



Llais y Llan Rhagfyr 2021

Copi dyddiad ar gyfer rhifyn nesaf 26 Ionawr 2022

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



Nadolig Llawen (Llun Clare Bishop)



Dymunwn Nadolig Llawen a gwell blwyddyn yn 2022 i bawb yn yr ardal, gan obeithio eich gweld mewn gwahanol weithgareddau yn ystod y flwyddyn. - Cyfnewidfa Gwybodaeth Llanpumsaint. Wrth gyrraedd terfyn blwyddyn anodd arall mae'n brydlon i feddwl am y rhai sydd wedi symud o 'mha., ynghyd a'r rhai sydd wedi marw. Cofiw'n amdanant yn dyner gydag atgofion melys. Mae'n briodol hefyd i groesawu newydd ddyfodiaid sydd wedi dewis Llanpumsaint yn gartref. Gobeithio y gwnewch fwynhau yma ac y byddwch yn cefnogi'r amrywiol bethau sydd yn digwydd. Byddai nifer o'n cylchoedd yn croesawu gwaed newydd, felly cysylltwch â nhw i gynnig help llaw. Carolyn Smethurst Cadeirydd Cyfnewidfa Gwybodaeth Llanpumsaint



A484 Cywnyl Elfed 3/12/21



Dowers on the Preselis (Sandy Mather)



Curlew at Llansteffan (Clare Bish)



Dipper River Gwili (Clare Bishop)



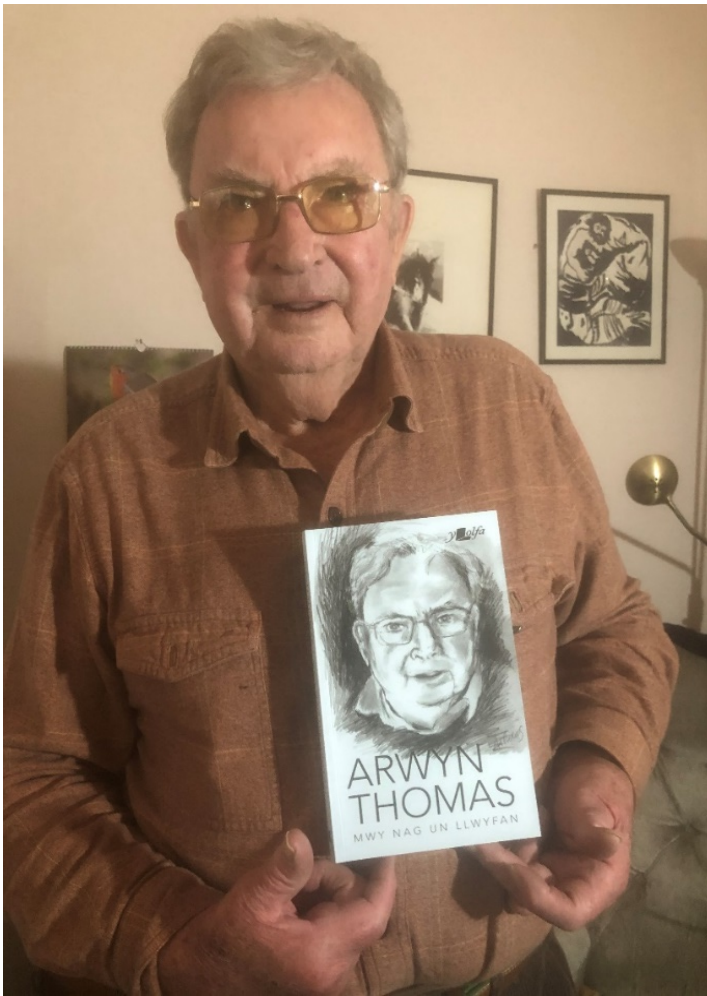
Beautiful Starling (Clare Bish)



Good year for Fungi



Photos by Helen Thomas



Lansio Hunangofiant Arwyn Thomas – “Mwy Nag Un Llwyfan”

Er yr holl gyfyngiadau i fywyd cyhoeddus ar hyn o bryd, daeth dros hanner cant ynghyd i Neuadd Bronwydd Nos Wener Rhagfyr 3dd i'r Lansiad. Trefnwyd y noson gan Y Lolfa wnaeth gyhoeddi'r gyfrol, gyda Alun Jones (gynt o fferm Frongoch) yn llywio'r gweithgareddau. Bu yna sgwrs hynod o ddiddorol rhyngddo a'r awdur Arwyn. Daeth yn amlwg iddo dreulio bywyd llawn ac amrywiol iawn gyda nifer o lwyfannau i'w dilyn.

Ganed Arwyn ar fferm Pantyfedwen yn Nebo cyn symud i Pantgals lle treilliodd ei fagwraeth. Bu Ysgol Llanpumsaint dan Jac Johns, dramau dan y Ficer Emlyn Lewis, a'r athro Hanes yn yr Ysgol Ramadeg yn ddylanwadau pwysig. Cawn gipolwg ar fywyd ffermio'r dyddiau hynny, cyn symud i fyd addysg. Mae yna lwyth o straeon doniol a difyr am ei yrfa fel athro ac yna Prifathro. Chwaraeodd y byd drama a'r meysydd criced lwyfannau pwysig yn ei fywyd amrywiol, gyda nifer o ddiddordebau eraill yn hawlio sylw. Mae'n wrth ei brynu a'i fwynhau!

Bowlio Dan Do Llanpumsaint a Nebo

Dechreuodd y tymor newydd ac mae'n hollol wahanol i gynt. Rhannwyd y clybiau i dair carfan, a gwelir Llanpumsaint gyda Llandeilo, Llanboidy B, Llanddarog A, a Pontargoethi. Enillwyd y gêm gynta' gyda chanlyniad da iawn 6-2 i ffwrdd erbyn Llandeilo, 57 ergyd erbyn 20. Daw'r nesaf lan yn Llanboidy cyn y Nadolig. 13eg o Ionawr fydd y gêm gynta' adre' erbyn Llanddarog A.

Gallwch gadw i fyny a'r diweddaraf ar ein gwefan Llanpumsaintsmbc.org.uk

Dymuna'r Clwb Nadolig Llawen a Blwyddyn Newydd hapus, llewyrchus ac iach i'n holl aelodau a chyn- aelodau.

Bydd y Clwb yn cyfarfod i ymarfer bob nos Lun a Nos Iau yn y Neuadd o 7.30 yh tan 9.30, hyd ddiwedd Ebrill. Mae yna groeso i bob chwaraewr newydd o 16 oed hyd 99, ac mae yna hyfforddwyr trwyddedig wrth law i'ch cymorth a'ch ysbrydoli. Ceir mwy o wybodaeth drwy ffonio Derick Lock ar 253524 neu ein Hysgrifenyddes Jill Edwards ar 253474.





PTA

Hoffwn ddiolch I pawb am eich rhoddion caredig ar gyfer y seiclo noddedig. Gyda diolch arbennig I Ann Jones a HSBC, y cyfanswm a godwyd oed £1487.00! Fe fydd yr arian yma yn cael eu ddefnyddio I brynu adnoddau newydd i'r ysgol.

Mae'r adran iau wedi gwneud tipyn o waith ar COP 26 a siarad am edrych ar ôl ein byd. Er mwyn I bob plentynfod yn rhan o'r prosiect hwn, mae'r ysgol wedi dosbarthu bagiau I bob teulu gyda chasglwr sbwriel. Gall y plant gasglu sbwriel o amgylch y pentre, yn y parc neu hyd yn oed ar lan y môr.

