



Llais y Llan Awst 2021

Copi dyddiad ar gyfer rhifyn nesaf Medi 26 2021

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



Mantell Lwyd y Maes (Clare Bish)



Mantell Ceidwad y Glwyd (Clare Bish)

DID YOU KNOW

WHEN PARENTS ARRIVE ON A RNLI LIFEGUARDED BEACH THEY SHOULD TAKE THEIR CHILD/CHILDREN TO THE LIFEGUARD HUT WHERE THEY WILL EACH BE GIVEN, FREE OF CHARGE, A WRISTBAND. THE PARENTS MOBILE NO. CAN BE WRITTEN ON WRISTBAND IN WATERPROOF INK BEFORE IT IS AFFIXED TO THE CHILD.

THE CHILD SHOULD BE TOLD TO GO TO THE LIFEGUARD HUT IF 'LOST' AND LIFEGUARD WILL PHONE MOBILE NUMBER.

ALL RNLI LIFEGUARDS ARE DRB CHECKED.

**Peniel U12s
(2021/22 Season)
Are looking for new
players to join their
squad.
Please get in touch
with their Team
Manager - Emma on
07773 034461 for
registration forms.**



Bwa'r Arch yn creu pont o Lansteffan i Lanyfferi
Arwyn Thomas



Afon Twyi Ffynnu



Gwennol Ddu gan David Moreton



Simple Swift Box



Ermin Gwyn (Ray Davies)



Neidr Ddefaid wrthi yn bin sbwriel y rhandir (Ray Davies)



Gweilch dros Lanpumsaint



Lleidr bach cyfrwys

Gweilch Bell Boeing V-22

Credodd rhai o drigolion Llanpumsaint eu bod yn breuddwydio pan welwyd tair o rain yn hedfan drosodd ar Nos Iau 27ain o Orffennaf. Yn ôl adroddiad ar Facebook Llanpumsaint mae hon yn olygfa brin iawn ac yn hynod o stwrilyd.

Awyren Ryfel Americanaidd yw'r Bell Boeing V-22 sy'n alluog i neidio'n syth i'r awyr a glanio'r un mor rhwydd. Mae'n cynnwys elfennau o'r hofrennydd arferol gyda galluoedd cyflymder a phellter awyrennau tyrboprop. Am fwy o wybodaeth a lluniau ewch i

https://en.wikipedia.org/wiki/Bell_Boeing_V-22_Osprey Sandy Mather

Lleidr Cyfrwys

Fel nifer o drigolion Llanpumsaint ni'n hoff o wylio'r adar, ac wedi buddsoddi mewn sawl teclyn bwydo dros y blynyddoedd, gyda llawer ohonynt yn gorffen lan yn ddiwerth yn y bin sbwriel. Daeth y diweddaraf oedd i ateb pob dim i law, felly fe'i llanwyd a hadau blodyn yr haul. Fel y gwelwch mae'r wiwer ddyfeisgar wedi llwyddo i feindio'i ffordd miwn. Gwelodd y camera fe'n agor y glicied gref ac yna gwledda ar y cynnyrch.

Rhaid meddwl eto! - E & S Davies

Curad Calon Llanpumsaint

Dymar criw bach fu'n gyfrifol am sefydlu 4 Adfy wiwr mwn 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

Gosodwyd blwch newydd i'r Adfywiwr ger y Neuadd a diolch i Galon Cymru amdano am ddim. Diolch hefyd i Wil am ei osod lan a'i gysylltu â chyflenwad trydan y Neuadd.

Os pery rhywun drawiad ar y galon gore gyd pwy gyntaf iddo gael triniaeth yr Adfywiwr er mwyn goroesi. Bydd pob munud yn dyngedfennol ac mi fydd y Gwasanaeth Ambiwlans yn barod i'ch cyfarwyddo dros y ffon nes bod cymorth ychwanegol yn cyrraedd. Gallai hyn ddod o gyfeiriad y Gwasanaeth Tan sydd hefyd/87 wedi eu hyfforddi i ymateb ac aros yno nes i'r Ambiwlans gyrraedd.

Os nad ydych yn siŵr sut i ddefnyddio'r Adfywiwr gallwch fenthyg y pecyn ymarfer oddi wrtho i, a chyfle felly i'w ddangos i aelodau eraill o'ch teulu. Hyd yma ni ddefnyddiwyd un o'r peiriannau yma yn yr ardal, ond pwy a ŵyr pan ddaw galw, felly mae ymarfer ymlaen llaw yn fodd i arbed bywyd. Carolyn Smethurst 01267 253308 info@gwilimill.com

Neuadd Goffa Llanpumsaint & Ffynnonhenri Memorial Hall

Ar y foment mae'r Neuadd yn parhau ar gau ac yn methu cynnal digwyddiadau oherwydd sefyllfa covid-19. Fe fydd y pwyllgor yn cwrdd yn rhithiol dros yr wythnosau nesaf i drafod ffordd ymlaen wrth ail agor y Neuadd yn y dyfodol. Diolch

Gwasanathau Capel Nebo

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

Capel Ffynnonhenri

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

Caersalem - Os byddwch chi am ddod i'r cwrdd, ffoniwch 253895 am fwy o fanylion

Gofal Traed 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 hapwinytiadau. (gofynnir am rybudd o leiaf 24 awr, plis).

Pwyllgor Lles ac Adloniant Llanpumsaint - Diweddaraf Yn Orffennaf

Mae'r haf wedi cyrraedd ein Cae Chwarae, ac 'roedd yn hyfryd gweld cymaint o wirfoddolwyr wedi dod i'r glanhau lan ar y 10fed o Orffennaf. Mae'r Pwyllgor yn ddiolchgar dros ben i'r holl ymdrechwyr fu wrthi'n tacluso'r lle, gan lanhau'r meinciau, paentio pob ffens ac iet, ynghyd a glanhau'r cyrtiau tennis gogyfer a'r tymor.

Mae gennym hefyd gyhoeddiad cyffroes am ffordd newydd o godi arian. Rhwng y Sul 22ain o Awst a'r 31ain, sef dydd Llun gŵyl y Banc, heriwn yr holl gymuned i gerdded cyfanswm o fil o filltiroedd o amgylch y Cae Chwarae, sef 500 0 laps. Os cewch eich noddi am un lap, neu os oes chwant arnoch gyflawni nifer o laps bob dydd, chi sydd i ddewis. Ar hyn o bryd mae'r Pwyllgor wrthi'n dosbarthu ffurflenni noddi, felly cysylltwch os am roi help law. Rhaid bod y traed ar lawr felly dyw ar gefn beic mas ohoni. Byddwn yn rhifo cyfanswm yr holl lapiau ar derfyn y deg diwrnod, a rhennir yr holl elw rhwng uned Poeny Cancr y Fron Llanelli a chronfa cynnal a chadw'r Cae Chwarae. Gobeithio y gwelwn ni chi'n cymerid rhan a daw mwy o wybodaeth am y fenter ar Facebook.

