpumsaint a Ffynnonhenri

Bu yna ymateb syfrdanol am docynnau i *Pure Magic* ar y 15fed o Hydref - gwerthwyd pob un! Mae gan ein Hysgrifennydd Derik Locke restr aros sy'n byw mewn gobaith. Bu'r gyngerdd ar y 16eg o Fedi gan Gôr Llanpumsaint, dan arweiniad Gwyn Nickolas, a Chôr y Plant Ysgol, yn hynod o boblogaidd a llwyddiannus. Aeth elw'r noson at gynnal a chadw'r Neuadd. Diolch o galon i Gwyn ac athrawon yr ysgol am eu brwdfrydedd a'u gwaith caled wnaeth sicrhau noson mor llwyddiannus.

Siarter Brenhinol Caerfyrddin

Cefais gyfle yn ddiweddar i bori drwy hen lyfr ddaeth i law Carolyn Smethurst, oedd wedi treulio amser ar silffoedd Llyfrgell Brighton yn Lloegr. Mae'n cynnwys 32 o ddogfennau Siarter Brenhinol i dref Caerfyrddin gyda thudalennau'n dangos y Lladin gwreiddiol ochr yn ochr â'r cyfieithiad Saesneg. Gwnaed y golygu a'r nodiadau o eglurhad gan Alwyn Ifans, ysgolfeistr yn nhre Caerfyrddin yn y bedwaredd ganrif ar bymtheg a hanesydd o fri yn eu dydd. Ond beth yw'r cysylltiad â Brighton yn swydd Sussex?

Mae'n debyg fod Alwyn yn adnabyddus a chyd- hanesydd ac anthropolegwr enwog o'r ardal honno, sef John Robert Daniel-Tyson. Llwyddodd i berswadio'r awdur enwog i dwrio yn yr Archifdy Swyddogol a dwyn o olau dydd dogfennau brenhinol yn ymwneud a thref Caerfyrddin, yn dyddio o'r drydedd ganrif ar ddeg hyd yr unfed ganrif ar bymtheg. Gan fod y ddau yn hyddysg yn Lladin mae'n amlwg fod y cyfieithiadau yn ffrwyth i gryn dipyn o gydweithrediad rhyngddynt. Cyhoeddwyd y gwaith yn wreiddiol yng nghylchgrawn yr Haul gan William Spurrell ac yna ar ffurf llyfr yn 1878.

Yn wir heb gymorth Alwyn mae'n debyg na fyddai neb wedi gwneud fawr o synnwyr o ymgais clerod Lladin y Canol Oesoedd i ymbyfalu ag enwau lleoedd yn y Gymraeg. Pwy fyddai'n meddwl mai cestyll Llanbadarn a Charreg Cennen yw Lanpader a Karakenny. Dengys dogfen 1290 fod Capel Kenewall (Cynwil) yn dod dan Eglwys Eberwant(Abernant), a phwy allai ddehongli mae Dercles yw Derllys a Mahathen yw Llanarthne yn 1313. Fel y gwyddoch Widigada oedd yr hen enw am ein hardaloedd ni, yn cynnwys Llanpumsaint, Llanllawddog a darnau o Abergwili a Llanegwad, a reolwyd yn y drydedd ganrif ar ddeg gan Rhys Gryg, mab yr enwog Arglwydd Rhys. Yn y ddogfen daw allan fel Ewidugaga wrth gosbi'r trigolion a'u gwahardd rhag masnachu o fewn pum cynghair i dre Caerfyrddin. Cosbwyd hwy ymhellach am ymladd dros annibyniaeth gyda'r Tywysogion drwy ganiatáu bwrdeiswyr estron Caerfyrddin o wypo a hel coed fel y mynnent o diroedd Widigada.

Tebyg iawn eich bod yn gwybod am fferm Rhydyrhaw ger Peniel, hon yw'r Redraw a enwir yn y dogfennau fel perthyn i'r “*..free Welsh...*” yn 1272. Ond byddwch yn wylidwrus mae'r Llanypumsaint a nodir yn nogfen 1331 yn cyfeirio at Bumsaint ger Cynwil Gaio, yn bell o ma! Er hynny mae'r llyfr yn cynnwys cyneuaf ffrwythlon o enwau lleoedd o ddiddordeb mawr i haneswyr lleol. *Arwyn 2016*

Gofal Traed.

Dyma ddydiadau y 2 clinig nesaf:-

Tachwedd Dydd Mercher o 11.00y.b. hyd 4.00 y.p.

Rhagfyr Dydd Mercher o 11.00y.b. hyd 4.00 y.p.

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)

Royal Charters – Carmarthen

Recently I was allowed to peruse a rather rare translation kindly lent to me by Carolyn Smethurst. It had come into her possession by the seemingly unlikely route of the East Sussex Library at Brighton. The volume consists of an English translation side by side with the original Latin script of the *Royal Charters and Historical Documents*

relating to the Town and County of Carmarthen and the

Abbeys of Talley and Tygwyn-ar Daf. It was published back in 1878 by local Carmarthen printer William Spurrell and edited by an eminent local historian of the period, Alcwyn

Evans. So how come a bit of West Wales history emerges in eastern England? J R Daniel-Tyson Esq. F.S.A of Brighton, was a well known antiquarian and author of many works including *The Place names of Sussex*. It appears that both men were well

acquainted fellow historians and Latin scholars.

Alcwyn persuaded Daniel-Tyson, to dig out the Carmarthen documents from the Record Office. After translation the work was edited and then published in Yr Haul (The Sun) a respectable Welsh monthly periodical of the period.

Included are 32 documents with the original Latin side by side with the English translation. The first Charter Roll dates from 1227 during the reign of the English king Henry 3rd, confirming that then both the castle and town of Carmarthen were in Norman hands, in a century of conflict

between the Welsh Princes and invading Normans. The final entry is a Patent Roll from Elizabeth 1st dated 1590 regarding John Perrot. Many entries over the earlier centuries relate to rights and privileges granted to the Burgesses of Carmarthen at the expense of the native Welsh.

One is indebted to Alcwyn Evans' skill in deciphering Latinised medieval clerks attempting to wrestle with Welsh names. Who would have guessed that the castles of Lampader and Karakenny refer to Llanbadarn and Carreg Cennen. Under the Charter Roll of Edward 1st 1290 we learn that Kenewell (Conwil) chapel comes under the church of Eberwant (Abernant). In 1313 Derllys comes out as (Dercles), and one would defy anyone to guess that Mahathen means Llanarthne. Ewydugaga refers to our own area Widgega which included Llanpumsaint, Llanllawddog and parts of Abergwili and Llanegwad, once ruled by Rhys Gryg, son of the Lord Rhys. We suffer penalties of being excluded from and not allowed to trade within 5 leagues of Carmarthen town. Furthermore for fighting for the Welsh Princes there's further punishment as the town Burgesses are allowed to stride out and freely cut timber in our woods, anywhere in Ewydugaga.

In Inquisitions Edward 1st 1275 there's a reference to a parcel of land held by “..the free Welsh..” at Redraw imposing a heriot (war tax) of 2 shillings. This is Rhydyrhaw farm near Peniel village still very much there. But beware the Llanypumsaint referred to in 1331, not here but Pumsaint near Cynwil Gaio in North east Carmarthenshire. The book contains numerous references to place names all over West Wales of significant interest to local historians. *Amryn 2016*

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