Mae'r ysgol wedi derbyn y pedwerydd deilen o'r presiect Ysgolion iach.

Mae'r ysgol newydd cael banc dillad, ffordd wych o ailgylchu ac ail ddefnyddio hen ddillad, ynghyd â chodi arian I'r ysgol.

Eleni mi fyddwn yn cynnal Groto digidol, hoffwn ddiolch I Calon Mam, Game on a O'Malley photography am eich cefnogaeth, am fwy o wybodaeth cysylltwch ag aelod o'r CRhA. Mi fydd cyfle I brynnu pêl bonws y loteri, cysylltwch a Donna Thomas am fwy o wybodaeth. Bydd cyfle eto eleni I brynu cacen Nadolig gan Lisa Jones ar Facebook Llanpumsaint ar y 11eg o Rhagfyr.

Pwyllgor Lles ac Adloniant Llanpumsaint - Rhifyn Nadolig

Daw 2021 yn gyflym at ei derfyn, felly byddwch yn falch i glywed ein bod am gynnal ein Gorymdaith Siôn Corn yn ei holl ogoniant, o amgylch y pentref gan orffen yn y Neuadd, ar Noswyl Nadolig. Bydd Siôn Corn (24/12/21) ei hun yn y Neuadd os ydych am newid neu ychwanegu at y rhestr o ofynion pwysig yna. Yno bydd diodydd twym a danteithion melys ar gynnig oddi wrth Bwyllgor y Neuadd, ac yna Raffl fawr i gloriannu'r achlysur. Bydd yr Orymdaith yn cychwyn o Nantyrnys am hanner awr wedi un i gyrraedd ei derfyn wrth y Neuadd am tua 2.30 o'r gloch. Edrychwch ymlaen at eich gweld i gyd a daw unrhyw wybodaeth ychwanegol ar Facebook. Felly cadwch lygad arno.

Trefnwyd Helfa Drysor gan y Pwyllgor ar y 23ain o Hydref, wnaeth orffen yng Nghlwb Criced Bronwydd. Diolch i bawb am eu cefnogaeth, ac mae'n saff i ddweud i bawb fwynhau'r daith heriol drefnwyd gan John, Gwenda a Jackie. Llongyfarchiadau i'r Teulu Tomos (Arwel, Donna, Cadi, Beca a Nansi) ar eu buddugoliaeth. Codwyd £248 fydd yn cael eu dosbarthu rhwng yr Elusen ddewisol eleni a chynnal a chadw ein Maes Chwarae. Diolchwch i Glwb Criced Bronwydd am fenthyca eu cyfleusterau godidog, ac anogwn eraill i logi'r cyfleusterau gwych yma. Diolch hefyd i Mary Howell (HSBC) am Arian Cyfatebol o £500 i'r Her 1000 gynhaliwyd adeg Awst. Ychwanegir y swm hwn at ein cyfraniad i'r Elusen a ddewiswyd eleni.

Rhagor o newyddion da, wrth i'n cais ennill sylw Cronfa Wynt Brechfa, er mwyn gwella'r cyfleusterau'r Cae Chwarae. Gyda phleser a balchder cyhoeddwn i swm o £35,000 ein cyrraedd. Byddwn yn cyhoeddu yn y flwyddyn newydd ein cynlluniau gwario i mewn i 2022. Unwaith eto mae'r Pwyllgor yn awyddus am aelodau newydd a pharhau mae'r angen am Ysgrifennydd (swydd wag ar hyn o bryd). Rydym hefyd yn chwilio am rywun i redeg Clwb Cant Llanpumsaint, oherwydd bydd Derick yn rhoi'r gore iddi mewn ychydig fisoedd. Am fwy o wybodaeth am sut i ymuno a'r Pwyllgor neu am ddysgu mwy am ein hymgyrchoedd codi arian ewch i parcllanpumsaintpark@gmail.com <<mailto:parcllanpumsaintpark@gmail.com>> neu siaradwch ac un o'n haelodau.

Aaron Jones

Clwb Cant Llanpumsaint – Tynnu Nadolig

Dyma enillwyr y Tynnu Nadolig ac Ionawr 2022

£100 – rhif 67 Megan Eldred £50 – rhif 76 Jonathon Evans

£25 – rhif 84 Hedydd Rees a rhif 52 Brian Smethurst.

£15 – rhif 74 Marged Davies a rhif 3 Huw Williams

£10 – rhif 113 Gwen Rhys Jones rhif 55 Gwyneth Ayers rhif 26 Lisa Jones

Rhif 105 Peter Giles rhif 22 Shirley Davies rhif 20 Paul a Jo Davies

Rhif 9 Barbara Glossop rhif 68 Eirian Powell rhif 36 Lis Williams

Tynnu Ionawr

£20 rhif 28 Alun Stedman £15 rhif 49 Roz Evans £10 rhif 19 Nan Bowen

Llongyfarchiadau i'r holl enillwyr gan gydymdeimlo a'r gweddill. Fel crybwyllwyd cynt 'rwyf nawr yn ymddeol o fod yn drefnydd i'r Clwb Cant gan drosglwyddo'r cyfrifoldeb i'r Pwyllgor Lles ac Adloniant. Daw'r Tynnu nesaf ym Mis Mawrth ac mi fyddwch yn cael eich atgoffa cyn hynny am ail-ym aelodi. Mwynheais fy naw mlynedd wrth y llyw fel Trysorydd a diolch i bawb am eu cefnogaeth. Mwynhewch y Nadolig gan ddymuno 2022 hapus ac iach i chi.

Derick Lock

Ar ran yr ardal hoffwn ddiolch i Derick am y modd y llyniodd y Clwb Cant dros y naw mlynedd diwethaf. Rydym bawb yn ddiolchgar am ei holl waith yn casglu digon o aelodau bob blwyddyn i gynnal y fenter, ac am dalu mas yn syth i'w enillwyr. Carolyn

Cyfarchion Nadolig

Dymunwn gyfarchion yr Ŵyl a blwyddyn newydd hapus a llewyrchus i'n holl ffrindiau yn ac o amgylch y pentref. Yn lle gwario ar gardiau bwriadwn wneud rhodd i Llais y Llan. - Cadwch yn ddiogel - cofion gorau - Vi a Dave Robinson

Whwsh o Ddrydwms a Jac-y-dos

Cawn ein diddori bob nos gan y drydwms a'r jac-y-dos ond mewn gwahanol ffyrdd. Daw'r drydwms heibio mewn heidiau tua phedwar o'r gloch yn anelu tua'r gorllewin neu ogledd orllewin dros y bryn am Nantygelli. Pob haid yn creu whwsh fawr ond heb alw, a daw tua chwe haid ac yna ambell unigolyn hwyr wedyn. Maent yn ymddangos o'r dwyrain ar yr un uchder, tybed oes yna fangre arbennig yn Shir Gar. Yna'r adeg yma o'r flwyddyn pan ddaw'r cyfnos bydd y jac-y-dos yn ymgynnull o amgylch y pentref. Fe'u clywch cyn eu gweld yn cyrraedd mewn heidiau bach o bob cyfeiriad. Mae'n cymerid rhyw chwarter awr i ugain munud iddynt gyd-gyrraedd a dechrau'r sioe. Byddant yn disgyn a throi yn yr awyr gan alw'n gyson ar ei gilydd a chlyndarddan. Daw ambell fran i geisi ymuno a'r hwyl ond gan nad ydynt mor ystwyth mynd bant wna'n nhw. Yna yn sydyn wrth i'r tywyllwch gyrraedd i'r coed ant i gyd gan daweli cyn clwydo am y nos. Maent yn olygfa anhygoel! Dewch i'w gweld. Carolyn Smethurst