Yn ein cais diweddaraf i Gronfa Fferm Wynt Brechfa gofynnwyd am gyfarpar chwarae newydd ynghyd ag arwyneb bob tywydd a rhagor o ffensio. Ond mae'r Panel am fwy o wybodaeth cyn dod i benderfyniad, felly aethom ati i lunio holiadur i'r gymuned. Felly mae yna gyswllt yn Llais y Llan i'r holiadur yma ac fe welwch wybodaeth hefyd ar Facebook. Unwaith eto rydym yn awyddus i ddenu aelodau newydd i'n Pwyllgor ynghyd ac Ysgrifennydd. Am fwy o wybodaeth i'r perwyl yma neu am ddysgu mwy am ein hymgyrchoedd codi arian ewch i parcllanpumsaint@gmail.com <<mailto:parcllanpumsaint@gmail.com>> neu cymerwch air ag un o'n haelodau.

Arolwg Gwelliannau i'r Cae Chwarae

Mae'r Pwyllgor Lles ac Adloniant yn gwahodd eich sylwadau i'r uchod, oherwydd ein bod yn cynnig am nawdd o Gronfa Fferm Wynt Brechfa at y gwelliannau. Er mwyn cynllunio ein cais hoffem wybod am eich profiadau o ddefnyddio' Cae Chwarae gyda syniadau am wella'r cyfleusterau. Bydd pob ymateb n gyfrinachol.

Dyma'r cyswllt i gwblhau'r arolwg <https://forms.gle/T9n8Z2NyBGqs2yPH9>

Dyddiad cau am ymateb – 15fed Medi 2021

Os am gopi papur o'r arolwg ewch i parcllanpumsaintpark@gmail.com

Neu ofyn i Aaron Jones 253183

CYLCH MEITHRIN BRONWYDD /CYLCH Y GOEDWIG

Cysylltwch â Verona, Arweinydd ar 07929 431652 neu cylchmeithrinbronwydd@gmail.com

Gwennoliaid, Gwennoliaid Du a Gwennoliaid y Tŷ

Daeth llawer iawn llai o'r adar hynod yma eleni. Cyrhaeddodd y gwenoliaid lan yma ond llawer iawn llai o barau. Os na rywun wedi clywed y gwenoliaid Du eleni, chlywes ddim un eleni. Ni ddaeth yna'r un Wennol y Tŷ i'n hadeiladau y tro hwn. Yn y gorffennol gwelwyd hyd at naw nyth yma ac 'roeddwn yn hoff o glywed eu trydar hapus wrth hedfan dros y clos. Clywais am rywun yn dinistrio nyth am fod tail ar y wal, ond meddyliwch dyma aderyn bach syth wedi hedfan o ganol cyfandir Affrica, dros anialwch y Sahara a chyfandir Ewrop er mwyn nythu yma gyda ni. Braint yw eu croesawu! Ac nid nythu'n rhywle a wnânt ond dychwelid i'r un nyth dro ar ôl tro. Gwneith y gwenoliaid eraill yr un peth hefyd.

Maent yn bwydo ar bryfed wrth hedfan ac yn llyncu llawer. Cyn i'r gwenoliaid Tŷ gyrraedd byddai clêr yn ein poeni ac yn boendod yw rheoli, ond wedi i'r adar gyrraedd aeth yn llai o ben tost. Ond oes yna lai o glêr beth bynnag? Dyna gwestiwn ecolegol arall! Mae'r tri aderyn o'r un teulu ond yn wahanol. Bydd y wennol yn ffafrio beudy neu stordy, felly gwnawn yn siŵr eu bod yn gallu hedfan miwn a mas drwy adael drws ar agor. Bydd Wennol y Tŷ yn hoff o greu cwpanau bach o laid dan y bondo lle bydd cysgod o'r tywydd. Un o'm hoff olygfeydd i'w gweld bolie bach gwyn y cywion yn sbïo mas o'r nyth wrth i'r rhieni gyrraedd gyda bwyd. Golygfa na welais eleni, hyd yma beth bynnag. Maent yn dod a lwc dda i'r tŷ felly gwarchodwch nhw. Ann Pettitt

Brics Codi Arian - A hoffech chi brynu bricsen i roi ar y wal tu fewn i'r Neuadd? Rydyn ni nawr yn derbyn archebion. Mae angen pump archeb arnom ni, cyn i ni fedru prynu'r brics. Pris y brics yw £50 yr un. Am fwy o wybodaeth a ffurflen archebu cysylltwch â Catrin Eldred ar 07772235243.

Bydd Tir Coed, yr elusen coetir a lles yng Nghymru, yn cynnal cyfres o weithgareddau ar gyfer preswylwyr cymunedau o amgylch fferm wynt Gorllewin Coedwig Brechfa.

Bwriedir i'r gweithgareddau, a gefnogir gan Gronfa Gymunedol Fferm Wynt Gorllewin Coedwig Brechfa, ddechrau ym mis Medi.

Yn ogystal â sesiynau gweithgareddau coetir, mae Tir Coed hefyd yn cynnig ystod o gyrsiau sgiliau coetir a gwaith coed, gan gynnwys diwrnodau gweithgareddau wedi'u teilwra, cwrs pum niwrnod Croeso i'r Coetir a chwrs sgiliau Gwaith coed coetir 12 wythnos wedi'i achredu'n llawn.

Nod y gweithgareddau hyn a ariennir yn llawn, ac a gynhelir dan arweiniad arweinwyr gweithgareddau Tir Coed, yw cynyddu sgiliau cyflogadwyedd a rhoi hwb i les meddyliol a chorfforol trwy annog pobl i ail-gysylltu gyda natur a threulio amser mewn grwpiau bychain yn y coed.

Am ragor o fanylion am weithgareddau a chysiau coetir Tir coed, cysylltwch â Nancy Hardy trwy e-bostio carms@tircoed.org.uk neu ffonio 07476 899544.

Gwnewch gartref i'r Wennol Ddu

Ers yn blentyn bûm yn caru Gwennoliaid Du. Dyma'r aderyn mwyaf dramatig y gallwch gael uwchben, neu'n well byth yn nythu yn eich to. Sneb arall yn hedfan fel hon ac maent ar yr adain drwy'r amser heblaw pan fyddant yn nythu. Maent mor anhygoel o ystwyth yn heidio mor gyflym a throellog drwy'r awyr fel rhywbeth allan o chwedl. Yn dawnsio mor rhydd â digyfyng drwy'r nen.

Er hynny perthyn tipyn o ddirgelwch iddynt. A ydynt yn cysgu wrth hedfan? Dengys ymchwil eu bod yn esgyn yn bell i'r awyr yn y cyfnos, i ddychwelid lawr gyda'r wawr, ond ganol nos byddant yn dod lawr i fwydo ar bryfed cyn esgyn unwaith eto. Felly odi nhw fyth yn cysgu yn iawn?

