



Llais y Llan Chwefror 2022

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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



**Daffodils - Cennin Pedr
Carolyn Smethurst**

Llais y Llan

Bu Cyfnewidfa Gwybodaeth Llanpumsaint yn cyhoeddi Llais y Llan bob yn ail fis ers Ebrill 2010. Hoffwn ddiolch i'n holl unigolion a sefydliadau am eu cyfraniadau i'r cylchgrawn a hefyd i'r rhai fu'n hysbysebu gyda ni dros y cyfnod. Derbyniwyd cymorth hefyd oddi wrth Gyngor Cymuned Llanpumsaint ac yn ddiweddar oddi wrth Gronfa Fferm Wynt Brechfa. Danfonir copïau o'r Llais hefyd i Amgueddfa Genedlaethol Cymru.

Rhaid i mi beidio anghofio diolch i chi ein tîm fu wrthi'n dosbarthu'r Llais drwy'r gymuned ym mhob tywydd. Fel Golygydd mae'n bleser gennyf gyhoeddi help llaw ychwanegol wrth adolygu'r cylchgrawn ac yn hynod ddiolchgar am hynny.

Daliwch ati i anfon eich cyfraniadau, holiadau, newyddion a'ch lluniau ataf. Byddaf yn eu hadolygu'n synhwyrol gogyfer a gweddill y tîm. Cyswllt - info@gwilimill.com <mailto:info@gwilimill.com>



Great Tit – *Titw Mawr*
Clare Bishop



Greenfinch - *Llinos werdd*
Sally Chitty



Bullfinch – *Coch y Berllan*
Clare Bishop



Great Spotted Woodpecker in slow motion
Cnocell Fraith Fwyaf wrthi'n araf deg
Marlene Wareham



Song Thrush – *Bronfraith*
Clare Bishop



Redpoll – *Bencoch*
Sally Chitty



Heol arall yn cau

Bydd yr hewl o'r Graig i Bontarsais, sef y B4301 ar gau o Ddydd Llun Chwefror 14eg am dair wythnos, er mwyn gwneud gwaith atgyweirio'r dŵr ger ardal yr hen Dip. Gan taw neges o'r Cyngor ac nid y contractwyr yw hyn gall y dyddiadau amrywio.

Ralph Carpenter

Pwyllgor Lles ac Adloniant Llanpumsaint.

Blwyddyn Newydd Dda i bawb!

Er blwyddyn arall heriol oherwydd Covid19 daeth yna bethau cadarnhaol. Bu'r Pwyllgor, gyda'ch cefnogaeth a'ch haelioni, wrthi'n codi arian i wella'r Maes Chwarae, ynghyd a'n Elusen ddewisol sef Uned Cancr y Fron Llanelli. Felly diolch i bawb.

Ni wnaeth y tywydd na'r haint atal Gorymdaith Siôn Corn eleni. Er i ni fethu cyfarfod yn y Neuadd bu'n wefr gweld cymaint wedi dod mas. Diolch i Siôn Corn am ymweld â Llanpumsaint ar Noswyl Nadolig. Diolchwn hefyd i Mic Barrett am ei rodd o ddanteithion a ddosbarthwyd i'r plant. Danfonwyd yr hyn oedd yn weddill i Fanc Bwyd Caerfyrddin. Gyda'r gwaith yn deillio arian Brechfa ar gychwyn a'n bwriad i ddal ati i godi arian, edrychwn ymlaen at flwyddyn gynhyrfus i'r Maes Chwarae. Felly diolch yn fawr i chi gyd unwaith eto.

Rydym o hyd yn chwilio am aelodau newydd i ymuno a'r Pwyllgor, felly cysylltwch os oes diddordeb. E-bost i parcllanpumsaintpark@gmail.com <<mailto:parcllanpumsaintpark@gmail.com>> neu siaradwch ag un o'n haelodau. Fel y gwyddoch mai Derick bellach wedi ymddeol o redeg y Clwb Cant. Mae'r Pwyllgor Lles ac Adloniant yn hynod o ddiolchgar iddo am ei holl waith caled a chyson dros y blynyddoedd y bu wrthi. Bu'r Clwb yn ffynhonnell hynod o bwysig i gynnal a chadw'r Maes. Gan na ddaeth neb i'r adwy bydd y Pwyllgor yn ysgwyddo'r baich o redeg y Clwb Cant. Os oes yna rywun sy'n barod i gynnig help llaw neu hyd yn oed redeg y sioe cysylltwch â ni fel yr awgrymwyd uchod.

Clwb Chwe deg Gwili

Bydd ein haelodau a'r rhai ar fin ymuno yn falch i glywed fod ein cyfarfodydd ar droed unwaith eto.

- Chwefror 28 - Dathlu Gŵyl Dewi - Cawl ac adloniant gyda Band Ukulele Caerfyrddin. Cofiwch ddod a basin a llwy gogyfer a'r cawl a phlât bach i'r danteithion wedyn.
- Mawrth 28 – Mary Thorley - “Caerfyrddin a'r Mudiad Swffraget”
- Ebrill 25 – Ian Goddard - O'r Cneifio i'r Ryg
- Mai 23 – Robert Owen - RNLI

Cynhelir pob cyfarfod yn Neuadd Bronwydd i gychwyn am 2 o'r gloch.

Ceir mwy o wybodaeth drwy gysylltu ar Ysgrifenyddes Val Giles 01267 281094

Curad Calon Llanpumsaint

Mae'r Pwyllgor bychan yma'n gyfrifol am gynnal 4 Adfywiwr i'r ardal. Hoffwn weld rhagor ar y Pwyllgor i gymorth y cynnal a chadw. Y bwriad yw cynnal mwy o ymarfer yn y dyfodol i ledaeni'r hyder o'u defnyddio pan fod galw. Rhestrir y 4 Adfywiwr yn y Gofrestr Genedlaethol, a bu yna drafodaeth ychwanegu 2 arall - un ger yr Ysgol ac un ger safle'r Bws. Cynhelir cyfarfod arbennig **2 Mawrth am 8 o'r gloch** er mwyn diweddari'r Cyfansoddiad gan leuhau'r nifer angenrheidiol i'r Cyfarfod o 6 i 4. Yn dilyn hyn cynhelir Y Cyfarfod Cyffredinol Blynnyddol yn y Neuadd.

Dyma leoliad y 4 Adfywiwr yn Llanpumsaint –

Tu fas y Neuadd - sa336bz

Tu fas Tafarn y Railwe – sa336bu

Ar y mur tu fas fferm Henfryn ar y ffordd i Ffynnonhenri – sa336ld

Tu fas Festri Nebo – sa336hn

Nid oes angen cod arnoch – agorwch y caead ac mae'r Adfywiwr ar gael

Os am wybod mwy cysylltwch â Carolyn 01267 253308 neu info@gwilimill.com <<mailto:info@gwilimill.com>>

Gwasanaethau Capel Nebo

Am wybodaeth cysylltwch â'r Ysgrifenyddes Meinir Jones 01267 253532

Capel Ffynnonhenri

Am wybodaeth cysylltwch â'r Trysorydd Danni Davies 01267 253418 neu'r Ysgrifennydd Gwyn Nickolas 01267 253686.

Capel Caersalem

Os am ymuno a ni chysylltwch â 01267 253895 am wybodaeth bellach

Rhandir Llanpumsaint

Os am wybod mwy am ein Rhandir cysylltwch â Rosie ar 07950411536 neu drwy E-bost RosieFrewin@yahoo.co.uk neu gael gair gyda Ray 01267b253157

Cylch Meithrin Bronwydd

Os am wybod unrhyw beth gysylltwch â Verona ar 07929431652

Bowlio Dan Do Llanpumsaint a Nebo

Bu'r tymor newydd yn heriog. Llwyddiant 6-2 yn y gêm gynta' i ffwrdd yn erbyn Llandeilo, ac yna cyfartal 4-4 i ffwrdd eto erbyn Llanboidy B, hyn cyn Nadolig. Yn Anffodus oherwydd y Firws gohiriwyd ein gem adre yn Ionawr erbyn Llanddarog A, hyd nes ymlaen yn y flwyddyn. Yna i ffwrdd a ni eto am y trydydd tro'n olynol erbyn Pontargothi, a cholli 2-6 erbyn tîm cryf iawn. O'r 5 gem sy'n weddill bydd pedair ohonynt gartre.

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.

Rheolau'r Ffordd Fawr

Clywais fod yna newid wedi digwydd felly es ati i grynhoi'r hyn sy'n wahanol i'r Llais.

Efallai i chi fod yn ymwybodol fod Rheolau'r Ffordd Fawr i newid o'r 29ain o Ionawr 2022 ymlaen gyda 8 Rheol newydd ynghyd a 49 diweddariad i'r Rheolau sydd eisoes yn bodoli.

Ymysg y newid mae Hierarchaidd Defnyddwyr y Ffordd Fawr sy'n rhoi blaenoriaeth i'r rhai sy'n agored i niwed, megis sef beicwyr a cherddwyr.

Mae Rheol 2 gogyfer a gyrwyr cerbydau, motobeics, marchogwyr ceffylau a beicwyr yn datgan y canlynol -- *"Wrth y gyffordd dylech roi blaenoriaeth i gerddwyr groesi neu sy'n aros i groesi'r ffordd i chi arni neu'n troi iddi"*

Rheol 3 - At yrwyr cerbydau a motobeics ac yn datgan y canlynol - *"dylech ddim torri ar draws beicwyr. Ceffylau na cherbydau ceffyl wrth iddynt symud ymlaen neu droi wrth gyffordd nac wrth iddynt newid cyfeiriad"*

Gyda'r cynnydd mewn ceffylau, beicwyr, rhedwyr a cherddwyr, yn enwedig yn sgil Covid19 a'r cyfnodau clo, gwelwyd llawer mwy o'r uchod ar ein heolydd. Daw cyffwrdd y Graig a Cnwycypistyll am Nebo a gwaelod Rhiw Cwppers yn flaenllaw i'r meddwl. Felly mae'n bwysig i bawb fod yn ymwybodol o'r newidiadau yma yn y gyfraith a chanllawiau'r Ffordd Fawr.

A chadwch lygad am feicwyr ar ganol hewl o'ch blaen!

Carolyn.

