

# Llais y Llan Mehefin 2014

**Copi dyddiad ar gyfer rhifyn nesaf – 25 Gorfennaf 2014**

**Cyhoeddwyd gan Llanpumsaint Cyfnewid Gwybodaeth Gymunedol**

[www.llanpumsaint.org.uk](http://www.llanpumsaint.org.uk) [info@llanpumsaint.org.uk](mailto:info@llanpumsaint.org.uk)

**Beth sy' Mlaen yn y Pentref yn y misoedd nesaf**

Dawnsio Zumba yn y Neuadd Goffa bob nos Fawrth 6.30 – 7.30

MOBI tu allan i'r Neuadd Goffa pob nos Fercher o 17.30 tan 19.30

Mehefin 19 Nos Iau 7.00 Cwis a Chyri £5.00 y pen Tafarn y Rheilffordd

Mehefin 20 – 22 Gŵyl Lenyddol Dinefwr

Mehefin 21 Dydd Sadwrn 2.00 Cerdded Llanpumsaint o Neuadd Goffa

Mehefin 22 Dydd Sul 1.45 Cymdeithas Dewinwyr Gorllewin Cymru Neuadd Bronwydd

Mehefin 23 Dydd Llyn 2.00 >60+ Clwb Neuadd Bronwydd

Mehefin 29 Dydd Sul Taith Feicio Merlin

Mehefin 29 Dydd Sul BBC Radio4 Gardners Question Time O'r Ardd Fotaneg

Mehefin 29 Nos Sul 8.00 Cwiz Hollybrook Bronwydd

Gorffennaf 1 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa

Gorffennaf 5 Dydd Sadwrn Cerdded Laugharne, cyfarfod yn y sgwâr

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

Gorffennaf 12 Dydd Sadwrn Bore Coffi Neuadd Goffa

Gorffennaf 13 Dydd Sul Taith maes, Cymdeithas Dewinwyr Gorllewin Cymru

Gorffennaf 15 Dydd Mawrth 1.00 Clinig 'Traed Hapus' Neuadd Goffa

Gorffennaf 15 Dydd Mawrth PCSO yn y pentref, 16.30 – 17.30

Gorffennaf 22 >60+Clwb Taith Ty Llanelli

Gorffennaf 24 Nos Iau 7.00 Cwis a Chyri £5.00 y pen, Tafarn y Rheilffordd

Gorffennaf 27 Dydd Sul 1.45 Cymdeithas Dewinwyr Gorllewin Cymru Neuadd Bronwydd

Gorffennaf 27 Nos Sul 8.00 Cwis Hollybrook Bronwydd

Gorffennaf 28 Dydd Llyn 2.00 >60+ Clwb Neuadd Bronwydd

Awst 9 Dydd Sadwrn 2.00 Cerdded i Skanda Vale drwy Cwmcreigiau Fach o Bodran Felin

Awst 10 Dydd Sul Taith Maes, Cymdeithas Dewinwyr Gorllewin Cymru

Awst 13 Dydd Mercher 12.30 Clwb Cinio Tafarn y Rheilffordd Ffôn 253643

# Village Voice June 2014

Copy Date for next Edition 25<sup>th</sup> July 2014

Village Voice is published by Llanpumsaint Community Information Exchange  
[www.llanpumsaint.org.uk](http://www.llanpumsaint.org.uk) email [info@llanpumsaint.org.uk](mailto:info@llanpumsaint.org.uk). Please send items to  
[info@llanpumsaint.org.uk](mailto: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 Tuesday Zumba 6.30 – 7.30 Memorial Hall

Every Wednesday Mobi 5.30 – 7.30 Memorial Hall

June 19 Thursday 7.00 Curry and Quiz £5.00 Railway Inn

June 20 – 22 Dinefwr Literature Festival Dinefwr Park

June 21 Saturday 2.00 Walk in Llanpumsaint plus 5 Pools start Memorial Hall

June 22 Sunday June 22 Sunday 1.45 West Wales Dowsers Society Bronwydd Hall June 23 Monday

June 23 Monday 2.00 >60+ Club Bronwydd Hall

June 29 Sunday Merlin Bike Ride

June 29 Sunday Gardener's Question Time Botanic Garden

June 29 Sunday 8.00 Quiz Hollybrook Bronwydd

July 1 Tuesday 8.00 Llanpumsaint Community Council meeting Memorial Hall

July 5 Saturday 2.00 Walk in Laugharne, tea in the boathouse, meet in the Square

July 9 Wednesday 12.30 Luncheon Club Railway Inn – to book phone 253643

July 12 Saturday Church Coffee Morning Memorial Hall

July 13 Sunday Field Trip West Wales Dowsers Society

July 15 Tuesday 1.00 Happy Feet Clinic Memorial Hall

July 15 Tuesday PCSO in Village 16.30 – 17.30

July 22 Tuesday >60+ trip to Llanelli House

July 24 Thursday 7.00 Curry and Quiz Railway Inn

July 27 Sunday 1.45 West Wales Dowsers Society Bronwydd Hall

July 27 Sunday 8.00 Quiz Hollybrook Bronwydd

July 28 Monday 2.00 >60+ Club Bronwydd Hall

August 9 Saturday 2.00 Walk up to Skanda Vale via Cwmcreigiau Fach from Bodran Felin

August 10 Sunday Field Trip West Wales Dowsers Society

August 13 Wednesday 12.30 Luncheon Club Railway Inn – to book phone 253643

August 21 Thursday 7.00 Curry and Quiz Railway Inn

August 23 Saturday Cynwyl Elfed Agricultural Show

August 26 Tuesday 1.00 Happy Feet Clinic Memorial Hall

August 31 Sunday Annual Treasure Hunt – details in next Village Voice

September 17 Wednesday 7.30 Fashion Show Memorial Hall

September 27 Saturday Macmillan Coffee Morning Memorial Hall

October 18 Saturday Showtime Evening Memorial Hall

November 28 Friday 7.30 Bingo Memorial Hall

*Llanpumsaint and Ffynnon Henry Memorial Hall*  
*To book the hall, phone Arwel Nicholas on 01267 281365*

### **Malcolm Howells**

The whole village will be saddened by the sudden death of Malcolm Howells on 9<sup>th</sup> June. Our sympathies and condolences go to Elvira and the family.

A full obituary will be printed in the next edition of Village Voice.'

### **Welfare and Recreation Committee - Llanpumsaint 100 Club**

The list of members with their numbers for 2014/15 are on the flyer enclosed with this edition of Village Voice. Winners for March, April, May and June are set out below:

|       |                       |     |       |                        |
|-------|-----------------------|-----|-------|------------------------|
| March | 1 <sup>st</sup> prize | £20 | No 68 | Angharad Harding       |
|       | 2 <sup>nd</sup> prize | £10 | No 96 | Mary Howell            |
|       | 3 <sup>rd</sup> prize | £5  | No 47 | Peter & Elizabeth Webb |
|       | 3 <sup>rd</sup> prize | £5  | No 45 | Arwel Nicholas         |
| April | 1 <sup>st</sup> prize | £20 | No 55 | Pamela Jones           |
|       | 2 <sup>nd</sup> prize | £10 | No 96 | Mary Howell            |
|       | 3 <sup>rd</sup> prize | £5  | No 43 | Rosina Davies          |
|       | 3 <sup>rd</sup> prize | £5  | No 53 | Delyth Brown           |
| May   | 1 <sup>st</sup> prize | £20 | No 79 | David Icke             |
|       | 2 <sup>nd</sup> prize | £10 | No 18 | Mr R & Mrs E Taylor    |
|       | 3 <sup>rd</sup> prize | £5  | No 88 | Debbie Kerrigan        |
|       | 3 <sup>rd</sup> prize | £5  | No 15 | John Bowen             |
| June  | 1 <sup>st</sup> prize | £20 | No 34 | W D (Dave) Robinson    |
|       | 2 <sup>nd</sup> prize | £10 | No 68 | Angharad Harding       |
|       | 3 <sup>rd</sup> prize | £5  | No 81 | Eifion Saer            |
|       | 3 <sup>rd</sup> prize | £5  | No 72 | The Railway            |

All winners have received a cheque in payment. There are still numbers available for purchase. Anyone wishing to join, please contact the Club Treasurer Derick Lock on 253524. All profits are put towards the upkeep and maintenance of the playing field and equipment.

**Post Office Van Times** A reminder that the Post Office Van comes to the village on Tuesday: 2pm - 4pm, and Friday: 1pm - 3pm. It parks in the layby by Bryn yr Wawr (opposite the Railway Inn)

Awst 21 Nos Iau 7.00 Cwis a Chyri £5.00 y pen, Tafarn y Rheilfford

Awst 23 Dydd Sadwrn Sioe Amaethyddol Cynwil Elfed

Awst 26 Dydd Mawrth 1.00 Clinig 'Traed Hapus' Neuadd Goffa

Awst 31 Dydd Sul Helfa 'Tresure' - Manylion nesaf Llais y Llan

Medi 17 Nos Fercher 7.30 Sioe Ffasiwn Neuadd Goffa

Medi 27 Dydd Sadwrn Bore Coffi Macmillan Neuadd Goffa

Hydref 18 Nos Sadwrn Noson Deyrnged - Manylion nesaf Llais y Llan

Tachwedd 28 Nos Wener 7.30 Bingo Neuadd Goffa

*Neuadd Goffa Llanpumsaint a Ffynnonhenri  
I logi'r Neuadd Goffa, ffoniwch Arwel Nicholas ar 01267 281365*

## **Malcolm Howells**

Tristawyd y pentre cyfan gan farwolaeth sydyn Malcolm Howells ar y 9<sup>fed</sup> o Fehefin. Estynnir ein cydymdeimlad i Elvira a'r teulu.

## **Clwb Bowlio Llanpumsaint a Nebo**

Gorffennodd y Clwb yn y drydydd safle o'r Adran Gyntaf yng nghynghrair Sir Gar. Dyma'r canlyniad gorau oll ac mi lwyddon hefyd gyrraedd y rownd gyd-derfynol o'r cwpan.