Mae cyfrinachau dirgel electroneg wedi datgelu lle maen nhw ymfudo iddo. Ant i lawr dros y môr Atlantic i ogledd a gorllewin Affrica hyd at y Congo. Yna Nadolig yn nwyrain yr Affrig i wario'r gaeaf yno. Mae'r daith yn ôl yn wahanol. Hedfanant am dri neu bedwar diwrnod ar dro o Angola dros y môr i Liberia. Yna wedi bwydo ar ddigon o bryfed tri neu bedwar diwrnod arall dros y Sahara i Algeria.

Wrth hedfan 'nol mae'n wyrthiol fel y gallant gadw i fynd am ddiwrnodau heb fwyd na dŵr. O Foroco i Brydain taith ddau ddiwrnod fydd hi. Ond dros y pum mlynedd ar hugain diwetha' mae eu nifer sy'n cyrraedd wedi haneri, ac maent yn diflannu ar raddfa o 5% bob blwyddyn. Pam? Colli llefydd nythu, tywydd anffafriol bob cam o'r Affrig i Brydain, gôr-ddefnydd amaethyddol o laddwyr pryfed yn dileu eu bwyd. Mae'r golled o lefydd nytho yn allweddol. Clywir am osod toeau newydd i dai ar ystadau yn dileu cartrefi llawr o'r gwennoliaid ac ail wneud hen adeiladau yn achosi'r un golled.

Dyna'r argyfwng - ni all ein tai newydd gynnig cartref i'r wennol, oherwydd nid oes bellach yna dyllau lle gallant wneud nyth. Wrth ail wneud hen adeiladau mae'r tyllau eto'n diflannu. Felly heb gartref bellach ai dyma derfyn ar deyrnasiad y wennol ddu?

A ellir cynnig help iddynt? Gallwn oherwydd maent yn barod i ddefnyddio blychau nytho. Felly ymunwch a'r ymgyrch i gynnig help llaw iddynt. Ffurfiwyd Cylchoedd Gwennoliaid ym Mhrydain ac ar draws Ewrop. Cynigant gyngor am ddim felly defnyddiwch hwynt Gall y blychau nytho fod yn syml neu'n fwy cymhleth. Gellir prynu'r rhai syml a gellir gwneud rhai mwy cymhleth adre. Photo & drawing@Dick Newell / Action for swifts Gellir dechrau gyda blwch neu ddau adre cyn helaethu ymhellach. Edrychwch am gyfleoedd, yr ysgol leol, ysbyty, archfarchnad, gorsaf drenau, neu addoldy a hyd yn oed ystâd o dai newydd.

Am gyngor Cadwraeth y Gwennoliaid Du - www.swift-conservation.org
<<http://www.swift-conservation.org>>

Gweithredi dros y Wennol Ddu - <http://actionforswifts.blogspot.co.uk>

Felly prynwch neu gwnewch flwch a'i rhowch e' lan erbyn Mai 2022 cyn i'r gwennoliaid ddychwelid.

Edward Mayer

Gofynnwch! Ai Sepsis yw e'?

Cwestiwn syml iawn ond mi allai arbed bywyd.

Felly beth yw Sepsis? Gall fod yn berig bywyd wedi ei gychwyn gan heintiad, ond gellir ei drin ond ei ddal yn gynnar. Er hynny mae'n gyfrifol am 44,000 o farwolaethau'r flwyddyn, sy'n fwy na canchr y coluddyn, canser y fron a chanser y llorwedd gyda'i gilydd. Golyga hyn fod rhywun yn marw o Sepsis bob 5 munud.

Felly sut y gwyddom fod rhywun yn diodde' o Sepsis, sydd ar y cychwyn yn debyg iawn i'r ffliw. Os bu'r dwymyn ar rywun neu anaf septig ac wedyn yn diodde' o'r canlynol yna ffoniwch 999 ar unwaith i ddrwgdybio Sepsis ;-

Siarad yn aneglur ac yn ddryslyd.

Crynu'n ormodol a'r cyhyrau'n boenus.

Heb wneud dŵr ers 18 awr

Allan o anal yn gyfan gwbl.

Rhywun yn meddwl fod rhywbeth mawr o le ar y claf

Y croen yn britho ac edrych yn welw.

Felly o amau Sepsis mynnwch gymorth meddygol ar frys. Cofiwch os mae Sepsis yw e' gall pob awr fod yn dyngedfennol a'r gwahaniaeth rhwng byw a marw. Ceir mwy o wybodaeth o

www.sepsistrust.org <<http://www.sepsistrust.org>> neu ffonio 0800 389 6255

Carolyn Smethurst

Mabwysiadwch nant fach er mwyn helpi'r Afon Tywi ffynnu

Fel daw cyfyngiadau'r firws i ben mi allwn fentro mas i gwrdd â'r byd unwaith eto. Felly pan na wnewch gasglu ychydig gyfeillion i warchod rhan o'ch afon neu nant leol. Gwahoddir trigolion glannau'r Tywi i fabwysiadu nant leol neu ran o'r brif afon er mwyn cyfoethogi poblogaeth y pysgod a'r bywyd gwyllt arall dan y cynllun Mabwysiadwch Nant.

Mae'r nentydd yn ganolfannau silfa bwysig i feithrin pysgod, ond amharir ar hynny gan nifer o ffactorau. Daeth mwy a mwy o asid a llygredd ac atalfeydd i symudiad y pysgod, rhwystrau a dirywiad yn ansawdd y dŵr, nes bod yr afonydd yn llawer llai iachus. Felly bydd adfer y sefyllfa yn allweddol i wella'r pysgodfeydd, ansawdd y dŵr a'r fioamrywiaeth.

Mae'r cynllun eisoes ar waith gyda'r cymunedau lleol wrth i ni wynebu'r her o adnewyddu ac mae Ymddiriedolaeth Afonydd Gorllewin Cymru yn gobeithio cynyddu nifer y cylchoedd yn y cynllun, er mwyn gwella ansawdd yr afon Tywi.

Dyweddodd Harriet Alvis Rheolwraig y Cynllun ;-

“Mae'r Tywi a'r afonydd sy'n ei bwydo yn rhan annatod o dirwedd Sir Gar ac yn hanfodol i'r holl fywyd sy'n bodoli ynddi ac o'i hamgylch. Er hynny gwelwyd dirywiad sylweddol yn niferoedd ein pysgod fel yr eog, sewin a'r llysywen Ewropeaidd. Bwriad ein cynllun yw wynebu nifer o'r rhesymau sy'n effeithio'r Tywi a'i llednentydd, ac ennyn gwerthfawrogiad o'u pwysigrwydd i'r cymunedau lleol gan eu hannog i gynnig helo llaw. Mae'r boblogaeth bysgod dan fygythiad enbyd felly unrhyw bell allwn ni wneud bydd yn gymorth iddynt”.

