



Llais y Llan Rhafyr 2019

Copi dyddiad ar gyfer rhifyn nesaf – 24th Ionawr 2020

Cyhoeddwyd gan Llanpumsaint Cyfnewid Gwybodaeth Gymunedol

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

Wrth nesai at derfyn blwyddyn arall mae'n briodol meddwl am bobl sydd wedi gadael yr ardal, a'r rhai gollwyd drwy farwolaeth. Cadwn atgofion melys ohonynt.

Mae hefyd yn amser priodol i groesawu newydd ddyfodiaid i'n plith. Gobeithio byddwch yn ymgartrefu'n hwylus, ac y byddwch yn ymwneud a holl weithgareddau'r pentref a'r ardal.

Nadolig Llawen i bawb a gobeithio y gwelwn flwyddyn newydd lewyrchus ac iachus.

Cyfarchion oddi wrth Y Gyfnewidfa Wybodaeth yn Llanpumsaint

Mae Cronfa Gymunedol Fferm Wynt Gorllewin Brechfa yn cyfrannu'n arianol at Lais y Llan

Santa's Grotto *Grotto Sion Corn*

**GORYMDAITH NOSWYL
NADOLIG SION CORN**

Dechrau yn Nant yr Ynys am 1 yh, Rhagfyr 24^{ain}, a gorffen yn Neuadd Llanpumsaint

**CHRISTMAS EVE
SANTA PARADE**

Start at Nant yr Ynys at 1pm, December 24th, and finish at Llanpumsaint Hall

*Te a Choffi
Mins Peis* *Tea & Coffee
Mince Pies*

Proceeds towards Special Care Baby Unit (SCBU), Glangwili Hospital and Llanpumsaint Welfare & Recreation Association (The Park)

Ei w tuag at Uned Gofal Arbennig Babanod, Ysbyty Glangwili a Chymdeithas Lles & Hamdden Llanpumsaint (Y Parc)

*CWNFEST
Gŵyl Cŵn/Dog Festival*

**Xmas
BINGO**

10/12/2019
7:00pm

AT RAILWAY INN,
LLANPUMSAINT

£15pp 10 GAMES with CURRY & CHIPS
& One for the road Game.
Winner takes all cash prize
cwnfestdogmail.com



**Eglwys
Llanllawddog**

Marchnad Fisol Monthly Market

Ail Sadwrn bob mis
Second Saturday every month
10-12am

10/08/19, 14/09/19, 12/10/19

Neuadd Llanllawddog
Llanllawddog Church Hall.

Crefftwyr Lleol a nwyddau
Local crafts and produce

Bric a brac
Llyfrau/ books

I gael stondin (£5), cysylltwch â
If you require a stall (£5), contact
Fran.j.dixon@btinternet.com
078 151 47239



Aled Edwards a Dafydd Howells



Arwyn Thomas yn Tenovus Caerfyrddin wedi iddo gyflwyno sic o £2,000. Ffrwyth nifer o gyfraniadau a gwerthiant llyfrau.



Argae adferwyd ger y Gerddi Botaneg
Llyn yn llawn



Y Band Iwcalili - Tafarn Nantcelynen



Gyda phentwr o sbwriel coed a phlastig mae'r pysgod n ei chael hi'n anodd cyrraedd eu safleoedd dodwy.

Beth sy' Mlaen yn y Pentref yn y misoedd nesaf

Clwb Bowllo Llanpumsaint a Nebo pob Nos Llun a pob Nos Iau 7.30 – 9.30 Neuadd Goffa
Cylch y Pentref Dydd Mawrth Yn yr Eglwys 2.00 – 3.30
Noson Stêc y Rheilffordd pob Nos Fercher 01267253643
Noson 'Fitness Fun' Nos Fawrth 6.30 Neuadd Goffa £4
Cadw'n Heini 50+ pob Dydd Iau 2.00 – 3.00 Neuadd Bronwydd (o Fedi 12)
Llyfrgell Deithiol - pob Dydd Mercher 10.45 – 11.45, Neuadd Goffa Ffôn 01267 224830
Gwasanaeth Swyddfa Bost ar dydd Gwener 11.15 – 12.15 Neuadd Bronwydd
Gwasanaeth Swyddfa Bost ar dydd Mawrth 2.00 - 4.00 a dydd Gwener 1.00-3.00 Bryn y Wawr
Merched y Wawr Trydydd Nos Llun o'r Mis yn y Neuadd Goffa
Ail fore Sadwrn bob mis -Y Farchnad Fisol, 10.00 – 12.00 Neuadd Eglwys Llanllawddog
Ti a Fi pob Bore Gwener 10.00 - 12.00 Neuadd Bronwydd
Rhagfyr 10 Nos Fawrth Bingo Tafarn £15 y pen Tafarn Rheilffordd
Rhagfyr 11 Dydd Mercher taith Ddirgel am Ginio Nadolig Clwbgwili 60
Rhagfyr 11 Dydd Mercher 10.00 Clinig Traed Neuadd Goffa
Rhagfyr 12 Dydd Iau 3.30 – 5.00 Eglwys Agored Llanpumsaint
Rhagfyr 13 Bore Gwener Cyngerdd Nadolig Clych Meithryn Neuadd Bronwydd
Rhagfyr 15 Dydd Sul 1.30 Gwasanaeth Nadolig Capel Ffynnonhenri
Rhagfyr 18 Dydd Llun 3.30 – 5.00 Eglwys Agored Llanpumsaint
Rhagfyr 22 Dydd Sul 11.00 Gwasanaeth Preseb Eglwys Llanpumsaint
Rhagfyr 22 Dydd Sul 2.00 Crwdd Carolau Dwy-ieith Caersalem
Rhagfyr 22 Nos Sul 6.00 Gwasanaethau Carolau Sant Celynin Bronwydd
Rhagfyr 24 Dydd Mawrth 1.00 Gorymdaith Sion Corn Nant yr Ynys
Rhagfyr 24 Nos Fawrth Gwasanaeth 7.00 Llanllawddog, 9.00 Llanpumsaint, 11.00 St Celynin
Rhagfyr 29 Nos Sul 8.00 Cwis Tafarn Hollybrook
Ionawr 8 Bore Mercher 10.30 Tennis Bwrdd Neuadd Goffa Llanpumsaint
Ionawr 8 Nos Fercher 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa
Ionawr 16 Dydd Llun 3.30 – 5.00 Eglwys Agored Llanpumsaint
Ionawr 22 Nos Fercher 6.30 Cyfarfod Cynoeddus Siop Neuadd Goffa Llanpumsaint
Ionawr 25 Dydd Sadwrn 10.00 – 4.00 Cyflwyno Diwrnod Ymaelodi Skanda Vale Hospice
Ionawr 25 Dydd Sadwrn 10.30 Gwasanaeth Coffa Holocaust Eglwys Llanpumsaint
Ionawr 26 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Bronwydd
Ionawr 26 Nos Sul 8.00 Cwis Tafarn Hollybrook
Ionawr 27 Dydd Llun 2.00 Clwbgwili 60+ Neuadd Bronwydd
Chwefror 1 Nos Sadwrn Cyngerdd Côr Llanpumsaint Capel Tabernacl
Chwefror 5 Dydd Fercher 10.00 Clinig Traed Neuadd Goffa
Chwefror 14 Nos Wener 7.30 Dawns Hynafol Arbennig Neuadd Bancyfelin
Chwefror 23 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Bronwydd
Chwefror 23 Nos Sul 8.00 Cwis Tafarn Hollybrook
Chwefror 24 Dydd Llun 2.00 Clwbgwili 60+ Neuadd Bronwydd
Chwefror 29 Dydd Sadwrn 10.30 CCB Cymdeithas Rhandiroedd
Mawrth 18 Dydd Fercher 10.00 Clinig Traed Neuadd Goffa

**I logi'r Neuadd Llanpumsaint, Ffoniwch Celt ar 07944793133 neu
Llanpumsaintmemorialhall@gmail.com**

Gorymdaith Sïon Corn Noswyl Nadolig

Bydd yr Orymdeithiwn gynnwys Sïon Corn ar ei Gart Llusg gyda'i weision.

Cychwyn o Nantyrnys am 10'r gloch ac ymlaen i'r Railwe a Bryn y Wawr.

Penbontbren - Llandre - Yr Eglwys - Bro Cerwyn a Pharc Celynin.

Cenir carolau ar bob un safle a gwneir casgliadau bwced.

Bydd yr orymdaith yn gorffen yn y Neuadd Goffa ac yno fydd Sïon Corn yn anrhegu'r plant. Y plant wnaeth ymuno'r yr orymdaith fydd y cynta' i weld Sïon Corn.

Bydd lluniaeth ar gael yn y Neuadd (Te, Coffi, pop, mins peis a chacennau). Diod a chacen am £1.

Bydd raffl yn digwydd am bunt y strbyn

Bydd elw'r casgliadau o'r bwcedi, y raffl a'r lluniaeth, yn cael ei rannu rhwng Elusen ddewisol y Pwyllgor Lles ac Hamdden sef Uned Gofal Dwys Babanod Ysbyty Glangwili, a chynnal a Chadw'r Cae Chwarae.

Diolch yn fawr i Matthew Jones am noddi'r digwyddiad.

Siop Gymunedol i Lanpumsaint - mae angen eich barn chi!

Fel y bydd rhai ohonoch eisoes yn gwybod, mae grŵp o drigolion wedi bod yn archwilio'r syniad o gael siop gymunedol yn y pentref.

Yn ddiweddar, rydym wedi sicrhau cyllid gan Gronfa Gymunedol Fferm Wynt Brechfa i gyflogi ymgynghorydd (Roxanne Treacy o gwmni Redford Research) i edrych yn fanylach ar yr hyn y byddai siop gymunedol yn ei olygu, sut y byddai'r gymuned yn ei defnyddio a safleoedd posibl.

Lluniwyd holiadur fel y cam cyntaf yn y broses hon. Mae arnom angen gwybod beth yw eich barn am yr hyn y gallai'r siop gymunedol ei ddarparu a beth fydddech chi'n ei gefnogi.

Da chi, byddwch mor onest a realistig â phosibl wrth ateb!

Byddwn yn trin eich atebion yn gyfrinachol gan y bydd yn hollol ddienw, onid ydych yn dymuno rhoi eich enw ar y diwedd.