Cynhaliwyd Noson Wobrwyo a Chaws a Gwin ar Ebrill 17eg a phawb mewn hwyliau da. Yr enillwyr oedd --

2- Bowl Sengl        Richard Aaron

4-Bowl Sengl        Gethin Edwards

2-Bowl Par        Derick Lock ac Aled Edwards

Mwynhawyd y Cinio Blynnyddol yn y Railwe, a phan rifwyd y pleidleisiau am Dlws y Railwe i Chwaraewr y Flwyddyn daeth merch i'r brig am y tro cynta'. Cyflwynodd Meic y tlws i Margaret Barnes. Da iawn Margaret a diolch i Jayne, Nick a Meic am noson hyfryd.

Bydd y tymor newydd yn cychwyn ym Mis Medi felly cadwch lygad am fanylion. Pob blwyddyn bydd timau Llanpumsaint a Bronwydd yn cystadlu am Dlws Coffa Roy Bowen. Bronwydd aeth a hi eleni felly da iawn chi!

## **Cyfnewidfa Llyfrau Llanpumsaint**

Os ydych yn hoff o ddarllen wel dyma chi! Mae gan bawb lyfrau maent wedi eu darllen, ac rydym hefyd yn awyddus i ddarllen rhai newydd, felly cyn hir byddwn yn gosod silffoedd yn yr hen Giosg Ffon ger y Railwe. Cyn gynted a bod hyn wedi digwydd gallwch ddewis llyfr i'w ddarllen a rhoi un yn ei le - heb gost. Ond os nad oes gennych un i'w gynnig gallwch fenthyg un beth bynnag ddim ond i chi ei ddychwelid. Cyn gynted a ddaw'r silffoedd bydd hysbys yn dilyn. Byddai'n braf gweld cynifer o lyfrau Cymraeg yn llenwir hen Giosg.

## **Cymdeithas Daroganwyr Gorllewin Cymru**

Dydd Sul Mehefin 22 Richard Attwood yn rhannu cyfrinachau geometreg cysegredig.

Sul Gorffennaf 13eg Gwaith Maes - Ymweld â Thwr Paxton  
Castell Dryslwyn a \Ffynnon Llandeilo

Sul Gorffennaf 27ain Ian Pegler Ynys Wydrin a'r Greal Cymreig

Sul Awst 10fed Gwaith Maes Gerrig Margam a Chylch Cerrig

Mae'r ymarfer hyn yn ddefnyddiol ac yn ddiddorol ac yn fuddiol iawn i bawb, a chredir iddo darddu o Wlad yr Aifft. Mae sawl cwmni yn defnyddio'r ymarfer hyn yn awr i chwilio am ddŵr, olew a cheblau trydan a.y.b. Hefyd fe'i defnyddir gan rhai pobl i ddarganfod diogelwch eu bwyd, er mae cred bersonol yw hyn ac nid yw hyd yn hyn wedi ei brofi yn wyddonol. Pam na ddewch chi i'n cyfarfodydd yn Neuadd Bronwydd am chwarter i ddau ar y Sul i weld dros eich hunan beth mae'r ymarfer hyn yn medru gwneud? Tâl mynediad yw £4 y pen a fydd yn cynnwys te a bisgedi yn ystod y toriad. Does dim eisiau unrhyw offer, dim ond presenoli eich hunan. Am fwy o fanylion cysylltwch â Sandy ar 01267 253547

Mae'r ymarfer hyn yn ddefnyddiol ac yn ddiddorol ac yn fuddiol iawn i bawb, a chredir iddo darddu o Wlad yr Aifft. Mae sawl cwmni yn defnyddio'r ymarfer hyn yn awr i chwilio am ddŵr, olew a cheblau trydan a.y.b. Hefyd fe'i ddefnyddir gan rhai pobl i ddarganfod diogelwch eu bwyd, er mae cred bersonol yw hyn ac nid yw hyd yn hyn wedi ei brofi yn wyddonol. Pam na ddewch chi i'r cyfarfod i weld dros eich hunan beth mae'r ymarfer hyn yn medru gwneud. Tâl mynediad yw £4 y pen a fydd yn cynnwys te a bisgedi yn ystod y toriad. Does dim eisiau unrhyw offer, dim ond presenoli eich hunan. Am fwy o fanylion cysylltwch a Sandy ar 01267 253547

### ***Beth ddaeth o'r alarch?***

Bu un ohonynt ar y llyn am ryw wythnos heb son am y llall. Hedfanodd tua Llwydrissi ac yn ôl ond heb gymar o hyd. Bu ryw son fod 'na gadno wedi cael un tua Nebo. Ai dyna ei thynged tybed? Efallai daw o hyd i gymar arall ryw ddydd.

Yn y cyfamser mae'r Gwyddau o Ganada yn brysus. Bellach mae gennym 30 o rai bach o chwech par, yn pori'n ddi-ben-draw. Eleni eto mae gennym ddwy haid o hwyaid, yn ddigon i'n diddori a'u stranciau.

Os ydych yn hoff o wyllo adar mae yna Glwb Gwyllo Caerfyrddin, sy'n awyddus am wybodaeth am nythai ac adar. Fel rhan o'i gwaith maent yn cofnodi gwybodaeth am fywyd gwyllt adar yn ein Sir, ac yn trefnu teithiau a darlithiau. Er bod yna dros gant o aelodau mae croeso mawr i rai newydd ymuno. Nid adar yn unig chwaeth, oherwydd mae yna aelodau sy'n frwdfrydig dros Ieir Bach yr Haf, Gwas y Neidr, planhigion a bywyd gwyllt yn ei gyfanrwydd. Am fwy o wybodaeth ewch i [www.carmarthenshirebirds.co.uk](http://www.carmarthenshirebirds.co.uk)

Cynhwysir pob gwybodaeth i'r Adroddiad Blyneddol felly mae modd adeiladu gwir ddarlun o adar yn ein Sir. Carolyn Smethurst

### **Grŵp Treftadaeth Llanpumsaint**

Bu'r Grŵp yn creu Taith Dreftadol i adlewyrchu gorffennol amaethyddol a diwydiannol Llanpumsaint. Derbyniwyd grant oddiwrth y Cyngor Sir er mwyn creu murlun yn y Neuadd o waith yr artist Claire Pod o Aberaeron. Y tu allan mae hysbysfwrdd gyda chod QR i gyd-fynd a thaith gerdded hanesyddol. Hefyd mae yna wefan pdf sydd yn gallu trawslwytho i'r ffon symudol -- [www.llanpumsaintwalk.org.uk](http://www.llanpumsaintwalk.org.uk).

Gobeithio bydd y cyfleustra hwn yn fodd i addysgu a chreu diddordeb yn yr ardal i ymwelwyr a phlwyfolion -- bellach bydd y wybodaeth yma'n fyd eang.

## **Llanpumsaint Book Exchange**

Like reading different books? Then this one is for you. We all have books that we have read, and there are always titles that we would like to read, so soon we will be putting some bookshelves in the phone box near the Railway Inn. Once the shelves are there, you can put a book you have read, and choose a different book to read – no charge. And even if you do not have a book to exchange, you are still welcome to choose a book – please just put it back when you have read it. Posters will go up when the shelves have been installed, and then you can read to your heart's delight.

Carolyn Smethurst Llanpumsaint Community Information Exchange, 253308

## **Police news**

The next date I am in the village will be Tuesday July 15<sup>th</sup> between 1630 and 1730.

The local police are now on Twitter – our account name is: NPTCarmsWest. On our account we advertise when the police will be in your local areas – dates / times etc. We also send out crime prevention advice for any crimes that are occurring in the general areas and make appeals for witnesses. We are trying to generate local followers.

It has been brought to my attention again that people are still walking along the roads at night in Llanpumsaint wearing dark clothes. From a safety point of view for drivers and pedestrians I would like to reiterate my previous recommendations regarding hi visibility clothing, which will alert drivers much earlier to your presence on the road.

I would like to remind people to monitor their heating oil levels during the summer months, especially if you have a significant amount in your tanks. We have experienced some oil thefts in the Carmarthenshire area and would like people to remain vigilant during the summer when the heating will hopefully be off.

If anyone sees any persons or vehicles acting suspiciously in your areas, please contact me on 101 or e-mail me [martin.dickenson@dyfed-powys.pnn.police.uk](mailto:martin.dickenson@dyfed-powys.pnn.police.uk). We are currently promoting the online watch link or OWL, which is used to send information out to members of the scheme via e mail or text message. If you would like to join the scheme please forward me your details and I will register your interest.

## **"Happy Feet" with Wellbeing Regeneration's Footcare Service**

This toe-nail cutting service comes to Llanpumsaint Memorial Hall every six weeks. Next sessions are at 1.00pm on July 15<sup>th</sup>, then August 26<sup>th</sup>. Phone to book in. £8.50 per session plus initial payment only of £26.50 for your own personal set of clippers and file. Information and bookings: 01554 744896 - office hours 9.30am to 4.30pm <http://www.wellbeingregeneration.org.uk>

## **Merlin Bike Ride – Sunday June 29 – from the National Botanic Gardens -**

Cyclists from all over the world – starting at 8am from and hosted by the National Botanic Garden of Wales – four distances/routes, the Cothi and Druid riders will follow the Cothi Valley on the B4310 through Abergorlech and Brechfa villages, feed station and toilets at Llansawel – fundraising for charities. Entry and Info <http://www.merlinsportive.co.uk/>

**BBC Radio 4 Gardeners' Question Time** – is bringing its annual Summer Garden Party to the National Botanic Garden of Wales on Sunday June. Tickets to the event are on sale – call 01558 667148 to book - £1.50 booking fee applies – tickets are for entry to the Garden only. Entry to the CQT show recordings is free but spaces are limited and will only be allocated on the day. More info [gqt@gardenofwales.org.uk](mailto:gqt@gardenofwales.org.uk)

### **Clwbgwili 60+ Club Bronwydd**

Members enjoyed a talk by Ms Yoka Kilkelly at the Club Meeting held at the end of April. Yoka brought a selection of pottery to the meeting and members were able to purchase on the day. A very interesting afternoon followed by refreshments with seventy five members present. The Club had a very interesting half day trip also at the end of April when they visited Llanerchaeron calling on the way home for fish and chips at Aberaeron. A full day trip was organised for the middle of May when members went to Aberystwyth, boarding the Vale of Rheidol railway on a one way journey to Devils Bridge. The weather was very kind to us and members thoroughly enjoyed themselves calling on the way home for a meal at Talardd Arms. The next half day trip planned for 22nd July is for a visit to Llanelli House followed with a bit of shopping in Llanelli and arrive back at Hollybrook Inn, Bronwydd for an evening meal. Further details can be obtained from Val Giles Club Secretary on 01267 281194. A full day trip is also being organised for Abbey Mill, Tintern on Tuesday 19th August.