Os am ymuno a'r cynllun yna cysylltwch â Harriet ar harriet@westwalesrivertrust.org <<mailto:harriet@westwalesrivertrust.org>>

Eglwysi Llanpumsaint, Bronwydd a Llanllawddog

Ar hyn o bryd mae'n anodd rhoi manylion am wasanaethau'r dyfodol. Dibynna llawer ar hynt rhwystrau Covid ar y 7fed o Awst, a'r ffordd y dehonglir hwy gan yr Eglwys yng Nghymru. Y ffordd orau o gadw mewn cysylltiad yw drwy Facebook – <https://www.facebook.com/llanpumsaintbronwyddand> Llanllawddogchurches Gellwch edrych ar yr hysbysfwrdd y tu fas i'r adeiladau neu gysylltu â'r Parch Gaynor i_gaynor@hotmail.com <mailto:i_gaynor@hotmail.com>

Mae ein heglwysi'n rhan o Weinidogaeth Ardal sy'n cynnwys 11 eglwys - sef Llanpumsaint, Llanllawddog, Sant Celynin Bronwydd, Sant Alban Cwmdud, Dewi Sant Abergwili, Sant Pedr Caerfyrddin, Sant Ioan Caerfyrddin, Christchurch Caerfyrddin, Eglwys Newydd Cynwil Elfed, a Llangynnwr.

Wedi Awst 2021 cyflogir ond dau a hanner gweinidog rhan amser, ac un Curad i wasanaethu dros yr holl ardal. Rydym yn ddiolchgar am yr holl waith mae gwirfoddolwyr yn cyflawni yn ein heglwysi.

Ni ellir cymhari eglwysi'r dre ac eglwysi'r wlad, maent yn wahanol ac wedi profi effaith amrywiol o'r haint Covid. Er hynny daeth yn amlwg fod llwytho cyfleusterau at gynulleidfaoedd bychan iawn yn ddadleuol, yn enwedig os mae hynny yn godro'r gwasanaeth i' gynulleidfaoedd mwy eu maint. Cyfyng iawn yw ein hadnoddau felly'r neges yw defnyddiwch e' neu collwch e! Os am gadw ein gwasanaethau a'n gweithgareddau yn ein pentrefi yna mae'n rhaid bod ni yna ar bob cyfle. (Deallwn gall fod yna resymau da am fethu bod yn bresennol ar adegau ac felly bwriedir parhau gyda'r gwasanaethau Zoom).

Dros gyfnod yr Haf byddwn yn dathlu sawl priodas a bedydd yn ein heglwysi, ac yn falch fod pobl o hyd angen mewnbwn yr eglwys yn eu bywydau ar yr achlysurai hapus hyn, ond nid rhywbeth i fedydd, priodas neu angladd yn unig yw eglwys. Dyma safle addoli'r gymuned ond os na welir mewnbwn wythnosol gan y gymuned honno ni ellir cyfiawnhau cadw'r drysau ar agor. Heb yr addoli cymunedol awn yn ddim ond rhyw glwb cymdeithasol.

Cofnodir y bedydd cyntaf ar Gofrestr bresennol Eglwys Llanpumsaint ar Mai 14eg 1896. Bu ein heglwys yn ganolfan i fywyd y pentref a'r gymuned ers cannoedd o flynyddoedd, lle rhannwyd gorfoledd a galar. Gobeithio gyda'ch cefnogaeth y gallwn barhau i wasanaethu.

Parch Gaynor

Clwb Cant Llanpumsaint - Enillwyr Gorffennaf ag Awst

Gorffennaf - £20 rhif 12 - Arwel Nickolas. £15 rhif 83 - Luned a Dewi Davies

£190 rhif 18 – Dexter Penfold

Awst – £20 rhif 60 – Pamela Jones £15 rhif 111 – Patrick Thacker

£10 rhif 58 – Ann Wyke

Llongyfarchiadau i'r uchod a gwell lwc tro nesa' i'r gweddill –

Derick Lock Trysorydd 01267 253524

Llais Digidol B T

Derbyniodd nifer lythyr oddi wrth B T yn datgan ei bwriad i uwchraddio rhwydwaith ei llinell, hynny yw o'r wifren gopr i'r Llais Digidol newydd. Golyga hyn fydd eu holl alwadau ffôn yn cyrraedd drwy'r band eang yn unig. Felly os oes gennych larwm byrgler neu gyswllt meddygol dylech gysylltu â'ch cyflenwr er mwyn sicrhau i bethau fod yn parhau i weithio'n iawn.

Popeth yn iawn nes i chi ddarllen tudalen olaf y llythyr. Dywed os fydd yna doriad trydan collir nid yn unig y band llydan ond y gwasanaeth ffon hefyd. Felly i ni collir y wifri hefyd o'r ffon symudol, ac ni fyddwn yn gallu galw neb hyd yn oed Western Power i gwyno neu holi. Siaradais a B T a dywedwyd fod bosib cael pecyn Batri drosdro i bara am awr o amser. Mae'n swnio'n syniad da i mi, gan fydd modd cysylltu â Western Power ar 0800 096 0380 i ofyn pa bryd daw pethe'n ôl i fwcwl.

Carolyn Smethurst

Sgâm Arall i'w hanwybyddu

Neges o dvla-support-datagovuk-vehicle-support-center-gbeline.wouters@telenet.be

Y Sgâm

Dengys ein cofnodion nad ydych wedi talu treth eich cerbyd. Nodyn atgoffa a chyfle olaf yw hwn. Cofrestrwch eich cerbyd heddiw er mwyn osgoi trafferthion. Rhaid cofrestru hyd yn oed os ydych yn anabl. Rhaid cydymffurfio a'r holl ofynion cyfreithiol cyn gyrru. Cliciwch fan hyn i ddechrau. Os na gofrestrwch gall gostio hyd at £2000 i chi

Menter Gorllewin Sir Gâr

O dan yr amgylchiadau presennol, mae'r Fenter yn gweithio i ddarparu gweithgareddau/sesiynau i chi allu barhau i gymdeithasu a byw yn Gymraeg yn ddigidol ac wyneb yn wyneb yn unol â chyfarwyddiadau'r llywodraeth parthed cyfyngiadau.

Arweinwyr y Dyfodol

Mae'r Fenter ac Adran Plant a Phobl Ifanc Cyngor Sir Gâr yn cyflwyno cynllun Arweinwyr y Dyfodol yn rhithiol i bobl ifanc rhwng 14-18 oed. Dyma gyfle i ddatblygu sgiliau yn cynnwys trefnu a marchnata ac i weithio gyda sefydliadau a grwpiau yn y gymuned. Mae'n gyfle i ennill cymhwyster lefel 2 wrth ddysgu am waith ieuenctid a chymunedol. Am fwy o wybodaeth neu i gofrestru cysylltwch gydag alma@mgsg.cymru.