Sut i lenwi'r holiadur

Ychydig funudau ddylai gymryd i lenwi'r holiadur ar-lein a gallwch wneud hynny trwy glicio ar y ddolen hon:

<https://forms.gle/FPGB6otScG6Mx68E8>

Bydd yr arolwg hwn yn cau ar 10 Ionawr 2020

Cyhoeddir y canlyniadau a byddant yn cael eu cyflwyno mewn cyfarfod cyhoeddus a gynhelir ddydd Mercher 22 Ionawr yn Neuadd Goffa Llanpumsaint am 6.30pm. Mae croeso i bawb ddod i'r cyfarfod.

Diolch yn fawr iawn ymlaen llaw am eich cydweithrediad ac edrychwn ymlaen at rannu ein cynnydd gyda chi.

Os hoffech gopi caled o'r holiadur, neu unrhyw nybodaeth bellach, mae croeso i chi gysylltu â

Roxanne: roxtreacy@icloud.com roxtreacy@icloud.com neu 07972 924 945

Dawns Hynafol Arbennig - No Mean Biscuit.

Ar ôl blynyddoedd o gynnal Dawns a gwledd yn Llanpumsaint tuag Ionawr neu Chwefror, bydd "No Mean Bisuit" yn symud i Neuadd Bancyfelin ar nos Sant Ffolant, Chwefror 14eg, flwyddyn nesaf. Bydd ffurf y noson hefyd yn wahanol i'r cynt, oherwydd byddwn yn gofyn i bobl ddod a'u bwyd a'u diod eu hunain. Bydd hyn yn caniatáu mwy o amser i'r gerddoriaeth ac i ddawnsio. Fe fydd yna raffl fel arfer gyda'r elw'n mynd i Achos Da. Os wnaethoch fwynhau yn y gorffennol yna dewch i gefnogi, a bydd y tocynnau ar werth am £8 wrth y drws. Gallwch weld y Band ar Facebook. Ymholiadau i Barry ar 07877 834133.

Newyddion am Sgamiau

Os ydych yn trafod busnes ar y lein efallai i chi glywed am y dull dau gam o wiri sydd yn cael ei argymhell gan y Banciau. Bydd hwn yn cynnwys eich cyfrinair a rhif cof all fod yn nifer o rifau. Rhai wythnosau'n 'nol' roedd Val am dderbyn galwad wrth ryw sefydliad fel rhan o'r dull dau gam diogel. Gan fod gennym ddyfais i atal galwadau, rhaid oedd i mi ddatgysylltu hwn er mwyn derbyn yr alwad allanol o'r sefydliad. Mwy am hynny maes o law!

Yn syth wedyn dyma alwad ffug yn dod trwyddo sydd yn brawf fod y teclyn yn gwneud ei waith. Felly mae'r BT Premium Call Blocker yn gweithio ac yn cyflawni'r hyn mae e'n honni. Os daw galwad nad yw yn eich Llyfr Ffôn rhaid iddynt ddatgan pwy ydynt ac yna gwasgu'r botwm *.

Ni all galwad wedi ei hawtomeiddio, hyd yn oed un dilys o Fanc wasgu'r botwm * i ddod trwyddo atoch, felly cewch lonydd. Os wna'r galwr roi enw cyn gwasgu'r botwm * yna caiff ddod trwyddo, ond chi sy'n penderfynu o hyd pun a'i chi moyn derbyn yr alwad. Gall galw 'nol' rhif o'r llyfr ffon fod ychydig yn drafferthus ond cyfarwyddwch yn gloi iawn. Pris teg yw hyn i dalu am lonyddwch, oherwydd ar ôl i ni osod y blociwr galwadau gan BT ni chawsom ragor o alwadau ffug a dienw.

Newyddion brys!

Ers llunio'r erthygl hon daeth rhaglen deledu awr o hyd ar Sianel 5 ar Nos Fawrth 26ain o Dachwedd. Yr enw arni oedd Sut i roi terfyn ar eich galwadau di-angen. Dangoswyd fod rhai o driciau'r twyllwyr a'r troseddwyd yn anhygoel e.e. galwadau o gyfrifiaduron, pob math gynllwyniai, gyda rhestrau rhifau ffôn yn cael ei phrynu am y nesaf peth i ddim. I'r rhai ohonoch sy'n gwneud defnydd o'r We dyma raglen gwerth ei gweld. Felly ewch i Sianel 5 ar "Catch-up" - <https://www.channel5.com> Fe ddysgwch wedyn ar shwd i roi terfyn ar eich galwadau diangen. Gan obeithio y bydd hyn o gymorth i chi! Nadolig.

Gobeithio fod hyn o ryw gymorth, felly Nadolig Llawen a Blwyddyn Newydd Dda. Eich cyfaill Dave.

Tenis Bwrdd yn y Neuadd

Mae yna Fwrdd tenis penigamp yng nghwprdd y Neuadd, ac mae rhai ohonom yn bwriadu sefydlu clwb bach anffurfiol yn y flwyddyn newydd. Byddwn yn agored i bob oed beth bynnag ei safon gan gynnwys unigolion sydd hen chwarae erioed o'r blaen. I roi syniad o'r safon i chi, wedi gosod y ford lan, a heb chwarae ers 35 mlynedd, treuliwyd y rhan fwyaf o'r amser yn cwrso'r bel dros lawr y Neuadd.

Prin fod angen atgoffa rhai ohonoch o oed arbennig pa mor werthfawr yw celloedd yr amenydd sydd wedi goroesi. A 'does' na ddim byd yn well iddynt nag ychydig o ganolbwyntio llaw a llygad, a chlonc fach a choffi wrth aros eich tro. Deallaf fod yna rywle ford arall wedi ei rhoi o'r neilltu, un fu'n eiddo i'r Clwb Ieuencid unwaith. Felly os yw'r syniad yn boblogaidd gellir ychwanegu ail fwrdd.

Byddwn yn cychwyn y fenter am hanner awr wedi deg fore Mercher ar y 8fed o Ionawr. Gobeithio eich gweld yno. Mwy o wybodaeth oddi wrth Ann Pettitt, 07884 062540

Dewinwyr Gorllewin Cymru - Dyddiau'r Dyfodol –

Dydd Sul 26ain Ionawr 2020 – Julie Cuil CPH MARH - Profi Alergedd.

Sul 23ain Chwefror Wendy Harding - Cyflwyniad i Sêr- Ddewiniaeth

Mae dewinio yn ymarfer hynod o ddiddorol a hawdd ei ddysgu a gwnaeth darddu o'r Aifft. Dewisa nifer o gwmnïau ddefnyddio dewinwyr i ganfod mwynau, olew a gwifrau trydan. Dewinia rhai pobl am ddiogelwch eu bwyd ac am straen geopathic yn eu hamgylchfyd ond hyd yn hyn agwedd bersonol yw heb gadarnhad gwyddonol. Dewch atom i Neuadd Bronwydd am 1.45 y.p. ac am £6 cewch baned yn y fargen. Does dim angen cyfarpar felly cysylltwch â Sandy ar 01267 253547

CYLCH MEITHRIN BRONWYDD

Mae'r plant wedi bod yn brysur iawn y tymor hwn. Yn yr hanner tymor cyntaf, bu'r plant yn mwynhau gweithio ar y thema " 'Deinosoriaid" ac wedi cael hwyl yn gwneud llawer o weithgareddau gwahanol yn seiliedig ar y thema hon. Roedd y plant wedi mwynhau gwrando ar wahanol storïau, ac yn ymestyn eu sgiliau iaith drwy ail-adrodd y storïau a dod i adnabod y cymeriadau. Roedd y plant wedi mwynhau arbrofi gyda deunyddiau cyffredin a geir yn y gegin i greu effaith llosgfynydd. Cafwyd mwynhad hefyd yn coginio pítsa olion traed deinósor a bisgedi deinósor.

Yn yr hanner tymor hwn, y themau yw Tan Gwylt, Diwali, y Gaeaf, a'r Nadolig. Y llyfr stori am y Nadolig yw "Y Bugail Blin" Mae'r plant wrthi nawr yn paratoi ar gyfer ein Cyngerdd Nadolig ar y 13eg o Ragfyr yn Neuadd Bronwydd. Cynhelir bore coffi i deuluoedd a ffrindiau, a bydd stondinau ar gael i wneud tipyn o siopa Nadolig. Croeso cynnes i bawb. Verona

Cymdeithas Rhandiroedd Llanpumsaint

Blwyddyn dda o gynnydd a llwyddiant i'r Gymdeithas gydag un gorchudd poli wedi ei newid (mwy flwyddyn nesaf), prynwyd offer garddio, rhai at ddefnydd plant, a chynyddwyd y cyflenwad dwr ar y safle. Cynhelir ein Cyfarfod Blynnyddol ar y safle ar ddydd Sadwrn 29ain o Chwefror 2020 am 10.30yb, pan gofrestrir aelodau, hen a newydd. Tal Aelodaeth yw £35 am y flwyddyn gyntaf ond £25 wedyn. Darganfyddais yn ddiweddar, ond eto heb gadarnhaodd fod Ian Fleming, creawdwr yr Asiant Cudd hynny, wedi ysgrifennu llyfrau ar Arddio. Y cyntaf ar chwynnu oedd Doctor Hoe. Yna un ar sut i baratoi'r pridd am y tymor newydd - You Only Dig Twice - ac yn fuan wedyn ei olynydd - Dig another day-. Ysgrifennodd hefyd ar sut i gynaeafu'r cynnyrch gorau o'i goed ffrwythau - The man with the golden plum -. Mae'r diweddaraf yn canolbwyntio ar sut i gynnal gardd lysiau iachus - No time to die -. Er hynny ei lyfr mwyaf dadleuol fu ar sut i arddio yn y nos - yd un o'r uchod. Lleolir y Rhandir ar safle'r hen orsaf drenau go dderbyn a thafarn Y Railwe. Cysylltwch â Keith 253375 neu Ray 253157 am wybodaeth bellach neu ymaelodi.