The next Club meeting is on Monday 23rd June when Val Newton will talk to us on Charity Wales Rumanian Aid. Mr Hywel Evans will be the speaker at our July 28<sup>th</sup> Club Meeting talking about the Dinefwr Restoration Project.

New members are always welcome, contact the Secretary Val Giles 01267 281194

### **Llanpumsaint and District Choir.**

Recently the choir held a Supper and Entertainment evening at the Llanpumsaint Memorial Hall. The event was a great success making a profit of £1400.00 for the choir funds. Many thanks to everybody that supported the evening.

At the moment the choir are rehearsing for their Annual Concert and this year the Welsh opera "Blodwen" by Joseph Parry will be performed. This concert will be a part of the choir's celebrations who will be in October of this year celebrating 35 years of existence. Further details will be in the next issue of Llais y Llan.

The choir have 2 concerts lined up for the month of August, one in Llanelli and the other in Aberporth. If anyone is interested in joining the choir will you please contact the conductor Gwyn Nicholas or any member of the choir.

**Dinefwr Literature Festival 2014** – Friday 20 June to Sunday 22 June – Dinefwr Park, Llandeilo.

See <http://www.dinefwrliteraturefestival.co.uk/>. Among the first names to be announced are: the Welsh singer and songwriter **Charlotte Church**; BBC Radio 1 DJ and writer **Huw Stephens**; comedian **Bridget Christie**; the 2013 Costa Award-winning debut novelist **Nathan Filer**; the writer and poet **Owen Sheers**; **Adrian Edmondson & The Bad Shepherds**; **Gillian Clarke**, the National Poet of Wales; and **Helen Dunmore**, British poet, novelist and children's writer.

### **Llanpumsaint Community Council**

Phillip Jones, Clerk 01267 253512, or email [philkto@yahoo.co.uk](mailto:philkto@yahoo.co.uk). See our new website [llanpumsaint.org.uk/community-council](http://llanpumsaint.org.uk/community-council) to see details of meetings, minutes, and Councillors

### **Message from Dave Robinson**

Many Thanks to everyone who helped me, or showed concern, on Saturday 31<sup>st</sup> May in Bronwydd, you know who you are. I am okay thanks, this was a one off, aided and abetted by the hot humid weather and the suit and tie. Very much appreciated.

## Clwb Cerdded Llanpumsaint

Cawsom ddiwrnod arbennig iawn pan aeth pymtheg ohonom i warchodfa RSPB Dinas yn Rhandirmwyn. Diwrnod heulog, coedwig o glychau'r Gog, a'r wefr o wyllo'r Afon Tywi ifanc ar ei charegog rhuthr tua'r môr.

Taith heriol i rai ond werth pob cam, ar uchafbwynt i mi oedd esgyn i ogof Twm Siôn Catti - bu'n uchelgais gennyf ers dyddiau fy ieuenctid yn Llanwrda. Mae'r fynedfa dipyn yn haws erbyn hyn oherwydd y grisiau pren yno. Ac yna sŵn yr adar wrth gwrs!.

Ar ôl ciniawa'n foethus yn y Royal Oak dringodd rhai o'n grŵp i fyny drwy'r allt at yr hen weithfeydd plwm. Gyda'r haul yn tywynnu disgleiriai'r cerrig fel diemwnt a chanfuwyd nifer o grisialau tua thair modfedd o hyd. Bydd clwstwr o grisialau lliwgar yn fy ngardd yn cynnal atgofion am ddiwrnod bendigedig. Os na fuoch yn Ninas mae'n wrth fynd yn enwedig pan fo'r clychau Gog allan. Rhowch e' yn eich dyddiadur am Fis Mai nesaf.

Ddydd Sadwrn 21ain o Fehefin byddwn yn cerdded yn y pentref gan ddechrau o'r Neuadd am 2 o'r gloch y prynhawn.. Byddwn yn dilyn trywydd y Llwybr Treftadaeth sydd i'w weld ar yr hysbysfwrdd tu allan i'r Neuadd. Gan eu bod yn Ddydd Heuldro'r Haf fe fyddwn yn ymweliad a'r Pum Pwll ger Gerwyn Villa, gyda chaniatâd y perchennog tir. Mae'r pyllau yma yn nyffryn yr afon Cerwyn. Yn ôl traddodiad yr oedd yna bwl unigol i bob sant a dyna sut cafodd y pentref ei enwi. Yr oedd y dŵr yma yn ôl y gred, yn medru iachau pobl, ac fe ddefnyddiwyd y pyllau gan y Derwyddon a'r Cristionogion cynnar at ddefodau a seremonïau pwrpasol. Mor hwyr â'r 18fed ganrif tyrrai pobl i'r pyllau ar Ddydd Sant Pedr (21ain o Fehefin) i'w hiachau o afiechydon a blinderau. **Os am fynd lan at y pyllau bydd wellingtons yn hanfodol**

Hefyd byddwn yn gallu gweld shwt mae'r Rhandiroedd yn datblygu ar iard yr hen orsaf a'r diweddaraf gyda hen adeilad y Co-op.

Bydd y daith gerdded nesaf wedyn ar y 5ed o Orffennaf pan fyddwn yn troedio hynt a thalent Dylan Thomas yn Lacharn. Y man cyfarfod fydd y sgwâr am 2o'r gloch. Ar ôl y daith ben-blwydd awn am De yn y "Boathouse" cyn canlyn ymlaen tua'r eglwys ac yna yn ôl drwy'r dre. Ar y 9fed o Awst cerddwn lan at Skanda Vale ar lwybr un o deithiau'r daflen "Ditchhiker" - copïau ar gael yn y siop. Cwrdd yn Bodran Felin am 2o'r gloch. Rhowch wybod i mi os ydych yn dod ar y teithiau yma -- **Carolyn Smethurst - 253308**

## Ysgol Llanpumsaint

Ar ddechrau tymor ysgol newydd, mae'n bleser croesawu Shanice Carter, Gwion George, Caio Evans ac Ashton Kerr i ddosbarth y Cyfnod Sylfaen. Croeso cynnes iddynt i'r ysgol fawr!

Eleni eto, bu'r plant yn brysur iawn yn paratoi ar gyfer Eisteddfod yr Urdd yng nghystadleuaethau canu, adrodd a chelf. Diolch yn fawr iawn i Mr Gwyn Nicholas, Mrs Ann Evans a Laura Davey am helpu i hyfforddi'r plant.

Mae holl blant yr ysgol wedi elwa wrth fynychu gwersi nofio yn y Ganolfan Hamdden yng Nghaerfyrddin. Roedd nofio pob dydd am dair wythnos yn flinedig ond mae eu hymdrechion wedi talu ffordd.

Hoffwn groesawi Mrs Meinir Davies yn ôl i'r ysgol ar ôl ei chyfnod o famolaeth. Byddwn yn gweld eisiau Miss Meinir Walters sydd wedi gadael yr ysgol ar ôl gwneud gwaith arbennig yn nosbarth y Cyfnod Sylfaen yn ystod y flwyddyn diwethaf. Dymunwn pob hwyl iddi yn Ysgol Cynwyl Elfed.

Pob hwyl i dîm Pêl droed yr ysgol a fydd yn cystadlu yng Nghystadleuaeth Cenedlaethol yr Urdd yn Aberystwyth ym mis Mehefin

**DYCHWELYD Y RHEILFFORDD Y mae TRAWS LINK CYMRU** yn grŵp pwysu anwleidyddol sydd wedi'i gyfansoddi fel elusen, ac sydd wedi ennill cefnogaeth oddi wrth Aelodau Cynulliad o bob plaid wleidyddol, ac wrth Aelod Seneddol Ceredigion, Mark Williams. Ers sefydlu chwech mis yn ôl, yr ydym wedi bod yn llwyddiannus iawn yn codi ymwybyddiaeth o'r angen i ail-agor y rheilffordd rhwng Aberystwyth a Chaerfyrddin. Yn gynharach yn y flwyddyn, cyflwynwyd ddadl yn y Cynulliad yng Nghaerdydd gan Simon Thomas, gan ddenu lawer o sylw a chefnogaeth gan y wasg. Mae hyn yn ddwl, ac yn annerbyniol! Mae'n amser i ni rhoi stop ar goddef yr anhegwch o system rheilffordd a trafnidiaeth israddol, ac mynnu y system rheilffordd rydym yn haeddu. Dychmygwch pa mor wahanol fyddai'r ardal hon pe na byddai'r rheilffordd wedi'i chau yn y lle cyntaf. Hefyd, dydy Cymru ddim wedi gweld llawer o fuddsoddiad gan Network Rail yn y gorffennol. Byddant yn ariannu trydaneiddio'r rheilffordd i Abertawe, fodd bynnag, ni welir llawer o fantais i'r buddsoddiad hyn i'r gogledd o Abertawe Mae ail-agor cyswllt rheilffordd rhwng Aberystwyth a Chaerfyrddin yn gorrffod cael ei ystyried fel rhan o'r cynllyn ehangach, gan gysylltu gyda'r hyn sydd yn bodoli yn barod, a chynnig fwy o wasanaethau. Er enghraifft, fyddai gwelliannau i Rheilffordd y Cambria a orsaf newydd yn Nhreforys, ac ychwanegiad o chyswllt rhwng Afon Wen (ar Rheilffordd y Cambria) a Bangor, yn creu coridor trafnidiaeth ar hyd arfordir Gorrlewinol Cymru.

