



Llais y Llan Hydref 2020

Copi dyddiad ar gyfer rhifyn nesaf Tachwedd 26 2021

Cyhoeddwyd gan Llanpumsaint Cyfnewid Gwybodaeth Gymunedol

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

Mae Cronfa Gymunedol Fferm Wynt Gorllewin Brechfa yn cyfrannu'n arianol at Llais y Llan Cyflenwyr lleol sy'n barod i ddsbarthu neu archebu a chasglu

Gwelir tipyn o wybodaeth am siopau a chyflenwyr ar safle Facebook – Llanpumsaint ar cylch. Os nad ydych yn defnyddio Facebook dyma rai manylion am siopau a chyflenwyr sy'n barod i helpi'n lleol, drwy dderbyn archebion dros y ffon, dosbarthu neu archebu a chasglu.

Tafarn y Railwe Diodydd y tu allan yn unig - 01267 253643 a Facebook

Becky Llysiau a ffrwythau - yn y pentre' bob dydd Iau - 2 o'r gloch ymlaen.

Adrian Thomas - Bara, danteithion a chacennau. Archebwch Ddydd Llun i dderbyn Dydd Mercher – 07971 740505.

Cig Porfa Perffaith - **Nicky Esgair** 01267 253463

Bacwn a Selsig - **Treftadaeth Myrddin** 07468 453770

Siop Gwalia - Ffonio a chasglu 01267 253249

Chris Thomas Abergwili - Ffonio a chasglu – 01267 238363

Castell Howell – Archebu a chasglu ar y We o Cross Hands 01269 846080

Castell Howell - Talu a chasglu o Gaerfyrddin – gwelwch ein gwefan

Farmyard Nurseries – Yn dosbarthu archebion 01559 363389

Fan Swyddfa Bost - Dydd Mawrth 1.30pm to 3.00pm, Dydd Gwener 1.00pm to 3.00pm.

Ac wrth gwrs os gewch chi slot mae Morrisons, Asda a Tesco yn dosbarthu – pob lwc!



Adfywiwr newydd tu fas y Neuadd



Cadno cyfrwys – gobeithio fod y ffowls yn saff

Rhowch y ffôn i lawr!

Mae troseddwr sy'n esgus eu bod yn galw o Microsoft, Norton a BT yn ceisio twyllo preswylwyr Dyfed-Powys.

Os fyddwch chi'n derbyn galwad yn dweud bod eich cyfrifiadur wedi'i heintio neu fod ganddo wallau difrifol, neu mae angen diweddarau eich meddalwedd wrthfirws, rhowch y ffôn i lawr. Ni ddylai gweithiwr Microsoft, Norton neu BT fyth eich ffonio i ddweud hyn wrthyh.

Troseddwr yw'r galwyr hyn a fydd yn ceisio ennill eich ffydd drwy wneud ichi feddwl bod problem â'ch cyfrifiadur. Os fyddwch chi'n rhoi mynediad iddynt i'ch cyfrifiadur, yr ydych mewn perygl o gael arian wedi ei ddwyn o'ch cyfrif banc a chael eich cyfrifiadur wedi'i gloi.

- Peidiwch sgwrsio â nhw.
- Rhowch y ffôn i lawr.
- Rhwystwch y rhif ffôn a ddefnyddiwyd i'ch galw.
- Dywedwch wrth eich ffrindiau a'ch cymdogion am y twyll hwn.



Heddlu Police
DYFED-POWYS



Clwstwr diddorol o ffyngau



Y prydf berth a'r hyll?



Y Blodyn Brugmasia hanner troedfedd o hyd



LOVE YOUR DOG!

But Please
Keep our roads and verges clean
AND
Pick up after your dog
THEN
Put it in a bin or take it home
Don't hang the bag on a bush!
You know it makes sense!

Neges oddi wrth Gyngor Sir Gar

Mae busnesau yn Sir Gar gyda sefydliadau a grwpiau cymorth cymunedol COVID 19 yn mynd yr ail filltir i gynnig cymorth yr adeg yma. Er mwyn gweld beth sy'n digwydd yn eich ardal ac y ganfod pa gymorth sydd ar gael ewch i wefan y Cyngor Sir.

Gallwch ychwanegu eich busnes i'r rhestr ar covid19community@cararthenshire.gov.uk <<mailto:covid19community@cararthenshire.gov.uk>> gan ychwanegu enw'r sefydliad, grŵp neu fusnes, disgrifiad byr ac egluro sut i gysylltu e.e. facebook - y We - E-bost - rhif ffôn. Nodwch hefyd pa ardal rydych yn gweithio ynddi. Gallwn ychwanegu gwasanaethau gwahanol neu rai newydd er mwyn cydweithio i gefnogi ein cymunedau.

Siop Gymunedol Llanpumsaint - Ymgynghori â'r Gymuned

Ymgynghorwyd â'r gymuned I nodi'r angen am siop gymunedol yn y ffyrdd canlynol:

Holiadur (cafwyd 102 o ymatebion)

Digwyddiad Ymgynghoringyda 36 yn bresenno

Yn rhan o'r broses ymgynghori, awgrymwyd y safleoedd canlynol yn gartref i'r siop gymunedol:

- Hen Safle'r Siop
- Yr adeilad ger y Dafarn
- Siop Symudol/Dros Dro
- Trawsnewid Adeiladau sydd yno yn barod
- Defnyddio/estyn Adeilad Cymunedol sydd yno yn barod
- Adeiladu o'r Newydd

Y Camau Nesaf...

Yn amlwg, mae yna ddigon o gefnogaeth gan y gymuned i gyfiawnhau datblygu siop gymunedol.

Dyma sut y mae'r grŵp llywio yn bwriadu symud ymlaen.

- **Datblygu'r Grŵp Llywio**
- **Dewis y Strwythur Cyfreithiol**
- **Penderfynu'n Derfynol ar Safle Addas**
- **Paratoi Cynllun Busnes**
- **Codi Arian**
- **Datblygu'r Banc o Wirfoddolwyr**

Os hoffech chi gael gwybod mwy neu gymryd rhan, cysylltwch â:

Sharon Frewin sharonfrewin@yahoo.co.uk 07908 668765

www.facebook.com/LlanpumsaintShop

“ Pam mae cerdded mor syml â rhad ? Dyw Apps ddim

Es am wâc nawr yn y glaw man a glwchi'n stêcs. Lawr y rhiw ac wedyn nol lan i gael fy ngwres Bant a'r got ac yna glwchi to! Ond o'dd ddim ots achos wy'n byw mewn tŷ cynnes, rhoi'r got i sychu a sychu'n hunan. Bu mynd am y wâc yn egniol ar ddiwrnod diflas - trîwch hi rywbyrd! Daeth cyfle i mi sylwi o amgylch a gweld i'r onnen yn colli eu dail bron i gyd, y fasarnen yn troi'n hyll ag smotiog a'r derw'n melynu. Cynigais gerdded can milltir yn fis Hydref er mwyn Elusen, felly 'roedd angen arbrofi App cerdded ar y ffon, felly llwythais y teclyn arno.