Helpydd Trysor:

Edrychwn ymlaen at ail-gyflwyno ein helpydd trysor dros yr haf. Mae'r Fenter wedi cydweithio gyda gwirfoddolwyr yr ardal i greu helpa drysor mewn 4 ardal yng Ngorllewin Sir Gâr, sef Llansteffan, Pont-Tyweli, Caerfyrddin a Hendygywyn-ar-Daf. Felly dewiswch ardal a chysylltwch gyda gwawr@mgsg.cymru er mwyn derbyn helpa. Bydd yr atebion yn cael eu cyhoeddi ar 30ain o Awst.

Cyfryngau Cymdeithasol/Social Media:

Gyda'r cyfyngiadau yn newid o hyd, mae gwaith y fenter yn newid gydag amryw o ddigwyddiadau a gweithgareddau yn cael eu cynnal ar-lein. Am y diweddaraf, ewch i'n cyfryngau cymdeithasol.

Facebook - Menter Gorllewin Sir Gar

Twitter - @MenterGSG

Instagram - @MenterGSG

E-bost/Email - ceris@mgsg.cymru

neu am fwy o wybodaeth ar sut i gyrraedd y platfformau yma cysylltwch Ceris 07939 962042.

O Bontarsais lawr i'r Graig

Syniad i'n o'r Gwŷr Mowr gyda digonedd o arian a balchder 'nol yn y 1840degau oedd e', i agor hewl newydd sbon o Bontarsais lawr i'r Graig ac yna 'mhlân i bentre' Bronwydd. Mewn oes pan adeiladwyd ffordd newydd yn unig pan fyddai angen cysylltu pwll glo neu gwar cerrig neu garto rhywbeth i rywle, 'doedd na ddim rheswm amlwg i'r hewl newydd hon. Ar wahân i gysylltu rhai ffermydd cyfagos a'i gilydd, megis Bryncene, Pantglas a Pharce gyda llefydd fel Pentremawr, Pantyrasol a Threbwl gwelwyd mawr iawn o ddefnydd arni. A chwalwyd y syniad gwreiddiol o osod Tollborth ger cyffordd y Graig pan roddodd helynt Becca ddiweddglo sydyn ar yr holl drefn hynny.

Wrth i'r ugeinfed ganrif wawrio i weld cerbydau'n disodli ceffylau daeth rhagor i'w defnyddio, gan weld rhai'n teithio i'r felin yn Felin-fach; honno islaw'r hewl lle saif y ceffyl presennol yr ochor draw i bont bren dros Nant Brechfa. Yna tua chanol y ganrif agorwyd Tip Sbwriel ychydig i'r gogledd o Dy Wern gan Gyngor Dosbarth Caerfyrddin, a chyn hir gwelwyd mwy a mwy o lorïau'n cyrraedd i ollwng pob math o fudreddi yno, o fwydydd yn pydru i offer diangen. Aeth yr holl le i losgi'n farw a gollwng mwg drewlyd dros ardal y pentref a phardduo'r holl linellau dillad. Cymerodd daith brotest fawr drwy strydoedd Caerfyrddin gan drigolion Bronwydd i brysuero tranc yr anghenfil, diflannodd yr holl lorïau a daeth asynnod i bori'r lle yn y diwedd.

Yna wrth i drafnidiaeth gynyddu gyda mwy a mwy o geir ar yr hewl, daeth hon yn ffordd osgoi gyfleus pan fyddai yna ryw rwystr ar y brif ffordd o Lamed i Gaerfyrddin. Yna yn 2021 pan gaewyd y ffordd yn gyfan gwbl gan dirlithriad ger Felin-fach daeth y B4031 yn ddihangfa allweddol i drigolion ardal Nebo am fynd i'r dre. Troi yn Graig, lan heibio'r goleuadau dros dro ger yr hen Dip Sbwriel a dewis o hewlydd bach i ymuno a'r brif ffordd am Gaerfyrddin. Felly hefyd i drigolion Llanpumsaint, lan rhiw Llandre, heibio Brynmeillion i groesi'r B4031 yn ddi-ofn yn Pantybwci. Ganrif ynghynt cymaint fu ofn y Bwci byddai cerddwyr yn osgoi'r lle'n gyfan gwbl yn y tywyllwch.

Efallai wir i sawl un wneud sbri am ben y Gwŷr Mowr ariannog yn ei ddydd am greu'r fath ffolineb, ond erbyn y flwyddyn hon mae llawer yn ddiolchgar iddo am ei weledigaeth. Arbedodd sawl taith flinderus i yrwyr cerbydau o bob math yn 2021 i gadarnhau fod yna ddefnydd i bopeth yn y diwedd. Tebyg iawn byddai'r Hen Foi yn cyd-fynd fod hi bellach yn hen bryd atgyweirio'r hewl ger y Tip er mwyn gwaredi'r goleuadau dros dro.

Arwyn Thomas



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Meadow Brown Butterfly (Clare Bish)



Gatekeeper Butterfly (Clare Bish)

DID YOU KNOW

WHEN PARENTS ARRIVE ON A RNLI LIFEGUARDED BEACH THEY SHOULD TAKE THEIR CHILD/CHILDREN TO THE LIFEGUARD HUT WHERE THEY WILL EACH BE GIVEN, FREE OF CHARGE, A WRISTBAND. THE PARENTS MOBILE NO. CAN BE WRITTEN ON WRISTBAND IN WATERPROOF INK BEFORE IT IS AFFIXED TO THE CHILD.

THE CHILD SHOULD BE TOLD TO GO TO THE LIFEGUARD HUT IF 'LOST' AND LIFEGUARD WILL PHONE MOBILE NUMBER.

ALL RNLI LIFEGUARDS ARE DRB CHECKED.

**Peniel U12s
(2021/22 Season)
Are looking for new
players to join their
squad.
Please get in touch
with their Team
Manager - Emma on
07773 034461 for
registration forms.**



'New bridge Llansteffan – Ferryside! Arwyn Thomas



Checking River Health



Flying Swift c David Moreton



Simple Swift Box



Ermine Moth (Ray Davies)



Slow worm in Allotment Compost bin (Ray Davies)



Ospreys over Llanpumsaint



Sneaky Thief

Bell Boeing V-22 Ospreys

Llanpumsaint villagers thought they were dreaming seeing 3 of these stunning planes fly a loop over the village on Tuesday evening, 27th July. According to comments on the Llanpumsaint Facebook page, 'they are as rare as hen's teeth' and also incredibly noisy.

The Bell Boeing V-22 Osprey is an American multi-mission, tiltrotor military aircraft with both vertical take-off and landing and short take-off and landing capabilities. It's designed to combine the functionality of a conventional helicopter with the long-range, high-speed cruise performance of a turboprop aircraft. Further information and photos: https://en.wikipedia.org/wiki/Bell_Boeing_V-22_Osprey. Sandy Mather

Sneaky Thief

As a lot of Llanpumsaint residents we are avid bird watchers. We have invested in many bird feeders over the years many of which have been consigned to the bin, as being not fit for purpose. The latest so called magnificent specimen was duly filled with Sunflower hearts and placed in a bird friendly position. As the picture portrays squirrels are intelligent and very adept at getting into the so called "squirrel proof feeder". This little chap was seen on a wildlife camera opening the strong latch cover and helping himself lavishly to the contents.