Mae ein grŵp wedi neud astudiaeth manwl o'r ffordd gwreiddiol y rheilffordd rhwng Aberystwyth a Chaerfyrddin, ac wedi canfod bod y rhan fwyaf o wely'r rheilffordd yn glir. Mae llai na 3% o'r 56.5 milltir gwreiddiol wedi ei adeiladu trosodd. Wrth gwrs, er mwyn ail-agor y rheilffordd bydd angen ail godi nifer o bontydd ac ail-linio'r lein i osgou datblygiadau presennol ac i gyflymu'r siwrnau. Dydy'r gost o wneud yr holl waith peiranyddol hyn ddim yn edrych yn rhy afresymol, os ydych yn ystyried yr holl waith sydd angen ei wneud. Wrth edrych ar gost ail-osod Rheilffordd y Borders yn yr Alban, sef y 'Waverly Route', costwyd hyn ar sail £11 miliwn y milltir. Felly gallai amcangyfrif y gost o adeiladu'r lein rhwng Aberystwyth a Chaerfyrddin tua £650 miliwn ar ei ddrytaf. Gallwn gymharu hyn â'r gost a bwriadir gwario ar y rheilffordd HS2, ac atgoffa ein hunain ein bod ni'n haeddu cael rheilffordd yn rhedeg trwy ein gwlad ni hefyd.

Yn amlwg, fe fyddai cael y rheilffordd hon yn ôl yn fantais arythrol yn economaidd, cymdeithasol, amgylcheddol ac i dwristiaid. Byddai'r rheilffordd yn hwyluso'r daith i Gaerdydd ac ymlaen i Lundain ac ymhellach, gan ddod a'r buddion a photensial i'n ardal. Mae Prifysgol Llanbed (Y Drindod Dewi Sant) yn un o ddau brifysgol yn y Deyrnas Unedig sydd heb rheilffordd; yn bendant fyddai cyswllt rheilffordd yn helpu mwy o bobl i fynychu'r brifysgol.

Felly, a yw'n bosibl? YDY! Gyda digon o frwdfrydedd, ewyllys gwleidyddol, arian a trwy weithredu yn cydweithredol, y mae'n bendant y bosibl. Mae cefnogaeth yr ymgyrch hon yn tyfu. Byddai dod a'r rheilffordd yn ôl yn golygu lot o waith gan lawer o bobl. Mae angen mwy o bobl arnom i gymryd rhan yn yr ymgyrch. Felly os credwch fyddai'r rheilffordd yn ased hanfodol ar gyfer dyfodol a ffyniant Cymru, dangoswch eich cefnogaeth os gwelwch yn dda, a gweithredwch. Ewch i'n wefan <http://www.trawslinkcymru.org.uk/> - ble gallech ymuno a'r rhestr ebostio, hoffwch ni ar Facebook, neu ymunwch â'r grŵp Facebook lle gallw ch gymryd rhan yn y drafodaeth a rhannu syniadau gyda Traws Link Cymru. Gallech hefyd ffonio i ganfod mwy o wybodaeth - 01570 218 036; mynychwch un o'n cyfarfodydd cyhoeddus - gallech gael hysbysiadau am rain trwy ein rhestr e-bostio. Rhannwch eich syniadau a'ch meddyliau gennym ni. Fe fyddai'n help i ni i gyd i weld hwn yn digwydd! ***Shan Rees, Cadeirydd, TLC***

## **West Wales Dowzers Society – Future Events**

Sunday, June 22nd: Richard Attwood sharing the secrets of Sacred Geometry.

Sunday, July 13th Field Trip Paxton's Tower, Dryslwyn Castle and Llandeilo Well

Sunday, July 27th Ian Pegler Glastonbury and The Welsh Grail

Sunday, August 10th Field Trip Margam Stones & Stone Circle

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

## **So what happened to the lonely swan?**

Not good news – the lovely cob has been on our lake on and off until a week ago, with no sign of his pen. He has been flying to other lakes, like the one at Llwyndrissi, then returning, but always without a mate. We did hear that a swan had been taken by a fox at Nebo, so she may have met an untimely end.

We hope that wherever he is, he finds another mate and that they live happily ever after. You never know he may bring her back to the huge nest he has built on the island.

In the meantime, the Canada Geese have been busy! We now have 30 goslings from 6 pairs, eating too much grass! This year as well we have had 2 broods of ducklings which have kept us amused with their antics.

If you have any interesting sightings of birds, please contact the Carmarthenshire Bird Club. They also like to know about nesting, broods and other news. This club exists to promote the observation, study and recording of the wild birds and wild-bird populations of Carmarthenshire. The club also organises meetings for its members which include field trips and talks on wildlife topics. Club meetings are an excellent opportunity to meet other birders and to visit places of ornithological interest in enjoyable company. Membership is available to anyone with an interest in the wildlife of Carmarthenshire. Birds don't have to be your only, or even your principal, interest. Some of their members are enthusiastic about dragonflies, butterflies, wild plants or general wildlife. For more information see <http://www.carmarthenshirebirds.co.uk> Carolyn Smethurst

**A Heritage Group in Llanpumsaint** have created a new heritage trail for the area reflecting Llanpumsaint's industrial and agricultural past. The group received an RDP Sir Gâr's Landscape and Heritage Grant to create a mural in the Hall depicting historical scenes by artist Pod Clare from Aberaeron and an interpretation panel illustrating the village history with a QR code linking to the heritage walking tour.

There is also a website featuring the village heritage walking tour with pdf downloads for phone and hard copy ( [www.llanpumsaintwalk.org.uk/](http://www.llanpumsaintwalk.org.uk/)).

Grant officer Emyr Price, based at Llandeilo's Tywi Centre, who worked with the group said: "The trail adds to the tourism potential of the area and links with the Gwili Railway, Skanda Vale and Llandysul Paddlers. It will also provide material for school projects and activities based on stories from the past and present."

## **Clwb Cerdded Llanpumsaint Walkers Club**

What a fantastic walk fifteen of us had on 17<sup>th</sup> May, when we went to the RSPB Dinas reserve at Rhandirmwyn. A fine sunny day, the most beautiful bluebell wood ever, and then the drama of the young Towy river charging its way through the rocks as it races to the sea.

Challenging for some of us, but every step was delightful. The highlight for me was the climb to Twn Sion Cati's cave – ever since my young days living in Llanwrda it has been an ambition to get to the cave. The access is now much easier, as there are wooden stairs for most of the climb. And of course there were the birds!

After an excellent lunch at the Royal Oak Rhandirmwyn, some of the group climbed up through the forest to the old lead mine workings. With the sun shining, the stones shone like diamonds. Several large single crystals were found, up to 3 inches in length, and the collection of coloured crystals will shine on my garden pots to remind me of an excellent day. If you have not been to Dinas, it is thoroughly recommended, especially when the bluebells are out – put in your diary for May next year.

On Saturday 21 June 2.00pm, we will be walking in the village, starting at the Memorial Hall. We will follow the Heritage Trail that is outlined on the board outside the Memorial Hall. As June 21<sup>st</sup> is Midsummer Day, we will also be including a visit to the five pools, with kind permission of the owner of the land.

The five pools are tucked away in the steep sided valley of the river Cerwyn.

According to tradition, each of the pools was used for bathing by one of the five saints which give Llanpumsaint its name.

The water here was said to have healing powers and the pools were used by Druids and early Christians for ceremonial purposes. Even as late as the 17th Century people would flock to the pools on St Peter's Day, the 21st June for relief and healing. This earned the area the title of 'The Lourdes of Carmarthenshire'. After visiting the pools, we will walk back up to the Old Station Yard to have a picnic.

You will be able to see how the allotments are progressing, and also the old Farmer's Co-op buildings, and the remains of the station platform. **You will need**

**Wellingtons, as to get to the pools we need to walk up the river Cerwyn.**

Our next walk will be on 5<sup>th</sup> July, and we will be walking in Dylan Thomas's footsteps in Laugharne. Meet in the Square at 2.00pm, and after the birthday walk we will stop for tea at the boathouse before carrying on up the estuary to the church, and then back to the town.

On August 9<sup>th</sup>, we will be walking up to Skanda Vale, along one of the walks in our leaflet Ditchhiker's Guide to Llanpumsaint. (Walk Leaflets available free in the shop) Meet at Bodran Felin at 2.00pm.

Please let me know if you are coming to any of these walks.

We are a very social group of walkers – come and join us on one of these walks. For more information contact Carolyn on 01267253308, [info@gwilimill.co.uk](mailto:info@gwilimill.co.uk)

## **Clwb Cant Llanpumsaint**

Bydd rhestr yr aelodau gyda'u rhifau yn cael eu dosbarthu gyda'r rhifyn hwn. Dyma'r enillwyr am y misoedd diweddaraf --

*Mawrth* 1af £20 – Rhif 68 Angharad Harding  
2ail £10 – Rhif 96 Mary Howell  
3dd £5 -- Rhif 47 Peter & Elizabeth Webb  
3dd £5 – Rhif 4 5 Arwel Nickolas

*Ebrill* 1af £20 – Rhif 55 Pamela Jones  
2ail £10 - Rhif 96 Mary Howell  
3dd £5 -- Rhif 43 Rosina Davies  
3dd £5 -- Rhif 53 Delyth Brown

*Mai* 1af £20 -- Rhif 79 David Icke  
2ail £10 -- Rhif 10 Mr R & Mrs E Taylor  
3dd £5 -- Rhif 88 Debbie Kerrigan  
3dd £5 -- Rhif 15 John Bowen

*Mehefin* 1af £20 -- Rhif 20 Dave Robinson  
2ail £10 -- Rhif 68 Angharad Harding  
3dd £5 -- Rhif 81 Eifion Saer  
3dd £5 -- Rhif 72 Y Railwe

Talwyd pob enillydd drwy siec. Mae yna rifau sbâr o hyd, felly os ydych am ymuno cysylltwch â'r Trysorydd Dereck Lock ar 253524. Mae pob elw yn mynd at gynnal a chadw'r cae chwarae a'r cyfarpar yno.