Gwyllo Adar Ardd Fawr

Bob blwyddyn trefna'r RSPB ymgyrch Gwyllo Adar pan fydd gwirfoddolwyr yn nodi pob aderyn yn eu gerddi dros gyfnod o awr, ar amser cyfleus iddynt adeg yr wythnos olaf yn Ionawr. Bydd hyn rhwng 28 a 30 o Ionawr yn 2022 gyda'r canlyniadau yn mynd i'r RSPB. Am fwy o wybodaeth ewch i'r cyswllt <https://www.rspb.org.uk/get-involved/activities/birdwatch/>

Gellir dod i hyd i'r canlyniadau am Gymru yma –

<https://www.rspb.org.uk/globalassets/dwdownloads/big gardenbirdwatch/2021/results/356-0011-20-21.bgbw20.results.national-wales.pdf>

Bydd hwn yn gyfle i gymhari'r amrywiaeth adar sy'n ymweld â'n gerddi. Os am ymuno yn y fenter bentrefol yn ychwanegol i ymchwiliad yr RSPB cysylltwch â mi clairebishop@yahoo.co.uk <mailto:clairebishop@yahoo.co.uk> yna mi ddanfonaf ffurflen i'w chwblhau i chi. Wedyn mi wna'f gasglu'r canlyniadau am yr holl ardal.

Gyda'r fflw adar wedi dychwelid i Gymru mae'n bwysig glanhau'r manau bwydo yn aml. Ceir awgrymiadau yn y rhifyn diwetha' o'r Llais neu ewch i <https://www.rspb.org.uk/birds-and-wildlife/advice/how-you-can-help-birds/feeding-birds/keep-your-bird-table-healthy/>

Cyswllt am y canlyniadau yn Gymraeg

https://www.rspb.org.uk/globalassets/dwdownloads/big gardenbirdwatch/2021/results/356-0011-20-21_bgbw20_results_national-cymru.pdf

Tircoed - Argymhelliad Chris Peake

Hoffwn roi gwybod i chi, ar ôl darllen yr erthygl ar Tircoed yn Llais y Llan, fy mod wedi bod yn llwyddiannus mewn cwrs sylfaenol. 'Rwyf nawr yn dilyn cwrs 5 diwrnod "Croeso i'r Coed" sy'n cynnwys nifer o weithgareddau yn ac o amgylch Brechfa a Mynydd Mawr. Mae'n ymwneud a sgiliau coetir, gwaith saer a phethau eraill. Maent yn gyfeillgar iawn ac yn cynnig nifer o weithgareddau i dywys unigolion i'r byd gwaith.

Clywais nawr i mi gael fy nerbyn ar gws 12 wythnos ar "Rheoli a Chynnal Coetir" gyda Tircoed dros gyfnod y gaeaf, gyda'r posibilrwydd o gyrsiau eraill i ddilyn. Diolch yn fawr oherwydd heblaw gweld yr erthygl yn Llais y Llan ni fyddwn wedi bod yn ymwybodol o'r holl amrywiaeth hyfforddi mae Tircoed yn gynnig yng Ngorllewin Cymru. Cysylltwch â Nancy Hardy 07476899544 am wybodaeth bellach.

Clwb Chwedeg Gwili

Dydd Llun Hydref 25ain - Siaradwr Jeremy John, Rheolwr Masnach Rheilffordd Gwili. Cafwyd anerchiad diddorol ganddo o'i atgofion gan gychwyn gyda'i enedigaeth yn 1947, camp Aneurin Bevan a'r Bwrdd Iechyd, a nifer o straeon am ei yrfa gyda Heddlu Dyfed-Powys. Soniodd am ddatblygiad Rheilffordd Gwili gyda'r siop lyfrau diweddaraf.

Dydd Llun Tachwedd 22ain. Yr hanesydd ac awdur Arwyn Thomas yn siarad am ei lyfr diweddaraf, yr hir ddisgwyliedig hunangofiant - "Mwy nag un .

Llwyfan". Mae'r llyfr yn dwyn i gof oes sydd bellach wedi diflannu, gan gynnwys nifer o straeon difyr o'i ddyddiau cynnar. Mae ar gael o'r Pentan, Y Lolfa neu Amazon am £9.99.

Cinio Nadolig Rhagfyr 15fed yng Ngwesty'r Strade Llanelli – Pris £20

Dyddiadau am 2022 - Ionawr 24ain Cyfarfod Cyffredinol Blynnyddol - Chwefror 28ain Dathlu Gŵyl Dewi - Mary Thorley yn siarad am y Gwragedd Swffragét.

Daw mwy o wybodaeth am raglen 2022 yn y rhifyn nesaf o Lais y Llan.

Cysylltydd Val Giles Ysgrifenyddes 01267 281194

Dewinwyr Gorllewin Cymru

Mae dewinio yn arferiad diddorol, a gall unrhyw un ei wneud. Credir iddo ddatblygu o'r Aifft neu hyd yn oed cyn hynny. Bydd nifer o gwmnïoedd yn defnyddio dewinwyr i ganfod dŵr, mwynau, olew neu wifrau trydan. Bydd rhai yn dewinio i ganfod iechyd eu bwydydd, neu olrhain straen geopathi eu hamgylchedd, ond ar hyn o bryd cred bersonol yw hyn heb fendith gwyddonol. Pam na ddewch chi atom i ddysgu mwy; £6 am ymaelodi ond £5 y cyfarfod wedi hynny, ac fe fydd yna gwpaned a bisgedi i'r fargen. 'Does dim angen cyfarpar jyst trowch lan.

Dim cyfarfod yn Rhagfyr. Ni wrthi'n llunio rhaglen 2022 ond heb ei chwblhau eto. Dyma'r dyddiadau beth bynnag – Ionawr 23ain – Chwefror 27ain – Mawrth 27 - I gyd yn Neuadd Bronwydd am 1.45 yp.

Gwefan <http://westwalesdowers.org.uk> am fwy o wybodaeth ffoniwch Sandy 01267 253547.

Mae'r llun yn dangos ein taith maes olaf i Gylch Cerrig y Preseli lle buom yn ffodus i ddal bwa'r arch odidog

Cronfa Elusennol a Raffl y Railwe

Hoffai Liz Rees gyhoeddi iddi hi a Bob Jameson dderbyn llythyr oddi wrth Mr Simon D H Holt MBE MA MB Bchir FRCS Oncolegydd Llawfeddygol Ymgynghorol a Chadeirydd Uned Cancr y Fron Ysbyty'r Tywysog Phillip, yn cydnabod derbyn rhodd anrhydeddus o £1000. Diolch i bawb wnaeth gefnogi ein hymgyrch.

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

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

Eglwys Bro Caerfyrddin o'r Eglwys yng Nghymru

Cysylltwch â'r Parch Gaynor gaynorjones-higgs@cinw.org <<mailto:gaynorjones-higgs@cinw.org>>
01267 253158, neu ar Facebook Llanpumsaint.BronwyddandLlanllawddogChurches /Facebook a
hefyd Lma Bro Caerfyrddin /Facebook

Gwasanaethau Nadolig islaw – gwelir yr hysbysfwrdd neu Facebook am wasanaethau Ionawr.