Wedi cyrraedd adre edrychais i weld pa mor bell yr es i, dim ond dau gilomedr a hanner.

Datgelodd sawl kalori losgais ond 'doedd gennyf ddim diddordeb yn hynny nag yn y llun bach i ddweud faint o lan a lawr es i dros borfa fras. Beth oedd wir angen arnaf oedd gwybod sawl milltir es i yn hytrach na sawl cilomedr? Y peth arall own i ishe oedd cadw manylion y wâc er mwyn cadw cyfri i'r dyfodol, ond allech chi ddim neud na. Yna sylweddolais Mai App rhad oedd hwn - felly nid oedd yn awyddus i fod yn syml ac o gymorth. Gallai eich hala'n grac iawn wrth i chi chwilio am ryw safle. Ond pan dalwch chi am App arall daw pethau'r symlach gyda'r trafferthion oll yn diflannu. Mae' 'run peth yn wir am Spotify - am ddim ond yn ddigon i'ch hala'n wyllt wrth geisio'i gal e i chwarae beth i chi am, nid darn bach o eitem nag albwm llawn chwaeth. Mor bell ac mae cerdded ynnddi gallaf weld fy hunan yn troi'n 'nol at fesur map gyda phishyn o gorden ar y map dwy fodfedd a hanner. Gyda cherddoriaeth rwy wedi dychwelid at y C D's. Neu wrando ar yr adar.

Pwrpas y pethau hyn yw ein perswadio i dalu. Ond mae cerdded, a wedes i hyn o'r blan, yn rhad ac am ddim. Gwelaf mwy a mwy o bobl yn canfod y wyrth o gerdded a'i holl fanteision. Mae'n gwneud lles i'r esgyrn, y galon, yr ysgyfaint a'r amenydd hefyd. Gwell lawer i'w cwrdd ag eraill ar yr hewl a chynnal clonc fach o bellter gyda chyfaill neu gymydog nag ymladd a rhyw App dieflig ar y peiriant ffon. Rhaid cyfadde' fod mynd am wâc a chwrdd â siarad ag eraill wedi bod yn feddyginiaethau arbennig i mi yn ystod cyfnod y pla diawledig yma sylw wedi dinistrio shwd gymaint..

Ann Pettitt

Cymdeithas Rhandiroedd Llanpumsaint

Chithau'n meddwl am Haf da o dyfiant daeth Awst gwlyb, gwyntog a diflas. Beth bynnag o ymweld a garddwr brwd o gyfaill ar eu randir, gan gadw pellter wrth gwrs, synnais weld i'w flodau a'i lysiau ffynnu mor dda. Cyn i mi ymadael sibrwododd ei gyfrinach - *Gwely cynnar - codi'n gynnar - gwaith caled a digon o wrtaith*. Yna wrth i fynd awgrymodd roi tail ceffyl ar fy mefus, ond na mha well da fi hufen arnynt.

Ond 'does dim rhaid gweithio'n rhy galed i fwynhau blasu eich ffrwythau a'ch llysiau, a gall droi mas i fod yn hamddenol bleserus. Felly dewch draw i ymuno a ni! Mae'r rhandir ar safle'r hen orsaf ochor draw'r hewl i Dafarn y Railwe. Am wybodaeth bellach cysylltwch â Rosie (Cadeirydd) 07950411536 neu Ray (Trysorydd) 253157.

Canolfannau Ailgylchu i agor drwy drefniant yn unig.

Agorodd Cyngor Sir Gar ei phedwar canolfan ailgylchu i breswylwyr y sir yn unig wedi ei logi ymlaen llaw. Gellir llogi ar lein ar drefn yw cynta' i'r felin i falu, hyn er mwyn diogelu'r staff a'r cyhoedd. Caiff unrhyw un ddaw yno heb logi ei droi i ffwrdd.

Ar y cychwyn bydd y slot logi ar agor am wythnos. Bob bore Iau o 8.30 ymlaen bydd modd llogi lle. Adolygir y sefyllfa'n barhaol a bydd unrhyw newid yn cael ei gyflwyno ar wefan y Cyngor, Facebook a Twitter.

Bydd Trostre a Nant-y-caws ar agor bob dydd o'r wythnos ond o ddydd Mercher tan y Sul fydd Hendy Gwyn a Wernddu Rhydaman. Bydd 4,000 o apwyntiadau ar gael bob wythnos rhwng y pedwar canolfan, ac er tegwch i bawb cyfyngir bob unigolyn i un y mis. Hyn oll sy'n berthnasol i Sir Gar, gall Awdurdodau eraill fod yn gweithredu'n wahanol. Oherwydd i'r sefyllfa gael ei adolygu'n barhaol awgrymir y dylid cysylltu'n gyson am y wybodaeth ddiweddaraf. Awgrymir y dylid ymweld â' chanolfan ddim ond os oes gwir angen gwneud hynny oherwydd diogelwch iechyd. Gellir rhoi gwastraff arferol allan i'w gasglu ar yr amseroedd priodol.

Bydd y rheolau cadw pellter yn cael eu dilyn yn llym yn y canolfannau, felly ni all y staff estyn llaw o gymorth wrth ddadlwytho. Felly gwnewch yn siŵr eich bod yn gallu trafod eich llwyth. Caniateir dau berson o'r un tŷ i ddod allan o'r car er mwyn trafod eitemau trwm. Os na chedwir at y rheolau a'r cadw pellter angenrheidiol yna fydd raid i'r cyngor ail ystyried y sefyllfa ac efallai cau unwaith eto. Mae'r rheolau arferol yn parhau h.y. prawf eich bod o'r sir a'r permit i'r cerbyd. Gwelir y wybodaeth hon ar y wefan dan dudalennau biniau ailgylchu a sbwriel.

Clwb Cant Llanpumsaint

Ers y rhifyn diwethaf o Lais y Llan ymunodd y canlynol –

Rhif 95 – Lisa Williams. Rhif 96 – David Icke. Rhif 97 a 98 – K P Bowman-Whiting. Rhif 99 – Roz Evans.

Rhif 100 - Lansia Jones. Rhif 101 a 102 - Owain & Llyr Jones. Rhif 103 - Florrie Rees. Rhif 104 - Ann Davies. Rhif 105 - Dorrien a Mair Thomas Rhif 106 - lyn a Nerys Thomas. Diolch i bawb! Dyma enillwyr y cyfnod o Fawrth i Hydref -

Mawrth £20 - Rhif 20 - Y Clwb Bowlio. £15 - Rhif 37 - Pamela Jones. £10 Rhif 2 - Val Lock

Ebrill £20 Rhif 62 – Dexter Penfold. £15 – Cathy Williams. £10 Rhif 28 – Jonathon Evans.

Mai £20 Rhif 43 – Jill Evans. £15 Rhif 99 – Roz Evans. £10 Rhif 103 – Florrie Rees.