## **Clwb Gwili 60+Bronwydd**

Cawsom ddarlith ddiddorol gan Ms Yoka Kilkelly ym Mis Ebrill pan ddaeth ac amrywiaeth i grochenwaith i'r cyfarfod, a chyfle i bryni ar y dydd. Bu'n brynhawn hwylus gyda 75 o aelodau'n bresennol. Digwyddiad arall wnaeth blesio oedd taith hanner diwrnod i Lanarchaeron a physgod a sglodion ar y ffordd 'nol yn Aberaeron.

Yna taith diwrnod llawn fu hi'n Fis Mai i Aberystwyth yn gynta', yna ar Drên Bach y Rheidol i Bontarfynach. Buom yn hynod o ffodus yn y tywydd i'n galluogi i werthfawrogi'r golygfeydd. Wedyn pryd o fwyd ar y ffordd adre yn Nhafarn Talardd. Bydd y daith hanner diwrnod nesaf ar yr 22ain o Orffennaf i Lanelli i weld y Tŷ pwysig yno ac yna ychydig o siopa cyn dychwelid i'r Hollybrook am swper.

Gellir cael manylion pellach oddiwrth Val Giles ysgrifenyddes Clwb Gwili ar 01267 281194. Mae taith ddiwrnod llawn hefyd yn cael ei threfnu i Abaty Tintern ar ddydd Mawrth 13 eg o Awst. I'r cyfarfod nesaf yn Neuadd Bronwydd gwahoddwyd Val Newton i siarad am Elusen Cymru/Rwmania. Cyn hynny daw Hywel Ifans atom ar yr 28ain o Orffennaf i siarad am Gynllun Adferiad Dinefwr – 2 o'r gloch y prynhawn wrth gwrs!

Os oes gennych ddiddordeb cysylltwch â'n ysgrifenyddes Val Giles ar 01267 281194.

## **BBC Radio4 Gardners Question Time**

Bydd y rhaglen hon yn dod a'i Pharti Haf i'r Ardd Fotaneg ar Ddydd Su 29ain o Fehefin -- byddant yn recordio dwy raglen yno. Cyfle i chi osod cwestiwn os mynnwch. Am wybodaeth bellach a thocynnau cysylltwch â

***gqt@gardenofwales.org.uk***

### ***Taith Feicio Merlin -Dydd Sul 29ain Mehefin - O'r Ardd Fotaneg***

Bydd seiclwyr byd eang yn cychwyn am 8 o'r gloch y bore o'r Ardd Fotaneg --- Ar hyd y B4310 yn nyffryn Cothi drwy Frechfa ac Abergorlech.

Cyswllt - <http://www.merlissportive.co.uk>

### ***Gŵyl Lenyddol Dinefwr 2014-06-04***

Ddydd Gwener 20 o Fehefin -- Sadwrn 22 o Fehefin, Parc Dinefwr Llandeilo

Ymysg llu o dalent gwelir enwau -- Menna Elfyn, Rhys Mwyn, Cenwyn Edwards, Byron Rogers, Angharad Tomos, Bethan Gwanas a, Beti George a.y.b.

-- <http://www.dinefwrliteraturefestival.co.uk>

### **Gwasanaeth “Traed Hapus” gyda ‘Wellbeing Regeneration's Footcare Service’**

Mae'r gwasanaeth torri ewinedd traed yn dod i Neuadd Goffa Llanpumsaint bob chwe wythnos.

Mae'r sesiwn nesaf yna ar y Ebrill 22 am 13.00y.p.. Ffoniwch i archebu eich lle. Pris y sesiwn yw £8.50 ond mae angen taliad cychwynnol o £26.50 am bâr o glipwyr a rhathell eich hunan. Am wybodaeth ac archebu: 01554 744896 - oriau swyddfa 9.30 hyd 4.30 y.p.

[www.wellbeingregeneration.org.uk](http://www.wellbeingregeneration.org.uk)

### **Neuadd Goffa Llanpumsaint a Ffynnon Henri**

Cynhaliwyd y Cyfarfod Blynnyddol ar yr 20fed o Fai ac etholwyd y swyddogion canlynol

Cadeirydd -- Arwel Nickolas

Is-gadeirydd -- Geraint Hughes

Ysgrifennydd -- Derick Lock

Trysorydd -- Arwel Nickolas

Swyddog y Wasg -- Derick Lock

Diolchwyd i Bob Jameson a Meleri Brown am eu gwaith caled fel Is-gadeirydd ac Ysgrifennyddes Agenda a chofnodion. Bellach mae'r swydd olaf yma yn rhan o ddyletswyddau'r Ysgrifennydd.

Y Gwirfoddolwyr ac Aelodau eraill yw - Gwyneth Ayres, Meleri Brown, Elfed Davies, Jo Davies, Angharad Harding, Malcolm Howells, Bob Jameson, Dylan Jones, Matthew Jones a Dorrien Thomas.

Gosodwyd y Plac Coffa o Gapel Bethel sydd bellach wedi cau yn y Neuadd gerllaw'r un sydd yna yn barod.

Bydd y brif neuadd a'r lobi yn cael eu hardduno yn ystod yr wythnos o'r 14 eg o Orffennaf.

Dyddiadau i'w cofio -- Sioe Ffasiwn Ddydd Mercher 17eg o Fedi a Noson “Showtime” ar Sadwrn 18fed o Hydref. Manylion pellach i ddilyn.

### **Cyngor Bro Llanpumsaint**

Phillip Jones, Clerc, 01267 253512, neu [philkto@yahoo.co.uk](mailto:philkto@yahoo.co.uk) [www.llanpumsaint.org.uk/llanpumsaintcommunitycouncil](http://www.llanpumsaint.org.uk/llanpumsaintcommunitycouncil)

**RETURN OF THE RAILWAY - TRAWS LINK CYMRU** is a non-political pressure group which is constituted as a charity and has support from AMs from all political parties and from Ceredigion MP, Mark Williams. Since its formation six months ago, we have been very successful in raising awareness of the need for re-instating the railway between Carmarthen and Aberystwyth. Earlier this year, we secured a debate in the Welsh Assembly, introduced by Simon Thomas, which received wide media coverage and support.

As you will know, many stations along this line were closed by Beeching in the '60s and '70; with the result that we have a far inferior rail service in Wales to that which existed over a hundred years ago!! As you also know, in order to travel between south and north Wales, we have to go through England. That is madness! It is time we stopped putting up with this inequity and got the railway we deserve. Imagine how different this area would be had this line not been closed in the first place

To boot, Wales has received little investment from Network Rail although it is now planned to put money into electrification of the line to Swansea. However, this will not benefit the huge area of Wales to the north of this.

The proposed re-instatement of the Aberystwyth to Carmarthen line will need to be part of a bigger plan, linking with that which already exists and implementing further services; for example, an upgrade of the Cambrian Coast line and a new station at Morriston, and a rail link between Afon Wen (on the Cambrian Coast line) and Bangor which would create a rail corridor along the West Coast of Wales.

Our group has done a detailed study of the route between Aberystwyth and Carmarthen and has found that the track-bed is largely intact – less than 3% has been built on along the 56 miles of the old railway line. Of course, in order to re-instate the line, some bridges would need to be re-built, and some re-alignment would be necessary. But this looks to be a less expensive project than might be thought. Based on the cost of re-instating the Borders Railway in Scotland, the Waverley Route (at £11million per mile), the estimated cost of the Aberystwyth to Carmarthen line could be £650million. We might compare this with the proposed amount to be spent on HS2 and remind ourselves, once again, that we deserve to have a railway running through our country. It would obviously be of enormous economic, social, touristic and environmental benefit. The railway would facilitate travel to Cardiff and hence to London and beyond, with all the benefits and possibilities this would bring to the area. Lampeter University (Trinity St. David's) is one of only two Universities in Britain lacking a railway; it would certainly be an added incentive for those contemplating applying for a place there.

So, is it feasible? YES! With enough enthusiasm, political will, money, and co-operative action, it is certainly possible. Support for this project is growing. Bringing it to fruition will involve a lot of work by a lot of people. We need more people to get involved, so if you believe this to be a vital asset for the future flourishing of Wales, please know that your support will make a difference – and take action. Visit our website <http://www.trawslinkcymru.org.uk> – where you can be put on the mailing list; like us on Facebook, join the Facebook group, where you can take part in discussions and share ideas at Traws Link Cymru; telephone to find out more – 01570 218036; come to our public meetings - you will be informed of these via the mailing list. Please share your thoughts and ideas. It is up to us all to make this happen! *Shan Rees, Chairwoman, TLC*

## **Llanpumsaint & Nebo Short Mat Bowling Club**

The club finished in third position in the First Division of the Carmarthenshire Short Mat Bowls League, its best ever performance, and also reached the Semi-finals of the county Knock-out Cup. The Club's Cheese and Wine Evening and Finals Night was held on 17<sup>th</sup> April and a merry time was had by all. Trophy winners were as follows:

|                  |                              |
|------------------|------------------------------|
| 2 - bowl singles | Richard Arran                |
| 4 - bowl singles | Gethin Edwards               |
| 2 – bowl pairs   | Derick Lock and Aled Edwards |

The club held its Annual Dinner in the Railway Tavern on 9<sup>th</sup> May when The Railway Trophy Player of the Year votes were counted, resulting in the first lady winner of the trophy, Margaret Barnes, who was presented with the trophy by Mike of the Railway.