Clwb Gwili Chwedeg

Ganol mis Tachwedd aeth 37 aelod ar y wibdaith Twrci a Thinsell am bum diwrnod. Aethom i aros yng ngwesty'r Esplanade yn Cei Newydd Cernyw a chael amser hyfryd yno unwaith eto. Buom am deithiau i weld Cei Newydd, Truro a marchnad fewnol Par yn ystod ein hymweliad. Mi wnaeth nifer o'r aelodau wisgo lan mewn dillad ffansi gogyfer a'r parti blwyddyn newydd, a chafwyd tipyn sbort. Ein siaradwr y mis hwn yw sef Ralph Carpenter ac mae'n achlysur arbennig cael un o'n haelodau i annerch. Hwn fydd ein cyfarfod olaf yn 2019 oherwydd rhown flaenoriaeth i'r Daith Ddirgel a'r Cinio Nadolig ar Ddydd Mercher 11eg o Ragfyr.

Daw'r cyfarfod nesaf yn Neuadd Bronwydd ar ddydd Llun Ionawr 27ain pan fydd Jeremy John yn dychwelid i siarad am Awyrenwyr Benywaidd Cynnar.

Bydd cyfarfod Chwefror 24ain yn dathlu Gŵyl Dewi, felly dowch a'ch bowlen a'ch llwy oherwydd fydd y Cawl ag ati'n barod. Er bod ein haelodaeth bellach wedi croesi'r cant mae yna groeso i rai newydd o hyd i ymuno a ni ar y dydd Llun ola' o'r mis bob tro. Y gost yw £7.50 am y flwyddyn a cheir gwybodaeth bellach oddi wrth Val Giles 01267 281194, Ysgrifenyddes; sydd hefyd yn dymuno Nadolig Llawen a Blwyddyn Newydd Dda i bawb.

Clwb Cant Llanpumsaint

Dyma enillwyr Hydref, Tachwedd, a'r un fawr Nadolig ac Ionawr 2020 dynnwyd gan y Pwyllgor Lles a Hamdden yn ddiweddar.

Hydref

£20 - Rhif 91 Ray Davies *** £15 - Rhif 36 John Frandis *** £10 - Rhif 45 Sally Chitty

Tachwedd

£20 – Rhif 18 Wil Fitzsimon *** £15 – Rhif 25 Sandy Mather *** £10 – Rhif 68 Gwen Rees-Jones.

Gwobrau Mawr Nadolig

£100 – Rhif 67 Wayne Goman *** £50 – Rhif 33 Dave Robinson *** £25 – Rhif 68 Gwen Rees-Jones *** £25 – Rhif 72 Carolyn Atkinson *** £15 – Rhif 6 Cathy Williams *** £15 – Rhif 23 David Icke *** £10 Rhif 98 Frorrie Rees *** £10 - Rhif 107 Neville Griffiths *** £10 - Rhif 19 Kevin Mably *** £10 – Rhif 83 Sandra Powell *** £10 – Rhif 17 Sylvia Davies *** £10 – Rhif 40 Dexter Penfold *** £10 Rhif 61 Pamela Jones *** £10 – Rhif 62 Emma Clift *** £10 – Rhif 15 Danny Davies.

Ionawr 2020

£20 – Rhif 83 Sandra Powell *** £15 – Rhif 17 Elsie Jones *** £10 – Rhif 89 Carolyn Smethurst. Llongyfarchwn yr holl enillwyr gan gydymdeimlo a'r gweddill o'n haelodau. Yn ôl yr arfer ni fyddwn yn tynnu yn Chwefror, ond byddaf yn gwneud y cyfrifon ac yna dechrau casglu tanysgrifwyr (£12) i'r cyfnod nesaf fydd yn cychwyn ym Mawrth 2020. Diolch am y gefnogaeth hyd yma. Cofiwch fod yr holl elw yn mynd i'r Pwyllgor Lles ac Adloniant, at gynnal a chadw 'r Cae Chwarae, Lle Chwarae'r plant a chyfarpar arall.

Eleni cawsom 112 aelod ond fy nod yw cyrraedd 120. Felly croeso i aelodau newydd – rhowch ganiad ffon i fi ar 01267 253524 unrhyw bryd. Yn y cyfamser dymunaf Nadolig bendigedig a Blwyddyn Newydd iachus a hapus.

Derick Lock – Trysorydd Y Clwb Cant

Adfer Tirwedd Rhaglywiaeth yn y Gerddi botaneg Genedlaethol Taith yr Het Galed

Dewch i ymuno a gweithlu'r fenter mewn taith het galed i'r gwaith adfer o amgylch y llyn. Cewch ddysgu mwy hefyd am barcdir hanesyddol Syr William Paxton a chael golwg diweddaraf ar gynnydd y cynllun Adfer Tirwedd Rhaglywiaeth.

Bydd y daith ddwy awr yn dechrau am 11yb o ochr orllewinol y Tŷ Gwydr Mawr. Gwisgwch yn gadarn am eich traed oherwydd i'r dirwedd fod yn anwastad mewn mannau. Oherwydd bod cyfyngu ar y niferoedd ffoniwch 01558 667157 neu Joanne Evans@gardenofwales.org.uk <<mailto:Evans@gardenofwales.org.uk>> er mwyn sicrhau lle. Dyddiau'r ddwy daith yw, bore dydd Mawrth 10fed Rhagfyr 11yb - 1yp neu fore Mercher 18fed Rhagfyr 11yb - 12.30yp.

Gallaf argymhell y teithiau yma'n llwyr. Mae'r gwaith adfer y dirwedd a'r llynnoedd bron wedi ei gwblhau, ac yn nodedig. Gwelir y rhaeadrau'n disgyn a'r gwaith cerrig wnaed pan luninyd y gwreiddiol yn rhoi gwefr. Cofiwch ddod a'ch camera! Carolyn Smethurst

Rhaglen Gweithgareddau Cymdeithas Rhieni ac Athrawon Llanpumsaint

Codi Arian yn haws -- Os ydych yn siopa ar y We gallwch helpi' godi arian i'r Gymdeithas drwy gofrestru yn www.easyfundraising.org.uk/causes/llanpumsaintpta neu gysylltu ag Emma Brown. Os oes 'na rywun yn gallu

Y Newyddion o Glafdy Skanda Vale

I gyflwyno fy hunan, Nicky yw fy enw, a fi yw'r Cydlynnydd Gwirfoddolwyr Clinigol newydd yng Nghlafdy Skanda Vale yn Saron. Rydym yn wasanaeth rhad dan arweiniad Nyrsys sy'n gofalu am oedolion yn diodde' o afiechyd terfynol 'Rwy'n byw 'n lleol ac wedi bod yn rhan o'r Tîm Gwirfoddoli am flynyddoedd.

Flwyddyn nesaf rydym yn bwriadu cynyddu ein gofal, felly 'rwy'n cenhadu am galonnau cynnes a dwylo parod er mwyn gwireddu ein nod. Hoffwn glywed wrthoch pun a'i oes cefndir gofal neu nyrsio gennych neu beidio. Y Tîm Gofal sydd brinnach o ddwylo, ond mae gennym nifer o gyfleoedd eraill, o gadw cwmni, i goginio neu gyrri, bod yn y dderbynfa neu arddio. Cariad yw'r nod fan hyn, ac mae'n anrhydedd a phleser i weithio mewn lle mor arbennig law yn llaw ac unigolion syfrdanol mor hael eu hamser a'u hymdrech Felly os hoffech ymuno a ni dewch mewn cysylltiad.

Cyflwyno Diwrnod Ymaelodi – 25ain Ionawr 2020 – 10yb – 4 yp

Felly ydych chi neu ffrind am wireddu aduniad blwyddyn newydd dewch atom ar y dydd hwnnw. Yn y cyfamser os ydych am fynd ati i goginio rhywbeth cynnes at y tywydd oer gall ein llyfr coginio Appcloud fod o gymorth, ar gael o Google neu Apple. Daeth yr ysbrydoliaeth oddi wrth ein sylfaenydd oedd yn dipyn o law ar y coginio, yn hoff iawn o baratoi bwyd i westeion. Beth bynnag fyddai'r pryd yr oedd e' bob amser yn datgan mae cariad oedd y cynhwysyn pwysica', a gwelir ei hoff resaits ar Appcloud. Aiff pob elw at y Clafdy.

apps.apple.com/ap/id1317015392

play.google.com/store/apps/details?id=com.skandroid.cookbook&hl=en.GB

Diolch am ddarllen a dymuniadau cynnes iawn oddi wrthon ni gyd.

Nicky Gilbert 01559 371222 nicky.gilbert@skandavalehospice.org

Credyd Pensiwn - Sicrhewch eich bod yn derbyn yr hyn sy'n ddyledus i chi

Fel **Comisiynydd Pobl Hŷn Cymru**, rydw i wedi gweld y gwahaniaeth cadarnhaol y gall Credyd Pensiwn ei wneud i fywydau pobl hŷn ond bob blwyddyn mae miloedd o bobl hŷn yng Nghymru'n colli miliynau o bunnoedd o hawliadau ariannol sydd heb eu hawlio.

Os yw eich pensiwn wythnosol yn is na £167.25 (£255.25 i gyplau), efallai eich bod yn gymwys am Credyd Pensiwn, sy'n ychwanegu at eich incwm ac yn datgloi ystod o hawliau eraill, megis disgownt ar y dreth gyngor, triniaeth ddeintyddol am ddim a chymorth gyda chostau tai. Efallai y bydd gennych hawl i Credyd Pensiwn hyd yn oed os oes gennych eich cartref eich hun neu gynilion ac incwm arall. Ffoniwch y llinell hawlio Credyd Pensiwn nawr i sicrhau eich bod yn derbyn yr hyn sy'n ddyledus i chi!

 0800 99 1234

Cyfartaledd y Credyd Pensiwn sy'n cael ei dderbyn gan y rhai sy'n ei hawlio yw £58 yr wythnos, a allai gynyddu eich incwm gan gymaint â £3,000 y flwyddyn!

Mae'n hawdd iawn hawlio Credyd Pensiwn - dim ond gwneud galwad ffôn. Byddwch angen eich rhif yswiriant gwladol, eich manylion banc a gwybodaeth ynghylch eich incwm a chynilion. yna rhowch wybod i Becky James 01267 253560

Curad Calon Llanpumsaint

Dyma'r criw bach fu'n gyfrifol am sefydlu 4 Adfywiwr mewn 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

Caersalem, Llanpumsaint

‘O, deuwwch, ffyddloniaid...’ Cwrdd carolau dwy-ieithog Rhagfyr 22ain am 2pm

Eleri Morris 253895

Gwasanathau Capel Nebo

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

Capel Ffynnonhenri

Dyma fanylion y gwasanaethau am fisoedd Rhagfyr 2019, Ionawr a Chwefror 2020

Rhagfyr 15 2019 Gwasanaeth Nadolig am 1.30 y.p.