Gwasanaeth Zoom Boreol Weddi – Bore Mercher am 9 o'r gloch

Sul Rhagfyr 19eg - Zoom 10 y bore - Drama'r Enedigaeth

2 yb Cymundeb Llanpumsaint

Nos - Carolau a Darlenniadau – San Pedr a Christchurch

Gwener Noswyl Nadolig

11.30 yb Cymundeb – Llanpumsaint

Dydd Nadolig –

8.30 yb Cymundeb Sant Alban Cwmdwad

10 yb Zoom

Sul Rhagfyr 26ain

10 yb Boreol Weddi – Celynin dan ofal Alwyn

2 yb Cymundeb Llanllawddog

Newyddion cyffroes - Byddwn yn lansio ein Caffi Bach dielw gan wirfoddolwyr ar Ddydd Mawrth 7fed o Ragfyr yn Eglwys Llanpumsaint o 11.30 y bore hyd 2.30 y prynhawn. Yn ychwanegol i'r Te a Choffi cynigir amrywiaeth o ddiodydd a danteithion lleol, organig masnach deg ar wahân i'r cyfle am glonc. Os bydd llwyddiant bwriadwn wneud hyn bob Dydd Mawrth, ac os daw nifer o wirfoddolwyr gallwn ehangu'n 'mhellach. Cefnogwch y fenter hon yng nghalon y pentref. Mae ein Cylch Dot i blant o ddeg oed i fyny yn cwrdd ar Nos Iau. Achredwyd ni gan Peace Malba sy'n cefnogi dinasyddiaeth ryngwladol drwy ddirnad parch, cyfeillgarwch a heddwch rhwng pob cymuned, diwylliant a ffydd oddefol. Cefnogir hawliau dynol, gwrthwynebir gormes a phob rhagfarn. Codir ymwybyddiaeth o achosion bydol eang a hyrwyddo goddefgarwch er mwyn eu datrys, boed yn lleol neu fyd eang.

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 Ffoniwch 01267 253895 os bydd awydd arnoch i ymuno da ni gan fod amser y cwrdd yn amrywio.

Merched y Wawr - Ffoniwch 01267 253895 os byddwch chi am ymuno da ni. Y'n ni'n gobeithio mynd i fowlio deg ym mis Ionawr.

Rhandir Llanpumsaint

Rosie 07950411536 neu RosieFrewin@yahoo.co.uk <<mailto:RosieFrewin@yahoo.co.uk>> neu siarad â Ray 253157

CYLCH MEITHRIN BRONWYDD

Os oes gennych unrhyw ymholiadau am y Cylch cysylltwch â Verona ar 07929 431652

Neges Nadolig gan y Cynghorydd Sir Irfon Jones.

Fel eich Cynghorydd Sir ward Cynwyl Elfed ar Gylch, hoffwn ddiolch yn fawr iawn i bawb am eich cefnogaeth dros y flwyddyn ddiwethaf. Mae wedi bod yn flwyddyn anodd ofnadwy. Er nag oedd hawl gan unrhyw un gyfarfod wyneb yn wyneb roeddem yn barod i ateb y ffon neu ateb E bost unrhyw bryd. Mae'r brechu yn nawr yn gweithio yn y wlad felly mae'r dyfodol i weld yn fwy clir a gobeithiol. Pob Hwyl a Lwc ichi gyd. Irfon ar Teulu.

Gwyllo Adar Ardd Fawr

Bob blwyddyn trefna'r RSPB ymgyrch Gwyllo Adar pan fydd gwirfoddolwyr yn nodi pob aderyn yn eu gerddi dros gyfnod o awr, ar amser cyfleus iddynt adeg yr wythnos olaf yn Ionawr. Bydd hyn rhwng 28 a 30 o Ionawr yn 2022 gyda'r canlyniadau yn mynd i'r RSPB. Am fwy o wybodaeth ewch i'r cyswllt <https://www.rspb.org.uk/get-involved/activities/birdwatch/>

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Bydd hwn yn gyfle i gymhari'r amrywiaeth adar sy'n ymweld â'n gerddi. Os am ymuno yn y fenter bentrefol yn ychwanegol i ymchwiliad yr RSPB cysylltwch â mi clairebishop@yahoo.co.uk [<mailto:clairebishop@yahoo.co.uk>](mailto:clairebishop@yahoo.co.uk) yna mi ddanfonaf ffurflen i'w chwblhau i chi. Wedyn mi wnafl gasglu'r canlyniadau am yr holl ardal.

Gyda'r fflw adar wedi dychwelid i Gymru mae'n bwysig glanhau'r manau bwydo yn aml. Ceir awgrymiadau yn y rhifyn diwetha' o'r Llais neu ewch i <https://www.rspb.org.uk/birds-and-wildlife/advice/how-you-can-help-birds/feeding-birds/keep-your-bird-table-healthy/>

Cyswllt am y canlyniadau yn Gymraeg

https://www.rspb.org.uk/globalassets/dwdownloads/big gardenbirdwatch/2021/results/356-0011-20-21_bgbw20_results_national-cymru.pdf

CRONFA GYMUNEDOL FFERM WYNT
COEDWIG GORLLEWIN BRECHFA



BRECHFA FOREST WEST WIND FARM
COMMUNITY FUND

Cronfa Gymundol Fferm Wint Coedwig gorllewin Brechfa

Ar Ddydd Mercher 19eg Ionawr am 7 o'r gloch, bydd Moishe Merry, Rheolwr Cronfa Fferm Wynt Coedwig Gorllewin Brechfa yn cynnal cyflwyniad byr 10 munud am y gronfa, a'r prosiectau sydd wedi'u hariannu yn yr ardal o fewn 6km o amgylch y tyrbinau dros y 3 blynedd diwethaf, gan esbonio sut mae'r gronfa'n cael ei gweinyddu a sut i wneud cais.

Bydd y cyfarfod hwn yn cael ei gynnal dros Zoom ac yna fydd sesiwn Holi ac Ateb. Gellir archebu lle yn hwn trwy gysylltu â Marion Morris ar mmorris@anturcymru.org.uk neu drwy ffonio 01239 710238.

Yn ogystal, os oes gennych chi brosiect penodol yr hoffech ei drafod ac am wneud cais i'r gronfa amdano, gallwch drefnu apwyntiad penodol gyda Rheolwr y Gronfa gyda Marion ar y manylion uchod.

Mae ein gwefan yn cael ei diweddarau'n rheolaidd, ac arni gallwch ddod o hyd i ffurflenni, cwestiynau sy'n cael eu gofyn yn aml, astudiaethau achos, ynghyd â rhestr o'r holl brosiectau a ariennir yn <https://brechfawestcommunityfund.org.uk>

Rydym hefyd yn recriwtio aelod panel newydd rhwng 16-25 oed. Os hoffech gael mwy o wybodaeth am yr hyn y mae'r rôl hon yn ei olygu, cysylltwch â Moishe yn uniongyrchol ar 07779 457351.

Neuadd Goffa Llanpumsaint & Ffynnonhenri Memorial Hall

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

CCB - Cynhaliwyd y Cyfarfod Cyffredinol Blynyddol ar y 9fed o Dachwedd. Diolch i chi mynychodd y cyfarfod a diolch i'r swyddogion sydd wedi camu lawr eleni am ei holl waith caled yn ystod y flynyddoedd diwethaf. Dyma'r swyddogion ar gyfer y flwyddyn nesaf;

Cadeirydd – Pamela Jones

Is-Gadeirydd – Mathew Jones

Ysgrifenydd – Catrin Eldred

Is-ysgrifenydd/Gohebydd y Wasg – Donna Thomas

Trysorydd – Ann Rook

Is-trysorydd – Janet Taplin

Clerc llogi – Ann Rook a John Green

Trefnydd Digwyddiadau – John Green

Ysgrifennydd Agenda a Cofnodion – Clare Bishop

Newyddion Menter Gorllewin Sir Gâr:

O dan yr amgylchiadau presennol, mae Menter Gorllewin Sir Gâr yn gweithio i ddarparu gweithgareddau a sesiynau i chi allu parhau i gymdeithasu a byw yn Gymraeg yn ddigidol ac wyneb yn wyneb yn unol â chyfarwyddiadau'r llywodraeth parthed cyfyngiadau.