Back to the drawing board! E and S Davies

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 6BU

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

Outside the Vestry at Nebo SA33 6HN

Note: You do not need a code to access the defibrillator

If anyone has a cardiac arrest the sooner CPR is given and defib used, the more likely the patient will survive. Every minute is important, and the ambulance service will talk you through this on the phone until the first responder arrives. This may be the local fire service who have been trained to do this and carry a defib in the cab. They will stay until the ambulance arrives.

The cardiac arrest suffered by Christian Eriksen, Danish footballer at the Euro 2021 in June brought the issue to everyone's attention when it was shown on TV this year.

So what is a cardiac arrest? It is not the same as a heart attack – a cardiac arrest is when the heart stops pumping blood causing loss of consciousness and cessation of breathing. As Dr Sonya Babu-Narayan, Associate Director, British Heart Foundation said 'A cardiac arrest can strike anyone, anywhere, anytime without warning and even be the first sign of a heart problem'

If you are not sure about using a defibrillator, you can borrow a training pack from me to show you and the family how to give CPR and how to use the defibrillator. A defib will not work if it detects a heartbeat, so that are safe for you to use.

Although none of the village defibrillators have been used since they were installed, you never know when you might need to help, so just going through the process with a training pack may help you and your family save a life. Carolyn Smethurst 01267253308, info@gwilimill.com

This small committee needs your help in providing this important service to the village. If you can help, please contact me at carolynsmethurst@btinternet.com, or phone 01267 253308 Many thanks.

LLANPUMSAINT & NEBO SHORT MAT BOWLING CLUB

As the Country is now opening up slowly we are hopeful that bowls will return to the village hall in September but we will have to undertake a comprehensive COVID-19 Risk Assessment and adhere to the return to play guidelines.

When we have any updates we will contact our members and publish on our website

Llanpumsaintsmbc.org.uk

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

Llanpumsaint Welfare and Recreation Association – July Update

Summer is in full swing in Llanpumsaint Park, and it was fantastic to see a huge turnout of volunteers to help with the clean-up morning held on the 10th of July. The entire committee is so thankful for everyone who helped spruce up the park, including cleaning down of all play equipment and benches, painting of all fences and gateways as well as clearing of the tennis courts ready for summer tennis season.

We are also excited to announce a brand-new money raising challenge. Between Saturday the 21st of August and the 30th of August Bank Holiday Monday, we would like the whole of the community to try and collectively walk the equivalent of 1000 miles around the park. That's 5000 laps in total!

Whether you get sponsored to walk a single lap or feel particularly sporty and want to do a set amount of laps per day over the ten day period, it's up to you. The sponsor form is included in the 'CentreFold' so please pull that out and start walking. All we ask is that it is done on foot and not by bicycle or vehicle! We shall count all laps made at the end of the ten days. All money raised will be split between the Peony Breast Care Unit Llanelli, and to continue funding the general upkeep of the park.

We very much hope you can get involved. Further information will be posted on Facebook about this event.

In the recent Brechfa windfarm funding round, the Park applied for new play equipment as well as all-weather surfacing and fencing. Unfortunately, the funding panel has asked for further information before any further decisions on awarding the funding can be made. To aid the funding panel's decision, the Park committee has worked with the windfarm fund to produce a community engagement questionnaire. A link to this questionnaire can be seen within this issue of Village Voice, as well as being posted on Facebook.

Once again, the committee is actively seeking new members, as well as the secretary role currently being vacant. For further information on how to become a committee member, or find out more about our current fundraising activities, please email

parcllanpumsaintpark@gmail.com, or speak with one of the present Committee members.

Aaron Jones 253183

Llanpumsaint Park Improvements Survey

Llanpumsaint Welfare and Recreation Association are seeking your views on the local park. We are seeking funding from the Brechfa Forest West Wind Farm to make improvements to the park for the community's benefit.

To help us plan for the funding application, we would like to know what your experience of using the park is and what would encourage you to use the park more often. (All responses are anonymous)

Visit this link to complete the survey: <https://forms.gle/T9n8Z2NyBGqs2yPH9>

Closing date for responses: 15th September 2021.

If you or someone you know would like a paper copy of this survey, please [email:](mailto:parcllanpumsaintpark@gmail.com)

parcllanpumsaintpark@gmail.com or ask Aaron Jones 253183

'Digital Voice' from BT

Many residents in the village have had a letter from BT advising them that BT are upgrading their landline network, changing over from the old copper connection to their new Digital Voice. This will mean that all phone calls will come through their broadband service, and the copper connection will no longer be available.

So, if you have a burglar alarm or medical pendant connected to your landline, you will need to contact your providers, so that you can make sure that the service will continue working as normal.

All well and good, until you read the information on the back page of the letter. It says there that if there is a power cut, you not only lose your broadband connection, but also your phone line. And for us, if we lose the broadband connection, we also lose our Wi-Fi calling for our mobile phones, so will be unable to call anyone, even to check with Western Power that they are aware of the outage, and likely time for re-instatement.

I have talked with BT, and you can ask them for a 'Battery Back-up Unit', which will cover the outage for 1 hr. Sounds like a good idea to me! Then if you do suffer a power cut you can phone Western Power on 0800 096 0380 and they will be able to tell you the likely time for re-instatement of service. Carolyn Smethurst

Swifts, Swallows and Martins

This year, there do seem to be less of these remarkable birds. Our swallows up here on the hill have arrived, but fewer pairs. Has anyone heard swifts in the village? There used to be at least one pair, but I haven't heard them this year. As for house martins, well they are absent completely from our buildings. In recent years we have had up to nine nests, and I love hearing their cheery chirrup as they fly over the yard. I heard of someone knocking down their newly built nests because the droppings can make a mess on the wall but think of this - this tiny bird has flown from central Africa, right across the Sahara desert and then all of Europe, just to nest here with us. What a privilege! And they don't just nest any-old-where: they return to the same site year after year, as do swifts and swallows.

These birds all catch insects while flying and consume an enormous amount of them. Before we had house martins, we had a problem with flies in the house in summer. Fly papers would be covered with them every day. I can say that we have had far less flies since hosting house martins. (Or are there less flies anyway? There's another ecological question).

Three members of the same bird family, but all different: - swallows nest inside a barn or an old shed. We keep the door open to one of our outbuildings, so they can fly in. Martins never build nests inside a building but construct their half-moon cups of mud and straw outside, under the eaves of a house, where there is a bit of shelter from the rain. Seeing the plump white fronts of the chicks peering out of the top of the nest as the parents fly in with food is one of my favourite sights of the summer, and those flying chuckles. Alas, not this year, so far anyway. I think they bring luck to your house, so if you want to knock them down, think about it. Ann Pettitt.

Llanpumsaint Bronwydd and Llanllawddog Church in Wales Anglican Churches

At the time of writing 21/7/2021 it is difficult to give details of forthcoming church services and events as we wait to see how and if Covid restrictions will be reduced on 7th August, and how any decision made by government will be interpreted and implemented by the Church in Wales.