Well done Margaret; richly deserved. Thanks to Jayne, Mike and Nick at the Railway for a great evening enjoyed by all.

Each season Llanpumsaint and Bronwydd compete home and away for the Roy Bowen Memorial Trophy, Bronwydd winning this year 5 – 3 on aggregate, so well done to our friends in Bronwydd. The 2014/15 season will commence in early September, watch out for details.

## **Llanpumsaint and Ffynnon Henry Memorial Hall**

Our Annual General meeting was held on the 20<sup>th</sup> May. The following persons were elected as officers for 2014/15:

|               |                |
|---------------|----------------|
| Chair         | Arwel Nicholas |
| Vice-chair    | Geraint Hughes |
| Secretary     | Derick Lock    |
| Treasurer     | Arwel Nicholas |
| Press Officer | Derick Lock    |

Thanks were given to Bob Jameson and Meleri Brown for their hard work whilst acting as Vice-chair and Agenda and Minutes Secretary respectively. The latter post has now been merged in with the Secretary's duties. Other trustees and committee members are Gwyneth Ayres, Meleri Brown, Elfed Davies, Jo Davies, Angharad Harding, Malcolm Howells, Bob Jameson, Dylan Jones, Mathew Jones and Dorien Thomas.

The War memorial Plaque from the now closed Bethel Chapel has been erected in the Memorial Hall, adjacent to the existing one.

The main hall and lobby will be decorated during the week commencing 14<sup>th</sup> July.

Dates for your diary – Fashion Show on Wednesday 17<sup>th</sup> September, and a Showtime Evening on Saturday 18<sup>th</sup> October. Further details in due course. Bingo in the Memorial Hall 28 November commencing at 7.30pm.

## **Sustainable Llanpumsaint**

Anyone interested in finding out more about what's going on at the Station Yard allotments should speak to some of the growers; they might give you a guided tour!

If you don't know who's who then contact John Atkinson on 01267 253846. The allotment holders now have a Facebook page - Llanpumsaint Allotment Association – there's a link to the page on the Llanpumsaint Website. For Sustainable Llanpumsaint contact Phil Jones 253512.

## ***Neges oddiwrth Dave Robinson***

Diolch yn fawr i bawb am eu cymorth a'u pryder amdanaf yn Sant Celynin Bronwydd ddydd Sadwrn 31ain o Fai. 'Rwyf yn iawn erbyn hyn ac y beio'r tywydd trymedd a'r coler a'r tei am y digwyddiad.

## **Cymdeithas Lles ac Adloniant Llanpumsaint**

Cynhaliwyd y Cyfarfod Blynnyddol ar yr 8fed o Fai yn y Neuadd Goffa. Etholwyd y swyddogion canlynol am 2014/15

|                  |                  |
|------------------|------------------|
| Cadeiryddes ---  | Pamela Jones     |
| Is-gadeirydd --- | Michelle Girdler |
| Ysgrifennydd --  | Derick Lock      |
| Trysorydd ---    | Sarah Moore      |
| Archwilydd ---   | Mary Howell      |

|                         |             |
|-------------------------|-------------|
| Trysorydd Clwb Cant --- | Derick Lock |
|-------------------------|-------------|

|                          |             |
|--------------------------|-------------|
| Archwilydd Clwb Cant --- | Alan Dentry |
|--------------------------|-------------|

Aelodau eraill o'r Pwyllgor -- Elfed Davies, Gavin Harding, Matthew Jones, Meinir Jones, Brian Smethurst, David Swift a Dorrien Thomas.

Bu'r Diwrnod Hwyllog Teuluol yn sbri mewn tywydd braf a thorfeydd. Dioch i bawb wnaeth droi lan a hefyd i'r rhai wnaeth gyfrannu gwobrau mor hael.

Yn ystod y dydd cynhaliwyd Ras Hwyaidd Capel Nebo i lawr yr afon Gwili. Dyma berchnogion yr hwyaid buddugol -

1af Hwyaidd 165 -- Ruth o Ben y Baedd

2ail Hwyaidd 599 -- Mair Jones Capel Iwan

3dd Hwyaidd 530 -- John Hopkins Llanpumsaint

4dd Hwyaidd 428 -- Laura Williams Drefach

Diolch yn fawr i holl brynwyr a gwerthwyr yr hwyaid. Siŵr o fod i rai ohonoch a llygaid craff sylwi ar y siglen grud diwbwl wedi ei gosod yn y cae chwarae.

Er bod yna ddigon o arwyddion i'r perwyl ger y mynedfeydd hoffwn atgoffa pawb na chaniateir cwn yma a chofiwch ddefnyddio'r biniau sbwriel.

Cynhelir yr Helfa Drysor Blynnyddol ar 31ain o Awst - daw manylion pellach nes ymlaen. Bydd y Pwyllgor Lles yn gyfrifol am Fore Coffi MacMillan eleni ar y 27ain o Fedi - cadwch lygad am fwy o wybodaeth.

**Gwasanaeth y Swyddfa Bost** -- Gair i'ch atgoffa fod y fan yn dod bob prynhawn Dydd Mawrth - 2 y.p - 4 y.p; Prynhawn Gwener -- 1 y.p - 3 y.p. Bydd yn parcio yn yr arhosfa'n ger Brynywawr gerllaw Tafarn y Railwe.

## Heddlu

Daeth i'm sylw unwaith yn rhagor fod pobl dal yn gwisgo dillad tywyll wrth gerded ar hyd y ffyrdd yn Llanpumsaint. O safbwynt diogelwch ar gyfer gyrwyr a cherddwyr, hoffwn ailadrodd fy argymhellion blaenorol mewn perthynas â dillad gwelededd uchel, a fydd yn tynnu sylw gyrwyr at eich presenoldeb ar y ffordd llawer cynt.

Hoffwn atgoffa pobl i gadw llygad ar lefelau eu holew gwresogi yn ystod misoedd yr haf, yn arbennig os oes gennych lawer o olew yn eich tanciau. Rydym wedi profi rhai lladradau olew yn ardal Sir Gaerfyrddin a hoffem atgoffa pobl i barhau'n wiliadwrus yn ystod yr haf pan fydd y gwres, gobeithio, wedi'i ddiffodd.

Os oes unrhyw un yn gweld unrhyw unigolion neu gerbydau'n ymddwyn yn amheus yn eich ardaloedd, cysylltwch â mi ar 101 neu drwy e-bost ar martin.dickenson@dyfed-powys.pnn.police.uk. Ar hyn o bryd, rydym yn hyrwyddo'r cyswllt gwarchod ar-lein OWL, a ddefnyddir ar gyfer anfon gwybodaeth i aelodau'r cynllun drwy e-bost neu neges destun. Os hoffech ymuno â'r cynllun, anfonwch eich manylion ataf a byddaf yn cofrestru'ch diddordeb.

## Eglwys y Plwyf - Nodyn i'ch dyddiaduron

Mae Eglwys y Plwyf yn cynnal Bore Coffi yn y Neuadd Goffa ar fore Sadwrn Gorffennaf 12 2014 gyda'r elw yn mynd tuag at yr Eglwys. Mae'r ficer yn bwriadu colli pwysau a'i obaith yw i golli 35 pwys erbyn y Bore Coffi uchod. Os hoffech ei noddi a fyddech mor garedig a llenwi'r ffurflen sydd i'w chael yn Siop Penbontbren,.

Mae manylion unrhyw wasanaethau arall ar hybysfwrdd yr eglwys.

[www.llanpumsaintparish.org](http://www.llanpumsaintparish.org), 01267 253205 neu E-bost:- [vicar@llanpumsaintparish.org](mailto:vicar@llanpumsaintparish.org)

## Capel y Bedyddwyr Caersalem, Llanpumsaint

"Cyhoeddwn Iesu Grist yn Waredwr ac yn Arglwydd"

Dydd Sul: 10.00am Ysgol Sul I Oedolion (Cymraeg)

2.00pm Oedfa Bregethu (Cymraeg) Sul ofa'r mis - Oedfa Saesneg

Dydd Mawrth 1.00pm Dosbarth Beiblaidd Dwyieithog yn ein chwaer Eglwys Penuel

Dydd Iau 2.00pm Cwrdd Gweddi

Rhifau Cyswllt Mrs Eleri Morris 01267 253895

## Capel Ffynnonhenri

Dyma fanylion y gwasanaethau am fisoedd Ebrill, Mai a Mehefin 2014:-

Mehefin 29 2014 Gwasanaeth am 3.00p.m. Parch Desmond Davies

Mehefin 29 2014 Gwasanaeth am 3.00 y prynhawn Parch Desmond Davies

Gorffennaf 6 2014 Cymundeb am 2.30 y prynhawn Parch Wyn Vittle

Gorffennaf 27 2014 Cymundeb am 4.00 y prynhawn Parch Huw George

Mis Awst Dim gwasanaethau.

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

## **Weatherwise June 2014**

The weather in the last 2 months has been average, according to the Met Office. In truth it was actually average for temperature (11.2degC) and rainfall (88mm). So why has it not felt like a good spring? The answer is simple. If we look at the amount of sunshine, the last 2 months have given us just 296 hours of sunshine, whilst the average over 20 years to 2011 for May and June is 385 hours (Met Office Figures). That is only three quarters of the amount of sunshine this spring we could have expected.

I can see that the vegetables and flowering plants have been enjoying the weather despite this lack of sunshine – they are growing very well with average rainfall and temperatures, especially with no late frost. And the farmers have been busy cutting and storing grass.

We humans though need some exposure to sunshine to boost our vitamin D levels and the lack of sunshine in the past few months will have meant depleted stores of this vital vitamin which the body makes from exposure to sunlight. Long known to be essential for strong bones and teeth, recent research suggests vitamin D is essential for healthy muscles and the immune system, and that it can help prevent allergies and juvenile diabetes. After this long dull winter, we should get out when the sun does shine, and perhaps talk with our doctor about taking a vitamin D supplement.