Ionawr 5 2020 Cwrdd Gweddi dechrau'r flwyddyn am 2.00 y.p.

Ionawr 19 2020 Cymundeb am 2.00 y.p. Parch Huw George

Ionawr 26 2020 Gwasanaeth Undebol yn y Graig, C.N.Emlyn am 5.00 y.p. Parch Alwyn Daniel

Chwefror 2 2020 Gwasanaeth am 2.00 y.p. Mrs Dwynwen Teifi

Chwefror 16 2020 Cymundeb am 2.00 y.p. Parch Huw George

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

Cór Llanpumsaint a'r Cylch

Mae dathlu'r 40 wedi dechrau. Ar nos Fawrth Hydref 29 2019 cynhaliwyd Swper y Dathlu yn Neuadd Goffa Llanpumsaint. Cafwyd noson i'w chofio gan i dros 100 o fobl eistedd i gael bwyd. Roedd yr adloniant gwych o dan ofal Band Ukelele Caerfyrddin a chafwyd canmoliaeth mawr i'r bwyd a'r adloniant. Yng ngofal y bwyd oedd Steve a Ros Evans Penbompren. Bwyd o'r safon uchaf fel arfer. Y digwyddiad nesaf fydd Cyngerdd y Nadolig yn Neuadd Bronwydd ar nos Sadwrn Rhagfyr 7 2019 gyda Dawnsyr Talog, Aelwyd Hafodwennog, Clybiau Ffermwyr Ifanc Penybont a Chapel Iwan a'r Cór. Dylai fod yn noson i'w chofio. Ar Chwefror 1 2020 byddwn yn cynnal ein Cyngerdd Blyneddol yng Nghapel y Tabernacl Caerfyrddin i ddechrau am 7.30 y.h. Gwyn Nicholas fydd yn arwain gyda Jeffrey Howard wrth yr organ. Hefyd yn ymddangos gyda'r Cór bydd Rhodri Prys Jones, Steffan Jones, Guto Jenkins a Gwen Morris. Fe fydd y tocynnau ar werth dechrau 2020.

Ar ddiwedd mis Mawrth 2020 fe fyddwn yn teithio i ardal Brighton i gynnal cyngerdd (a mwynhau peth hefyd) ar y cýd gyda Chór Andrew Rees (cyn-aelod o'r Cór). Ac i orffen y dathlu bydd gennym Ginio'r Dathlu ddechrau mis Mehefin 2020 (dyddiad i'w gadarnhau) ym Mhantyrathro, Llangain. Mae'r digwyddiad hyn yn agored i aelodau presennol a chyn aelodau o'r Cór. Ceir mwy o fanylion am y digwyddiad hyn yn yr argraffiad nesaf o Lais y Pentref.

Gofal Traed

Dyma ddyddiadau'r ddau glinig nesaf yn y Neuadd Goffa am 10 o'r gloch y bore ar y a

Dylai cleifion newydd gysylltu a Gary Robinson yn ystod yr wythnos rhwng 6 a 8 y.h. ar 07789 344488 fel y dylai cleifion cyfredol sydd yn dymuno canslo eu hapwynytiadau. (gofynnir am rybudd o leiaf 24 awr, plis).

Cyngor Cymuned Llanpumsaint

Phil Jones 01267253512, clerk@llanpumsaint.org.uk/communitycouncil

Clwb Bowlio Dan-Do Llanpumsaint a Nebo

Rhyw gychwyn cymysglyd fu hi i'r tymor hwn, ennill dwy, cyfartal mewn dwy a cholli 4, sy'n ein gadael yn yr wythfed safle yn y Gynghrair. Gellir gweld y canlyniadau llawn ar ein gwefan

www.llanpumsaintsmbc.org.uk <<http://www.llanpumsaintsmbc.org.uk>> gyda'r manylion i gyd. Mae 'na dair gem i'w chwarae cyn Nadolig, dwy adre' ac un i ffwrdd.

Cafodd ein Capten gychwyn bendigedig i'w dymor ef. Mi gofiwch i'r Llais y Llan flaenorol adrodd iddo gipio'r Tlws Efydd yng Nghystadleuaeth Iwerddon yn Belfast. Yna daeth yn bedwerydd yn gystadleuaeth Bedwarawd y Siroedd, yn cyd-chwarae gyda Gethin Edwards a dau o Bontargothi. Ymlaen i Dachwedd a dyma fe'n ennill Cystadleuaeth Unigol y Sir am yr ail dro, yn gyntaf o 64 ymgeisydd. Arbennig! Yna cipio'r ail safle yn y Parau Sirol gyda Gethin Edwards. Aeth Aled ymlaen gynrychioli Cymru yng Nghystadleuaeth Prydain yn Aberdeen yn Tachwedd a chyda Dafydd Howell o Bontargothi coronwyd y ddau yn bencampwyr Y Parau wedi gorchfygu cystadleuwyr brwd o Iwerddon, Yr Alban a Lloegr. (Gwelir y llun ar yr ail dudalen).

Croeso i chwaraewyr newydd rhwng 11 a 99 oed, ac mae gyda'm hyfforddwyr profiadol wrth law i estyn cymorth. Gwybodaeth bellach oddi wrth y Cadeirydd Derick Lock 01267 253524 neu'r Ysgrifenyddes Jill Edwards 01267 253474

Eglwys Llanpumsaint

Bob Dydd Mawrth 2 – 3.30yp – Cylch y Pentre' – Eglwys Llanpumsaint.

Sul 1af Rhagfyr – 10yb Eglwys Sant Celynin – Gwasanaeth Pob Oed

Sadwrn 14eg Rhagfyr – 10 – 12yb Marchnad Misol Festri Llanllawddog

Sul 15fed Rhagfyr - 10yb Gwasanaeth Carolau Eglwys Llanllawddog

Mercher 18fed Rhagfyr 3.30 – 5yp - Eglwys Agored Llanpumsaint

Sul 22ain Rhagfyr - Gwasanaeth Preseb - Eglwys Llanpumsaint

Sul 22ain Rhagfyr – 6yh – Gwasanaeth Carolau – Sant Celynin Bronwydd.

Mawrth 24ain Rhagfyr - Noswyl Nadolig - Gwasanaethau Cymun

7yh Llanllawddog -

9yh Llanpumsaint - 11yh Celynin

Iau 16eg Ionawr 2020 - 3.30 – 5yp Eglwys Agored - Llanpumsaint

Sadwrn 25ain Ionawr – Gwasanaeth Coffa'r 'Holocaust' – Eglwys Llanpumsaint.

Tra'n ysgrifenni hyn ar y 12fed o Dachwedd mae'r paratoi am Y fodiad a'r Nadolig yn prysuro. Bydd rhai ohonom yn edrych ymlaen at y Nadolig ond i eraill gall fod yn gyfnod anodd, oherwydd argyfwng ariannol, neu rwyg teuluol neu gystudd efallai. Hoff ddelwedd y cyfryngau yw portreadu'r Nadolig y darlun rhamantus o deulu hapus o gwmpas bwrdd toreithiog o fwyd. Hyd yn oed i ni'n sy'n edrych ymlaen at y dathlu gwyddom na fydd popeth yn cwmpo i'w le yn berffaith. Mae stori'r Enedigaeth ein hatgoffa nad ydym yn byw mewn byd perffaith. Dewisodd Duw anfon ei unig anedig fab atom nid yng ngwisg tywysog milwriaethus na rhyw frenin mewn plasty crand. Ond fel babi bregus a aned mewn stabl ymhell o adre'. Felly 'roedd y Nadolig cynta' hwnnw ymhell o fod yn berffaith.

Ar gyfartaledd bydd oedolyn yn y wlad hon yn gwario £868 ar ddathlu'r Nadolig, ond daeth Crist i fyd amherffaith i danlinellu pwysigrwydd pethau eraill na all arian eu prynu, sef cariad, caredigrwydd, cymuned a chyfathrach a Duw. Os allwn weithredu ar hynny'r Nadolig hwn, ni wnaeth ein byd yn berffaith, ond gellir gwella pethau, a chodi calon o argyfwng. Os dewch i'n heglwysi adeg yr Ŵyl bydd yna groeso i chi. Dewch fel chi'n dewis, sÿm un o'n berffaith. Beth bynnag eich amgylchiadau gallwch ddarganfod yma gariad, garedigrwydd a chymuned drwy'r flwyddyn oll.