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; £12 am ymaelodi am flwyddyn ond £5 y cyfarfod wedi hynny, ac fe fydd yna gwpaned a bisgedi i'r fargen. £6 y tro os nad ydych yn aelod. 'Does dim angen cyfarpar jyst trowch lan. Efallai bydd gwisgo mwgwd a chadw pellter yn ofynnol o hyd os nad oes cyflwr meddygol yn eich eithrio.

Gwylwch ein gwefan - <http://westwalesdowers.org.uk> neu ffoniwch Sandy 01267 253547

Cyfarfodydd 2022 Cychwyn am 1.45 yb bob tro yn Neuadd Bronwydd

- Sul Mawrth 27 - Cyfarfod Cyffredinol Blynnyddol - yn ddi-dâl
- Sul Ebrill 24 – Sul Mai 22 – Siaradwyr a phynciau i'w trefnu.

Newyddion o Clifford House Y Graig

Ers symud i hen dafarn Clifford House ger y Graig rhyw bum mlynedd 'nol buom yn hel straeon am y bobl fu'n byw 'mha cynt. Ble bynnag fyddaf yn gweithio gan egluro ble wy'n byw'r ymateb cynta' yw "O ie! Tŷ Jennie Graig!". Drwy ymchwilio'n bellach wedi sgwrs dros beint gydag Arwyn Thomas ddaeth rhagor o straeon i'r wyneb o ganol 1800 i ddechrau 1900.

Llynedd ymchwiliais wefan <https://nwespapers.library.wales>. Daeth bwydo Clifford House lan a rhyw gant o storiâu, gyda nifer ohonynt am gyfarfodydd Hela fu'n cychwyn oddi yno. Bu adroddiadau eraill am chwisg. Anghyfreithlon, cynnal oriau agor anghyfreithlon, ymladd, dwyn ffowls, smygu a marwolaethau. Defnyddiwyd y dafarn hefyd i gynnal Cwest. Deunydd hynod o ddiddorol yw hyn oll, i gyd wedi ei ysgrifennu yn null iaith y cyfnod. Gan i nifer ohonom fyw mewn hen dai pam na ymchwiliwch i'w cefndir. Islaw 'rwy'n cynnwys adroddiad o'r Carmarthen Weekly 4dd Ionawr 1901. Mwynhewch ac wrth basio yma cadwch yn ddiogel, gwenwch, codwch law a chadwch lygad am yr heddwas P C William James.

Y Diweddaraf ar Sgamiau

Mae bywyd yn ail gydio i'r cyfarwydd o'r diwedd yn y gobaith y gwelwn gefn yr hen firws cas o'r diwedd yn 2022. Ond mae yna ddigon o chwilog cas arall sy'n awyddus i feddiani eich cyfarpar neu'ch ffon. Maent yn hoff o ddefnyddio'r cyfryngau cymdeithasol.

Os nad ydych ar Facebook, E-bost neu WhatsApp yna'r un ffordd arall i'ch cyrraedd yw drwy'r ffon. Anaml iawn iddynt ddod drwy'r post. Dyma rai pethau i'w cofio.

Bitcoins - pobl enwog yn dweud eu bod wedi buddsoddi mewn rhywbeth ariannog mewn amser byr. Anwiredd! Rhy dda o lawer i fod yn iawn. Gadewch i fod.

Facebook - derbyniais negeseuon sy'n edrych fel sgamiau, dyma un enghraifft ddaeth I think this is you-

<<https://306v.short.hy/YFnQRTWho>> knows what this will do, felly peidiwch glicio arno. Newidiwch eich cyfyng air hefyd.

Logiwch allan o bob cyfri Dan Security a Login dewiswch More. Mi welwch lawer man lle buoch cynt a ble i chi nawr. Ar y gwaelod dewiswch Log Out of all sessions

Rhybuddiwrch eich cyfeillion

Gwnaf hyn yn aml fel rhybudd os bu hacio. Gofynnaf gwestiwn sydd angen gwybodaeth e.e Pryd gwrddon ni ddiwethaf? Shwd i chi'n nabod fi? Neu gofynnwch am rif ffon iddynt. Dyle rhywbeth fel hyn ddatgelu'r gwir.

Neges bwysig - peidiwch glicio ar unrhyw beth amheus - twyllo yw ei nod ac mi allai effeithio ymlaen at eich cyfeillion a'ch cysylltiadau eraill.

Ebost Scam - Gallant ddod o wahanol lefydd ond byddant i gyd yn dangos tic yng nghyfeiriad y ffynhonnell e.e

From: ✓ SONY PLAYSTATION

From: ✓ Norton Renewal

From: ✓ SAMSUNG <news.BDoTpxEmwg@aks.od.ua>

From: ✓ Mc<news.cKMuTZtLqs@spaceforce.design>

From: ✓ Mc<news.xrnkzYfQSD@spaceforce.design>

Fel y gwelwch o'r enghreifftiau uchod mae'r parth (sef y rhan wedi'r @)yr un fath ond mae'r rhan cyn hynny yn hollol wahanol - gwelir y tic bob tro. Dylech wneud rheol i anwybyddu'r rhain. Gyda rhan fwyaf o systemau E-bost gellir atal y rhain neu ddileu fel sothach.

Y pennyn yw'r rhan gudd o bob E-bost sy'n datgelu ei gefndir. Gallwch weld hefyd ym mha ran o'r byd y bu cynt - gwnaf hyn yn fynych er mwyn canfod sgams. Un arall ffug yw'r un sydd yn eich llongyfarch a gallwch atal y rhain hefyd. Rhag ofn i chwi wneud camgymeriad edrychwch yn rheolaidd yn y blwch Sothach - efallai eich bod wedi gwir ennill ryw beth lleol.

Cystadleuaeth Ffug Tesco - Mae'n honni i chi ennill gwobr ond er mwyn rhyddhau'r arian dywed fod raid i chi wario ychydig bunnoedd, gan ofyn i gwrs am fanylion eich Banc - Wel syndod y byd ontife!

Nid ydych yn debygol o ennill gwobr mewn cystadleuaeth na wnaethoch fynychu. Fach iawn ddaw am ddim! Ceisio achub mantais ar y gwan mha nhw! Felly peidiwch cwmmpo amdani!

Trosglwyddo Nwyddau - Gall neges ddod ar Facebook oddiwrth UPS ynghlyn a chyswllt cludiant - parcel yn aros i chi yn y ganolfan. Gwyliwch am y rhif 371-34632900 oherwydd dyma'r rhif mae'r sgimwyr hyn yn defnyddio bob tro. Os cliciwch chi arno gofynnir am arian cyn trosglwyddo'r parcel. Welwch chi fyth ohono oherwydd wedi cael manylion y Banc bydd y Sganiwr yn dathlu.

Stop Press - un newydd yw hwn! Daw neges ar eich ffon yn honedig o'r Banc, yn honni fod yna ddyfais newydd i mewn i'ch Cyfri, a bod angen i chi gadarnhau hynny gan ofyn am eich manylion. Peidiwch nid eich Banc chi ddanfonodd y neges.

Y Rheol Aur – Unrhyw beth amheus yn gofyn am fanylion personol ar frys, pwyllwch ac ystyried cyn ymateb.

Cymorth os oes gennych Gyfri BT – Gallwch ddefnyddio eu cyfarpar cyfrinachedd er mwyn mwyn eich amddiffyn rhag yr holl fygythiadau sydd mas yna –

Ewch i'ch Cyfri BT

Get More from my BT

Your security, manage

Bt Virus Protect - Bydd hyn yn eich galluogi i lawr lwytho Norton - Mae'n wasanaeth rhad ac yn gallu amddiffyn dau declyn.

Oherwydd prinder lle yn y rhifyn yma o'r Llais cwtogwyd yr eitem yma. Beth bynnag drwy fynd i'r cyswllt canlynol gallwch weld yr holl bregeth – <https://tinyur.com/4n4dzwhc>

Cadwch yn ddiogel ac yn iach - eich cyfaill amddiffynnol PC Dave

Eglwysi Llanpumsaint, Celynin a Llanllawddog

Bu cynnig lletygarwch yn rhan annatod o'r ffydd Gristnogol. Yn Llyfr y Rhufeiniaid darllenwn su wnaeth Sant Paul annog yr Eglwys Gynnar i "ymestyn lletygarwch i ddieithriaid" (12/13) a "Chroesawu ein gilydd" (15/17). Credwn fod Duw yn pryderi am letygarwch oherwydd ei fod yn pryderi am bobl a chynnig lletygarwch beth bynnag eu daliadau, er mwyn atgyfnerthu'r gymuned.

Gyda hyn mewn golwg pleser yw hi i Eglwys Llanpumsaint agor Caffi Bach Di-elw bo Dydd Mawrth o 11.30 hyd 2.30 yp, yng ngofal gwirfoddolwyr. Dyma gyfle i bobl am glonc ynghanol y pentref neu jyst dod allan o'r tŷ am baned. Os am alw'n gyflym am greision neu ddiod a mynd, mae hyn yn iawn hefyd, oherwydd mae'n agored i bawb. Cynigir digonedd o de a choffi masnach deg am 50 ceiniog (Gwell bargaen na Costa neu Starbucks), ynghyd a chynnyrch lleol organig a diod a byr brydau masnach deg LOAF. Derbyniwyd cymhorthdal hael o law Cymunedau Cysylltiedig Caerfyrddin i'n galluogi i gynnig amrywiaeth o bapurau newydd i'ch diddori yn y Caffi Bach, ac mae yna hefyd amrywiol gemau yno i'ch diddori. Fel pob gwasanaeth lleol arall gan gynnwys ei eglwysi, dibynnwn ar gefnogaeth a phresenoldeb y cyhoedd. Eisoed datblygodd y Caffi i fod yn fenter gymunedol lwyddiannus. Felly trowch i mewn atom os gallwch chi.

Os oes angen trafnidiaeth arnoch i gyrraedd y Caffi Bach neu unrhyw wasanaeth eglwys arall cysylltwch â'r Parch Gaynor gaynorjones-higgs @cinw.org 01267 253158

Fel arfer y ffordd orau i gadw mewn cysylltiad â'r hyn sy'n digwydd yn ein heglwysi yw dilyn Facebook neu edrych ar yr hysbysfyrddau tu allan i'r eglwysi. <<https://www.facebook.com/llanpumsaintbronwyddandllanllawddog>> churches.