The best way to keep up to date with Church news is to follow our Facebook page

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

Check the notice boards outside the buildings, or contact Rev'd Gaynor j_gaynor@hotmail.com 01267253158 to be added to our mailing list.

Our Churches are part of a wider Local Ministry Area (LMA) comprised of the eleven churches of Llanpumsaint, Llanllawddog, St Celynin Bronwydd, St Alban's Cwm Duad, St David's Abergwili, St Peter's Carmarthen, St John's Carmarthen, Christchurch Carmarthen, New Church, Cynwl Elfed, and Langunnor.

From August 2021 there will only be two and a half (part time post) paid priests and a paid curate working across all of these churches, we are hugely grateful for the extraordinary amount of work done in our churches by volunteers.

It is clear that rural and town churches can't simply be compared, they are not the same thing and have not had the same Covid experience. However, it is becoming increasingly difficult to justify why resources should be poured into small congregations, especially if this means that those resources are then diverted from churches that more people may be attending. Sadly, our resources are limited and we are in a very real season of "use it or risk losing it". If we want church services or other church related activities in our villages then we need to be there as far as possible (of course we realise that there are very good reasons why some people can't attend in person at various times in their lives and this is why we intend to continue with Zoom provision)

Over the summer we will be celebrating several weddings and baptisms in our churches, we are delighted that families still want church input in their lives on these joyful occasions but churches aren't just for weddings, christenings and funerals. A church is the worshipping community in a place, if there is no community doing the work of the church week in week out, we can't justify or afford to keep the buildings open and if there is no collective worship then we cease to become a Church and are simply a social club.

The first baptism recorded in the current baptismal register for Llanpumsaint Church was on May 14th 1896. Our churches have been centres of community and village life for hundreds of years.

Places where people have shared joys and sorrows. I very much hope with your continuing commitment and support they will continue to be so. Rev'd Gaynor

Nebo Chapel Services

For more information please contact Chapel Secretary Meinir Jones on 253532

Ffynnonhenri Chapel

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

Caersalem - If you want to join us, please ring 253895 for more details.

LLANPUMSAINT 100 CLUB

Here are the lucky numbers and winners for the July and August draws:-

JULY - £20 - No.12. - Arwel Nicholas - £15 - No.83 - Luned & Dewi Davies - £10 - No.18 - Dexter Penfold.

AUGUST - £20 - No.60 - Pamela Jones - £15 - No.111 - Patrick Thacker - £10 - No.58 - Ann Wyke - £10

Congratulations to all the above, better luck to the rest of us for next time!!

Derick Lock Treasurer- (01267) 253524.

Another scam – just ignore!

Email from dvla-support-datagovuk-vehicle-support-center-gbeline.wouters@telenet.be

‘Our records show that you are not up-to-date with your vehicle tax.

This is a reminder (V11) and a last chance warning letter from us.

Tax your car, motorcycle or other vehicle today to avoid unpleasant consequences.

Your must tax your vehicle even if you don't have pay anything, for example if you're exempt because you're disabled.

You'll need to meet all the legal obligations for drivers before you can drive.

[Click here to start](#)

You can be fined up to £2000 if you don't renew your vehicle tax'

Just looking at the email address tells you that this is not from DVLA – Just delete it. Carolyn

Just Ask – Could it be Sepsis

This is such a simple question, but it could save someone's life!

So what is Sepsis – it is a potentially life threatening condition, triggered by infection. But it is easy to treat if caught early enough. However Sepsis accounts for 44,000 deaths a year, that's more than bowel cancer, breast cancer and prostate cancer put together. That number means that a person dies from sepsis every 5 minutes!

So how do you know if someone is developing sepsis – difficult to distinguish at the early stages from 'flu. But if someone has had a fever recently, or septic injury, and is developing any of the following symptoms, don't delay, phone 999 and say could this be sepsis:

Slurred speech or confusion.

Extreme shivering or muscle pain

Passing no urine for 18 hrs

Severe breathlessness

Being told that the patient thinks something is badly wrong with them

Skin that's mottled or very pale.

So if you suspect sepsis, get medical attention urgently. Remember if it does turn out to be sepsis, being treated even one hour earlier might make the difference between life and death.

More information available from www.sepsistrust.org or phone 0800 389 6255.

Carolyn Smethurst

Allotment Association

If there are any residents of Llanpumsaint who are interested in becoming members please contact us. We will add you to the waiting list and contact you as space becomes available following the AGM. Membership is £35 for the first year, with an annual fee of £25 thereafter.

Contact us: Rosie 07950 411536 RosieFrewin@yahoo.co.uk or Ray 253157

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 Catrin Eldred on 07772235243.

Make a Home for Swifts!

Ever since I was small, I have loved Swifts. For me they are the most dramatic birds you can have overhead, or if you are lucky, breeding in your roof.

Nothing flies like a Swift. They are always flying. They never stop except to breed. Their incredibly agile screaming aerobatics all over the sky are unique, something from a myth or a saga.

Untouchable, of another element, dancing through the sky.

Mysterious birds, we know so little about them; do they sleep in flight? Radar research shows that they ascend at dusk to the heights, and descend at dawn, and in the middle of the night they descend to feed by moonlight over water bodies, snatching up the flying insects concentrated there, before ascending again. Do they ever really sleep?

Through the miracle of electronics we now know where they migrate to. Swifts fly down the Atlantic littoral of North and West Africa to the Congo, where, with a Christmas break in East Africa, they spend our winter. The return journey is different. Swifts make a 3- or 4-day flight from Angola over the sea to Liberia, where they restock with insect food, before making another 3 or 4 day flight across the Sahara to Algeria.

These return flights, involving days of fast non-stop flight without water or food, are stunning. The final leg takes them from Morocco to the UK in just two days!

But in the past 25 years the UK population has halved; they are vanishing at a rate of 5% more every year.

Why? A combination of loss of nest places, more extreme weather all the way from Africa to the UK, and overuse of agricultural insecticides destroying their flying insect food. But nest place loss is crucial. Often, we have learned of the destruction of colonies when housing associations re-roof estates, or when industrial buildings are demolished.

And that's the problem; new buildings cannot house Swifts. Modern architecture eliminates the holes where Swifts make a nest. Older buildings are re-roofed, insulated, eliminating holes where Swifts once bred.

Now our buildings are no longer hospitable to them it looks very much like the end for Swifts. Can Swifts be helped? Yes! Swifts will use nest boxes. So join the movement to help Swifts! Swift Groups have risen all over the UK and Europe. They provide free advice. Find them, use them! Swift nest boxes range from simple to complex. Basic ones can be bought, more adventurous designs can be made at home. Photo & drawing © Dick Newell / Action for Swifts

Start with a nest box or two at home, and then look for bigger opportunities, the local school, hospital, supermarket, railway station or place of worship, any new housing development.