Gan ddymuno i chi gyd Nadolig dedwydd - Y Parch Gaynor

Ceir manylion am wasanaethau a gweithgareddau ar ei Gwefan

Rev'd Gaynor j_gaynor@hotmail.com , mobile 07796049509, Vicarage 01267 253158/

Y flwyddyn 1919 - Wedi'r holl ddagrau a'r galari mewn mynwentydd lleol i'r milwyr a gollwyd, daeth llawenydd yn hanner cynta'r flwyddyn 1919. Cynhaliwyd nifer o gyngherddau ddathlu i groesawu'r byw yn ôl o'r rhyfel erchyll. Credwch neu beidio dychwelodd 13 i blwyf Llanpumsaint. Y cyntaf i fwynhau ei gyngerdd yn yr ysgol (byddai rhaid aros ugain mlynedd arall cyn cael neuadd), oedd Dafï Jones Penllwynuchel Nebo, a chasglwyd swm anrhydeddus iawn o £14-13s- 3c iddo, ar y noson honno ar y 10fed o Ionawr. Yn fuan wedyn clywyd bloeddio llawen o gyfeiriad yr orsaf wrth i'r bechgyn lleol groesawu Gwyn Morris, newydd ei rhyddhau o garchar hir amser yn yr Almaen. Mab y cyn- Ysgol Feistr Griff Morris a brawd hynaf Emrys laddwyd yn Ffrainc. Cyngherddau eto yn Chwefror, yn gyntaf i John Davies Tir-bach Bronwydd, ac wedyn i Johnny Lewis Station House a Tom Edwards Pen-y-bont wrth iddynt gyrraedd. Yr oedd yr olaf yn frawd i'r enwog William Edwards, Garej ac wedyn siop chwaraeon yng Nghaerfyrddin. Cyn diwedd y mis 'roedd yr adroddwyr, y cantorion a'r plant 'nol wrth eu gwaith yn yr ysgol, wrth i Lewis Jones Cerrigbychain, Tom Lewis, 'nol o'r Llynges, a B Jones gynt o Lanrafon, gasglu eu rhoddion. Gwelwyd yr ysgol yn orlawn unwaith eto ddechrau Mawrth wrth i bedwar arall ail ymuno a'r gymuned. Daeth Thomas Bowen Cwmeion, i fod yn wyneb cyfarwydd am ddegawdau ar ôl hynny, y dyn Post Gwledig oedd yn byw mewn tŷ heb do. Willie Thomas Gladstone Hall, W Bishop Llethr a D Rees Teras Gwili, oedd y tri arall anrhydeddwyd y noson honno. Ddiwedd mis Mai dychwelodd cymeriad unigryw arall, sef Tom Tomos Tafarn y Railwe, fu wedyn am flynyddoedd yn dosbarthu glo o'r orsaf yn ei drap a'i gaseg enwog Polly. Daeth penllanw i'r holl weithgareddau pan gynhaliwyd Diwrnod Dathlu Heddwch ym mis Gorffennal. Te mawr yn yr ysgol, gorymdaith drwy'r pentre', chwaraeon a chystadlu ar gae'r Felin, rhagor o De wedyn, cyn y cyngerdd mawreddog gyda Chôr enwog Llanpumsaint gan arweiniad Ben Daniels Gerwyn Villa yn ben ar y cyfan. Wedyn ar y Sul Cwrdd Gweddi Cyd- Enwadol i'r holl gapeli ac eglwysi yn Bethel i ddiolch i Dduw am heddwch. Ac 'roedd gwell i ddod i'r Côr yna wrth iddynt osod Llanpumsaint ar y map cenedlaethol, drwy ennill y Brif Gorawl yn Eisteddfod Genedlaethol Caerfyrddin. O flaen cynulleidfâ o filoedd gorchfygwyd 6 Côr arall i ennill yr ugain punt. Ond i Ben Daniels 'roedd y clod a'r anrhydedd yn llawer mwy na hynny. Cyn cloi'r mwdwl ar y rhyfel rhaid nodi pa mor gefnogol fu'r gymdeithas wledig i'r milwyr wrth iddynt ddychwelid. Mewn cyfnod anodd wedi holl gwtogi'r rhyfel, ac mewn llai na chwe mis, aeth y dwylo'n aml i bocedi hael. Casglwyd ar gyfartaledd o gwmpas naw i ddeg punt yr un i'r tri a'r ddeg wnaeth gyrraedd adre, ac ar ben hynny daeth £55 arall i law ddydd Dathlu'r Heddwch. Da iawn chi! Rhaid nodi un peth arall. Er i nifer ohonom adnabod a chyfeillachu gyda'r milwyr wnaeth ddychwelid dros ddegawdau wedyn, ni fu'r rhyfel honno'n bwnc trafod. Gwell gan bawb anghofio hoff erchylltra, y diodde' a'r gwastraff bywyd diangen. Taw Piau! Mae'r newyddion arall am y flwyddyn honno'n amrywiol. Bu raid ail-hysbysebu am Swyddog Meddygol i Cynwil a Llanpumsaint oherwydd bod yr enwog Doctor Yorath yn symud i Bontyberem. Dywedodd y Doctor fod yr hewl i Gynwil mor wael nes iddi strywo tri motor beic iddo. Heol beryglus hefyd, oherwydd mi foelodd trap a phoni dwy ferch gan dorri dysenni o wyau oedd ynddo. A chi'n gwbod pwy o'n nhw? Dwy ferch y Gweinidog a'r emynydd Elfed o Flaen-y-coed, 'nol yn ymweld â'r ardal o Lundain. Chetho'n nhw ddim dolur, ond fuodd Gof Trelech yn llai lwcus. Fe'i lladdwyd pan folltiodd ei geffyl i foelyd y gambo. Yna digwyddiad arall, ar hewl Llanpumsaint ger Ffosmaen a Helfa Hall. Bu rhyw gaffyfl rhwng y car modur oedd yn cludo Bronwen Thomas i'w phriodas yn dre, gyda chart a cheffyl. Cyrhaeddodd y briodferch yn hwyr iawn, druan o'r priodfab! Wrth anelu at ddal y trê'n 'nol i Landysul cwmpodd Anne Mathias 76 oed yn farw ger gorsaf Llanpumsaint. Newydd fod yn ymweld â'i rhieni, 88 ac 93 oed yn Llanllawddog, credwch neu beidio!

Daeth sawl fferm ar y farchnad y flwyddyn honno. Gwerthwyd ystâd Ffosmaen, oedd yn cynnwys Llwyniar, Gwarcwm a Manbras (Panteg wedyn) am £2,800. Ond penderfynwyd ail hysbysebu Pantyfedwen a'i deunaw erw, er y bu cynnig 0 £700 amdani. Daeth Pengraigyrystum yn Nebo a Pistyllgwyn yn Bronwydd hefyd ar y farchnad. A phan ddaeth hi'n hydref gwelwyd sawl arwerthiant ar sawl clos wrth i ffermydd newid dwylo, Glancorwg yn Llanpumsaint a Fferm Cwmdwyfran uwchben y pentre' hwnnw. Newyddion da hefyd wrth i Gyngor Caerfyrddin gytuno i osod pont dros yr afon ger Glanryrnyys, pont sydd wedi dychwelid i'r newyddion yn ddiweddar. Gyda llaw, os i chi wedi gweld par hynafol o hen ddanne dodi rhywle ar y ffordd sha Bronwydd, ffoniwch y Jyrnal. Cynigodd y perchennog wob'r ariannol am ei ffeindio yn Medi 1919.

Arwyn 2019



Village Voice December 2019

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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

As we reach the end of another year, it is time to reflect on the residents who have moved from the village, and those who passed away in 2019. 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 enjoy living in our village and will support the many activities throughout the year.

We wish everyone in the village a Merry Christmas and a happy and healthy 2020, and we hope to see you at village events through the year. Carolyn Smethurst, Llanpumsaint Community Information Exchange

Brechfa Forest West Wind Farm Community Fund provides some funding for Village Voice

Santa's Grotto  *Grotto Sion Corn*

GORYMDAITH NOSWYL NADOLIG SION CORN

Dechrau yn Nant yr Ynys am 1 yh, Rhagfyr 24^{ain}, a gorffen yn Neuadd Llanpumsaint



CHRISTMAS EVE SANTA PARADE



Start at Nant yr Ynys at 1pm, December 24th, and finish at Llanpumsaint Hall

*Te a Choffi
Mins Peis*



*Tea & Coffee
Mince Pies*

Proceeds towards Special Care Baby Unit (SCBU), Glangwili Hospital and Llanpumsaint Welfare & Recreation Association (The Park)
 Eiw tuag at Uned Gofal Arbennig Babanod, Ysbyty Glangwili a Chymdeithas Lles & Hamdden Llanpumsaint (Y Parc)



CWNFEST
Gŵyl Cŵn/Dog Festival

Xmas BINGO

10/12/2019
7:00pm

**AT RAILWAY INN,
LLANPUMSAINT**

£15pp 10 GAMES with CURRY & CHIPS
 & One for the road Game.
 Winner takes all cash prize
cwnfesthogmail.com



Te, coffi, cacen
Tea, coffee and cakes

**Eglwys
Llanllawddog**



**Marchnad Fisol
Monthly Market**



**Ail Sadwrn bob mis
Second Saturday every month
10-12am**

10/08/19, 14/09/19, 12/10/19

**Neuadd Llanllawddog
Llanllawddog Church Hall.**

**Crefftwyr Lleol a nwyddau
Local crafts and produce**

**Bric a brac
Llyfrau/ books**

I gael stondin (£5), cysylltwch â
If you require a stall (£5), contact
Fran.j.dixon@btinternet.com
078 151 47239



Aled Edwards & Dafydd Howells



Arwyn Thomas at

Tenovus Carmarthen, after presenting a cheque for £2,000.
Collected from numerous contributions and sales of books



Restored Dam and Lake, slowly refilling
Botanic Garden



Carmarthen Ukulele Band at Hollybrook – Good
time was had by all!



With a combination of woody debris and plastics, sometimes the fish
simply cannot get through to reach the good spawning gravels!

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

Every Monday and Thursday from September 2nd Short Mat Bowls 7.30 – 9.30 Memorial Hall

Every Tuesday 2.00 – 3.30 Village Circle Llanpumsaint Church

Every Tuesday 'Fitness Fun' at the Memorial Hall at 6.30 pm. £4 per 1-hour session.

Every Wednesday Steak Night at the Railway Inn 01267 253643

Every Wednesday 10.45- 11.45 Mobile Library outside Memorial Hall, details 224830

Every Thursday 2.00 - 3.00 Fitness for 50+ Ladies Bronwydd Hall from 12th September

Every Tuesday 2.00 – 4.00 and Friday 1.00 – 3.00 Mobile Post Office, layby Bryn y Wawr

Every Friday 11.15 – 12.15 Mobile Post office Outside Bronwydd Hall

Every Third Monday – Merched y Wawr Memorial Hall

Every Friday 10.00 – 12 noon Ti a Fi sessions Cylch Meithrin Bronwydd Hall

Every Second Saturday in the month, Monthly Market 10 – 12 Llanllawddog Church Hall

December 10 Tuesday 7.00 Bingo At Railway Inn

December 11 Mystery Trip/Christmas Dinner Club Gwili 60+

December 11 Wednesday 10.00 Foot Clinic Llanpumsaint Memorial Hall

December 13 Friday Cylch Meithrin Christmas Concert & Coffee Morning Bronwydd Hall

December 15 Sunday 1.30 Christmas Service Ffynnon Henri Chapel

December 18 Wednesday 3.30 – 5.00 Open Church Llanpumsaint

December 22 Sunday 11.00 Crib Service Llanpumsaint Church

December 22 Sunday 2.00 Bi-lingual Carol Service Caersalem

December 22 Sunday 6.00 Carol Service St Celenin Church Bronwydd

December 24 Tuesday 1.00 Santa Parade from Nant yr Ynys

December 24 Tuesday Services 7.00 Llanllawddog, 9.00 Llanpumsaint, 11.00 St Celynin