Cyngor Cymuned Llanpumsaint

Ar 30.11.2021, wnaeth y Cyngor ystyried adroddiad yr Archwilydd Cyffredinol; 'Methiant i gyflwyno cyfrifon blyneddol i'w harchwilio a phryderon llywodraethu ehangach' a rhyddhawyd er budd y cyhoedd. Fel rhagymadrodd i'r cyfarfod, rhoddwyd cyflwyniad gan y Cyngor ar sut maen't yn rheoli arian cyhoeddus wrth iddynt ddilyn y ddogfen asesiad risg.

Ymateb a phenderfyniad y Cyngor i'r adroddiad a'r argymhellion oedd:

- Derbyn argymhellion yr Archwilydd Cyffredinol ac
- i dynnu llinell o dan yr anghydfod a fu a symud ymlaen a chydweithio mewn ffordd drefnus gyda Archwilo Cymru

Gwasanaethau Eglwysi Lanpumsaint

Cynigwn Foreol Weddi ar Zoom am 9 yb ar Ddydd Mercher 10 yb Dydd Sul.

- Sul Chwefror 20fed Gwasanaeth Cymun Celynin am 2 yp
- Sul Chwefror 27ain Boreol Weddi Llanllawddog 11 yb, Cymundeb Lanpumsaint 2 yp

O Fis Mawrth ymlaen bwriedir dychwelid at wasanaethau wythnosol. Mae natur y gwasanaeth a phwy fydd yn arwain o hyd dan ystyriaeth, yn y gobaith o ddod i benderfyniad ar yr 8fed o Chwefror.

- Zoom – 9.30 yb – Zoom Boreol Weddi
- 11 yb Llanllawddog a Chelynin
- 2 yp Lanpumsaint
- 2 yp Sant Alban Cwmdud – Sul 1af a’r 3dd bob mis.

Rhybudd - Gall Eglwys Lanpumsaint fod ar gau am rai Suliau oherwydd gwaith adeiladol. Y ffordd orau o gadw lan fydd talu sylw i’r hysbysfwrdd

Bydd Cylch DOT o’r oed 10 lan yn cwrdd yn wythnosol mewn gwahanol leoliadau, felly cysylltwch â Gaynor.

Y Cyngor a’r Gymuned

Pan gyrhaeddodd ni Lanpumsaint yn 1977 ‘roedd yma dwy siop, tafarn, garej yn gwerthu petrol a Swyddfa Bost. Er i’r boblogaeth yn y pentref gynyddu mae’n ein gwasanaethau, gydag ychydig gau ac agor, yn raddol ddiflannu. Nid yw hyn yn unigryw i Lanpumsaint, ond yn adlewyrchu mwy o symud yn sgil defnydd ceir a’r tuedd i siopa a’n diddori ar Lein. Gyda ffermio’n mynd yn fwy mecanyddol mae ‘na lai o gymdeithasu wrth weithio neu ymlacio. Diflannodd y dyddiau cyneuf cymunedol, amser Te mas ar y caeau a holl gynnwrf a phleser tynnu tato.

Beth bynnag i ni o hyd yn byw mewn pentref ac mae gan lawer ohonom ddiddordeb yn beth sy’n digwydd yma. Hoffwn weld ail gydio mewn cymdeithas fywiog ac adennill rhai o’r cyfleusterau a gallwyd. Beth am Siop Gymunedol ac achub y Tafarn? Calon y Gymuned yw’r Cyngor Cymuned, 8 unigolyn yn Lanpumsaint sy’n derbyn ar ein rhan swm bychan o law’r Cyngor Sir bob blwyddyn i gyflawni rhai anghenion. Gwnaed hyn dros flynyddoedd lawer gan unigolion ac ymdeimlad o gyfrifoldeb cymunedol yn barod i roi o’u hamser ac egni.

Daw Etholiad ym Mis Mai. Gall cynghorwyr presennol gynnig eu hunain i wasanaethu unwaith eto, ond mae yna ddwy sedd wag ar y Cyngor presennol, ac efallai mwy os nad yw pawb am barhau. Felly a fydddech yn barod i roi tro arni, neu a wyddoch am rywun fyddai’n ymgeisydd dilys. ‘Dyw’r swydd ddim yn rhy anodd gyda’r cyfarfodydd bob yn ail fis.

Cynhelir y cyfarfodydd yn Gymraeg ond mae yna gyfieithydd penigamp yn dod try’ ch clust.

Gellir darllen Arweinyfr i’r Cynghorwyr ar www.onevoicewales.ork.uk er mwyn canfod mwy am y swydd.

Beth yw’r cam nesaf? Trafodwch gyda’ch cyfeillion a’r pentrefwyr i ganfod ymgeiswyr. Mae’r ffurflenni Cais ar y lein ac mae rhifau ffôn ein Cynghorwyr presennol ar wefan y Cyngor. Mae holl gyfarfodydd y Cyngor yn agored i’r cyhoedd.

Beth am roi cynnig arni i gynrychioli eich cymuned? Os wedodd Elvis “It’s now or never!” Wel ddim cweit falle, ond bob pedair blynedd ddaw’r cyfle.

Barry Wade

Agorodd Clafdy Skanda Vale ei ddrysau i'r cyhoedd unwaith eto wedi dwy flynedd hir gaeedig.

Mae Clafdy Skanda Vale wedi goresgyn pob rhwystr ddaeth yn sgil Covid19, felly ar y 26ain o Ionawr 2022 agorwyd y drysau unwaith eto i'r cleifion presennol gyda bwriad i groesawu rhai newydd fu disgwyl.

Rydym yn Elusen Gofrestredig ac yn Glafdy annibynnol gyda 6 gwely yn gofalu am gymunedau cefn gwlad De Cymru. Cynigir amrywiaeth wasanaethau gofal lliniarol gan gynnwys Gofal Dydd a Gofal Seibiant i oedolion yn dioddef o unrhyw anhwylder cyfyngol. Dyma un o'r mudiadau prin sy'n cynnig cymorth i deuluoedd a Gofalwyr yn ychwanegol i'r gofal am y claf. Nid y gymuned leol yw'r unig un i elwa oherwydd bod Skanda Vale yn cynnig cymar menter bell, hynny yw gwasanaeth gwrandio cenedlaethol safonol i gleifion drwy'r holl deyrnas, yn rhoi cyfle i drafod gyda gwirfoddolwyr aeddfed. Lansiodd yr ymgyrch yma yn ystod y Cyfnod Clo pan fu unigedd a theimlo'n ar wahân yn broblem gynyddol. Daeth y dull o gynnal cysylltiad cefnogol cyson gyda'r cleifion mor llwyddiannus nes argyhoeddi'r Clafdy i'w datblygu'n

helaeth yn ystod y Clo fel rhan annatod o'r gwasanaeth. Gosododd dull arloesol yma Skanda Vale ar faes newydd cyffroes.

Yn wahanol i nifer o glaf dai eraill gwirfoddolwyr yn unig sydd yma gyda ni. Ar wahân i nifer bychan cyflogedig, gan gynnwys nyrsys trwyddedig, sydd yn angenrheidiol dan amodau Gwasanaeth Iechyd yng Nghymru mae pawb arall o weithwyr y gegin i'r Tim Rheoli yn cynnig eu gwasanaeth a'u harbenigrwydd yn rhad ac o'u gwirfodd. Yn ôl y tad Michael, un o Ymddiriedolwyr cyntaf y clafdy, mae'r ymadrodd "Gwirfoddolwyr" cysylltir i gair gyda diweithdra neu ymddeoliad, ond mae safon y sgiliau amrywiol ar draws y mudiad yn syndod o uchel. O'r gwirfoddolwyr presennol maent yn amrywio o gyn swyddogion Corfforaethol, Cyfarwyddwyr Ymgynghorwyr Meddygol a Nysis Arbenigol. Maent i gyd yn rhannu un canolbwynt, sef credu mewn llunio model cynladwy sy'n annog i bobl roi yn ol i'w cymuned. Dywed Nick Gilbert, sy'n gyfrifol am ddenu staff i'r Clafdy - "Un o ragoriaethau'r model gwirfoddol dros yr un corfforedig yw nad oes rheidrwydd i'r Tim fod yno ond maent yn awyddus i fod yno. O gerdded i mewn gallwch deimlo hyn gyda'r naws yn eich taro'n syth. Nid dyma fydddech yn ei ddisgwyl mewn awyrgylch terfynol bywyd. Mae'r clafdy'n lawn bywyd a llawenydd ac ar ddiwedd shift hir 'does neb yn ysu am adael"

Pan edrychwch ar ddiffiniadau rhai o'r gwirfoddolwyr daw'n glir shwd gallwn ymfalchïo'n yn y safon arbennig yma gyda'r ymrwymiad mor uchel i ofal. Mae pob gwirfoddolwr beth bynnag eu cymwysterau a'u cefndir yn derbyn hyfforddiant mewnol, gyda'r cynnig o gymorth 1-2-1 oddi wrth aelod profiadol neu arweinydd. Da cyfleoedd i aeddfedi a thyfu mewn profiad wrth wasanaethu ein prif nod sef gwasanaethu ein cleifion.

" Mae Skanda Vale yn le hyfryd lle gallaf ofalu a nyrsio fel 'rwy'n dymuno. Yn wahanol i'r ward or-brysur mewn Ysbyty lle mae gennych gymaint o gleifion i'w gofalu, gallaf eistedd lawr da rhywun yn Skanda Vale, dal ei llaw wrth jyst fod yno iddynt" - Keira Prif Nyrs yn Skanda Vale.

Rydym ar hyn o bryd yn gwahodd gwirfoddolwyr a Nyrsys fyddai'n cael eu talu, os am gynnig eich hun ewch i'n gwefan www.skandavalehospice.org/join-our-team

Cyfrifiad 1921

Er gwaethaf holl anawsterau'r Cofid19 'doedd popeth ddim yn ddrwg i gyd, a bu yna ambell fantais. Yn sgil y Cyfnod Clo caniatawyd i unigolion dwrio i mewn i bob cyfrifiad o 1841 hyd 1911 o'u cartrefi neu rywle arall ar y We. Felly gallech dwrio i mewn i bob Cyfrifiad o 1841 hyd 1911 bob deng mlynedd, yn rhad ac am ddim pa bynnag amser fu'n gyfleus i chi, dim ond eich bod yn aelod rhad o'r Llyfrgell. Felly bu'r trefniant yn hynod o gyfleus i haneswyr, ymchwilwyr a selogion achau teuluol.