Mehefin £20 Rhif 64 – Mo Jameson. £15 Rhif 98 – K P Bowman-Whiting. £10 Rhif 44 – Gethin Edwards.

Gorffennaf £20 Rhif 45 - Sandy Maher. £15 Rhif 47 - Philip Jones. £10 Rhif 14 - Maria Stedman.

Awst £20 Rhif 50 - Grant Davies. £15 Rhif 102 - Owain & Llyr Jones. £10 Rhif 87 - Bryn Jones.

Medi £20 Rhif 60 – Gordon & Barbara Cable. £15 Rhif 23 – Lyn Henstredge. £10 Rhif 7 – K P Bowman- Whiting.

Hydref £20 Rhif 6 – Edward Davies. £15 Rhif 53 – Dee Tozer. £10 Rhif 10 – Eirian Powell Datgelir enillwyr Tachwedd. Yr un Fawr Nadolig ac Ionawr yn rhifyn Nadolig o'r Llais. Pawb i fyw mewn gobaith! Derrick Lock Trysorydd y Clwb Cant 01267 253524

Bowlio Dan Do Llanpumsaint a Nebo

Atgof yw'r unig chwarae i ni gyd erbyn hyn. Bu'n dri deg wythnos hir ers i ni fod wrthi, ond gallwn ymfalchïo i ni orffen y tymor cwta gyda buddugoliaeth arbennig i ffwrdd erbyn Llandyfaelog ym Mis Mawrth. Gani'r firws fod yma o hyd ansicr i ni pa bryd y cawn fowlio unwaith eto. Gobeithio y daw ein haelodau oll yn ôl pan ddaw hi'n ddiogel i wneud.

Felly dyma rai cwestiynau er mwyn atgoffa ein haelodau o'r rheolau

1 Beth yw enw'r bel felen? -

Jim – James – Jac neu Jill

2 Sawl pêl a ddefnyddir mewn cystadleuaeth Unigol?

4 – 2 – 3 neu 7

3 Beth yw'r Shot?

Y bel bela o'r Jac - Bowliwr wedi rhoi'r gogwydd anghywir - Y bel nesa at y Jac - Y chwaraewr mwyaf tebygol o gadw dryll yn ei boced

4 Mewn gem Pedwarawd sawl pêl fydd gan bob chwaraewr?

2 – 3 – 4 neu 5

5 Os yn ceisio tynnu beth fyddech yn ceisio gwneud?

Ceisio rhwystro - ysgrifennu'r scor ar garden - bowlio gyda phwysau
Manwl am y Jac - paentio drwy rifau

6 Beth yw enw'r bowliwr sy'n gosod y Jac mewn gemau Parau, Triawd a Phedwarawd?

John - Sgip - Capten neu geffyl blan

7 Lluniwyd pob pel i symud yn archol, beth yw'r enw am hyn?

Llinell - Gogwydd - Maint neu Bwysau

8 Os dywed bowliwr i ch fod yn rhy drwm beth olygir gan hyn?

Wedi bowlio'n rhy lydan - wedi rhoi gormod o bwysau -- gogwydd
Anghywir - chi wedi bwyta'r holl bastau

9 Mewn gem Triawd yn draddodiadol sawl pel sydd i bob chwaraewr?

3 – 4 – 2 – neu 1

10 Prif nod y gêm bolio yw?

Taro'r Jac -- taro i sgorio -- gorffen mor agos i'r Jac a phosib - Yfed
Eich gwrthwynebydd dan ford.

Felly shwd nethoch chi? Pob un yn gywir? I ffindio mas cerwch i'n safle ar y We
llanpumsaint smbc.org.uk

Am wybothaeth bellach ewch at ein Cadeirydd Derick Lock 01267 253524 neu'r Ysgrifenyddes
Jill Edwards 01267 253474

Scam Arall

Dyma un newydd. Rai wythnosau 'nol ces alwad ffôn wrth rywun yn honni mae Ditectif oedd e', a dywedodd fod fy ngŵr wedi ei weld gyda menyw arall. Naill a'i mae e'n gweld ysbrydion neu wedi gweld Nick yn y Nefoedd. Ar ben hynny o'n ni ddim yn briod chwaith! Mewn tipyn o stad dywedais wrtho am beidio bod mor dwp cyn rhoi'r ffon lawr. Wedyn sylweddolais peth da na gafodd wybod fy mod ar ben fy hunan bellach. Ces fy siglo dipyn! Beth ddaw nesa o'r galwadau maleisus ma!

Sandy Mather

Clwb Garddio Bronwydd

Bu'n chwe mis anodd iawn ac mae'n amlwg bellach na fydd gobaith am gyfarfodydd nes y Gwanwyn o leiaf. Tebyg iawn y gwelwn aeaf anghyfleus hefyd felly bu'r Pwyllgor yn trafod ac yn awgrymu'r canlynol

1 Gosod blaen ddyddiad o 16eg o Fawrth i'n cyfarfod cyntaf. Os na ellir defnyddio Neuadd Bronwydd yna cewch neges Ebost.

2 Y bwriad yw cynnig yr union raglen i 2021 a'r un a drefnwyd am 2020, ac mae hon gennych yn barod.

3 Os talwyd aelodaeth am 2020 yna fydd hyn yn ddigonol am 2021, ni fydd angen mwy. Os ydych heb eto dalu yna cewch garden gan Maureen pan ddewch i gyfarfod Mawrth.

4 Bydd yn ofynnol i gyd ymffurfio ag unrhyw gyfarwyddiadau cadw pellter neu lendid fydd yn bodoli ar y pryd.

5 Tebyg iawn na chawn drefnu Cinio nac ymweliadau am 2021 ond byddwn yn awyddus i wneud cyn gynted a fydd canllawiau'n caniatáu.

6 Daw un darn o newyddion da beth bynnag o gyfeiriad Cronfa Gymunedol Fferm Wynt Brechfa, £500 at redeg Y Sioe flwyddyn nesaf.

Gobeithio eich bod chi gyd a'ch teuluoedd yn cadw'n heini a bod eich gerddi yn elwa o'r sylw ychwanegol maent wedi cael eleni. Os daw newidiadau i'r hyn adroddwyd uchod byddwn mewn cysylltiad ac yn y cyfamser edrychwn ymlaen at eich gweld ym Mis Mawrth gobeithio.