December 29 Sunday 8.00 Quiz Hollybrook Inn

January 7 Wednesday 10.30 Table Tennis Memorial Hall

January 15 Wednesday 8.00 Community Council Meeting Memorial Hall

January 16 Thursday 3.30 – 5.00 Open Church Llanpumsaint

January 22 Wednesday 6.30 Public Meeting re Shop Survey Memorial Hall

January 25 Saturday 10.00 – 4.00 Volunteer Day Skanda Vale Hospice Saron

January 25 Saturday 10.30 Holocaust Memorial Service Llanpumsaint Church

January 26 Sunday 1.45 West Wales Dowsers Bronwydd Hall

January 26 Sunday 8.00 Quiz Hollybrook Inn

January 27 Monday Clwb gwili 60+ 2.00 Bronwydd Hall

February 1 Saturday Annual Choir Concert Tabernacl Chapel Carmarthen

February 5 Wednesday 10.00 Foot Clinic Llanpumsaint Memorial Hall

February 14 Friday 7.30 Vintage Dance Bancyfelin Village Hall

February 23 Sunday 1.45 West Wales Dowsers Bronwydd Hall

February 23 Sunday 8.00 Quiz Hollybrook Inn

February 24 Monday Clwb gwili 60+ 2.00 Bronwydd Hall

February 29 Saturday 10.30 Annual General Meeting Allotment Association at Allotment Site

March 18 Wednesday 10.00 Foot Clinic Llanpumsaint Memorial Hall

Llanpumsaint Memorial Hall – to book phone Celt Thomas on 07944793133 or through email

Llanpumsaintmemorialhall@gmail.com

SANTA PARADE CHRISTMAS EVE

- The Parade will include Santa on his Sleigh with his helpers.
- It will start from Nant Yr Ynys at 1.00 P.M, then on to The Railway Inn, Bryn Y Wawr, Penbontbren, Llandre View, The Church, Bro Cerwyn and Parc Celynin.
- Carols will be sung at each stop and bucket collections will be made.
- The Parade will end at the Memorial Hall where Santa will receive the children and present them with a gift. Those children taking part in the Parade will see Santa first.
- Refreshments will be available in the Hall (tea, coffee, squash, mince pies, cakes) £1 for a drink and cake.
- A raffle will be held and tickets will be sold at £1 a strip.
- Proceeds from the bucket collection, the raffle and refreshments will be shared between the Welfare and Recreation Association's nominated charity: Special Care Baby Unit, Glangwili Hospital and the Association for the maintenance and upkeep of the village playing field.
- Grateful thanks to Mathew Jones for sponsoring the event.

A Community Shop for Llanpumsaint - your views are needed!

As some of you will already know, a group of residents have been exploring the idea of a community shop for the village. We have recently secured funding from the Brechfa Wind Farm Community Fund to employ a consultant (Roxanne Treacy of Redford Research) to look in more detail at what this would entail, how the community would use it and potential sites.

A survey has been created as the first step. We need to know your views on what might be provided and what would receive your support. Please be as honest and realistic as possible in your answers! Your response will be treated in confidence as it is entirely anonymous, unless you wish to add your name at the end.

How to complete the survey

The survey only takes a few minutes to complete online and you can do so by visiting this link:

<https://forms.gle/Wx85mJTvUVZNb77FA> The survey will close on January 10th 2020

Results of the findings will be published and presented to a public meeting on Wednesday 22nd January at 6.30pm at Llanpumsaint Memorial Hall. All are welcome to attend.

Many thanks in advance for your co-operation and we look forward to sharing our progress with you.

If you would like to receive a hard copy of the survey, or for more information, please contact Roxanne: **roxtreacy@icloud.com** or 07972 924 945

Vintage Dance – No Mean Biscuit

After many years of holding a food and dance event in Llanpumsaint in January or February, next year's vintage dance with "No Mean Biscuit" band will be a Valentine's Day dance on Friday 14th February at 7.30 in Bancyfelin Village Hall. It will be different from the events previously held in Llanpumsaint hall around the beginning of each year because we are asking people to bring their own food and drink. This will allow more time for music and dancing. There will be a raffle as usual and proceeds from the evening will go to a worthy charity. Please come along if you have enjoyed the events before. It will cost £8 per head on the door. You can see the band on their Facebook page. Enquiries please ring Barry 07887 834133

Head to Toes Footcare The next sessions in the Memorial Hall are on Wednesdays, February 5th and March 18th. New clients should contact Gary Robinson any weekday evening between 6 – 8pm on 07789344488, as should any existing client wishing to cancel (at least 24hrs notice, please)

West Wales Rivers Trust – ‘Adopt a Tributary’ project We Need Your help!

With funding from NRW and DwrCymru/Welsh Water, the West Wales Rivers Trust begun work in July 2019 on a catchment scale project within the Tywi to improve the access for migratory fish to important spawning tributaries in this once great fishing river.

This project is a response to the worrying decline in numbers of Atlantic Salmon and Sewin (Sea Trout) that have been recorded over many decades. While there are efforts to mitigate pressures out at sea, in the estuaries of Welsh rivers, and improve water quality in general, the IUCN and fisheries bodies cite habitat improvement works are very important to increase the Fry to Smolt (young to sub adult) stages of the fish life cycle. This in turn boosts the number of returning fish in the following years.

The work being promoted by the Trust is ideally suited to Citizen Science projects based in the communities found in the headwaters of the spawning streams. Over this winter we hope to be undertaking some tree planting in the area around Llanpumsaint as well as mapping invasive species and barriers, so there is something for everyone to get involved with!

Anyone keen to help over the winter/spring is welcome to contact me at: ieuan@westwalesriverstrust.org

LLANPUMSAINT & NEBO SHORT MAT BOWLING CLUB

The Club has had a mixed start to the season with 2 wins, 2 draws and 4 losses and are sitting in 8th place in the league. The full results can be seen on our website www.llanpumsaintsmbc.org.uk where you will find up to date information. There are 3 more matches to be played before the Christmas break – 2 home and 1 away.

Our Club Captain Aled Edwards has had an excellent start to the bowling season. In the last Village Voice it was reported that he had won the Bronze Medal in the Irish Open in Belfast in September, he followed that up with a fourth place in the County Fours Competition playing alongside Gethin Edwards and 2 members of Pontargothi SMBC. He won the County Singles Competition for the second time at the start of November, with 64 entries this was an excellent achievement and came runner up in the County Pairs Competition with Gethin Edwards.

Finally, Aled represented Wales in the British Isles Championships held in Aberdeen in November and, with Dafydd Howell of Pontargothi, was crowned the British Isles A Series Pairs Champion beating strong players from Ireland, England and Scotland. (See photo on second page)

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

TABLE TENNIS IN THE HALL!

There is now a lovely table tennis table stored in the cupboard in the Village Hall. A few of us are intending to start a small informal club in the New Year, open to all ages and all abilities including those of you who have never played it before. To give you an idea of our level of ability, when we put the table in the hall and had a go (after 35 years of not playing), we spent most of our time chasing the ball across the floor. This is just one of the ways that playing table tennis can keep you fit!

I probably don't need to remind those of you of a certain age, how precious those remaining brain cells are. And there's nothing gives them more nourishment than a bit of concentrated hand-eye co-ordination, a bit of chat, laughing at our efforts, and maybe some coffee to drink while waiting for a turn. There is, somewhere in storage I've been told, a second table which used to belong to the youth club. So, depending on the popularity of this idea, we could increase the number of tables.

We'll start our ping-pong at 10.30 a.m. on Wednesday 8th January. Hope to see you then. Please contact me for more details. Ann Pettitt, 07884 062540

Llanpumsaint Allotment Association

Another good year for progress at the allotment site with one polytunnel cover replaced (more next year), garden tools purchased (including for childrens' use) and increased on site water storage.

The Allotment Association's Annual General Meeting will be held at the allotment site on Saturday 29th February 2020 at 10.30am, when existing and any prospective members register for the current year. Membership is £35 for the first year with an annual fee of £25 thereafter.

I have recently discovered, although yet to be independently verified, that Ian Fleming, the creator of the most famous British secret agent, was a keen gardener who penned several guides to good gardening. His first was a rather clinical guide to weed suppressant - Dr Hoe. This was followed by how to prepare soil for the growing season - You only dig twice- and quickly followed by a second version - Dig another day. He also wrote about how he maximised his fruit tree yields - The man with the golden plum. His very latest volume concentrated on maintaining a healthy herb garden - No thyme to die. However his most controversial book was a guide to gardening at night - Moonraker. None of the above were ever published.

The allotments are located in the old station yard opposite the Railway Inn. You can contact Keith (tel: 253375) or Ray (tel: 253157) to join or for further details.

LLANPUMSAINT 100 CLUB The draws for the months of October, November, the Grand Christmas Draw and January 2020 were all made at the recent Welfare and Recreation Association's meeting as follows:-

OCTOBER £20 No. 91. Ray Davies (Mrs.), £15. No. 36 John Francis, £10. No. 46. Sally Chitty

NOVEMBER £20. No. 18. Will Fitzsimon, £15. No. 25. Sandy Mather, £10. No. 68. Gwen Rees-Jones

GRAND CHRISTMAS DRAW £100. No. 67. Wayne Goman, £50. No. 33. Dave Robinson, £25. No. 68. Gwen Rees-Jones, £25. No. 72. Carolyn Atkinson, £15. No. 6. Cathy Williams, £15. No. 23 David Icke, £10. No. 98. Florrie Rees, £10. No. 107 Neville Griffiths £10. No. 19. Kevin Mably, £10. No. 83. Sandra Powell, £10. No. 17. Sylvia Davies £10. No. 40. Dexter Penfold, £10. No. 61. Pamela Jones, £10. No. 62. Emma Clift, £10. No.15. Danny Davies

JANUARY 2020 £20. No. 83 Sandra Powell, £15. No. 37. Elsie Jones, £10. No. 89. Carolyn Smethurst
Congratulations to all the above and commiserations to us unlucky Club members!!!

As usual, there will be no Draw in February whilst I do my end of year report and begin collecting subscriptions for the 12-months commencing next March (£12 p.a.).