Felly yn sgil holl gyhoeddusrwydd cyhoeddi Cyfrifiad 1921 codwyd gobeithion llawer i'r cymylau. Ond Na! Nid felna y bu. Rhaid cydnabod mae trefniant dros dro fu caniatáu popeth ar y We, ond daeth yn siom ychwanegol i ddarganfod nad oedd gan Lyfrgelloedd fel Llyfrgell Caerfyrddin hawl i arddangos y manylion. Rhaid bod yn aelod o Find My Past, a thalu £2.50 am bob eitem, a hynny heb gyfle i gadarnhau a'i hwn yw'r un iawn ymlaen llaw. Ddim mor ddrwg efallai os chi'n cwrso rhyw enw Seisnig fel Bassenthwaite ond yn ben tost costus wrth ganlyn rhyw David Jones neu John Williams yng Nghymru. "Odi'r un iawn 'da fi?". Yn ôl y son mi allwch drefni ymlaen llaw i ymweld â'r Llyfrgell Genedlaethol yn Aberystwyth i weld manylion 1921, ond pwy a wŷr bob tro faint o amser sydd angen i ddarganfod eich ateb. Ond byddai'n gallach gadael pethau i fod ar hyn o bryd. Mae yna gamgymeriadau enfawr gyda'r enwau Cymraeg, yn annealladwy. Dywedodd un ymchwiliwr profiadol ar Radio Cymru ei fod wedi methu adnabod enwau llefydd yn ei ardal ei hun hyd yn oed. Mae yna addewid i gywiro pethau ond pryd? Felly pwyll bia hi!

Etholiadau Llywodraeth Leol – Dydd Iau 5 Mai 2022

Bydd etholiadau Cyngor Sir Caerfyrddin yn cael eu cynnal ddydd Iau 5 Mai 2022. Bydd pleidleiswyr yn y Sir yn cael cyfle i bleidleisio dros y cynghorydd/cynghorwyr ward y maent am iddynt am eu cynrychioli. Bydd Etholiadau'r Cyngorau Tref a Chymuned hefyd yn cael eu cynnal ar yr un diwrnod. Bydd pleidleiswyr yn y Ward Tref neu Gymuned berthnasol yn cael cyfle i bleidleisio dros y cynghorydd/cynghorwyr ward y maent am iddynt eu cynrychioli.

Sut y mae sefyll fel ymgeisydd Tref/Cymuned

Os ydych chi am fod yn gynghorydd, mae'n rhaid i chi sefyll fel ymgeisydd a chael eich ethol mewn etholiad Cyngor Tref/Cymuned. I fod yn gynghorydd, bydd angen i chi gyflwyno'r ffurflenni enwebu gofynnol i'r Swyddog Canlyniadau, Neuadd y Sir, Caerfyrddin, SA31 1JP rhwng dydd Llun 21 Mawrth a 4pm ddydd Mawrth 5 Ebrill 2022.

Sefyll fel aelod o blaid wleidyddol

Os ydych yn dymuno sefyll fel ymgeisydd ar gyfer plaid wleidyddol yn yr etholiadau, mae'n rhaid i chi fod yn aelod o'r plaid leol. Mae'n rhaid i chi gysylltu â'r plaid lleol i gael gwybodaeth am sut i ymuno â'i sefydliad a sut y mae'n dewis aelodau o'r plaid i fod yn ymgeiswyr mewn etholiad.

Sefyll fel ymgeisydd annibynnol

Os nad ydych am gynrychioli plaid wleidyddol, gallwch sefyll fel ymgeisydd annibynnol.

Y Cyfnod Enwebu

I fod yn ymgeisydd mewn etholiad, mae'n rhaid i chi lenwi a chyflwyno papur enwebu i'r Swyddog Canlyniadau yn ystod cyfnod enwebu'r etholiad. Mae'r dyddiadau ar gael uchod.

Gallwch weld amserlen gyflawn yr Etholiad ar wefan Sir Gaerfyrddin. Bydd papurau enwebu ar gyfer etholiadau'r Cyngor 2022 ar gael i'w lawrlwytho o wefan y Comisiwn Etholiadol ym mis Chwefror 2022: www.comisiwnetholiadol.org.uk

Briffiad ar gyfer ymgeiswyr ac asiantiaid

Bydd y Swyddog Canlyniadau yn darparu sesiynau briffio ar gyfer unrhyw un sydd am sefyll fel ymgeisydd yn etholiadau Cyngor Sir Caerfyrddin 2022.

Bydd y sesiynau briffio yn cael eu cynnal ar y dyddiadau canlynol:

- **Dydd Iau 3 Mawrth, 1-2pm** - gwahoddiad i ddarparu ymgeiswyr sy'n dymuno sefyll ar gyfer Etholiadau'r Cyngor Sir
- **Dydd Iau 3 Mawrth, 3-4pm** - gwahoddiad i ddarparu ymgeiswyr sy'n dymuno sefyll ar gyfer Etholiadau'r Cyngorau Tref a Chymuned
- Bydd rhagor o sesiynau briffio yn cael eu cynnal ar ôl y dyddiad cau ar gyfer enwebiadau i drafod y diwrnod pleidleisio a'r cyfrif:
- **Dydd Mercher 6 Ebrill, 9-10am** ar gyfer ymgeiswyr sy'n sefyll ar gyfer Etholiadau Sirol
- **Dydd Mercher 6 Ebrill, 11am-12pm** ar gyfer ymgeiswyr sy'n sefyll ar gyfer Etholiadau'r Cyngorau Tref a Chymuned

Bydd y briffiau i gyd yn cael eu cynnal ar-lein, i gofrestru bod gennych ddiddordeb mewn mynychu unrhyw un o'r briffiau uchod, anfonwch e-bost at Amanda Bebb: Abebb@sirgar.gov.uk

Rhagor o wybodaeth

Os oes gennych ddiddordeb mewn bod yn ymgeisydd yn etholiadau Cyngor Sir Caerfyrddin 2022, anfonwch e-bost at Amanda Bebb, Rheolwr Gwasanaethau Etholiadol i gael rhagor o wybodaeth: Abebb@sirgar.gov.uk.

Cymerwch olwg ar ganllawiau'r Comisiwn Etholiadol ar gyfer ymgeiswyr ac asiantau etholiadau llywodraeth leol a Chyngorau Cymunedau/Tref i gael rhagor o wybodaeth.

Cynllun Prentisiaeth Mudiad Meithrin

Diploma Lefel 3 Gofal, Chwarae, Dysgu a Datblygiad Plant

Mae Mudiad Meithrin yn cynnig cyfle newydd i gymhwyso fel ymarferydd trwy brentisiaeth Lefel 3 Gofal, Chwarae, Dysgu a Datblygiad Plant.

Mae'r brentisiaeth hon ar gyfer staff a gyflogir (neu bydd yn cael eu cyflogi o ddyddiad cychwyn y brentisiaeth) gan ddarpariaethau megis Cylchoedd Meithrin, Meithrinfeydd Dydd preifat cyfrwng Cymraeg, a chan Ysgolion Cynradd cyfrwng Cymraeg.

Hon fydd y bedwaredd garfan o Brentisiaid fydd yn dechrau ar y cwrs yma. Dechreuodd y criw gyntaf ym Medi 2020, gyda chriw arall yn Ionawr a Medi 2021. Bydd lle i 30 Prentis newydd yn Ebrill 2022.

Mae'r cwrs yn para 18 mis, ac fe fydd yn rhaid i'r dysgwr fod yn gyflogedig yn y lleoliad am o leiaf 16 awr yr wythnos. Ydych chi'n gyflogwr â diddordeb cael prentis yn eich lleoliad? Am ragor o wybodaeth ewch i'n gwefan.

www.meithrin.cymru/lefel3/

Yfed ar y Sul – Llanpumsaint – 4dd Ionawr 1901

Cyhuddodd P C William James Margaret Davies am gadw'r Clifford House ar agor ar Sul 16eg o Ragfyr. Adroddodd yr heddwes " Am tua 8.15 yr hwyr ymwelais â thafarn y Clifford.. Ar y sgiw wrth y tan oedd y gwas John Jones Banc Llanllawddog gyda pheint wrth ei ochr. Nesaf ato ar yr un sgiw oedd y lletywraig. Dyn priod yw Jones. Dywedodd Margaret Davies fod Jones wedi galw am werth chwe cheiniog o frandi i'w blentyn oedd yn sâl. Erbyn hyn yr oedd wedi cwato'r peint dan ei got, ond wedi ei archwilio canfûm fod ychydig o gwrw ynddo. Pam ei guddio? Gofynnais. Atebodd iddo ofni byddwn yn ei weld. Gofynnais ymhellach pa feddyg ddaeth i'w gweld. Dywedodd nid meddyg ond cyngor Mr Harries Rhiwlwyd Pencader y dydd Gwener cynt. Honodd y lletywraig ei fod yn perthyn iddi, ond deallais wedyn nad oedd hyn yn wir.

Dywedodd y diffynnydd nad oedd cwrw o gwbl yn y peint, dim diferyn ac nad oedd yn perthyn i'r dyn o gwbl. Anwiredd oedd honiadau'r heddwes meded hi. Cyhuddwyd John Jones wedyn am iddo fod yn y tafarn, gyda P C James yn ail adrodd ei dystiolaeth.

Dywedodd Capten Harries fod y lletywraig wedi ei chael yn euog yn Awst 1899 o drosedd cyffelyb, pan ddirwywyd hi o ddeg swllt a chostau. Derbyniodd yr heddlu gwyn ychwanegol ynghlyn ag ymddygiad rhedeg y lle. Adroddodd y Cadeirydd i'r Fainc ystyried a ddylid cadarnhau'r drwydded. Cafodd ddirwy o 15 swllt a thalu'r costau ond ataliwyd ardystio'r Drwydded. Derbyniodd John Jones ddirwy o 5 swllt a chostau.

Angen ar Skanda Vale Arweinydd Cefnogol Meddygol Cyflogedig

Swyddogaeth: Arwain Cefnogaeth Feddygol (Swydd Gyflogedig)

Adrodd i – Pennaeth y Gofal

Oriau ; 80 awr y mis yn cynnwys amser clinigol a chefnogaeth barhaol a hyfforddi.