For advice see: Swift Conservation www.swift-conservation.org

Action For Swifts <http://actionforswifts.blogspot.co.uk/>

Buy or build that nest box and get it up for May 2022 when the Swifts return! Edward Mayer

Head to Toes Footcare Clients should contact Gary Robinson any weekday evening between 6 – 8pm on 07789344488, as should any existing client wishing to know when the next session will be held.

Llanpumsaint School PTA - Easy Fundraising

If you are an Internet shopper, you could help raise funds for the PTA. All you have to do is register at, www.easyfundraising.org.uk/causes/LlanpumsaintPTA or contact Emma Brown for the link.

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.

Adopt a tributary and help the River Towy thrive

As lockdowns are easing, are you enjoying being able to get out and about again and meet up with people? Why not get your friends together to help protect a section of your local river?

People along the River Towy are being invited to “adopt” their local tributary or section of main river, in order to boost fish stocks and help make improvements for rivers and their wildlife, under the ‘Adopt a Tributary’ initiative.

Many tributaries are important as fish spawning and nursery areas, but a variety of factors including acidification, pollution, barriers to fish migration, littering and general habitat degradation means they are often not as healthy as they could be. Their restoration is essential to improve fisheries, water quality and biodiversity.

The project is already working with local communities to tackle many of the problems that are affecting these streams, and West Wales Rivers Trust (WWRT) is looking to increase the number of groups actively involved to ensure as much of the Tywi/Towy as possible is cared for.

Harriet Alvis, Project Manager for West Wales Rivers Trust said:

“The Tywi and its tributaries are a key part of our landscape in Carmarthenshire and essential to the wide variety of species that live in or around it. However, we have seen worrying declines in some of our most iconic fish species, such as the Atlantic salmon, sea trout and European eel.

This project aims to address many of the factors affecting tributaries in Carmarthenshire and develop appreciation of their value within local communities, by encouraging hands on engagement.

Fish populations are under real pressure and anything we can do to improve their habitat will be of real benefit.”

Anyone who is interested in adopting a tributary should email Harriet on harriet@westwalesriverstrust.org

CYLCH MEITHRIN BRONWYDD/CYLCH Y GOEDWIG

We are excited to continue to provide education and valuable experiences to children aged 2-4 years. Contact Verona, Leader at 07929 431652 or cylchmeithrinbronwydd@gmail.com

Menter Gorllewin Sir Gâr

Under the current circumstances, Menter are working to provide activities and sessions for you to continue socializing and living in Welsh digitally and face to face in accordance with government guidelines.

Arweinwyr y Dyfodol Future Leaders:

Menter and Carmarthenshire County Council's Children and Young People Department are introducing the future leaders scheme virtually for 14-18-year-olds. This is an opportunity to develop skills including organisation and marketing and to work with organisations and groups in the community. It is an opportunity to gain a level 2 qualification while learning about youth and community work. For more information or to register contact alma@mgsg.cymru

Treasure Hunts:

We're looking forward to re-introducing our treasure hunts over the summer. Menter has worked with volunteers in the area to create a treasure hunt in 4 areas in the west of Carmarthenshire; Llansteffan, Pont-Tyweli, Carmarthen and Whitland. Please choose an area and contact gwawr@mgsg.cymru to receive a treasure hunt. The answers will be announced on 30th August.

Social Media:

With restriction constantly changing, our work is changing with various events and activities taking place online. For the latest, visit our social media:

Facebook - Menter Gorllewin Sir Gâr

Twitter - @MenterGSG

Instagram - @MenterGSG

E-bost/Email - ceris@mgsg.cymru

or for more information on how to get to these platforms contact Ceris: 07939 962042.

Tir Coed, the Welsh woodland and wellbeing charity, is to hold a series of activities for residents of communities surrounding the Brechfa West wind farm.

The activities, which are being supported by the Brechfa Forest West Wind Farm Community Fund, are due to begin in September.

As well as woodland activity sessions, Tir Coed offers a range of woodland skills and carpentry courses, including bespoke activity days, a five-day Welcome to the Woods course and a fully accredited 12-week woodland carpentry skills course.

The fully-funded activities, led by Tir Coed's activity leaders, are designed to build employability skills and boost mental and physical wellbeing by encouraging people to reconnect with nature and spend time working in small groups in woodlands.

To find out more about Tir Coed's woodland activities and courses, contact Nancy Hardy by emailing carms@tircoed.org.uk or phone 07476 899544.

The B 4301- Pontarsais to Graig

Back in the 1840's a wealthy landowner with an ego to match pushed to construct a brand new road from Pontarsais down to Graig and the tiny village of Bronwydd beyond. In that age new roads were only constructed to connect mines, quarries or vital commercial needs, but this venture served none of that. Apart from usefully connecting local farms like Pantglas, Parce and Bryncene to Pentremawr, Pantyrasol and Trebwl it was little used. The original intention to place a tollgate at Graig junction fractured when the Rebecca Riots destroyed the whole system.

Much later as cars came to replace horses the road saw increased traffic into the 20th century, some of it to the mill at Felinfach, situated just by a wooden footbridge below the current horse figure by the side of the road. Midway into that century Carmarthen District Council opened a Rubbish Tip just above Wern. Soon as lorry after lorry trundled up this grew into a free for all dump where anything from banana skins to bedsteads landed. Fires began to smoulder and spew thick black to decimate clothes lines and pollute the valley below. A huge protest march by Bronwydd residents finally forced the Authorities to close this monster, so the lorries ceased at last, and donkeys took over.

As more and more cars appeared they found it a useful detour when the main Lampeter to Carmarthen became blocked or congested. Then in 2021 when a section of road by Felinfach collapsed to close it for months, the B4301 became a godsend. Here was an escape route to those from Nebo past the temporary lights by the Old Tip site to join the main road down to Carmarthen. Similarly, Llanpumsaint residents shot up Rhiw Llandre, past Brynmeillion to cross the B 4301 at Pantybwc and link up to that same main road to town. They did this fearlessly unlike pedestrians a century earlier who took huge detours to avoid this eery site where the goblin lurked in the dark.

So that proud privileged gentleman may have been ridiculed in his day for what appeared a wasteful extravagance but 21st century trapped motorists found much relief because of what he did. Everything becomes of some use in the end. He'd probably agree that it was now high time to sort out the drainage there and remove those temporary lights. Arwyn 2021

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<p>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>JOHN KERR MOTOR VEHICLE ENGINEER Servicing • Diagnostics MOT preparation • Tyres Gerwyn Villa Llanpumsaint 01267 253560 07980 982025 Email: johnworkshop@hotmail.co.uk</p>
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<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 890345 Fuel, Shop, Post-office Licensed, Hot & cold food to go Coffee, 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</u> <u>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>
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<p>>Charlene - Mobile Hairdresser I visit Bryn y Wawr every other Wednesday. Please phone if you would like to book an appointment Telephone 07968380052</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 07778796794 or 01267 253097 (lives in Llanpumsaint)</p>
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