Thank you all for your continued support. Remember, all profits are given to the village's Welfare and Recreation Association to help towards the upkeep and maintenance of the Playing Fields, the Play Area and other equipment.

This year we had 112 members. My target for 2020 is to sell all the available 120 numbers.

New members are always welcome, just give me a tinkle on (01267) 253524 anytime.

Have a wonderful Christmas and a healthy and happy 2020. Derick Lock, 100 Club Treasurer.

Scam News!

Following on from my last article in October 2019:

If you do any transactions online, you may have heard of the new 2 step verification process that many organisations - such as banks - are advising you to use. This typically uses your password plus a code sent to your device (text message etc) if you have one, or an automated phone call to let you know what the one-off code is. The code could be a sequence of numbers.

A few weeks ago, Vi needed to request a phone call from an organisation as part of the new online security 2 step verification process.

As we have a Call Blocker phone, I had to turn the blocking facility off otherwise the automated call would not get through. More about this later.

Within minutes we received a scam call, so our Call Blocking phone works very well - when switched on. I am in no way affiliated with BT but I can say that the BT Premium Call Blocker phone we have had for some time now does what it says on the tin. If someone calls you who is not in your phone book, then they are rejected and directed to say who they are, then press the # key.

If it is an automated call, whether from a valid source (bank) - as above with a valid code - or from a machine automating calls, then it cannot press the # key so it is simply blocked without disturbing you. If the caller complies and states their name and presses the # key, then they are put through as an "Announced call", the phone rings and you then have options to reject, send to answer-phone or block etc.

Recalling a phone-book number can be a little cumbersome at first but only takes a few seconds. But, we can forgive this as the Call Blocker system is excellent and since we purchased them, we have not had any unwanted calls, the odd one who complies is simply blocked and never gets through again.

Stop Press: Since writing this article, we noticed that there was a program on Channel 5 on Tuesday the 26th November (1 hour), called How to stop your nuisance calls. Some of the tricks and gadgetry the scammers, fraudsters, cold callers, have at their disposal is incredible, e.g. *robocalls computer*. Gadgets and telephone lists bought for pennies! If you have access to the Internet, it's worth while watching on catch up. In your favourite browser, just search for *ch5 catch up*, then click on <https://www.channel5.com> and it will take you to a Channel 5 search, type in - *how to stop your nuisance* - and the program will be found. Enjoy.

Hope this helps and have a Merry Xmas and Happy New Year everyone.

Your PC and other dodgy issues friend. Dave

Pension Credit - Make sure you receive what you're entitled to

As the Older People's Commissioner for Wales, I have seen the positive difference that Pension Credit can make to older people's lives but every year thousands of older people in Wales miss out on millions of pounds of unclaimed financial entitlements. If your weekly pension is less than £167.25 (£255.25 for couples), you may be eligible for Pension Credit, which tops up your income and unlocks a range of other entitlements, such as council tax discounts, free dental treatment and help with housing costs. You may still be entitled to Pension Credit even if you own your own home or have savings and other income.

Call the Pension Credit claim line now to make sure you receive what you're entitled to! Phone 0800 99 1234 The average amount of Pension Credit received by those claiming is £58 a week, which could boost your income by as much as £3,000 a year!

It's really easy to claim Pension Credit - all it takes is a phone call. You just need your national insurance number, your bank details and information about your income and savings.

Llanpumsaint, Bronwydd and Llanllawddog Churches

Every Tue 2-3.30 pm Village Circle Llanpumsaint Church

Sunday 1st Dec 10am St Celynin Church Bronwydd All Age Christingle Service

Saturday 14th Dec 10am-12 Monthly Market Llanllawddog Church Hall

Sunday 15th Dec 10am Llanllawddog Church Service of 9 lessons and Carols

Weds 18th Dec 3.30 -5.30pm Open Church, Llanpumsaint Church

Sunday 22nd Dec 11.00am Crib Service Llanpumsaint Church

Sunday 22nd Dec 6pm Carol Service St Celynin Church Bronwydd

Tue 24th Dec Christmas Eve Eucharist Services 7pm Llanllawddog Church, 9pm Llanpumsaint Church. 11pm

St Celynin Church Bronwydd (midnight mass)

Thurs 16th Jan 2020 3.30 -5 pm Open Church Llanpumsaint Church

Saturday 25th Jan 10.30 am Llanpumsaint Church Holocaust Memorial Service

As I write on 12th November, preparations for advent and Christmas in the church are well underway. Some of us will be looking forward to Christmas, but for others it is an especially difficult time of year perhaps because of financial difficulty, family rift or recent bereavement. Often the media portrays the “perfect” Christmas with a happy family all getting along and sat round a perfectly decorated Christmas table heaving with food. Even for those of us who look forward to Christmas it seldom passes completely stress free and we know not everything will be perfect.

The nativity story reminds us that we don’t live in a perfect world. God chose to send his own son to us not as a military prince or as a king born in a palace, but as a vulnerable baby born in a stable far from home, the first Christmas was certainly not outwardly a picture of perfection.

The average adult in Britain will spend £868 on celebrating Christmas this year, but Christians believe that Jesus entered an imperfect world to call us to things money can’t buy love, kindness, community and relationship with God. If we can engage in those things this Christmas our world still won’t be perfect, but perhaps it will be a bit better, perhaps hope can be kindled in difficult situations. I hope that if you come to our churches this Christmas you know that you are welcome just as you are, none of us are perfect. I pray that whatever your circumstances, in our churches you will find love, kindness and community, throughout the year. Jesus is not just for Christmas!

Wishing you all a Blessed Christmas Rev’d Gaynor.

Details of all our services and events can be found on our Facebook Page Llanpumsaint Bronwydd and Llanllawddog Churches or on Church Notice Boards. All Welcome.

Contact Details Rev’d Gaynor j_gaynor@hotmail.com, mobile 07796049509, Vicarage 01267 253158/

CYLCH MEITHRIN BRONWYDD

The children have been busy this term learning about dinosaurs, and enjoyed many activities based on this theme. They enjoyed listening to stories and enhancing their language skills by re-telling stories and getting to know the characters. And they enjoyed experimenting with common materials found in the kitchen to create the effect of a volcano. They also enjoyed cooking dinosaur footprint pizzas and dinosaur biscuits.

In this half-term, the themes are Fireworks, Diwali, Winter and Christmas. The story book for Christmas is “The Grumpy Shepherd”. We are now preparing for our Christmas concert on Friday 13th December at Bronwydd Hall. There will be a Coffee morning for family and friends, and there will be stalls for some Christmas shopping. A warm welcome to everyone. Verona

Llanpumsaint Heartbeat

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

Outside the Village Hall SA33 6BZ

Outside the Railway Inn SA33 BU

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

Outside the Vestry at Nebo SA33 6HN

Clwb Gwili 60+

Earlier this month 37 members went for the annual Turkey and Tinsel 5 day break. This year we went to New Quay Cornwall staying at The Esplanade Hotel and had a wonderful time once again. We had excursions to New Quay, Truro and Par Indoor Market whilst we were there. Many of the members dressed up in fancy dress for the New Year's Eve party and had a lot of fun!!! The speaker this month at our Club Meeting is Mr Ralph Carpenter one of the club members. Its always special when one of the members gives us a talk. This will be the last club meeting in 2019 as we have no meeting in December due to the Christmas Dinner/Mystery Trip which has been organised for Wednesday 11th December.

The club meeting on Monday 27th January will be the next meeting when Mr Jeremy John will be our speaker. This year he is talking about "Early Women Aviators" The meeting on 24th February we have our "Cawl and refreshments" as usual celebrating St David's Day. Bring your own bowl and spoon!!

Although we now have over a hundred members anyone wishing to join us on the last Monday every month at 2pm will be made welcome. The cost is £7.50 per year. Please contact Mrs Val Giles on 01267 281194

I will take this opportunity to wish everybody a very merry Christmas and a Happy New Year.

regards Val Giles Club Secretary

Restoration of Regency Landscape at National Botanic Garden – Hard Hat Tour

You can join a member of the Project team on a hard hat tour of the lake restoration work.

You will find out more about the history of Sir William Paxton's fabulous historic parkland and get an update on the progress of our Regency Restoration Project and see the amazing changes that have already taken place with this restoration!

A two hour tour starting at 11.00am from the Western entrance of The Great Glasshouse. Please wear appropriate footwear as the terrain is uneven in places.

Space are limited so please book your place with Joanne.Evans@gardenofwales.org.uk or phone 01558 667157 on either of these dates

- Tuesday 10th December - 11am to 1pm
- Wednesday 18th December - 11am to 12:30pm
- Friday 3rd January – 11.00am to 1.00pm

I can thoroughly recommend these tours – the restoration of the 200+ year old landscape and lakes is near completion. The work that has been done is impressive. To see the waterfalls, cascades and other stone-built features that were constructed when the original lakes were developed over 200 years ago is wonderful – make sure you have a camera to hand. Carolyn Smethurst

West Wales Dowzers Future Events

Sunday January 26th Judie Coull LCPH MARH: Allergy Testing

Sunday February 23rd Wendy Harding: An Introduction to Astrology

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 one Sunday to find out for yourself? Bronwydd Village Hall, 1.45 pm. Entrance is £6 per person including a welcome cuppa and a biscuit in the break. No equipment is necessary, just bring yourselves. Learn to Dowse with the experts.

Further Information: Sandy 01267 253547 or see <http://westwalesdowzers.org.uk/> or

Facebook: <https://www.facebook.com/WestWalesDowzers/>

Llanpumsaint Community Council

Phil Jones 01267253512, clerk@llanpumsaint.org.uk/communitycouncil

News from Skanda Vale Hospice

My name is Nicky and I'd like to introduce myself - I am the new Clinical Volunteer Co-ordinator at Skanda Vale Hospice in Saron. We are a free, nurse-led service that cares for adults with a life-limiting illness. I live locally and have been part of the volunteer team for many years.

Next year we plan to increase the care we provide, so I am on a mission to find warm hearts and willing hands to help us do it. I would love to hear from you, whether or not you have a background in care or nursing. The care team is where we have the most need, but we have many other opportunities available, from companion roles to cooking, driving, reception and gardening.

Love is the hallmark here, and it is a joy and a privilege to work in such a wonderful place, alongside amazing people who give their time wholeheartedly. So if you think you may like to join us, please get in touch.