Sue Harte Cadeirydd

Newyddion o Skanda Vale

Symudon ni mewn i fferm Cwmcreigiau Fawr yn 1973. Ers hynny buom yn galw'r dŵr sy'n rhedeg drwy'r cwm yn Yr Afon, ond mae'r mapiau'n awgrymu'n wahanol. Yr enw nawr yw Nant Aeron, enw sy'n gyfarwydd i bob Cymro. Beth am ystyr Aeron? Awgrymodd Google mae cyfeiriad at ffrwyth oedd yma ac mae Nant ffrwyth yr aeron oedd hi. Ond o holi 'mhellach daeth eglurhad mwy cynhyrfus - Duwies Maes y Gad neu Dduwies y Golau. Os gall rhywun gynnig y gwir eglurhad byddem yn falch i glywed - enquiries@skandavale.org <mailto:enquiries@skandavale.org>

(Mae arbenigwyr enwau llefydd yn gytun i Aeron fod yn ben gyfeiriad at Dduwies mas y gad - ystyr aer yn wreiddiol oedd brwydr. felly yr un tarddiad i'w Nant Aeron ag Aberaeron. Enwau nentydd ac afonydd i'w hynaf i oroesu yn y Gymraeg. - Arwyn)

Gerllaw'r Nant ceir dolydd lle tyfa'r triaglog coch a gold y gors, ond y mwyaf toreithiog yw'r erwain. Ynddo ceir yr un surni a geir yn rhisgl yr ellygen, ac a ddefnyddir yn y bilsen asprin. Dywedir i'r Frenhines Elisabeth y Cyntaf fod mor hoff o arogl yr erwain yw gosod ar lawr yn ei hystafelloedd. Canfuwyd gweddillion o'r planhigion yma gydag olion tri pherson amlosgwyd 'nol yn Oes yr Efydd yn Fan Foel, sydd rhyw deg ar hugain milltir i'r dwyrain o Lanpumsaint ar y Mynydd Du.

Tawel yw'r cwm nawr fod sŵn Côr y wawr yr adar wedi taweli. Bellach gyda'u safleoedd yn sicr, ac wedi nythu gyda chymar, daw'r angen i chwilio'n ddyfal am fwyd i'r cywion. Un noson clywodd y Chwaer Gemma sŵn gwichiad anghyffredin yn ardd y llety. Draenog bychan oedd wedi crwydro bant oddi wrth ei fam.

Uwchben ar ochr ddwyreiniol y cwm mae ein maes parcio nesaf at dir y Rhos. Yma mae digonedd o lwydwellt y calch a gwahanol redyn. Yn sgil dulliau ffermio cyfoes a draenio a sychu tir prinhou'n aruthrol wnaeth y math yma o dirlun. Bellach dim ond 8% o'r hyn oedd yma'n 1900 sydd ar ôl. Oherwydd hyn rhestrwyd Rhos dan Gynllun Gweithredol Bioamrywiaeth y Deyrnas Unedig. Mae tirwedd ein Rhos yn cynnal poblogaeth o ieir bach yr haf, Britheg y Gors, rhain wedi dirywio 80% ers y 1970degau. Mae yn o hefyd boblogaeth iachus o Drygeirian Brych y Rhos a Carawai. Yr olaf yma ddyfarnwyd yn hoff flodyn Sir Gar mewn cystadleuaeth y 2002, ac mae'n hoff iawn o dir gwlyb ardal y rhos.

Bu yna gyfnod llethol o dwym yn Awst gyda'r bygythiad o derfe. Cysgodd un o'r Chwiorydd a'i ffenest ar agor, i ddihuno i weld Ystlum Lleiaf yn ei hystafell. Y swae ar led yw ei bod yn gwrthod unrhyw fwyd a garleg ynddo ac yn gwrthod gadael ei hystafell yn ystod oriau'r dydd. Odi hyn yn wir?

Ysgol Llanpumsaint

Cynhaliwyd y Cyfarfod Cyffredinol Blynnyddol ar y 22ain o Fis Medi a chafodd aelodau newydd eu penodi. Oherwydd COVID-19 ar cyfyngiadau presenol nid ydym yn gallu cynnal digwyddiadau fel arfer felly rydym yn trefnu digwyddiadau gwahanol I godi arian ond hefyd er mwyn codi hwyl yr wyl.

Os ydych yn siopa ar y We gallwch helpi' godi arian i'r Gymdeithas drwy gofrestru yn www.easyfundraising.org.uk/causes/llanpumsaintpta. Os oes 'na rywun yn gallu

Eglwysi Llanpumsaint, Llanllawddog, Celynin Bronwydd a Sant Alban Cwmdiad.

Cofiwch fid canllawiau'r Eglwys yng Nghymru a'r Llywodraeth yn newid yn gyflym. Felly am y wybodaeth ddiweddaraf dilynwch ni ar Facebook, lle dwyn gallu ymateb yn gyflym.

<https://www.facebook.com/llanpumsaintbronwyddand> llanllawddogchurches

Fel y mae pethau heddiw (14/9/20) gallwn ddal i gyd-gyfarfod mewn grwpiau o fwy na 6, ond mae gwisgo gorchudd wyneb nawr yn orfodol. Gallwch ei dynnu er mwyn derbyn y Cymun yn unig os nad ydych wedi eich esgusodi'n swyddogol. Hoffwn eich atgoffa hefyd ên cyfrifoldeb i gadw pawb yn saff mewn gwasanaethau ac unrhyw weithgaredd arall. Golyga hyn gadw pellter o ddwy fedr oddi wrth deuluoedd eraill, wrth gyrraedd, ymadael ac yn y maes parcio. Peidiwch â rhannu eitemau fel pen. Ni ellir casglu eitemau'r Diolchgarwch yn y modd arferol eleni, felly 'rwy'n argymhell i chi wneud rhoddion uniongyrchol i Fanc Bwyd Caerfyrddin.

Ceir y manylion am hyn ar <https://carmarthen.foodbank.org.uk/give-help/donate-food>

A dyma'r cyfarwyddiadau am roddion arian <https://carmarthen.foodbank.org.uk/give-help/donate-money>

Mae gwasanaethau Skype yn parhau - 9 y.b ar Ddydd Mawrth ac am 10 y.b ar y Sul.

Zoom i'r Ieuenctid - Dydd Iau 5.30 i 6.30 i'r oed 10 i 17

Eglwys Llanpumsaint ar agor am weddiâu preifat - 10 - 11 Dydd Llun

Gwasanaethau mewn eglwysi ar Suliau am 2 y.p fel a ganlyn. Cofiwch gysylltu â fi er mwyn llogi lle a chofiwch ddod a'ch gorchudd gyda chi.

Sul 4dd Hydref – Sant Alban Cwmdiad

Sul 11eg Hydref – Llanpumsaint

Sul 18fed Hydref - Llanllawddog

Sul 25 ain Hydref Eglwys Awyr Agored – Sant Celynin Bronwydd

Gwasanaeth yn hollol tu fas fydd hwn, heb gyfle i fynd mewn i'r Eglwys felly bydd yn hanfodol i wisgo'n addas at y tywydd. Anelir Gwasanaeth y Goedwig at bawb ond efallai gwnaeth apelio'n arbennig at blant a phobl ifanc.

Ni ellir caniatáu mwy na 30 yn gyfan gwbl a bydd yn ofynnol i bawb dros 11oed gadw pellter cymdeithasol. Rhaid i bawb dan 16 fod yng ngofal oedolyn cyfrifol. Datblygiad cyfoes yw Eglwys y Goedwig sy'n adlewyrchiad o hen draddodiad o addoli yn yr awyr agored, ac mae hefyd yn elwa o ymchwil diweddar sy'n cadarnhau'r manteision o ymwneud a natur yn ei chynefin naturiol.