Safle ; Clafdy Skanda Vale. Mae'r swydd yn agored i weithio o bell ond bydd rhaid bod ar y safle i gyflawni'r agwedd glinigol o'r swydd.

Cyflog: I'w drafod ac yn ddibynnol ar y profiad.

Am ddisgrifiad llawn o'r swydd neu gynnig amdani ewch i www.skandavalehospice.org/join-our-team

Llanpumsaint CRhA

Ar ran y CRhA hoffwn ddiolch i bawb am eu cefnogaeth cyn y nadolig.

Diolch am eich cyfraniadau ir bin dillad, gofynwn yn garedig i chi beidio a gadael unrhyw fagiau ar y llawr, os yw'r bin yn llawn gan na fydd y cwmni yn eu cymerud os yw'r dillad yn wlyb.

Byddwn wrthi eto yn codi arian dros y pasg, mwy o fanylian i ddilyn.

Caryl Davies

Yn Dod yn Fuan

Mawrth 1af - Dewch i ddathlu Dydd Gŵyl Dewi yn y Caffi Bach yn Eglwys Llanpumsaint 11.30 yb hyd 2.30 yp.

Mawrth 2ail Cyfarfod Curad Calon am Adfywio yn y Neuadd am 8 o'r gloch – Croeso i bawb.

Ambell dro ym Mis Mawrth - Dawnsio Llinell yn y Neuadd yn wythnosol am 7 o'r gloch - Dyddiadau i'w cadarnhau.

2 Ebrill - Lansiad Ymgyrch Fferm Wynt Brechfa i gychwyn gyda brechdanau brecwast am 8.30 gyda the/coffi a chacennau i ddilyn a 10.30.

Pysgod ffres i'ch drws tŷ bob dydd Mercher

Mae Clive Davies wedi bod yn dod a physgod ffres i Lanpumsaint ers deng mlynedd. Os hoffech wneud archeb, cael y pysgod i'ch drws tŷ, neu gael pip fach i weld beth sydd yn y Fan yna ffoniwch 07779987305. Canol prynhawn fydd hi ar y dydd Mercher

Arolwg Adar Ardd Leol - Ionawr 2022

Ar y penwythnos olaf yn Ionawr aeth aelodau 14 cartref, gyda the a choffi yw cynnal ati am awr i nodi pa adar ddaeth i lano yn eu gerddi. Danfonwyd y canlyniadau i arolwg wlad eang RSPB o Adar Gerddi. Mae'r erthygl yma yn grynodeb o'r hyn ddatgelwyd gan ein harolwg lleol.

Gwelwyd 29 gwahanol fath o adar gan gynnwys 4 sydd ar y Rhestr Goch Gadwraeth (Drudwns, Adar y To, Llinos Werdd, a'r Llinos Bengoch Leiaf), gyda 6 ar y rhestr Oren (Llwyd y Gwrych, Y Dryw, Ysguthan, Bronfraith, Coch y Berllan, a'r Ydfran). Y cyfartaledd o ymwelwyr i bob gardd oedd 12 (er i un cartref lwyddo cael 16 ymwelydd), a chyfartaledd o 25 i 40 yn cyrraedd o fewn yr awr nodedig.

Bu'r Robin Goch a'r Drudwns ymhob gardd gyda'r mwyafrif eto'n gweld y Titw Mawr. Titw Tomos Las, y Deryn Du, Aderyn y To a'r Ji-binc.

Yr ymhelwyr prinnaf oedd Coch y Berllan, Llinos Werdd, Pila Gwyrdd, Y Llinos Bengoch, Titw Cynffon Hir, Siglen Lwyd, Bran, Ydfran, Cigfran, Jac Y Do. Pioden a'r Durtur Dorchog.

Mewn rhyw hanner o'r gerddi gwelwyd Cnocell Fraith Fwyaf, Llwyd y Gwrych, Dryw, Sgrech y Coed, Delor y Cnau, Titw Penddu, Nico a'r Siglen Fraith.

Ni rifwyd y Barcud Coch, Bwncath na'r Gwalch Glas oedd yn hedfan uwchben. Ni rifwyd chwaeth ymwelwyr arferol i'r gerddi na wnaeth ymddangos adeg yr Awr fawr, megis y Dringwr Bach a Bronwen y Dŵr.

Gyda'r lleihad argyfyngus yn niferoedd adar adeg y blynyddoedd olaf mae'r RSPB yn pwysleisio safleoedd bwydo, llefydd iddynt ymolchi a nythu, yn enwedig i'n hymwelwyr Haf, yn enwedig y Wennol Ddu a Gwennol y Bondo. Mae'r ddau olaf yma ar Restr Goch Cadwraeth. Gwelwch y canlynol i'ch helpi i greu nythod

<https://www.rspb.org/uk.fun-and-learning/for-families/family-wild-challenge/activities/build-bird-box/>



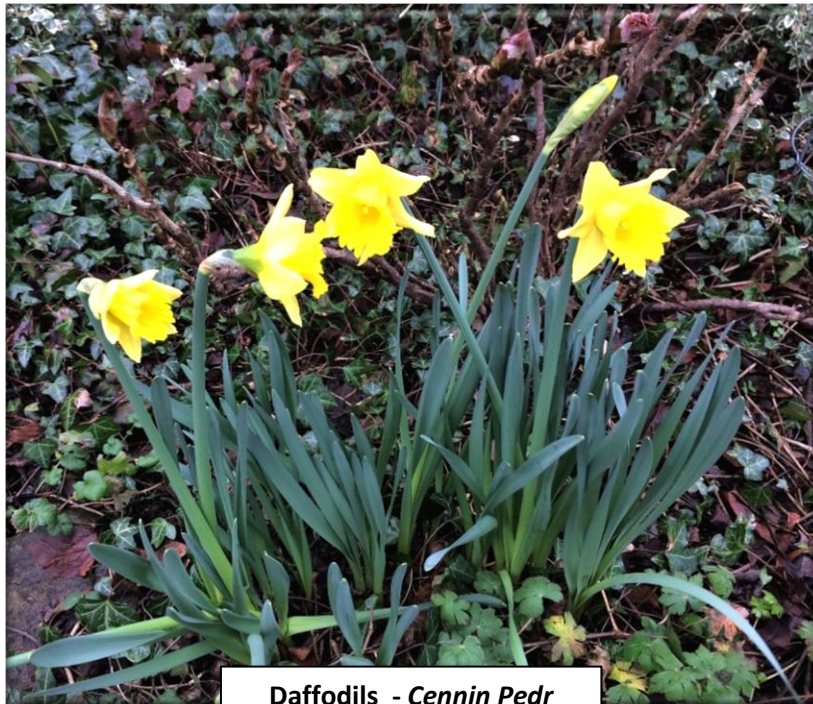
Village Voice February 2022

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**Daffodils - Cennin Pedr
Carolyn Smethurst**

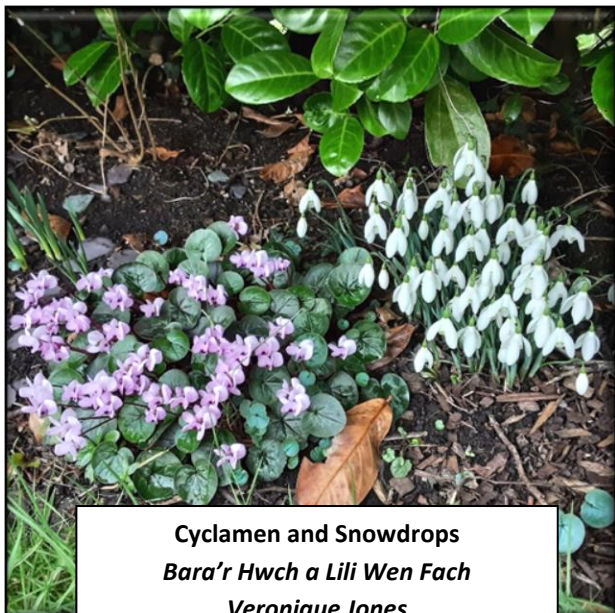
Village Voice

Llanpumsaint Community Information Exchange has been publishing Village Voice every 2 months since April 2010. We would like to thank all the individuals, clubs and organisations that have contributed articles to the newsletter, and to our advertisers who have supported us over the years. We have also received some funding from the Llanpumsaint Community Council, and latterly from the Brechfa West Wind Farm Fund. A copy of the Village Voice is also sent to the National Library of Wales!

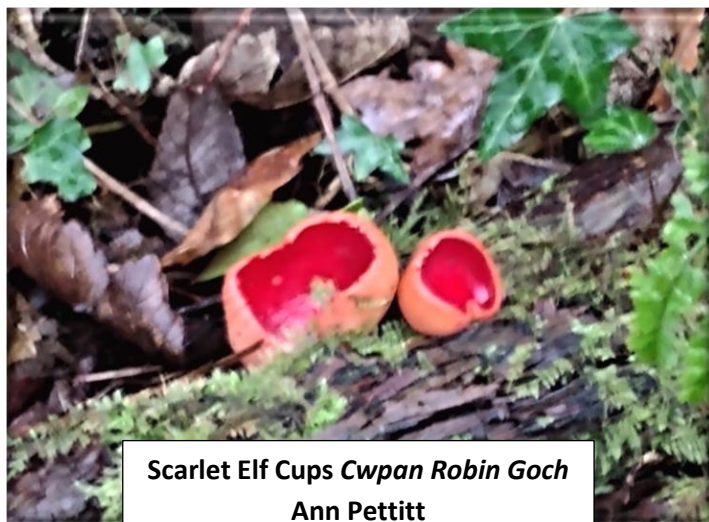
And I mustn't forget to say thank you to the team of residents who deliver your copy of the Voice in all weathers. As editor, I am pleased to be able to announce that we have 2 more helpers to assist in editing Village Voice – I really appreciate your help.