Wrth i ni gynllunio ar gyfer y dyfodol rydym eisiau clywed eich syniadau chi:

<https://tinyurl.com/7jaty8dt>

Adweitheg Babi/Plentyn:

Am y tro cyntaf erioed, mae'r Fenter yn cynnig dosbarthiadau Adweitheg Babi/Plentyn. Mae'r gyfres o bedair wythnos yng ngofal Meleri Brown o Hafan Holiataidd yn cael eu cynnal yn Neuadd Gymunedol Ysgol Peniel. Mae'r gyfres hon yn llawn ond y bwriad yw cynnal cyfres arall yn y flwyddyn newydd. Os oes diddordeb gyda chi i fynychu'r sesiynau, cysylltwch gydag alma@mgsg.cymru i gofrestru.

NEWYDD! Helfa Drysor Nadolig:

Mae'r Fenter a'r Atom yn trefnu rhywbeth ychydig yn wahanol dros yr ŵyl eleni. Rydym wedi lansio Helfa Drysor Nadoligaidd ar hyd Stryd y Brenin, Caerfyrddin yn ystod yr wythnosau yn arwain at y Nadolig. Yn cychwyn ar yr 20fed o Dachwedd hyd at y 3ydd o Ionawr. Er mwyn derbyn copi o'r helfa anfonwch neges at ymholiad@mgsg.cymru.

Cyfyngau Cymdeithasol:

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 cyfyngau cymdeithasol:

Facebook - Menter Gorllewin Sir Gar, Trydar - @MenterGSG, Instagram - @MenterGSG

E-bost - ceris@mgsg.cymru neu am fwy o wybodaeth ar sut i gyrraedd y platfformau yma cysylltwch gyda Ceris ar y ffôn: 07939 962042.

Grwp Ieuenctid DOTs

Ar Ddydd Sadwrn, y 23ain o Hydref, buon yn ymweld â Skanda Vale fel rhan o daith wedi ei awdurdodi o dan Peace Mala. Cyrhaeddwn am 11 o'r gloch y bore, a buon yno nes 3 o'r gloch y prynhawn.. Cawsom groeso gan y Brawd Francis, a dysgom ychydig o hanes Skanda Vale. Prynwyd y lle ym 1973 gan Guru Sri Subramanium o Sri Lanka fel fferm 22 erw. Heddiw, mae Skanda Vale dros 300 erw, yn ogystal â Hospis Skanda Vale yn Saron. Dros y blynyddoedd mae'r fferm wedi cartrefu ceirw, byffalo, paun, parotiaid a nifer mwy . Ym 1982 daeth eliffant i Skanda Vale o'r enw Valli, yr holl ffordd o Sri Lanka. Mae Valli nawr dros 40 oed. Tair blynedd yn ôl, daeth eliffant arall yno, o'r enw Lakshmi.

Ar ôl sgwrs ddiddorol gan y Brawd Francis, mi aethon i gerdded i fyny drwy heol droellog y goedwig. Yn gyntaf aethon i ymweld â bedd y Guru ac ei gerflun coffaol. Dymuniad y Guru oedd cael ei gladdu ar y safle hwnnw.

Ar ôl talu teyrnged iddo, mi wnaethon barhau i fyny i deml Maha Shakti , a arferai fod yn fferm fach o'r enw , Pengarn. Roeddwn yn pasio ceirw brown hyfryd yn y cae, a roedd ieir yn crwydro o gwmpas . Mi wnaethon fynd heibio 'r hen sied ble bu'r eliffant yn byw cyn tyfu yn rhy fawr iddo, a symud i gartref o fwy. Arhoson i'r eliffantod i ddychwelyd gan eu bod wedi bod yn cerdded, a chawsom ganiatad i fynd mewn i'r sied i'w bwydo. Roedd yr eliffantod yn cael ffrwythau- bananas, afalau a melwn. Roedd bwydo eliffant o'n dwylo yn brofiad newydd i'r rhan fwyaf ohonom.

Wedi'r profiad arbennig yma, buon yn ail ddilyn y llwybr yn ôl lawr i deml Subramanium. Cawsom y fraint o eistedd yn y deml ei hunan adeg y "pooja" yn hytrach na gwyllo'r gwasanaeth ar sgrin o babell tu allan. Roedd yn brofiad ysbrydol i ni gyd, ond hefyd yn addysgol i ddysgu am eu ffordd o fyw. Yna, cawsom wahoddiad am bryd o fwyd gyda nhw o gyri a reis , ac i ddilyn , cwpaned o de hyfryd. Wedi ymweld a'r siop, dywedon hwyl fawr. Roeddwn wedi mwynhau ein hymweliad a hoffem ddiolch i bawb yn Skanda Vale am y croeso cynnes. Emma



Village Voice December 2021

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

Brechfa Forest West Wind Farm Community Fund provides some funding for Village Voice and our website www.llanpumsaint.org.uk. We also receive funding from Llanpumsaint Community Council and all our advertisers. We thank them all for the support.

Merry Christmas! (photo by Clare Bishop)



We wish everyone in the village a Merry Christmas and a better 2022, and we hope to see you at village events through the year. Llanpumsaint Community Information Exchange

As we reach the end of another difficult year, it is time to think of the residents who have moved away from the village, and those who have sadly passed away in 2021. We will remember them with kind thoughts and good memories.

It is also a good time to welcome the new residents who have chosen Llanpumsaint as their home. We hope that you will enjoy living in our village and will support the many activities throughout the year. And lots of the groups in the village would welcome your help. Just contact the group and offer your services.

Carolyn Smethurst, Chair, Llanpumsaint Community Information Exchange



A484 Cywnyl Elfed 3/12/21



Dowers on the Preselis (Sandy Mather)



Curlew at Llansteffan (Clare Bish)



Dipper River Gwili (Clare Bishop)



Beautiful Starling (Clare Bish)



Good year for Fungi



Photos by Helen Thomas

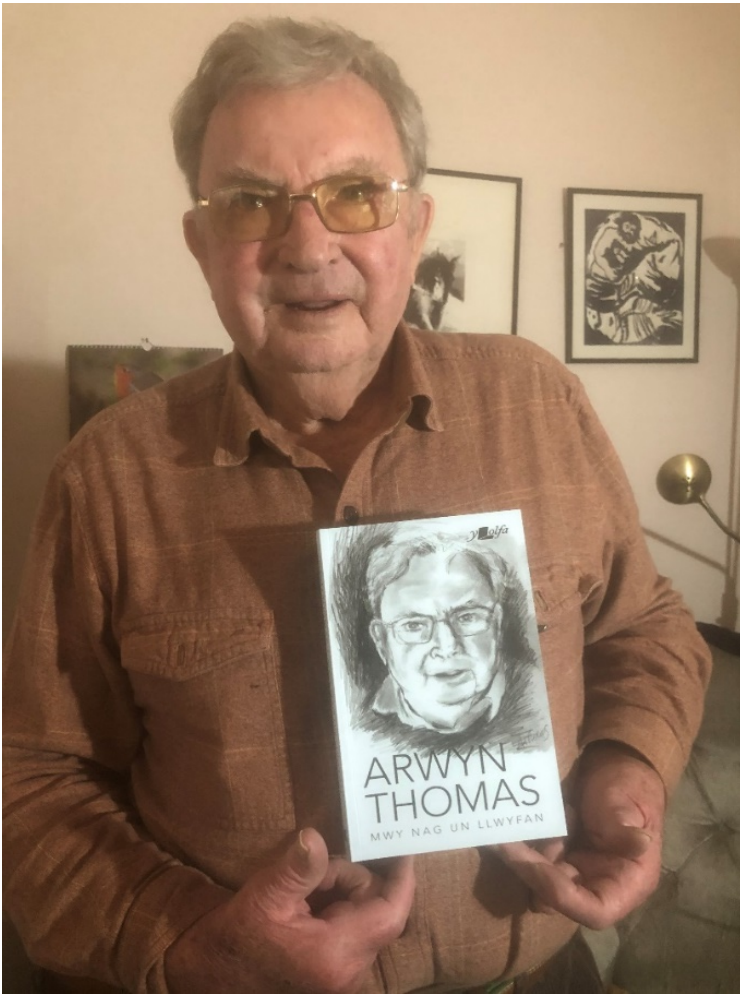
Publication of Arwyn Thomas' Autobiography "Mwy Nag Un Llwyfan" (More than one stage)