## **Llanpumsaint Welfare and Recreation Association**

The Association held its Annual General Meeting on 8<sup>th</sup> April in the Memorial Hall. The following officers were elected for 2014/15 as follows:

|                    |                  |
|--------------------|------------------|
| Chair              | Pamela Jones     |
| Vice-chair         | Michelle Girdler |
| Secretary          | Derick Lock      |
| Treasurer          | Sarah Moore      |
| Auditor            | Mary Howell      |
| 100 Club Treasurer | Derick Lock      |
| 100 Club Auditor   | Alan Dentry      |

Other committee members are Elfed Davies, Gavin Harding, Mathew Jones, Meinir Jones, Brian Smethurst, David Swift, and Dorien Thomas.

The Family Fun Day on 17<sup>th</sup> May was blessed with wonderful weather and a terrific turnout. Many thanks to all those who attended, making our efforts worthwhile. And thanks go as well to all the raffle donors for their generous prizes.

During the Fun Day, the Nebo Chapel Duck Race was run, down the River Gwili. The winning ducks were bought by:

|              |                                        |
|--------------|----------------------------------------|
| First Prize  | Duck 165 Ruth at Boar's Head Templeton |
| Second Prize | Duck 599 Mair Jones, Capel Iwan        |
| Third Prize  | Duck 530 John Hopkins, Llanpumsaint    |
| Booby Prize  | Dck 428 Laura Williams, Drefach        |

A big thank you to all sellers and buyers of the ducks.

Those with sharp eyes will have seen that the new double cradle swing has been installed in the park area.

Although there are plenty of signs by the park entrances, just a reminder to dog owners that dogs are not allowed in the park, and for those using the park please use the litter bins provided.

The Annual Treasure Hunt will be held on Sunday 31<sup>st</sup> August – more details nearer the time.

The Welfare Committee will be hosting this year's Macmillan Coffee Morning on Saturday 27<sup>th</sup> September, watch out for more information.

### **Ffynnonhenri Chapel**

Details of services for the months of April, May and June 2014:-

|              |                        |                    |
|--------------|------------------------|--------------------|
| June 29 2014 | Service at 3.00p.m.    | Rev Desmond Davies |
| July 6 2014  | Communion at 2.30 p.m. | Rev Wyn Vittle     |
| July 27 2014 | Communion at 4.00 p.m. | Rev Huw George     |
| August 2014  | No services            |                    |

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

### **Caersalem Baptist Chapel Llanpumsaint**

“We proclaim Jesus Christ as Saviour and Lord

Sunday 10.00am Adult Sunday School (Welsh)

2.00pm Preaching Service (Welsh) Last Sunday each month – English Service

Tuesday 1.00pm Bilingual Bible Study at sister Church Peniel Carmarthen

Thursday 2.00pm Prayer Meeting

Contact Mrs Eleri Morris (Secretary) 01267 253895

**Nebo** The following services will take place at Nebo Chapel:

There will be a chapel service in Nebo on the following dates:

July 6th -Mrs Dwywnwen Teifi 10.30 am

13th- Mr Ioan Wyn Evans

27th- Mr Lyndon Lloyd 10.30 am

August 3rd- Rev Gerald Jones 2pm

**For more information, please contact Mrs Meinir Jones 253532**

### **Llanpumsaint Church**

There will be a coffee morning on Saturday 12 July in the Memorial Hall for Llanpumsaint Church. The vicar is doing a sponsored slim and hopes to lose 35lbs by July 12th. If you would like to sponsor him, please fill out the sponsor form in the village shop.

Details of services are on the notice board by the church.

Morning prayer will be said in Llanpumsaint vicarage at 9.30am on Wednesday and Friday morning. All are welcome to join your Parish Priest at this short service.

Sunday Funday club meets at St Celynin at 10am in St Celynin Vestry during term time.

Tel: 01267 253205 Email: [vicar@llanpumsaintparish.org](mailto:vicar@llanpumsaintparish.org) [www.llanpumsaintparish.org](http://www.llanpumsaintparish.org).

### **Free to a good home!**

2 petrol self-propelled lawn mowers, one with a good motor, one with a good body!

Need repair/renovation. Phone Alison 07971588414

## Nebo

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

Mi fydd cwrdd yn Nebo ar y dyddiadau canlynol:

Gorffennaf           6ed- Mrs Dwynwen Teifi 10.30 y.b

13eg- Mr Ioan Wynn Evans 10.30 y.b

27ain- Mr Lyndon Lloyd 10.30 y.b

Awst                   3ydd- Parchedig Gerald Jones 2y.h

Am fwy o wybodaeth cysylltwch efo Mrs Meinir Jones 253532

## Tywyddgall Mehefin 2014

Yn ôl y Swyddfa Dywydd mae ein tywydd dros y ddeufis olaf yma wedi bod yn weddol gyfartalog. Mewn gwirionedd bu cyfartaledd y tymheredd (11.2 Gradd Gynradd) a dim ond 88mm o law yn gymedrol. Os felly pam nad yw hi wedi teimlo fel Gwanwyn pleserus? Mae'r ateb yn syml! Os edrychwn ni ar faint o heulwen a gafwyd dros y cyfnod mae'r cyfanswm yn 296 awr, o'i gymhari â chyfartaledd o 396 am y misoedd Mai a Mehefin dros yr ugain mlynedd olaf hyd 2011 (ystadegau'r Swyddfa Dywydd). Felly prin tri chwarter o'r heulwen ddisgwyliedig a gawsom eleni.

Er hynny sylwaf fod y llysiau a'r blodau wedi mwynhau eu hunain er y prinder heulwen - maent wedi ffrwythloni gyda digon o law a thymheredd teg heb unrhyw rew o gwbl. Pleswyd y ffermwyr hefyd gan gnydau da. Ond eto i gyd mae angen haul arnom ni fodau dynol i roi hwb i'n lefelau fitamin D, felly mae ein storfa o hwn wedi dioddef yn ystod y misoedd diwetha'. Gwyddwn yn barod fod fitamin D yn gymorth i ddatblygu esgyrn iach a dannedd cryf, ond dengys yr ymchwil diweddaraf ei fod yn allweddol i'r cyhyrau a'r gyfundrefn imiwn. Mae hefyd yn gallu ymladd alergedd a datblygiad clefyd y siwgr mewn plant. Felly yn dilyn gaeaf hir tywyll dylem ni gyd brysuro allan i'r haul ar bob cyfle, ac efallai gael gair a'n meddyg i weld oes ishe pilsen fach.

## Côr Llanpumsaint a'r Cylch

Ychydig amser yn ôl fe gynhaliodd y côr noson Swper ac Adloniant yn Neuadd Goffa Llanpumsaint. Fe fu'r noson yn lwyddiant ysgubol gyda elw o £1400.00 i goffrau'r côr. Diolch o galon i bawb a gefnogodd.

Ar hyn o bryd mae'r côr yn ymarfer ar gyfer ei Cyngerdd Blynyddol ac eleni fe berfformir opera Joseph Parry sef "Blodwen" Fe fydd y cyngerdd hyn yn ran o ddathliadau'r côr a fydd yn dathlu ym mis Hydref eleni eu penblwydd yn 35 oed. Fe geir rhagor o fanylion eto yn y rhifyn nesaf o Lais y Llan.

Mae'r côr yn dal yn brysur gyda 2 gyngerdd ym mis Awst, un yn Llanelli a'r llall yn Aberporth.

Os oes unrhyw un a diddoredeb i ymuno a'r côr a wnewch chi gysylltu a'r arweinydd Gwyn Nicholas neu unrhyw aelod o'r côr.

## **Ben Davies Cwmcreigiau Fach**

Yn sydyn tawelodd holl brysurdeb Gorsaf Llanpumsaint a sŵn y Co-op gerllaw, wrth i arch cael ei chludo o’ r trêen i’r Ystafell Aros ar y platform. Dyma’r unig gorff i ddychwelid i’r plwyf o’r Rhyfel Gyntaf a hynny ar y 19eg o Hydref 1915. Gwr pump ar hugain oedd Benjamin Davies a fu farw o’i anafiadau yn y “Queens Canadian Military Hospital” yn Shorncliff swydd Caint yn Lloegr, bedwar diwrnod ynghynt

Yn dilyn yr arch gwelwyd ei wylofus rieni, Ben a Rachel Davies, oedd newydd symud i Gwmcreigiau Fach o ardal y Porth yn y Rhondda. Er eu bod yn ddieithriaid i’r ardal (wedi symud yma prin bythefnos ynghynt) cofiodd yr Orsaf Feistr Mr Lewis iddynt brynu tocyn i Gaint ond ychydig ddyddiau’n gynt. Ond ofer fu’r daith honno oherwydd bu eu mab farw cyn iddynt gyrraedd, a dyma nhw nawr yn dychwelwyd gyda’r arch.

Bachgen cefn gwlad oedd Ben, wedi ei eni yng Llwyndu, Cilrhedyn ar y 6ed o Fedi 1892, y seithfed o dri ar deg o blant. Symudodd yr holl deulu i’r Porth yn y Rhondda i ganlyn gwaith yn y pyllau glo. Yno ‘roedd ef a’i frawd Wil wedi ateb yr alwa i’r gad, a phenderfynodd eu rhieni ddychwelid i’r gymdogaeth amaethyddol.

Trannoeth, ar yr 20fed o Hydref, claddwyd Benjamin ym mynwent Capel Caersalem Llanpumsaint, prin chwarter milltir o’r orsaf. Er mae ond saith oed oedd ei chwaer Muriel ar y pryd, cofiodd honno’n dda am yr angladd, ei rhieni a hithau yn llefain y glaw.. Ynghanol y tristwch gellid diolch fod Wil wedi goroesi’r ymosodiad, a hwnnw yn yr un “Trench” a’i frawd anffodus.