Mae Eglwys y Goedwig yn fwy na gwasanaeth eglwys yn cymerid lle y tu fas, gan ymwneud a'r cread. Nid dyma rywbeth sy'n cymerid lle yn yr awyr agored yn unig y e', ein bwriad yw dysgu, addoli, myfyrio, gweddiö ac ymwneud a'r coed a'r wlad. Dewch mewn cysylltiad â mi er mwyn cadw lle. Unwaith y caf syniad pwy sydd yn dod gallaf baratoi ac anelir gweithgaredd yn briodol.

Diolchi bawb am eich amynedd a'ch cefnogaeth ar hyd yr amser.

Y Parch Gaynor i_gaynor@hotmail.com

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

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

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

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

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

Carolyn Smethurst 01267 253308 info@gwilimill.com

Rhestr Chwarae am Oes – Elusen Cerdd Dementia

Adnoddau newydd a Gwybodaeth yn rhad ac am ddim

'Rwy'n gweithio i Elusen gerdd Chwarae am Oes (Playlist fôr Life) ac yn gwasanaethu ardal Caerfyrddin. Dros y misoedd diwethaf yma buon yn gweithio mewn ffyrdd dipyn yn wahanol, ond rydym yn dal ati i hyrwyddo ein gwasanaethau rhad o ddiddordeb i'r henoed a Gofalwyr yn ychwanegol at y rhai sy'n diodde' o Dementia. Nod Chwarae am Oes yw cynnig tipyn o hwyl cadarnhaol i ddioddefwyr dementia sydd wedi diodde'r Cyfnod Cloi. Gall atseiniau o gerddoriaeth eu gorffennol fod o les iddynt yn emosiynol ac yn feddyliol.

Buom yn cydweithio gyda Chymdeithas Alzheimer, Cyswllt Oed, Cerdd i'r Amenydd, cartrefi gofal, Gofalwyr, perthnasau, a gwirfoddolwyr, er mwyn hybu gwerth Y Rhestr Chwarae.

Gyda'r Gymdeithas Alzheimer buom yn llunio rhestrau personol ar beirianwaith MP3, gan eu hanfon allan at ddioddefwyr yn y gymuned., rhai ohonynt yn gaeth i'w cartrefi oherwydd y Cyfnod Clo. Mae'r gymdeithas honno wedi gwerthfawrogi ein cyfraniad o ddod a phleser i'w cartrefi yn ystod y cyfnod yma.

Os hoffech wybod mwy am y Rhestr Chwarae mae gennym dip yn cynnig amrywiaeth cyfoethog o eitemau er mwyn creu rhestrau personol i unigolion.

<https://www.playlistforlife.org.uk/resources>

Mew Steff Griffiths Cydlynnydd Lleol – De orllewin Cymru, 07712273946

steff@playlistforlife.org.uk

Neuadd Goffa Llanpumsaint & Ffynnonhenri Memorial Hall

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

Llyfr Tywys Poted i Fynyddoedd y Cambria

Pleser yw rhannu'r wybodaeth ddigidol o'r Llyfr Boted hwn gyhoeddwyd yn ddiweddar. Mae'n cynnwys lleoliadau natur, canolfannau treftadaeth a llwybrau i'w tramgwyddo. Ceir hefyd wybodaeth am ffurfafen dywyll. Cyrhaeddodd copïau ysgrifenedig o'r ganllaw boted ac fe ddosberthir y rhain i'w casglu gan bobl. Os dymunwch gopi rhowch wybod .

Diolch i bawb wnaeth gyfrannu at y cyhoeddiad.

Mae gennym hefyd Canllaw i Ffurfafennau Tywyll Mynyddoedd y Cambria - copïau ar gael o hyd.

Dafydd Wyn Morgan Rheolwr Project dyfodol Cambrian Futures.

01974 282255 neu 07748675798 dyfodolcambrianfutures@gmail.

Baw a budreddi cwn

Mae Clwb Criced Bronwydd a Phwyllgor Neuadd Bronwydd yn bryderus iawn oherwydd y cynnydd mewn baw cwn ar y ddau gae chwarae yno. Rydym yn cydnabod i ran fwyaf o berchnogion fod yn gyfrifol wrth ymarfer eu cwn wrth gerdded ar draws ein caeau chwarae. Yn anffodus mae yna leiafrif nad ydynt yn glanhau lan ar eu hol.

Drwy gyfrwng Llais y Llan felly apeliwn at berchnogion cwn, o le bynnag y dônt, i ddilyn y rheolau a chadw eu cwn ar dennyn wrth gerdded y llwybrau, ac osgoi gadael budreddi. Os ydy ci yn gwneud ei fusnes yna ewch a'r gweddillion gyda chi i'w roi yn y lle priodol. Gofynnwn hefyd i chi beidio â cherdded cwn dros ardaloedd y borfa na'r safle gwyllo criced.

Defnyddir y ddau gae at chwaraeon, y nifer fawr ohonynt yn blant, ac mewn un cornel lleolir ardal chwaraeon plant. Bu cynnydd mawr yn y baw cwn ar y borfa , hyn yn beryglus iawn oherwydd y bacteria, sy'n gallu achosi anhwylder stumog a gwaeth, megis niwed i'r afu. Llawer iawn gwaeth yw Toxocariasis sy'n gallu gwneud rhywun yn ddall. Rhaid cofio fod ar berchnogion gyfrifoldeb cyfreithiol i lanhau lan ar ôl eu cwn mewn safle cyhoeddus. Diolch am ddarllen ein hapêl!

Dorian Taylor a hywel Griffiths - Cadeiryddion Clwb Criced a Phwyllgor Neuadd, Bronwydd.

Gwasanathau Capel Nebo

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

Capel Ffynnonhenri

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

Caersalem

Mae'r capel wedi ail-agor a byddwn yn cynnal oedfaon os byw ac iach ar y rhan fwy o Suliau. Os byddwch chi eisiau dod, plis a wnewch chi ffonio fi ymlaen llaw - 253895, Eleri Morris. Diolch.

Arts Care Gofal Celf Brechfa Forest

Mae Arts Care Gofal Celf yn falch iawn i gyhoeddi ein bod wedi derbyn cyllid oddiwrth Gronfa Gymunedol Fferm Wynt Coedwig Gorllewin Brechfa er mwyn darparu gweithgareddau seiliedig ar gelf i'r bobl sy'n byw yn ardal Coedwig Brechfa dros y 6 – 9 mis nesaf. Bydden ni wir yn hoffi gweld y prosiect yn cael ei arwain gan bobl lleol, felly mae eich barn chi yn hynod bwysig i ni. Os hoffech chi gymryd rhan mewn gweithdai creadigol di-dâl, neu os 'rydych yn artist proffesiynol sy'n byw yng Nghoedwig Brechfa, bydden ni wrth ein boddau yn clywed oddiwrthoch chi.