Despite the current restrictions to public life more than fifty people assembled in Bronwydd Hall on Friday December 3rd for the Launch. The evening arranged by publishers Y Lolfa was led by Alun Jones (originally from Frongoch farm Llanpumsaint) who introduced Arwyn, before holding a

fascinating question and answer session.

Born in Nebo, the author was brought up at Pantglas between Bronwydd and Llanpumsaint. There Mr Johns at the school and Ficer dramatist Emlyn Lewis were major influences as was his Grammar school history teacher, before departing for Swansea University. His teaching career spanned Essex, where he met Jane, and Saint Clears before becoming the Headmaster of Maesyryrfa for 25 years.

Both drama and cricket also demanded much time as did the game of golf. Somehow he found time for walking and foreign travel. Written in Welsh this time there are scores of humorous stories and a more serious family tree at the end. Available from local shops at £9.99.



LLANPUMSAINT & NEBO SHORT MAT BOWLING CLUB

The new bowling season has started and is very different to previous years. The Clubs have been split into three groups with Llanpumsaint drawn with Llandeilo, Llanboidy B, Llanddarog A and Pontargothi. The first match was away against Llandeilo and the Club had a very good 6-2 win with a very impressive 57 shots against 20 shots. The next match is away to Llanboidy B before Christmas. The first home match will be on the 13th January, 2022 against Llanddarog A.

Don't forget to check out our website Llanpumsaintsmbc.org.uk where you will find up to date information on the Club. The Club meets in the Hall for practice on Monday and Thursday evenings from 7.30-9.30 p.m. until the end of April. New players are always welcome between the ages of 11 and 99, we have qualified coaches on hand to provide help and encouragement.

For further information please phone our Chair Derick Lock on (01267) 253524 or our Secretary Jill Edwards on (01267) 253474

The Club would like to wish both former and current members a very Merry Christmas and a Happy, Healthy and Prosperous New Year





Double Rainbow over Llanpumsaint (Helen Thomas)



PTA

We would like to thank everyone for your kind donations for the sponsored cycle. With a special thanks to Ann Jones and HSBC, the total raised was £1487.00! This money will be used to purchase new resources for the school.

The junior class have been working on looking after our world planet and COP 26. In order for every child to be a part of this project, the school have distributed bags to every family with litter pickers. The children can collect litter around the village, in the park or even at the beach.

The School has received the fourth leaf from the Healthy Schools project.

The clothes bank has arrived at the school. A great way to recycle and re-use clothes as well as raising money for the school.

This year we will be a virtual Grotto, we would like to thank Calon Mam, Game on and O'Malley photography for your support, for more information please contact a member of the PTA. There will be an opportunity to buy a Lottery bonus ball, please contact Donna Thomas for more information. There will be an opportunity this year again to buy a Christmas Cake by Lisa Jones on the Llanpumsaint Facebook page on the 11th December.

Llanpumsaint Welfare and Recreation Association – Christmas Issue

2021 is quickly coming to an end and, all being well, you'll be glad to hear that we are planning to run the Santa Parade on Christmas Eve, 24/12/21, in all its glory this year, taking the usual route around the village before finishing off in Llanpumsaint Hall. Santa shall be in the hall for anyone who wants to make any last-minute corrections on that all important list. Hot drinks and savoury/sweet foods will be laid on by Llanpumsaint Hall Committee, and there will also be a raffle draw to round off the afternoon. The parade will start at Nant-yr-Ynys estate at 1.30pm, arriving at the hall at approximately 2.30pm onwards. We look forward to seeing you all there. Any updates will be announced on the Llanpumsaint Facebook page, so please keep an eye out.

On Saturday the 23rd of October, the Committee organized a treasure hunt, which finished off in Bronwydd Cricket Club. Thank you to everyone that supported the event, and it's safe to say that a good time was had by all, thanks to the challenging route laid on by John, Gwenda and Jackie. Congratulations to the Thomas Family (Arwel, Donna, Cadi, Beca & Nansi) for their victory! The event raised £248, which will be distributed between our chosen charity this year, and funding the ongoing upkeep of Llanpumsaint Park. We would like to thank Bronwydd Cricket Club for allowing us to host this event at their superb venue and recommend it to anyone wishing to hire a venue in future!

A special thanks also to Mary Howell (HSBC), who kindly facilitated match funding of £500 for the 1000 Challenge held over the month of August. This additional sum will be added to our overall donation to our chosen charity for this year.

Further good news which can be shared relates to the successful bid that was submitted to the Brechfa Windfarm Fund to fund improvements within the Park. We are extremely proud to announce that approximately £35,000 of funding has been allocated to us. We will share with you in the new year how we propose to spend this allocated funding during the early part of 2022.

Once again, the committee is actively seeking new members, as well as a secretary (as the role is currently vacant). We are also looking for someone to run the Llanpumsaint 100 Club, as Derick will be leaving the role in the next few months. 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

Big Garden Birdwatch

Every year, the RSBP organises a nationwide garden birdwatch. Participants record all birds landing in their garden over a period of one hour, at a convenient time of their choice, during the last weekend in January (28 to 30 January 2022). The results are then submitted to the RSPB. To find out more, see this link <https://www.rspb.org.uk/get-involved/activities/birdwatch/>

The results from the 2021 survey for Wales may be found here

https://www.rspb.org.uk/globalassets/downloads/biggardenbirdwatch/2021/results/356-0011-20-21_bgbw20_results_national-wales.pdf

This would seem to be an interesting opportunity to take stock of the variety of birds visiting our gardens in the village. If you would like to participate in the village version as well the RSPB version, please get in touch with me (clarebish@yahoo.co.uk) and I will send you a form to complete. I will then aggregate the results across the species for the village.

With avian bird flu back in Wales, it is important to clean the bird feeders on a regular basis. See the last Village Voice for cleaning tips or see <https://www.rspb.org.uk/birds-and-wildlife/advice/how-you-can-help-birds/feeding-birds/keep-your-bird-table-healthy/>

Link for Welsh results in Welsh (in second

para)https://www.rspb.org.uk/globalassets/downloads/biggardenbirdwatch/2021/results/356-0011-20-21_bgbw20_results_national-cymru.pdf

Seasons Greetings

We would like to wish our friends and neighbours in and around the village a wonderful Christmas and a happy and prosperous New Year.

Instead of sending cards we will use the money to make a donation to the Village Voice newsletter. Stay safe and well. Best regards... Vi and Dave Robinson.