Rhoddwyd caniaid arbennig iddo fod yn bresennol yn y cynhebrwng.. Wedi’r Rhyfel dychwelodd Wil i fyw bywyd llawn yn Lanychen Llanpumsaint, ac mi brodiodd Muriel a Dan y cigydd a chartrefu’n Mrodawel am ddegawdau. Ymhen amser claddwyd Ben a Rachel yn yr un bedd a’i mab yng Nghaersalem, a hwythau’n eu hwythdegau. Hap a damwain yw bywyd!

**Arwyn 2014**

### **Ben Davies - The first to fall**

Suddenly the Station yard fell silent and all activity at the nearby Farmers Co-op ceased, to witness a coffin being carried from the train to the Waiting Room at Llanpumsaint. It was the 19<sup>th</sup> of October 1915 when the one and only body from the First World War returned to our locality. Benjamin Davies had died of his wounds at the Queens Canadian Military Hospital in Shorncliff, Kent.

Walking behind the coffin were his tearful parents, Ben and Rachel Davies, who'd recently moved from Porth in the Rhondda coal valley to Cwmcreigiau Fach (near the Skanda Vale complex). Though relative strangers to Llanpumsaint ( they'd been here less than a fortnight) Mr Lewis the Station Master recognised them as having bought train tickets for Kent only a few days before. That journey had been in vain as their son had died before they arrived.

Born at Llwyndu, Cilrhedyn on the 6<sup>th</sup> of September 1892, in the heart of rural West Wales, Ben was the seventh of 13 children. The whole family had moved to Porth in search of work in the mines and it was there that both Ben and brother William volunteered to serve "For King and country!". With two sons now fighting in the War the parents decided to move back west, to Cwmcreigiau Fach in early October 1915

After one night at Llanpumsaint station, poor Ben was buried at Caersalem a mere quarter of a mile away on the 20<sup>th</sup> of October 1915. Though his sister Muriel was just seven years old then, she vividly recalled how she and her parents cried their hearts out. There was one consolation however brother William, also a Rifleman, after months in the Trenches had been allowed Leave to visit his parents, and was there on that sad day. He'd fortunately escaped the ravages of that "Flame throwing" incident which had fatally wounded his brother in that same trench.

Wil returned to live a full life at Lanychen in Llanpumsaint, and Muriel married Dan the butcher to settle at Brodawel for many happy decades. In time, the parents, Ben and Rachel having reached their Eighties, were buried in the same grave as their lost son at Caersalem. Such is the frailty of life! Arwyn 2014

### **Llanpumsaint School**

At the start of the new school term, it is a pleasure to welcome Shanice Carter, Gwion George, Caio Evans and Ashton Kerr to the Foundation Phase Class. Welcome to big school!

The school children have been busy again preparing for the annual Urdd Eisteddfod in singing, reciting and art competitions. Thank you very much to Mr Gwyn Nicholas, Mrs Ann Evans and Laura Davey for all their help coaching the children.

All the children have benefited from attending swimming lessons at the Leisure Centre in Carmarthen. The intensive 3-week course was tiring but the progress made by the children was great.

A warm welcome is extended to Mrs Meinir Davies who has returned following her maternity leave. Thanks to Miss Meinir Walters who has worked hard in the Foundation Stage during her absence. We wish Miss Walters the best of luck in her new post at Cynwyl Elfed School.

Good luck to the Football Team that will be competing in the Urdd National Finals in Aberystwyth in June.

|                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>PALU ‘MLAEN<br/>FORWARD DIGGING</b><br/>Plant &amp; Agricultural Contractor<br/>3 tonne- 14 tonne Diggers, Site clearing, Landscaping,<br/>Steel sheds, Concrete work, Fencing, Hedge cutting and<br/>Much more!<br/>Just Ask.<br/>Mathew Jones, Mobile 07970030679<br/>Waun Wern, Llanpumsaint, Carmarthen, SA33 6LB</p> | <p><b>Hollybrook Country Inn</b><br/>Bronwydd<br/>4* accommodation<br/>Pub and Restaurant<br/><br/>Tel 01267 233521</p>                                                                                                                                                                                                                                               |
| <p><b>Siop Penbontbren Stores</b><br/>General Stores<br/>Hair and Beauty Salon<br/>Fish and Chips Fridays<br/>Mon—Thurs &amp; Sat 8 – 6<br/>Sunday 9am – 1pm<br/>Tel: (01267) 253732</p>                                                                                                                                        | <p><b>Eifion Williams Builder</b><br/>General building<br/>Plastering, Patios etc<br/><br/>5 Parc Celynin Llanpumsaint<br/><br/>01267 253523 07973842681</p>                                                                                                                                                                                                          |
| <p><b>Fferm-y-Felin Farm Guest House<br/>and Self Catering Cottages</b><br/>Enjoy a relaxing break at this<br/>beautiful guest house or<br/>in one of our stone cottages<br/>01267 253498<br/><a href="http://www.ffermyfelin.com">www.ffermyfelin.com</a></p>                                                                  | <p><b>Cambrian Chimney Liners</b><br/><i>Also Damp-proofing &amp; Timber Treatment<br/>(Sovereign Contractor)</i><br/>Telephone: (m) 07814802047<br/>(h) 01267 253712<br/>e-mail: <a href="mailto:info@cambrianchimneyliners.co.uk">info@cambrianchimneyliners.co.uk</a><br/><a href="http://www.cambrianchimneyliners.co.uk">www.cambrianchimneyliners.co.uk</a></p> |
| <p><b>Webs Wonder Design.</b><br/>Content managed websites for<br/>Businesses<br/>Organizations<br/>Community groups.<br/>Visit <a href="http://www.webswonder.co.uk">www.webswonder.co.uk</a>.</p>                                                                                                                             | <p><b>D.A. Evans</b><br/>Plumbing and Heating<br/>Central heating, Boiler servicing,<br/>Bathrooms<br/>Installations and repairs<br/>Gwarcoed Rhos Llandysul SA44 5EQ<br/>01559 370997 07966 592183</p>                                                                                                                                                               |
| <p><b>Railway Inn Llanpumsaint</b><br/><b>The Home of Quality Foods</b><br/><br/>Fine Ales and Wine<br/>Tel: 01267 253643<br/><br/>Mike Jayne and Nick</p>                                                                                                                                                                      | <p><b>Multi Heat Boiler Care</b><br/><b>Servicing &amp; Maintenance of</b><br/><b>Oil Boilers and Cookers</b><br/><b>Ground &amp; Air Source Heat Pumps</b><br/><b>Solar Thermal Panels</b><br/><b>Unvented Cylinders</b><br/><b>01559 370997 07966592183</b></p>                                                                                                     |

|                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Harcourt Tree and Garden Services</b><br/> Tree Surgery, Felling and Removal<br/> 25 years experience<br/> Garden work and Fencing<br/> <b>And Gwili Firewood</b><br/> Seasoned hardwood or softwood logs<br/> Ian Harcourt 01267253368 or 07812158825</p>                                   | <p><b>Gwalia Garage</b><br/> Peniel Road Rhydargaeau<br/> MOT's, servicing tyres, repairs &amp; post office.<br/> Shop Tel: (01267) 253249<br/> Garage Tel: (01267) 253599</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <p><b>G J Isitt</b><br/> Est 1975<br/> For all your roofing needs<br/> Free estimates and advice<br/> Repairs, Guttering, Chimney repointing,<br/> Fascias, leadwork, Storm damage,<br/> Re-roofing<br/> 01267 253425 / 07770 818951</p>                                                           | <p><b>JOHN KERR</b><br/> <b>MOTOR VEHICLE ENGINEER</b><br/> Servicing • Diagnostics • MOT preparation • Tyres<br/> Gerwyn Villa<br/> Llanpumsaint<br/> Phone 01267 253560<br/> Mobile 07980 982025<br/> Email: johnworkshop@hotmail.co.uk</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <p><b>Gwili Mill Llanpumsaint</b><br/> Luxury 5* self catering<br/> Sleeps up to 15<br/> Ideal for family and friends for celebrations, get-togethers and family holidays<br/> <a href="http://www.gwilimill.co.uk">www.gwilimill.co.uk</a> 01267 253308</p>                                       | <div data-bbox="804 909 1093 1032">  <p><b>Cleddau Insurance SERVICES</b><br/> INSURING THE FUTURE</p> </div> <p>Cleddau Buildings Station Rd<br/> St Clears Carmarthenshire SA33 4DQ<br/> E-mail <a href="mailto:admin@cleddauinsurance.com">admin@cleddauinsurance.com</a></p> <p><b>Moduron/ Motor , Cartrefi/House, Ffermydd/ Farm</b><br/> <b>Teithio/Travel, Ac llawer rhagor/Much more</b><br/> <b>NEW LEARNER DRIVER</b> from as little £85 a month<br/> <b>**NEW** HOLIDAY LETS / BED &amp; BREAKFAST</b><br/> Call <b>01994 231548</b> today and ask for <b>Dafydd Saer</b><br/> <small>Cleddau Insurance services is a trading name of Cleddau Insurance Services Ltd and is authorised and regulated by the Financial Conduct Authority</small></p> |
| <p><b>A Stitch in Time</b><br/> Repairs &amp; alterations to any garment from designer garments to working gear also curtains &amp; house linen<br/> Friendly service and satisfied customers<br/> <b>01267 253990                      07532326211</b><br/> e-mail: joan.webb3@btinternet.com</p> | <p><b>ZUMBA GOLD DANCE FITNESS</b><br/> Fun and fitness!<br/> Tuesdays 6.30pm<br/> Memorial Hall Llanpumsaint hallH<br/> Contact Sue<br/> 07733 113569</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |

To advertise here contact Carolyn 01267 253308 or email [info@llanpumsaint.org.uk](mailto:info@llanpumsaint.org.uk). Domestic Sales and Wants free. Business Adverts £5 per issue. ^ adverts and webpage £50 per annum. A5 flyer distributed with Village Voice £10 per issue.

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