Bydd un o'n hartisiaid aml-dalentog sy'n byw yng Nghoedwig Brechfa yn darparu rhai o'r gweithdai, a allai amrywio o waith tecstil i goedwriaeth, neu weithgareddau a ysbrydolwyd gan natur. Mae'n dibynnu ar yr hyn sy'n apelio atoch chi. Mae gennym nifer o artistiaid yn cydweithio gyda ni sy'n gallu cyflenwi pob math o weithdai creadigol, yn amrywio o ysgrifennu creadigol i ddawns neu ioga, drama, cerflunio, gwneud printiau a mwy. Serch hynny, hoffem ni hefyd ymgysylltu ag unrhyw artistiaid proffesiynol lleol sydd am ymuno, a chynnig gweithdai.

'Rydym am weld y prosiect hwn yn gwneud sbloet creadigol ar adeg pan mae COVID-19 yn dal i herio cymunedau. Gallai'r prosiect gynnig mynediad i weithdai arlein, yn ogystal â gweithdai wyneb-i-wyneb, tra'n rhoi'r sylw daladwy i'r mesurau diogelwch a chanllawiau sydd mewn grym ar y pryd. Unwaith eto, hoffem ni wybod beth fyddai'n gweithio orau i chi er mwyn ichi gael mynediad at gyfleoedd.

Byddwn yn trefnu cyfres fer o sesiynau blasu i ddechrau; bydd hyn yn gyfle i roi tro ar sawl ffurf celf gwahanol ac yn gweithredu fel ffordd arall ichi ddweud beth arall hoffech weld. Bydden ni am i unrhyw weithdai yn y dyfodol ddiwallu'r hyn 'rydych chi am wneud, felly helpwch ni i ddarparu'r gweithdai a fydd yn eich ysbrydoli ac yn cefnogi lles.

I'r rhai sy'n darllen ar-lein, I rannu'ch syniadau, cliciwch ar y ddolen isod ac atebwch y cwestiynau, os gwelwch yn dda.

<https://forms.office.com/Pages/ResponsePage.aspx?id=QI5pBGcsiEiLLctXO9JgSuI8bfB106FHm8k9dbIEGf5UM0FWMEdTUVVJNOFRWV0ZXtDZFWkY2TTU1QI4u>

Os y byddai'n well gyda chi, neu unrhywun o'ch cydnabod, dderbyn copi PDF i'w argraffu, ebostiwch rachel@acgc.co.uk. Neu os 'rydych chi, neu unrhywun o'ch cydnabod, am dderbyn copi caled o'r arolwg drwy'r post, rhwch wybod.

Cyfnod Profi Zoom ar lein

21ain Hydref 2020 - 10 yb - 12– Ysgrifennu Creadigol a Gludwaith

14eg Tachwedd – 10.30 yb – 12.30 – Cardiau Pwytho.

Cyfnod Profi yn yr awyr agored (yn ardal coedwig Brechfa)

29ain Hydref 1.30 yb – Ysgrifennu Creadigol

3dd Tachwedd 2020 - 11 yb- 1.30 yb Celf Sail

Mae pob cyfnod profi yn rhad ac am ddim. Y llyfnydd yn gyfyngedig felly mae bwcio'n hanfodol.

Cyswllt - rachel@acgc.co.uk <<mailto:rachel@acgc.co.uk>> neu adael neges ar 01267 243815.

Pwyllgor Lles ac Adloniant

Yn anffodus bu raid dileu Gorymdaith Sion Corn am eleni yn sgil y cyfyngiadau a'r rheolau yn deillio o'r firws. Diolch Lyn Ifans Ysgrifennydd

Gofal Traed

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

Hywel Llygod

Un da wrth ei waith o'dd Hywel Llygod, yn gwbod yn iawn shwd a ble i osod gwenwn neu drap. 'Rodd tipyn o alw amdano yng nghefn gwlad 'nol tua canol y ganrif ddiwethaf pan welwyd ffermydd yn orlawn o fwyd anifeiliaid. Ond fe ddatblygodd ddawn fwy arbenigol fyth. Bob amser yn barod i ofalu am i fola, daeth yn gamster ar ddewis ac amseru ei ymweliadau pan fydde'r teulu ar eistedd am fwyd. Bydde rhai'n mwynhau brecwast mowr hwyr wedi gorffen godro'r bore neu eraill yn porthi Te Deg hael. Bydde ambell ginio cynnar tua hanner awr wedi un ar ddeg, eraill wedyn yn amrywio hyd at tua dau. Bydde Te wedyn rywbyrd o dri 'mhlau, gydag ein swyddog yn trefnu ei ymweliadau yn ôl ei chwant. Yn naturiol fydde cinio mawr hwyr ddim yn mynd gyda gormod o jam a sgons yn gynnar y prynhawn. Gan fod llygod yn bla yn y wlad yr adeg hynny bydde "*Dewch miwn at y ford Hywel ni ar fyta!*" i'w glywed yn ddyddiol.

O dipyn i beth lledaenodd y bola nes neid hi'n anghyffyrddus i blygu lawr yng nghorneli sguborie i hela llygod. Felly pan ddath jobyn y War Ag (War Agricultural Committee) o'dd e jyst y peth iddo, oherwydd bydde'n dal i drefnu ymweld â ffermydd fel arolygwr, i sicrhau eu bod wedi aredig hyn a hyn o erwau i dyfu bwyd yn ôl gorchymyn y Llywodraeth. Dim penlinio poenus mewn corneli tywyll bellach, ond wâc fach i fwllch clawdd, ond y ford fwyd ddewisol heb newid dim. Daw Can boblogaidd y cyfnod gan Bois y Frenni i'n hatgoffa faint a dalwyd i'r ffermwyr am aredig; ie "*Dwy bunt yr erw bois!*" Bu ymestyn y cynllun wedi'r Rhyfel i orffen yn llai na phobloged, yn enwedig gydag amaethwyr gorllewin gwlyb Cymru, lle'r oedd tywydd tyfu llafur yn brin.. I lawr yn nyffryn Tywi hawdd o'dd i Hywel roi pip dros ben iet i gadarnhau fod y tir wedi troi'n goch cyn arwyddo'r tal i'r perchennog. Mewn manau mwy llethrog rhaid llusgo lan rhiw yn amal, felly dysgodd edrych ar y tir gynta cyn eistedd wrth y ford fwyd.