Please continue to send me the articles, requests for information, news items and any other information, photos, posters etc and I will collate it ready for the rest of the team to make some sense out of it. Contact: info@gwilimill.com

Carolyn



Cyclamen and Snowdrops
Bara'r Hwch a Lili Wen Fach
 Veronique Jones



Scarlet Elf Cups *Cwpan Robin Goch*
 Ann Pettitt



Velvet Shanks – *Coesau Melfed*
 Ann Pettitt



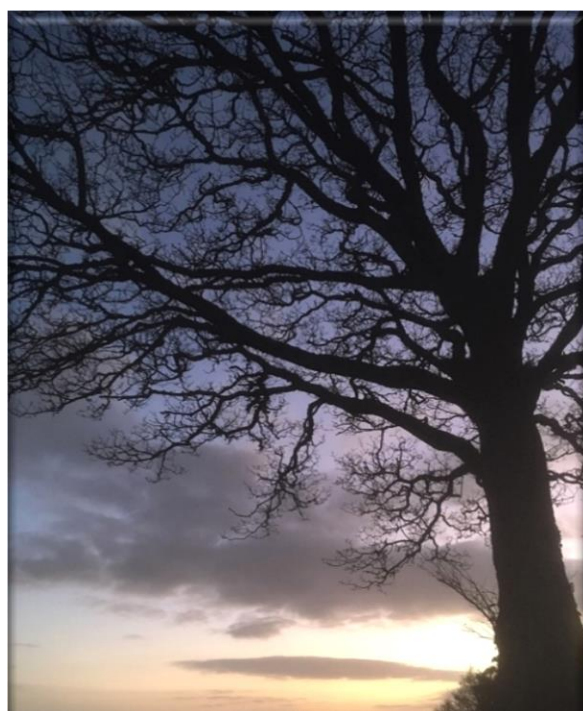
Hellebore
Y Galdryst Lydanddail
 Carolyn Smethurst



Hair Ice – *Blewin Ia*
 Ann Pettitt



Primrose – *Briallu*
 Carolyn Smethurst



Winter Sunset – *Machlud Haul y Gaeaf*
 Clare Bishop



Another Road Closure

B4301 Bronwydd Arms to Pontarsais from the junction at the Graig towards Pontarsais will be closed for major drainage works from Monday 14th February 2022 for 3 weeks.

Please note - this is information from County Council, not the contractor, so as with any County Council information, it might vary.

Ralph Carpenter

Llanpumsaint Welfare and Recreational Association

Happy new year to all.

Despite yet another challenging year due to the Covid-19 pandemic, there have been many positives. The Llanpumsaint Welfare and Recreational Association has continued, with your great support and generosity, to raise money for the maintenance and upkeep of the park as well as our current chosen charity, Peony Breast Care Unit, Llanelli. So, a huge thank you to all.

We were very glad, that despite the weather and Covid situation, that the Santa Parade went ahead. Even though we were unable to gather at the Hall, it was great to see so many turn out to support. Thank you, Santa, for making time to come and see everyone in Llanpumsaint on Christmas Eve. We are also thankful to Mick Barrett, who kindly donated the selection boxes that Santa handed out to the children. The spare selection boxes left at the end were sent to the food bank in Carmarthen.

With the Brechfa fund grant works due to start, and plans to continue with our fundraising efforts, here's looking forward to an exciting year at the park. Thank you all once again.

As always, we are seeking new members to join the committee, so please get in touch if this is of interest to you. E-mail parcllanpumsaintpark@gmail.com or speak to one of the committee members.

As you may be aware, Derick has retired from his duties of running the 100 Club. The Llanpumsaint Welfare and Recreational Association is very thankful to Derick (as are many others) for all his hard work over the past years. The 100 Club provides the park with an invaluable annual donation towards its maintenance and upkeep. As we have been unable to find a replacement for Derick, the committee will be taking over the running of the 100 Club. If anyone is interested in joining, or in helping with the running of the 100 Club, please contact any of the committee members, or e-mail llanpumsaint100club@gmail.com.

Clwb Gwili Over 60s

Members and those wishing to join the Club will be pleased to hear that our meetings will be resuming as follows:

- February 28th St. David's Day celebration with Cawl and entertainment provided by the Carmarthen Ukulele band. Please would you bring a bowl and spoon for the Cawl and a small plate of light refreshments for after the dinner.
- March 28th: Mrs Mary Thorley – Carmarthen and the Suffragette Movement
- April 25th: Mr Ian Goddard – From Fleece to Rug
- May 23rd: Mr Robert Owen – RNLI

Meetings start at 2pm in Bronwydd Hall and are very popular!

For more information, contact Secretary Val Giles on 01267 281194

Llanpumsaint Heartbeat

This small committee has provided, and currently cares for, the 4 defibrillators in the village. We would like to have additional committee members to help with the defibs. We want to provide regular training sessions in future, so that residents feel confident to use the defibs if ever they are called upon to do so.

The four defibrillators are listed in the national register. We also have discussed providing 2 more defibrillators, one near the school, and one by the bus stop as you leave the village.

A special general meeting will be held on **2nd March at 8 pm** to amend the constitution to reduce the number of members from 6 to 4 for the AGM, followed by the AGM in the hall.

The 4 defibrillators in the Llanpumsaint area are at the following locations:

- Outside the Village Hall SA33 6BZ
- Outside the Railway Inn SA33 6BU
- On the wall outside Henfryn on way to Ffynnon Henry SA33 6LD
- Outside the Vestry at Nebo SA33 6HN

You do not need a code – just open the cabinet and the defib is available.

If you want to talk about what we do, please call Carolyn on 01267 253308 or email info@gwilimill.com

Nebo Chapel Services:

For information, please contact Chapel Secretary Meinir Jones on 253532

Ffynnonhenri Chapel

For 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 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 (nursery)

If you have any enquiries, please contact Verona on 07929 431652

Llanpumsaint and Nebo Short Mat Bowling Club

The new bowling season has been a stop-start event with the first match away against Llandeilo proving to be a successful 6-2 win. This was followed by a 4-4 draw away against Llanboidy B before Christmas. The next match was to be a home match against Llanddarog A in January. Unfortunately, due to covid restrictions, this match was postponed to a later date in the season. The latest match saw the team travelling again to Pontargothi for our 3rd away match of the season where we found ourselves up against a very strong home team and the end result was a 6-2 loss. We have 5 matches remaining: four home and one away.

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

Highway Code Changes

Someone mentioned to me that the Highway Code was changing, so I thought it was worth putting a short article in Village Voice – so here goes:

As you may be aware (or not!) the Highway Code is set to change on the 29th of January, with eight new rules being introduced as well as 49 updates to existing rules.

Among the changes is a new 'Hierarchy of Road Users' that will prioritise vulnerable road users, such as cyclists and pedestrians.

Rule H2 is for drivers, motorbike riders, horse riders and cyclists. It states: "At a junction you should give way to pedestrians crossing or waiting to cross a road into which or from which you are turning."

Rule H3 is aimed at drivers and motorcyclists, it states that 'You should not cut across cyclists, horse riders or horse drawn vehicles going ahead when you are turning into or out of a junction or changing direction or lane.'

With the increase over the years (especially since lockdown) of horse riders, cyclists, joggers etc and with the numerous dangerous junctions in the village, from the Graig, Nebo and up to and around the village it is worth all road users updating themselves on these changes and all the new rules.

And watch for cyclists riding in the middle of the road!

Carolyn

West Wales Dowzers

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 and find out for yourself?

Calendar for 2022: Meetings are held at 1.45pm in Bronwydd Hall.

- Sunday March 27th: AGM, this is a non-paying meeting.
- Sunday April 24th and Sunday May 22nd – Speakers and themes to be announced.

Annual membership is still just £12 a year. Entrance is £5 for members and £6 for non-members including a welcome cuppa and a biscuit in the break. Prospective members are welcome to attend two meetings before joining. No equipment is necessary, just bring yourselves. (Please note, mask wearing and social distancing may still be a requirement, apart from those with medical conditions).

Please see our Facebook page or website: <http://westwalesdowzers.org.uk/> for further information or ring Sandy 01267 253547

News from Clifford House

Ever since moving to Clifford House (Arms) at the bottom of the Graig, nearly 5 years ago, we've loved hearing and researching all the stories of the previous occupants. Wherever I work and mention where I live, the first thing people say is 'Oh Jennie Graig's house!' Researching further back and chatting to Arwyn Thomas over a pint (or two!) has brought up further stories from the mid-1800s to the early 1900s.

Last year I discovered the <https://newspapers.library.wales> website. By searching "Clifford Arms" brought up over 100 stories! Many are about the hunt that would meet at the inn, but also many were about adulterated whiskey, illegal openings, fights, thefts of poultry and smoking pipes and deaths! The inn was also used as a court for inquests. It makes fascinating reading, especially as it is written in the language of the time. As many of us live in properties of a similar age have a look for the history of other properties in the village. Below is an article from The Carmarthen Weekly Reporter, 4th January 1901. Enjoy and as you pass please stay safe, smile and wave, and watch out for PC William James!!

Steve Phillips, Clifford Arms

Sunday drinking in Llanpumpsaint, 4th January 1901

P.C. William James charged Margaret Davies with keeping open the Clifford Arms Llanpumpsaint, on Sunday, 16th December. The constable said: 'About 8.15 p.m., on the 16th inst., I visited the Clifford Arms. On the settle by the fire I found John Jones, Bank, Llanllawddog, a labourer. There was a pint by his side. The landlady was seated on the same settle. Jones is a married man. The landlady said that he had come there for sixpennyworth of brandy for his child who was ill. By this time, he had hidden the pint under his coat. I took it out and found it contained a small drop of beer. I asked him why he hid it. He said for fear I would see it. I asked him what doctor had attended it. He said no doctor, but Mr Harries, Rhiwlwyd, 'Pencader had told him the previous Friday. The landlady said he was her cousin; but I have found that this was untrue'.

Defendant said that there was nothing in the pint at all, not a drop. It did not be long to the man at all. The constable was telling lies (anwiredd). John Jones was then charged with being found on the premises. P.C. James repeated the evidence.

Captain Harries said that the landlady been convicted in August 1899, of a similar offence; and fined 10s and costs; there had been also a complaint made to the police about the conduct of the house.

The Chairman said that the Bench had had some hesitation as to whether the license ought not to be endorsed. She would be fined 15s and costs, but the license would not be endorsed. John Jones was fined 5s and costs.

Update on scams

We appear to be getting back to a more normal way of life at last. Let's hope that 2022 is the beginning of the end of that nasty bug... But there's still nasty bugs flying round to catch you on your PC, mobile, tablet. They mainly use Social Media to get to you.