We have a dedicated Volunteer Recruitment Day on the 25th Jan (10am - 4pm) so if you or someone you know are looking to fulfil a New Year's Resolution, come along and explore the possibility of joining us. Meanwhile, if you fancy cooking up something new and warming as the evenings draw in, our Cook Book App could be just the thing. Available from Google and Apple stores, the inspiration came from our founder who was a particularly skilful cook. He thoroughly enjoyed preparing meals for guests and always stipulated love as the single most important ingredient no matter what the dish. Some of his favourite recipes feature and all proceeds go to the Hospice.

apps.apple.com/app/id1317015392

play.google.com/store/apps/details?id=com.skandroid.cookbook&hl=en_GB

Thank you for reading, and the very warmest of wishes from us all.

Nicky Gilbert, 01559 371222, nicky.gilbert@skandavalehospice.org

Caersalem, Llanpumsaint

'Oh, come, all ye faithful...' Bi-lingual carol service December 22nd at 2pm

Eleri Morris 253895

Nebo Chapel Services

For more information please contact Chapel Secretary Meinir Jones on 253532

Ffynnonhenri Chapel

Details of services for the months of December 2019, January and February 2020

December 15 2019 Christmas Service at 1.30 p.m.

January 5 2020 New Year Prayer Meeting at 2.00 p.m.

January 19 2020 Communion at 2.00p.m. Rev Huw George

January 26 2020 United Service at Graig N.C.Emlyn at 5.00 p.m. Rev Alwyn Daniel

February 2 2020 Service at 2.00 p.m. Mrs.Dwynwen Teifi

February 16 2020 Communion at 2.00 p.m. Rev.Huw George.

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

Easy Fundraising

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

If anyone in the local community is able to claim £4£ / match funding through work or other means and are willing to allow the PTA to claim this match funding, please let Becky James know on 01267 253560.

The year 1919

After four years of war, worry and sad funerals, peace reigned at last. With profound relief the local community welcomed home no less than thirteen returning soldiers. First back was David Jones of Penllwynuchel Nebo, whose Welcome Home concert on the 10th of January, collected the princely sum of £14 15s – 3d. He was closely followed by released long term prisnor-of-war Gwyn Morris from Germany, whose younger brother Emrys had been killed in France. Met by excited friends at the station he was escorted in a carriage down to the village to the repeated strains of “*For he’s a jolly good fellow!*”. In February John Davies Tirbach arrived, closely followed by Johnny Lewis Station House and Tom Edwards Penybont (brother to William Edwards of Garage and sports shop fame in Carmarthen). By the end of the month singers and performers repeated their routines at the school to welcome back Lewis Jones Cerrigbychain, who got £9-2s-6d, B Jones Glanyrafon and Tom Lewis home from the Navy. Then in March another concert honoured yet another four, one of them Thomas Bowen destined to become our eccentric country postman operating from his derelict Cwmeinon home. Willie Thomas Gladstone Hall, W Bishop of Llethr and D Rees 5 Gwili Terrace were the other grateful three. On the 23rd of May yet another concert and collection for Tom Thomas, home to the Railwat Hotel to deliver coal from the Station yard with his faithful horse Polly. The celebrations culminated on the 25th of July with a huge parish gathering for a Peace Celebration. Following a School Tea there was a village procession to a sports and prizes event on Y Felin field, and a second tea before a grand open- air concert finalised by Llanpumsaint choir under Ben Daniels. Sunday evening saw a United Prayer Meeting at Bethel Chapel, attended by all demoninations to thank God for peace. Within a month that choir really put Llanpumsaint on the map. Competing in the cheif choral contest at Carmarthen’s National Eisteddfod, held in the park in front of packed thousands, they came first out of seven Wales wide choirs, to win £20 and great honour. Ben Daniels Gerwyn Villa was delighted. The shining generosity of our local community in a frugal immediate post-war situation was extraordinary. Over that short six months in early 1919 the collected contributons for those 13 returning soldiers averaged out at £9 to £10 each, as well as the £55 donated on the July celebration day. Though many of us got to know those returning soldiers in the decades that followed, they did not share their experiencies. The whole War became a closed book, locked away as society chose to forget the whole enormity of that travesty.

Early in 1919 the authorities had to re-advertise the post of Medical Officer for Conwil and Llanpumsaint because Dr Yourath had moved on to Pontyberem. Maybe the state of the road to Conwil put applicants off, since Dr Yourath had complained it had ruined 3 motor-cycles for him. Using it could prove hazardous. Hymn writer Elfed’s two daughters, back visiting Blaenycloed from London, lost all their eggs when their trap overturned. They were unhurt, a fate more fortunate than that for the blacksmith of Abernant, killed when his horse bolted to overturn the gambo. Then Bronwen Thomas arrived very late for her wedding ceremony in Carmarthen, after her motor car escort became involved in a fracas with a horse and cart near Helfa Hall. 76 year Anne Mathias from Llandysul, dropped dead near Llanpumsaint station after visiting her parents in Llanllawddog, who were, aged believe it or not, 88 and 93. You can hardly blame the condition of the road for that one!

1919 also saw a number of farms being put up for sale. In June the sale of the Ffosmaen estate went for £2,800, which included Llwyniar, Gwarcwm and Manbras (now Panteg). A bid of £700 for the 18 acre Pantyfedwen was refused and it was readadvertised. Pengraigrystum in Nebo and Pistyllgwyn in Bronwydd also came on the market. Then Autumn saw the usual well attended stock and crop sales as farms changed hands, so in addition to the above people hurried in search of a bargain to Glancorrwg in Llanpumsaint and then down to Cwmdwyfran farm, above hat village. The other positive came as Carmarthen District Council agreed to construct a bridge at Glanryrnys, which reappeared in the news recently. By the way, if someone has picked up an ancient looking set of dentures along the road towards Bronwydd, please ring the Journal, for on the 19th of September 1919 it reported that the finder would be rewarded

Arwyn 2019

PALU 'MLAEN FORWARD DIGGING Plant & Agricultural Contractor 3 tonne - 14 tonne Diggers, Site clearing, Landscaping, Steel sheds, Concrete work, Fencing, Hedge cutting and Much more! Just Ask Mathew Jones, 07970030679 Waun Wern, Llanpumsaint, Carmarthen, SA33 6LB	Hollybrook Country Inn Bronwydd 4* Accommodation Pub and Restaurant Tel 01267 233521
G J Isitt & Son ROOFING Free estimates and advice All aspects of roofing undertaken We pride ourselves on our reputation 01267 253425 / 07770 818951	Gwili Pottery has moved to Pantwn Llangeller Llandysul SA44 5ET 01267 253449 info@gwilipottery.com www.gwilipottery.com
Fferm-y-Felin Farm Guest House and Self-Catering Cottages Enjoy a relaxing break at this beautiful guest house or in one of our stone cottages 01267 253498 www.ffermyfelin.com	Cobain Gas Services – Steve Cobain Natural Gas and LPG Gas Safe 568543 Boiler Servicing and Repair Landlords Certs Fires, Boilers, Cookers and Hobs Installation Dryslwyn House Llanpumsaint SA33 6BS 01267 253675 07976384857
Railway Inn Llanpumsaint Pub and Restaurant Tel: 01267 253643 Tues – Friday open 4.00 & food from 6.00 Sat open 12 noon with food 12.00 – 3.00 & from 6.00 Sunday open 12 noon Lunch 12 noon – 3.00 Wayne and Liz	Aled Evans Servicing & Maintenance of Oil Boilers and Cookers Ground & Air Source Heat Pumps Solar Thermal Panels Unvented Cylinders 01559370997 07966592183
Gwili Mill Llanpumsaint 5* self catering - Sleeps up to 15 Ideal for family and friends for celebrations, get-togethers, family holidays & team building www.gwilimill.co.uk 01267 253308	Gwalia Garage Peniel Road Rhydargaeau MOT's, servicing, tyres, repairs Tel: (01267) 253599 <i>JRB & K Thomas</i> <i>Peniel Road Carms SA32 7DR</i>

Harcourt Tree and Garden Services Tree Surgery, Felling and Removal 25 years experience Garden work, All types of Fencing And Gwili Firewood Seasoned hardwood or softwood logs Ian Harcourt 01267253368 or 07812158825	Gwalia Stores Peniel Road 01267 253249 Fuel, Shop, Post-office Licensed, Hot & cold food to go Coffee, Vapehive Newspapers and magazines
Pure Shine Pure water window cleaning Based in Bronwydd, serving Bronwydd, Llanpumsaint and the surrounding villages. <u>Window Cleaning, Conservatory Cleaning, External Gutters, Fascia and Soffit Cleaning</u> Contact Steve for a FREE no obligation quote: Tel: 07462138885 / 01267 253956 Email: pureshinewindowcleaning@gmail.com Facebook: Pure Shine	THE OLD DAIRY DOG HOTEL Seven Brand new luxury kennels Spacious individual kennels with their own covered patio area Underfloor heating for our guests' comfort 18 acres of private grounds to exercise Fully licensed, 30 years' experience caring for clients' dogs To view our kennels phone 01267 281628 or 07717 345277 or email www.theolddairydoghotel.co.uk
R. Thomas Electrical Services Electrical Installation And Maintenance Fully Part P Registered Phone Rob on 0777 2364553 Llys Onnen Carmarthen	 Adweitheg / Reflexology Tyluno / Aromatherapy Massage Indian Head Massage Thermal-auricular (Ear candling) Reiki Meleri Brown MAR mels.brown@hotmail.co.uk 07855488660 Therapy Cyflenwol – Complementary Therapist Penllwynuchel, Nebo, Llanpumsaint, Caerfyrddin, SA33 6LT
For Sale Quality vintage high back winged R2 seater sofa/settee. Good condition. The material is, we think, velour and the colour is a pale creamy/beige. FREE to collect. Can email photo. Contact - Chris Peake 07952 578224 Coopers Arms, chrispeake74@btinternet.com	Local Business? You can advertise here for £50 Includes an advert in Village Voice for 6 issues Plus a webpage linked to yours on www.llanpumsaint.org.uk Or just £5 an issue for advertising in Village Voice Contact Carolyn Smethurst 01267 253308 or email info@llanpumsaint.org.uk

Domestic sales and wants FREE, Contact Carolyn Smethurst
01267 253308 or email info@llanpumsaint.org.uk

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