LLANPUMSAINT 100 CLUB GRAND CHRISTMAS DRAW

Dear Members, Here are the lucky winners in the Christmas Draw and for January, too :-

£100 No.67 Megan Eldred. £50 No.76 Jonathan Evans

£25 No.84 Hedydd Rees and No.52 Brian Smethurst

£15 No.74 Marged Davies and No.3 Huw Williams

£10. Nos. 113 Gwen Rees-Jones. 55 Gwyneth Ayers.

26 Lisa Jones. 105 Peter Giles. 22 Shirley Davies.

20 Paul and Jo Davies. 9 Barbara Glossop.

68 Eirian Powell. 36 Lisa Williams.

JANUARY DRAW

£20 No.28 Alun Stedman. £15 No.49 Roz Evans.

£10 No.19 Nan Bowen.

Congratulations to all the above and commiserations to the rest of us.

As mentioned previously, I am now retiring as the 100 Club Treasurer/ Organiser and the Welfare and Recreation Committee members will be taking up the reins.

The next draw will be for March and you will be contacted about renewing your membership during February/ March.

I have thoroughly enjoyed my nine year stint as Treasurer and thank each and every one of you for your support.

Have a wonderful Christmas and a healthy and happy 2022. Best wishes, Derick Lock.

On behalf of the village, I would like to thank Derick for the way he has run the 100 Club over the past 9 years.

We all are grateful for the work he has done to get enough members every year to keep the 100 Club running, and the prompt payment when your number comes up! Carolyn

A Whoosh of Starlings and a Clattering of Jackdaws

We are entertained every evening by starlings and jackdaws, in very different ways.

The starlings fly over from 4.00pm in large groups, all going west north west, over the hill by Nantygelli. Each group flies over with a large whoosh, but no calling. We get about 6 groups flying over, followed by some who are late on parade. They all seem to come from the east, on the same trajectory. Does anyone know if there is a murmuration in Carmarthenshire?

Then every evening at this time of year, just on dusk, we get a large number of jackdaws congregating from all round the area over our part of the village. We hear them before we see them, small flocks coming from all points of the compass. It takes up to 15 - 20 minutes for all the groups to arrive and coalesce and then the show begins. They swoop and twist, calling to each other, just like a murmuration of starlings but with the clattering sound that jackdaws are famous for. A few crows try to join in, but they are not so acrobatic so give up and fly away. Then all of a sudden, as darkness falls, the whole flock flies over the wood, goes quiet and they drop down to roost for the night.

Come and see them, it is a fantastic spectacle. Carolyn Smethurst.

Railway Inn Charity Raffle and Donation

Liz Rees wishes to inform all friends and customers know, that she and Bob Jameson have received a letter from Mr Simon D.H. Holt MBE MA MB BChir FRCS, Consultant Surgical Oncologist and Chairman of Trustees of Prince Philip Hospital Breast Care Unit Fund, acknowledging the 'kind and generous donation of £1,000 to the Unit. Heartfelt thanks to all that supported our Charity Raffle.

Ever wondered what happens to our waste water?

With recent attention on the quality of our waterways, a representative from Dwr Cymru held an informal meeting with the Village Voice editorial team.

Dwr Cymru is one of 11 water and sewerage companies in England and Wales, and is the only one that is not-for-profit. The company provides water and wastewater services to over 3 million people, covering most of Wales, Herefordshire and parts of Deeside. The company supports over 130,000 more vulnerable customers with assistance to pay their bills and encourages anyone to get in touch if they are struggling with their water bills.

The company also operates a Priority Services Register where customers (parents with a baby, someone who has an illness that requires water, or has sight or hearing difficulties or are elderly or disabled) can register and ensure that they receive bottled water should there be any interruptions to their water supply. There's more information here <https://www.dwrcymru.com/en/help-advice/priority-services>

Llanpumsaint has one of the 800 small treatment works in Wales. As in many parts of the country, we have a combined sewage and surface runoff system. About 8 years ago, £6 million was spent on upgrading the sewage system in the village. Despite this investment, the system is unable to cope with extreme rainfall events which result in excessive runoff. On these occasions, the treatment works is permitted to divert water from the treatment system straight into the river. In 2020, there were just over 150 such spills and this amount was within the permit limit. In 2022, Dwr Cymru will be conducting invertebrate studies to look at the impact of the spills on local water quality.

One of the major challenges the company faces are blockages, caused by people flushing everyday items like cotton buds and wet wipes down the toilet; or rinsing things like fat, oil and food scrapings down the sink. With approximately 2,000 blockages reported every month, £7 million is invested each year to tackle blockages in the sewer network. Read more about the 'Stop the Block' campaign <https://www.dwrcymru.com/en/stop-the-block>

If you are interested in finding out more about Llanpumsaint's local sewage and waste network, a visit to the treatment works will be arranged in the spring (on a Saturday morning). Details will be posted in the next Village Voice.

Stop Press! - Did you know there are grants available for unpaid carers to apply?

Welsh Government have made available a Carers Grant for unpaid carers of all ages in Carmarthenshire. There are grants available for £100 food vouchers, white goods / essential items (up to the value of £300), health and wellbeing support and essential household repairs.

Contact - Carmarthenshire / Sir Gaerfyrddin Carers Trust Crossroads West Wales

Ffôn/Tel: 0300 0200 002 / E-bost/Email: info@ctcww.org.uk

Peter McIlroy, Practical & Technology Services Manager, Age Cymru Dyfed

p.mcilroy@agecymrudyfed.org.uk, www.ageuk.org.uk/cymru/dyfed/

Units 5/11, LEC Workshops, Llanelli, SA15 2EA Tel: 03333 447 874

Clwb Gwili Over 60's

Monday October 25th: Speaker, Mr Jeremy John, Business Administrator with Gwili Railway, Bronwydd. Jeremy gave a fascinating talk on his life memories, starting with his birth in 1947 and the beginning of the National Health Service by Welshman, Aneurin Bevan, including some amusing anecdotes of his career in the Dyfed Powys Police and ending with developments at Gwili Railway including a second-hand bookshop.

Monday November 22nd: Speaker, Mr Arwyn Thomas: Local historian and writer, Arwyn spoke about his latest book, a long-awaited autobiography in Welsh 'Mwy Nag Un Llwyfan'. The book 'reflects on an era which has disappeared and local events during his growing up years in Carmarthenshire.

Available for pre-order on Amazon or <https://www.ylolf.com> £9.99

December 15th: Christmas Lunch at the Stradey Park Hotel in Llanelli. £20 pp

Dates for 2022: January 24th AGM, February 28th St. David's Day, March 28th Speaker Rev Mary Thorley – Suffragettes. More dates and speakers announced in next issue of Village Voice.

Tel: Val Giles, Secretary 01267 281194 for further information.

West Wales Dowsers

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 dowsers 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 and find out for yourself? Entrance is £5 for members and £6 for non-members including a welcome cuppa and a biscuit in the break. No equipment is necessary, just bring yourselves. No meeting in December.

Calendar for 2022 is almost finalised as to dates but we are still working on Speakers and Themes. Prospective members are welcome to attend two meetings before joining, with £12 held for another year for membership. Forthcoming dates: Jan 23rd, Feb. 27th, March. 27th Meetings are held at 1.45pm in Bronwydd Hall. Please see our Facebook page or website:

<http://westwalesdowsers.org.uk/> for further information or ring Sandy 01267 253547

Photo shows our last Field Trip of 2021 to the Preseli Stone Circle and Outcrops where we were lucky to catch a beautiful rainbow after a day of nearly torrential rain.