If you are not on Social Media - Facebook, E-Mail, WhatsApp, to name the most popular, then the only way they can get at you is via the good old landline telephone or rarely, the post. Here are a few of them to watch out for. Some new, some reminders.

Bitcoins: Quite often celebrities announce that they have invested in a brilliant system that earns them a fortune in a short period of time. But it's a fake. If it sounds too good to be true, it probably is.

Facebook. I've recently been sent Facebook chat messages with the obvious scam looking text, the following is such a message. *I think this is you* - <https://306v.short.hy/YFnQRT> Who knows what this will do, so don't click on it. I would recommend that you change your password.

Log off all accounts: Under Security and Login, choose More. You'll see lots of places you've logged in previously and where you are currently logged in. At the bottom, choose - Log out of all sessions.

Send a warning to all your friends

Something I quite often do to prove/disprove a contact has been hacked: I ask them a question only they could know the answer to, e.g. where did we meet last time and how do you know me, also try to phone them or video chat. That will sort them out.

Main message: Do not click on any dodgy looking links - that's what they are and some perpetuate the scam to friends on your system(s).

Scam E-Mails: Scam emails from various sources but all have a "tick" in the sender's address: examples

From: ✓ SONY PLAYSTATION

From: ✓ norton Renewal

From: ✓ SAMSUNG <news.BDoTpxEmwg@aks.od.ua>

From: ✓ Mc<news.cKMuTZtLqs@spaceforce.design>

From: ✓ Mc<news.xrnkzYfQSD@spaceforce.design>

As you can see from these actual examples, the domain (the part after the @) is the same but the part before (the senders name) is totally different - the consistent part is the ✓, Create a rule to exclude these. On most E-Mail systems, you can block or mark these as junk by including the ✓ in the From/Senders address but in most cases you can't type a "tick" in this area but you can include it in the message headers.

The message headers are a hidden part of every E-Mail contain detailed tracking information relating to where the message has been. You can also see where it has actually been anywhere in the world. It's where I look sometimes to check mail scams.

Another scam E-Mail is one where the phrase **Congratulations!** is in the Subject field, again you can block these. Remember the ! mark. Whenever you block anything like this last one, always check in your junk/spam folder regularly to make sure it's not a genuine one, i.e. you might have won a genuine prize in one of the charity raffles in the Village...

Tesco fake competition: They claim that you have won a prize and to release the prize - guess what, you have to pay a few pounds and they of course need your bank details - surprise, surprise.

If you win a prize in a competition you have not entered, the chance is you have not won. You do not get something for nothing. They are preying on the vulnerable - **DON'T BE VULNERABLE.**

Deliveries: You may get a Facebook message sent by UPS with a tracking link - about a parcel waiting for delivery which is waiting at the distribution centre. The number, **371-34632900** is the important part of the message to watch out for. **This number is always used in this scam.** If you clicked on the tracking link, you would be asked to pay for this delivery, and it would of course not happen and the scammer would have access to your credit card.

Stop press: A new one - you receive a text message on your phone from the bank saying that a new device has been used to sign on to your account and you need to validate that it's yours. It's not your bank of course and you are asked for bank details - don't do it.

Golden rule: If anything looks suspicious or is asking you to provide private information urgently, pause before pressing the reply button.

Assistance if you have a BT account: With your BT account, you can use their security tools to protect you from threats such as identity theft, harmful website content, viruses and more.

- Go onto your BT account
- Get more from My BT
- Your security: manage
- BT Virus Protect: It will prompt you to download NORTON. It's free and protects up to 2 devices

Due to shortage in space in this edition of the Village Voice, this item has been shortened. However, typing in the following link will display the entire item <https://tinyurl.com/4n4dzwhc>

Stay safe and keep well. Your PC and other dodgy issues friend. Dave

Anglican Church in Wales Churches of Llanpumsaint, St Celynin Bronwydd and Llanllawddog

Offering hospitality has always been a part of living out a Christian faith. In the Biblical book of Romans, we read how St. Paul encouraged the early Church to "extend hospitality to strangers" (12.13) and to "welcome one another" (15.17). We believe that God cares about hospitality because God cares about people, and offering hospitality with a welcome for all, regardless of what they believe is one way in which we build community.

With this in mind, Llanpumsaint Church is very pleased to be hosting a **pop-up café** every Tuesday from 11.30am – 2.30pm. This is a not-for-profit café entirely run by volunteers. Everyone is assured of a warm welcome. The café offers a place at the centre of the village for people to meet and chat, or just to get out of

the house and have a quiet cuppa. If you just want to pop in quickly to pick up a bag of crisps or a can of pop that's fine too. It's for everyone.

We offer unlimited fair-trade tea and coffee for 50p (you won't get that in Costa or Starbucks!) as well as other local, organic, animal friendly and fair-trade (LOAF) drinks and snacks. A generous grant from Carmarthenshire Connected Communities Fund has meant that we can provide a range of newspapers for you to enjoy whilst you are at the café and we have a selection of board games that you are welcome to use too.

Like all village services and amenities, the café and our churches more generally are reliant on people supporting them and using them. The café already seems to have become a wonderful community venture. Please pop in and see us if you are able.

If you need help with transport to attend the café or other church services or events, please contact Rev'd Gaynor gaynorjones-higgs@cinw.org or call 01267 253158.

As always, the best way to keep up to date with what is happening in our churches is to follow our Facebook page or check out the notice boards outside the church buildings.

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

Services

We offer a Zoom service of Morning Prayer at 9.00 am on Wednesdays and on Sunday mornings at 10.00 am.

- Sunday 20th Feb 2022: Holy Eucharist 2pm St Celynin
- Sunday 27th Feb 2022: Morning Prayer 11am Llanllawddog and Holy Eucharist 2pm Llanpumsaint

From March 2022 we plan to return to weekly Sunday services. The nature of services from and who will be taking them is still being decided; a meeting on 8 February will hopefully finalise that.

- 9.30 Zoom Morning Prayer
- 11 am Llanllawddog and St Celynin
- 2 pm Llanpumsaint
- 2 pm St Alban's Cwm Duad 1st and 3rd Sundays of month

Please note that it is possible that Llanpumsaint Church building may be out of action for some Sundays because of the building work.

The best way for people to know what's going on is to check out the FB page or Church notice boards.

DOTs youth group for young people aged 10 and upwards meets weekly. Locations vary so please contact Gaynor.

The Community Council and The Community

When we moved to Llanpumsaint in 1977 the village had two shops, the pub, a garage selling fuel and a post office. Since then, although the village population has increased, our facilities have, with periodic openings and closings, slowly disappeared. This is, of course, not unique to Llanpumsaint but a reflection of greater mobility with increased car use and the creation of the internet allowing us to shop online and stream our entertainment.

Greater mechanisation on farms has led to less interaction socially and through work. No longer the communal hay making days of summer and the farm teas or the potato harvesting.

However, we do live in a village and I know that at least some of us have a lot of interest in what happens here. We would like to revive a more vibrant community with at least some of the facilities that we have lost. A community shop? Save the pub?

At the heart of the community is the Community Council, 8 individuals of Llanpumsaint who on behalf of us all receive a small amount of money each year from the County Council to administer for the benefit of the

community. This function has been fulfilled over the years by people with a sense of civic responsibility who are prepared to volunteer their time.

This May is election time. Councillors may put their names forward to carry on in the role if they wish to, but there are at least two vacancies on the Community Council at the moment and possibly more if not all the present councillors wish to continue to be on the Council.

Would you consider being on the Council or do you know someone who you think would be a good candidate? The duties are not very onerous. Meetings are held once every two months as a rule. Meetings are held in Welsh and there is very good simultaneous translation into English via headphones.

You may read "The Good Councillors Guide" at [www. onevoicewales.org.uk](http://www.onevoicewales.org.uk) if you would like a clear idea of what is involved.

Next step? I suggest talking amongst friends and acquaintances in the village about finding candidates. The nomination papers are available online. The phone numbers of our present councillors are on the Llanpumsaint Community Council website. All council meetings are open to the public.

Why not have a go at representing your community? As Elvis said "It's Now Or Never"-- that may be a bit strong but elections only happen every 4 years I believe.

Barry Wade

Skanda Vale Hospice reopens its doors to the public after two very long years

Skanda Vale Hospice has managed to overcome all of the hurdles presented by Covid-19 and on 26 January 2022, the centre reopened its doors to its existing patients with a view to welcoming new referrals in the coming weeks.

Skanda Vale Hospice is a registered charity and independent six bed hospice that cares for the rural communities of South Wales, providing a range of palliative care services, including Day Care and Respite, to adults suffering from any form of life-limiting illness. They are one of the few organisations that offer support to families and carers as well as the patients themselves. However, it is not just the local community that the hospice serves. Skanda Vale hospice offers a remote companion initiative, which is a professional listening service offering patients UK-wide, friendly support and the opportunity to chat to one of the designated volunteers. The initiative was launched during lockdown when isolation and loneliness became an ever-increasing issue. Its proven method of maintaining consistent supportive contact with patients became so successful that the hospice has chosen to role this out as a core service. This innovative 'forward thinking' approach, is one of the unique qualities that sets the hospice apart.

Unlike other nationwide facilities, Skanda Vale Hospice is run almost entirely by volunteers. Apart from a small number of employees, including a number of registered nurses which legally require employment under the guidelines of the Health Inspectorate Wales, everyone in the hospice, from housekeeping to senior management, gift their time, knowledge and expertise free of charge. According to Brother Michael one of the founding trustees of the hospice, the term 'volunteer' is often associated with unemployment or retirement, yet the level of collective skill set across the charity is something quite astounding. Some of the current volunteers at the hospice range from high level corporate CEOs and Directors to medical consultants and specialist nurses, who all share one primary focus, they all believe in creating a sustainable model of care that empowers people to 'give back' to their local communities.

Nicky Gilbert, head of recruitment for the hospice states "One of the greatest benefits of a volunteer model over a corporate model, is that the team don't 'need' to be there, they want to be and when you walk into the centre this ethos shines through. The atmosphere is nothing like you would expect in an end-of-life setting, quite the contrary in fact. The hospice is literally buzzing with life and laughter and at the end of a long shift, no one wants to leave!"