Dyma dargeddi Pantglas ar brynhawn dydd Iau, dyna pryd fydde Mrs Thomas yn coginio ei downyts blasus. O'dd hi ddim gatre, wedi mynd bant da'r Côr rwle, ond 'roedd Donald wedi bod lawr yr hewl fach i gwrdd â cherbyd Jory, i gasglu'r hanner disen o'r byns mawr jyst mas o'r ffwrn blasus., "*Well i ni fynd i weld y ca nawr cyn Te*" medde'r swyddog.,

"*Na!, Ma popeth ar y ford, tecil wedi berwi a byns ffres da fi!*"", Dim angen perswâd pellach wrth i'r arogl heintus gyrraedd ei ffroenau. A'th dwy lawr whap gyda'r menyn cartre'n eu toddi yn ei geg; rhaid mynd am un arall. Pigo'n ofalus ar un yn unig wnâi'r forwyn wrwaidd newydd gan ddabio slagen fawr o fenyn ar yr un nesa. O'dd hyd yn oed Hywel yn llawn erbyn hyn, ond ildiodd i'r cynnig "*Sdim pwynt cadw un!*" Cynted iddo'i gwthio lawr gan ddwbwl dagu, cododd ein ffermwr ar ei draed.

"*Cystal i ni fynd lan achos sdim help da fi odro heno a bydd rhaid cwrdd â'r bys pan ddaw'r Côr 'nol!*" O glos y ffarm mae 'na godiad tir o bron dri chan llath cyn cyrraedd y caeau cnydau, yno fydde'r tir aredig, ac yno oedd Hywel fod gyrraedd. Aethon drwy'r iet i Gae War Tŷ gyda'i gilydd, cyn i Donald ddechre camu'n gynt ac yn raddol creu pellter rhwng y ddau. Tuchan oedd yr ail wrth i'r byns ddechrau gwasgu. Stopo am anal, "*Jiw ma gohygfa bert o fan hyn! Ife Rhydargaeau chi'n gallu gweld draw fan na!*" dim ymateb o'r cynta' wrth i'r pellter rhyngddynt gynyddu. "*Ble ma'r ca ma fi fod weld?*"

"*Reit lan top! Ma sbel da ni fynd to!*". Cyn cyrraedd y clawdd nesa' aeth yn dipyn mwy serth, wrth i'r cynta' gamu'n gynt, "*Y Ca pella yw e' ar byns yr hen hewl Rufeinig*". Nawr mas o anal yn llwyr, suddodd calon ein swyddog o gofio ei fod wedi sbio arno ar y map yn y Swyddfa.

"*Gwedwch wrth i' odi popeth yn iawn lan na? "Odyn odyn! Popeth yn iawn!"*

"*Grondwch ma! Ma tambach o bast arna 'i! Os arwydda'i pidwch gweud gair wrth neb fod ni heb fod lan!*", a thynnu'r ffurflen swyddogol mas o'i boced frest.

Wrth i'r cerbyd adael y clos dan wyneb gwelw Hywel chwifiodd Donald ei ffarwel yn llon. Yna trodd at Prince y ci defed, "*Diolch byth am fyns Jory!*". Bydde rhaid mynd at y Gof yn weddol gloi i weld a 'odd e' wedi riparo'r arad.



Village Voice October 2020

Copy Date for next Edition 26th November 2020

Village Voice is published by Llanpumsaint Community Information Exchange
www.llanpumsaint.org.uk email info@llanpumsaint.org.uk. Please send items to
info@llanpumsaint.org.uk or post to Bodran Felin, Llanpumsaint SA33 6BY
 Brechfa Forest West Wind Farm Community Fund provides some funding for Village Voice

Local traders doing deliveries or order and collect

Lots of information about local shops and help in the village on the Facebook site, Llanpumsaint ar cylch. However, if you don't use Facebook, here are details of some traders that will be in the village, will deliver phone orders or operate a phone or click and collect service:

Railway Inn –Outside drinks only, Tuesday – Sunday see Facebook, or phone 01267 253643

Becky Veg and fruit in the village from 2.00pm Thursday afternoons – 07969 047045

Pasture Perfect Meat Nicky Esgair 07866 311740

Sausages and Bacon **Myrddin Heritage** 07468 453770

Baker Adrian Thomas for bread savouries cakes - order Monday for delivery Wednesdays 07971 740505

Gwalia Stores Phone and collect 01267 253249

Chris Thomas at Abergwili Phone and Collect 01267 238363

Castell Howell on-line click and collect from Crosshands 01269 846080

Castell Howell Shop at Carmarthen Cash & Carry – see website for details

Farmyard Nurseries Delivering orders – 01559 363389

Post Office Van Tuesdy 13.30 – 15.00 and Friday 13.00 - 15.00

And of course, if you can get a slot, Morrisons, Asda and Tesco will deliver – the difficult is finding a slot!!!!



New box outside the Memorial Hall



Cheeky fox – hope he is not after my chickens

Just Hang Up!

Criminals pretending to be from Microsoft, Norton and BT are trying to scam Dyfed-Powys residents.

If you receive a call saying your computer is infected or has serious errors, or your anti-virus needs updating, just hang up the phone. No genuine employee from Microsoft, Norton Anti-Virus or BT should ever phone you to tell you this.

These callers are criminals who will try gain your trust by making you think your computer has a problem. If you allow them access to your computer, you are at risk of having money taken from your bank account and your computer locked.

- Don't engage in conversation with them.
- Put the phone down.
- Block the number they called from.
- Tell your friends and neighbours about this scam.



Heddlu Police
DYFED-POWYS



Interesting cluster of Fungi



Beauty and the beast?



Brugmasia flower, 6 inches long



LOVE YOUR DOG!

But Please
Keep our roads and verges clean
AND
Pick up after your dog
THEN
Put it in a bin or take it home
Don't hang the bag on a bush!
You know it makes sense!

From Carmarthenshire County Council

Carmarthenshire businesses and support groups are going the extra mile along with Covid-19 community support groups to help and support their local communities.

To see what is going on in our area and to find out what support is available log on to the [Carmarthenshire County Council website](#)

If you want to add your business/group to this list email covid19community@carmarthenshire.gov.uk with the business/group name, brief description of what they are doing, how people can get in touch e.g facebook/web link, email and/or phone number and the area that you are working in. We can add new areas and types of service, if they aren't already listed in the drop-down menus.

By working together we can help support our communities.

Llanpumsaint Heartbeat

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

Outside the Village Hall SA33 6BZ

Outside the Railway Inn SA33 6BU

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

Outside the Vestry at Nebo SA33 6HN

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

We have replaced the box protecting the defibrillator at the Hall with many thanks to Welsh Hearts who provided it free of charge. Many thanks to Will Dyfed Alarms for fitting the box and connecting to the electricity in the hall.

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

If you are not sure about using a defibrillator, you can borrow a training pack from me to show you and the family how to give CPR and use the defibrillator. Although none of the village defibrillators have been used, you never know when you might need to help, so just going through the process with a training pack may help you save a life. Carolyn Smethurst 01267253308, info@gwilimill.com

Llanpumsaint Allotment Association

Just when you think that it's going to be a good Summer growing season - along comes a very dull, wet, and windy August!

However when I recently visited a keen gardener friend and accompanied him around his plot (maintaining a safe distance), I was really surprised to see how well and luxuriant his flowers and vegetables were growing.