Tir Coed - Recommendation from Chris Peake

After reading the article about Tir-Coed, the Woodland & Wellbeing Charity, in the Village Voice, I have successfully completed an initial course and am now participating on a second 5 day course entitled "Welcome to the Woods" This entails various activities in and around the woods at "Brechfa" and "Mynydd Mawr" (Cross hands) including woodland skills, carpentry and many others....

They are very accommodating and friendly and also have further follow-on courses to take people into gainful employment.

And I have just learnt that I have been accepted onto a 12 week "Sustainable Woodland Management Course" with Tir Coed over the winter period, with the possibilities of further courses next year.

Many thanks, as I probably would never heard about them if the article hadn't been in VV.

Tir Coed connects people with land (tir) and woods by delivering outdoor training, learning and well being programmes in West Wales. Contact Nancy Hardy 07476 899544 for more information on Tir Coed and the activities

Anglican Church in Wales Churches Bro Caerfyrddin Local Ministry Area

Please contact Rev'd Gaynor gaynorjones-higgs@cinw.org 01267 253158 or check out our face book pages [Llanpumsaint , Bronwydd and Llanllawddog Churches | Facebook](#) and [LMA Bro Caerfyrddin | Facebook](#) for further info

Christmas services listed below, please see Church notice board and facebook for details of services in January.

Zoom Services of Morning Prayer Wednesdays 9am

Sunday 19th Dec - Zoom 10am Nativity Play

Holy Eucharist with Christingle 2pm Llanpumsaint

Evening services of 9 Lessons and Carols at both St Peter's Carmarthen and Christ Church Carmarthen.

Friday 24th Dec Christmas Eve - Midnight Mass 11.30 pm Llanpumsaint

Saturday 25th Dec Christmas Day - 8.30 am Holy Eucharist St Alban's Cwm Duad
Zoom Service 10am

Sunday 26th Dec - 10 am Morning Prayer St Celynin led by Worship Leader – Alwyn
Holy Eucharist Llanllawddog 2pm

Exciting News – we will be launching our pop up café not for profit, volunteer run café on Tuesday 7th December 2021 at Llanpumsaint Church from 11.30 – 2.30 pm. Offering tea coffee and a range of other Local , Organic , Animal Friendly and Fair Trade (LOAF) drinks and snacks, as well as a place to meet and chat. If this is successful we plan to run at the same time every Tuesday and if we can recruit more volunteers we may be able to extend opening times. Please support this community venture at the heart of the village.

DOTs our Youth group for young people aged 10 up generally meets on Thursday Evenings . We are a Peace Mala accredited Youth group. Peace Mala promotes *Education for global citizenship through the promotion of understanding, respect, friendship and peace between all communities, cultures and enlightened compassionate faiths. Supporting human rights, tackling bullying and all forms of prejudice. Raising awareness of issues of global interdependence and encouraging active compassion by learners that will lead to positive changes locally and globally.*

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 and Ffynnon Henry Memorial Hall

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

AGM - The Annual General Meeting was held on the 9th of November. Thank you to all who attended and a special thank you to committee members who stepped down this year for all their hard work during the previous years. The following were appointed as officials during the next year.

Chairperson – Pamela Jones

Vice Chairperson – Mathew Jones

Secretary – Catrin Eldred

Vice Secretary/Press Officer – Donna Thomas

Treasurer – Ann Rook

Vice Treasurer – Janet Taplin

Booking Clerk – Ann Rook and John Green

Events Organiser – John Green

Agenda and Minutes Secretary – Clare Bishop

Hall Hiring Charges (all rates per hour unless noted otherwise)

Main Hall – Weekdays £8, Fridays and weekends £10

Main hall and Kitchen – Weekdays £10, Fridays and Weekends £12

Either Meeting Room – any day £5

Either Meeting Room & Kitchen – Any Day £7

Funerals with Kitchen & Crockery – Any Day £40 Standard Charge

Additional facilities – £10 each per booking

Sound and light system

Projector and screen

Electric Piano

Stage

Crockery

The technical equipment will only be available for large events.

Llanpumsaint Allotments

If anybody is interested in learning more about the allotments please contact Rosie on 07950 411536 or email RosieFrewin@yahoo.co.uk or speak to Ray on 253157.

CYLCH MEITHRIN BRONWYDD

If you have any enquiries please contact Verona on 07929 431652

Christmas Message from Cllr Irfon Jones.

As County Councillor for the Cynwyl Elfed Ward I wish you all a Merry Christmas and a happy and healthy New Year for 2022. Thank you all for your continued support in such difficult times, I do hope that 2022 will be a much better year for us all. Although I have been unable to meet people face to face, I have been available on the telephone or E mail at anytime. As the vaccine seems to be working in Wales, the future does look a lot brighter. Best Wishes to everyone. Yours sincerely Irfon.

Menter Gorllewin Sir Gâr's News:

Under the current circumstances, Menter Gorllewin Sir Gâr 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. As we plan for the future please follow the link below to share your ideas with us:

<https://tinyurl.com/7jaty8dt>

Baby/Child Reflexology:

For the first time, Menter are offering Baby/Child Reflexology classes. The four-week series by Meleri Brown of Hafon Holistaidd is being held at Peniel School Community Hall. This series is full but we plan on running another series in the new year. If you are interested in attending the sessions, please contact alma@mgsg.cymru to register.

NEW! Christmas Treasure Hunt:

Menter and Yr Atom are organizing something a little different over Christmas this year. We've launched a Christmas Treasure Hunt along King Street, Carmarthen in the weeks leading up to Christmas. Starting on the 20th of November until the 3rd of January. To request a copy please contact ymholiad@mgsg.cymru

Social Media: With restrictions 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 Gar, Twitter - @MenterGSG, Instagram - @MenterGSG

E-mail - ceris@mgsg.cymru or for more information contact Ceris: 07939 962042

DOTs Youth Group

On Saturday, the 23rd of October, we went to Skanda Vale as part of our Peace Mala Accreditation journey. We all arrived at 11 o'clock in the morning and stayed until 3pm. We were welcomed by Brother Francis and we learnt some of the history of Skanda Vale. It was bought in 1973 by Guru Sri Subramaniam of Sri Lanka as a 22 acre farm. Today Skanda Vale is over 300 acres, as well as having the Skanda Vale hospice at Saron. Over the years the farm has been home to deer, buffalo, peacocks, parrots and many more. In 1982, Skanda Vale welcomed a young elephant named Valli all the way from Sri Lanka. Valli is now over forty years old. Three years ago, another elephant was re-homed there. She is another female elephant named Lakshmi.

After an interesting talk by Brother Francis, we walked up through the winding woodland road. First we visited the Guru's grave and memorial statue. It was the Guru's wish was to be buried on that site. After paying our respects, we made our way towards the Maha Shakti temple, formerly a separate smallholding named Pengarn. We passed a few beautiful brown deer in the small paddock and there were a few chickens roaming around. We passed the old enclosure where Valli used to live, having a few years ago outgrown it and moved to larger accommodation. We waited for the elephants to return from their walk and then were allowed in to the enclosure to see them and feed them. We fed them some chopped bananas, apples and melons. Hand feeding an elephant was a new experience for many of us. Following this experience, we re-traced our steps back down to the Subramaniam temple. We were very privileged to be able to sit inside the temple for the "pooja" as many people had to sit outside in marquees and watch virtually. It was a very spiritual experience for us all, but also very educational to learn about their way of living. We were then invited for a meal of curry and rice, followed by a lovely cup of tea. After a visit to the shop we said good-bye. We all enjoyed our visit to Skanda Vale and would like to thank everyone there for their warm welcome. Emma

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