In addition, when you view some of the volunteer role descriptions, it's easy to understand why the hospice is able to shout about its exceptional standards and its unparalleled level of care. Every volunteer - regardless of background or qualification, is provided with in-house training and is offered 1-2-1 coaching and emotional support from an assigned team member, alongside numerous opportunities to grow and develop. Skanda Vale Hospice holds 'people' at its core, with its entire mission evolving around patient-led care.

"Skanda vale is a beautiful place to be, where I can truly nurse the way I want to nurse. Unlike a busy hospital ward where you have so many patients to care for, in Skanda Vale Hospice I can sit down with a patient and hold their hand and just be with them in the moment" Keira Lead Nurse at Skanda Vale Hospice.

Skanda Vale Hospice are currently recruiting for volunteers and paid nursing roles. If you would like to volunteer at the hospice, please visit the website on www.skandavalehospice.org/join-our-team for the latest opportunities.

Skanda Vale Employed Clinical Support Lead Required

Role: Clinical Support Lead (employed post)

Reports to: Head of Care Delivery

Hours: 80 hours per month to include clinical time and ongoing support and training.

Location: Skanda Vale Hospice, this post is open to remote working but a presence is required in the hospice to achieve the clinical aspect of the role.

Salary: negotiable depending upon experience

For a full job description, or to apply for this role, please visit www.skandavalehospice.org/join-our-team

The Census Returns

The Covid pandemic was not without some minor benefits, confirming that old adage "Its an ill wind" The Census Returns from 1841, collected every ten years, were made available up until 1911, free of charge online for anyone who wished to peruse them. A godsend for historians, researchers and family tree enthusiasts alike, who could clock in and peruse at any convenient time either from home or any Wifi device. You just had to be a free of charge Library member.

So with all the publicity surrounding the release of the 1921 details, people looked forward hours of fruitful ferreting. Alas No! Free access came to an end, for it had been a temporary Covid concession anyway. But worse news followed when it was revealed that, along with others, Carmarthen Library would not be allowed to show the 1921 results. One has to be a member of Find My Past and pay £2.50 for each item which you cannot inspect to verify beforehand. Not too bad if you are researching a name like Bassaltheaite but chasing up a David Jones or a William Davies in Wales could prove very costly indeed. "Have I got the right one?" You must book in advance and travel to the National Library in Aberystwyth to view the 1921 Census, which makes life a lot more difficult. Who knows in advance how long it takes to crack your problem? Do not hurry either, since there are massive mistakes in the Find My Past version particularly concerning Welsh place names. One experienced researcher recently found it impossible to find his way around the misspellings even for places he knew well. Apparently corrections are to be made at some point.

Hopefully when Find My Past makes enough profit, and those corrections completed, the information will be released to the general public as were previous Censuses. Census 1921, almost within living memory for some, will be very important for the additional detail both on individuals and life in general. Furthermore it will be the last of a continuous ten year line since 1841 up to 1921. The 1931 Census was lost in a fire and 1941 never happened due to the Second World War, which means that 1951 - due out in 2051 - will follow a twenty year gap. Too late for many of us of the older generation.

Some tips for those delving into the Llanpumsaint areas in 1841, 1851, 1861, 1871 and 1881. Every property on the westward side from Bronwydd bridge to the Llanpumsaint bridge below Parc Celyn lay in Abergwili parish and not in Llanpumsaint parish. Note also that rivers like the Gwili and Cerwyn were the traditional boundaries, not the road, so places like Helfa Hall, Panteg and Gwarcwm then also lay in Abergwili. By 1891 all of this, which included the whole Nebo area, had been transferred to Llanpumsaint, henceforth. It should also be remembered that every property west of Glanyrynys Mill bridge lay in Conwil parish for all those Censuses, including 1921. On the eastern side, Llanpumsaint parish always ran as far as the Carmarthen to Lampeter road where it met Llanllawddog. Good luck!

Arwyn 2022

Local Elections-Thursday 5 May 2022

Carmarthenshire County Council elections will take place on Thursday 5 May 2022. Voters in the County will choose who they want to represent them as their ward councillor(s). Also taking place on this day will be Town and Community Council Elections. Voters in the relevant Town or Community Ward will be able to choose who they want to represent them on the Town or Community Council Ward.

How to stand as a Town/Community candidate

If you want to become a councillor, you must stand as a candidate and be elected at a Town/Community council election. To do this, you will need to submit the required nomination forms to the Returning Officer, County Hall, Carmarthen, SA31 1JP between Monday 21 March and up to 4pm on Tuesday 5 April 2022.

Standing as a member of a political party

If you wish to stand as a candidate for a political party at the elections, you must be a member of their local party. You must contact the local party for information on how to join their organisation and how they select members of their party to be candidates at an election.

Standing as an independent candidate

If you do not want to represent a political party, you can stand as an independent candidate.

Nomination period

To become an election candidate, you have to complete and submit a nomination paper to the Returning Officer during the nomination period of the election, dates provided above.

You can view the complete Election timetable on Carmarthenshire's website. Nomination papers for the 2022 council elections will be available to download from the Electoral Commission website: www.electoralcommission.org.uk in February 2022.

Briefing for candidates and agents

The Returning Officer will be providing briefings for any person wishing to stand as a candidate at the 2022 Carmarthenshire Council elections.

The briefing will take place on the following dates:

- **Thursday 3 March, 1-2pm**- Invitation to potential candidates wishing to stand for County Council Elections
- **Thursday 3 March, 3-4pm**-invitation to potential candidates wishing to stand for Town/Community Council Elections
- There will also be further briefings once nominations have closed to discuss the polling day and the count:
- **Wednesday 6 April, 9-10am** for candidates standing for County Elections
- **Wednesday 6 April, 11am-12pm** for candidates standing for Town/Community Elections

All the briefings will be held online, to register your interest to attend any of the above briefings, please email Amanda Bebb at: Abebb@carmarthenshire.gov.uk

Further information

If you are interested in being a candidate in the 2022 Carmarthenshire Council elections, please email the Electoral Services Manager, Amanda Bebb at Abebb@carmarthenshire.gov.uk for more information.

Please visit the Electoral Commission's guidance for local government and Town Community election candidates and agents for more detailed information

Llanpumsaint PTA

On behalf of the PTA we would like to thank everyone for their continued support. Thank you for your kind donations to the clothes bank. We kindly ask that you don't leave any bags outside the bin as the company will not accept any clothes that are wet.

We will be fundraising again over Easter, more information to follow.

Caryl Davies

Llanpumsaint Community Council

On 30 November 2021, the Council considered the Auditor General's report in the public interest entitled Failure to Submit Annual Accounts for Audit and wider governance concerns. As an introduction to the meeting, the Council demonstrated the protocol that it follows with all of its financial transactions and shared with the meeting the Council's risk assessment document.

In response to the report and its recommendations, the Council decided to:

- Adopt the Auditor General's recommendations; and
- Draw a line under matters now past and to proceed in an orderly and equitable manner in the Council's dealings with Audit Wales.

Mudiad Meithrin Career Nurture Scheme

I would like to draw your attention to the Mudiad Meithrin Career Nurture Scheme. The aim of the scheme is to support individuals to be able to work confidently through the medium of Welsh. We will be providing opportunities for individuals who:

- want to gain confidence in their Welsh language skills in order to be able to work through the medium of Welsh
- lack confidence in using their Welsh as they have not had the opportunity to use the language since their school days but are interested in pursuing a career in the field
- are at a turning point in their career and want to develop themselves and inspire others

Whatever the reason, we encourage adults of all ages and backgrounds to apply and be part of the scheme and to be leaders and positive role models for others.

Applicants will be required to commit 1 a month over a 4 month period and will receive support from experienced mentors and coaches who will:

- create a personal development plan
- identify opportunities to improve oral and written language skills
- help to impress when writing an application form
- increase confidence in an interview
- provide 1:1 coaching and mentoring sessions
- ensure the health and well-being of the individual

You are welcome to contact me if you have any questions or would like to discuss the scheme further. *Helen Williams, Pennaeth Hyfforddiant, Dysgu a Datblygu*

Head of Training, Learning and Development ☎ 01970 639639 www.meithrin.cymru /@MudiadMeithrin

COMING SOON

- 1st March Celebrate St David's Day in the Pop-up Café in Llanpumsaint Church, 11.30-2.30
2nd March Heartbeat meeting about defibrillators, Village Hall, 8 pm, All welcome
Sometime in March Line dancing in the Village Hall, weekly event at 7 pm, date to be announced
2nd April Brechfa Wind Farm Launch Event in Village Hall, starting with breakfast butties at 8.30 and morning coffee/tea and cakes from 10.30

Fresh fish delivered to your door, every Wednesday

Clive Davies has been delivering fresh fish to Llanpumsaint for about 10 years. If you would like to place an order and have it delivered to your house or have a look on spec to see what he has in his van, phone 07779987305. He delivers to the village mid-afternoon on Wednesdays.

Village garden bird survey, January 2022

On the last weekend in January, 14 households grabbed cups of tea and coffee, and spent an hour recording the birds that landed in their garden. The results were submitted to the RSPB's Big Garden Birdwatch. This article reviews the same data to get a snapshot of what is happening with our village birdlife.

A total of 29 different species were recorded, including four on the conservation red list (starling, sparrow, greenfinch and redpoll) and six on the amber list (dunnock, wren, wood pigeon, song thrush, bullfinch and rook). The average number of species visiting a garden is 12 (although one household had 16!), with an average of 25-40 birds visiting a garden in the hour.

- Every garden had robins and starlings, and most also had great tits, blue tits, blackbirds, sparrows and chaffinches.
- The least frequent visitors were bullfinch, greenfinch, siskin, song thrush, redpoll, long-tailed tits, grey wagtail, crow, rook, raven, jackdaw, magpie and collared dove.
- Species found in about half of the gardens included great spotted woodpecker, dunnock, wren, jay, nuthatch, coal tit, goldfinch and pied wagtail.

The red kites, buzzards and sparrowhawk flying overhead weren't counted. Neither were birds which usually visit a garden but missed the survey hour, such as a treecreeper and dipper.

With the dramatic decline in many bird numbers in recent years, the RSPB emphasises the importance of keeping bird feeders and bird baths clean, and welcoming nesting birds, especially summer migratory birds such as the swift and house martin – both are on the red list of greatest conservation concern. See this link for making bird boxes

<https://www.rspb.org.uk/fun-and-learning/for-families/family-wild-challenge/activities/build-a-birdbox/>

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