Having spent an informative afternoon with him he whispered to me how he achieved this -

“Early to bed, early to rise, Work like hell and fertilise.”

He then finally suggested, as I was leaving, horse manure on my strawberries.

I'm not doing that again though. I'm going back to whipped cream!

You don't have to work all hours to enjoy the fruits (and veg) of an allotment -it can in fact be quite a relaxing and rewarding pastime. So why not come and join us. The allotments are located in the old station yard opposite the Railway Inn. For any information about the Association contact Rosie (Chair) Tel: 07950411536, or Ray (Treasurer) Tel:253157.

LLANPUMSAINT WELFARE AND RECREATION ASSOCIATION

Llanpumsaint park will remain open. However, everyone using the park is requested to read the Government Guidelines on the posters at each entrance. **NB. DOGS ARE NOT ALLOWED IN THE PARK**

Regrettably, this year's Santa Parade has been cancelled due to the recent rules and restrictions as a result of the Covid-19 pandemic. Thank you, Lyn Evans (secretary)

Another Scam!

'This is a first - a couple of weeks ago I had a phone call from someone purporting to be a Private Investigator, telling me my husband had been seen with another woman! Either he's clairvoyant or he's a ghost and he's seen Nick in heaven 🙏 On top of that, we weren't married! I was so shocked that I just told him not to be so stupid and put the phone down but afterwards I realised it was a good job I didn't tell him something that would say I was now on my own. Then I started to get really upset. Honestly what next with these blessed fake calls!' Sandy Mather

Llanpumsaint Community Shop - Community Consultation

Consultation with the community to identify need for a community shop was done in the following ways

- Survey with 102 responses received
- Consultation Event with 36 attendees

As part of the consultation process, the following sites were suggested for homing the community shop:

- The Former Shop Site
- Building adjoining the Public House
- A Mobile/Temporary Shop
- Conversion of Existing Buildings
- Use / Extend an Existing Community Building
- New Build

NEXT STEPS...

There is clearly sufficient community support to justify the development of a community shop. The following are recommendations for the steering group as to how they could proceed.

- Develop the Steering Group
- Select the legal structure
- Finalise a suitable site
- Prepare a business plan
- Fundraise
- Develop the volunteer bank

The steering group are currently looking for people with the following skills to join them:

- Digital
- Business development
- Finance
- Legal
- Income generation
- Property Management
- Retail
- Comms & Marketing

If you would like to know more or get involved, please contact: Sharon Frewin
sharonfrewin@yahoo.co.uk 07908 668765 www.facebook.com/LlanpumsaintShop

Llanpumsaint PTA

The Annual General Meeting was held on the 22nd of September and new committee members nominated. Due to current COVID-19 restrictions, we are unable to hold any of our usual events however we are actively looking at alternate events to fundraise and also to help us get into the Christmas spirit.

Llanpumsaint School PTA - Easy Fundraising

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

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

LLANPUMSAINT 100 CLUB

Since the last issue of Village Voice, the following have either re-joined or joined for the first time:- No. 95 Lisa Williams, No.96 David Icke, No. 97 P.K.Bowman-Whiting, No. 98 P.K.Bowman-Whiting, No. 99 Roz Evans, No.100 Lynsey Jones, No.101 Owain & Llyr Jones, No.102 Owain&Llyr Jones, No.103 Florrie Rees, No.104 Ann Davies, No. 105 - Dorrien and Mair Thomas, No.106 - Lyn and Nerys Thomas.

Thank you , Folks.

As promised, the Draws have been made for March through to October. Here are the lucky winners:-

MARCH - £20 No.20-The Bowls Club. £15-No.37-Pamela Jones, £10-No.2-Val Lock.

APRIL - £20-No.62-Dexter Penfold.£15-Cathy Williams.£10- No.28-Jonathan Evans.

MAY - £20-No.43-Jill Edwards. £15-No.99-Roz Evans. £10- No.103-Florrie Rees.

JUNE - £20-No.64-Mo Jameson. £15-No.98-P.K.Bowman- Whiting. £10-No.44-Gethin Edwards.

JULY - £20-No.45-Sandy Mather. £15-No.47-Philip Jones, £10-No.14-Maria Stedman.

AUGUST-£20-No.50-Grant Davies. £15-No.102- Owain&Llyr Jones. £10-No.87-Bryn Jones.

SEPT. £20-No.60-Gordon&Barbara Cable. £15-No.23- Lyn Henstredge. £10-No.7-P.K.Bowman-Whiting.

OCTOBER- £20-No.6-Edward Davies.£15-No.53-Dee Tozer. £10-No.10-Eirian Powell.

The lucky numbers drawn for November, the Grand Christmas Draw and January, 21, will be revealed in the Christmas issue of Village Voice. We can all live in hope!!! Derick Lock.,Treasurer, LLANPUMSAINT 100 CLUB Tel. (01267) 253524.

Bronwydd Gardening Club

It has been a very difficult six months already and it is clear that Gardening Club meetings are unlikely to resume with any degree of certainty until next Spring. The winter is likely to be a difficult time and since we have no meetings then, the Committee have (remotely) discussed this and decided on the following:

1. Our first (provisional!) date for the first meeting of 2021 will be 16th March. If this proves impossible to fix with Bronwydd Hall, you will be emailed of this in advance.
2. Our programme for 2021 will be as identical as we can make it to the 2020 programme you already have.
3. If you have already paid your membership fee for 2020, then this will cover you for 2021 as well. No extra fee will be involved. If you have not yet renewed your membership, then Maureen will issue you with cards on payment of your fee at the March meeting.
4. Once we have resumed meetings, it will be contingent upon any regulations on distancing and hygiene that are in force at that time.
5. It is unlikely that we will be able to arrange a dinner or visits for 2021, but we hope to start this process once regulations allow.
6. One very nice piece of good news is that Brechfa Wind Farm have kindly allocated the Club £500 to help substantially cover the Show next year!

I do hope that all you and your families are keeping fit and well and that your gardens are benefitting from the additional attention they have probably received this year so far. We will keep you updated if anything changes from the points mentioned above and hope to see you all next March. Sue Harte
Chairman

Church in Wales (Anglican Churches) of Llanpumsaint , Llanllawddog , St Celynin Bronwydd and St Alban Cwm Duad

Please remember that government and Church in Wales guidelines are changing rapidly the best way to keep up to date with what is happening in our churches is to follow us on Facebook, as I can update info there quickly

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

As things stand today (14/9/20) we are still allowed to meet in groups of more than six in our church buildings, however the wearing of face coverings is now compulsory. You may remove your face covering to receive the Eucharist, but other than that unless you are in one of the exempt groups the covering must be worn for the whole service.

May I also please respectfully remind you that at church services and events we must try to keep everyone as safe as possible , that means, maintaining 2m social distancing from other households even as you enter and exit the church and in the car park , and not sharing items such as pens etc. We are unable to make a harvest collection of goods in the usual way this year , instead I would encourage you to make a donation direct to Carmarthen food bank .

Details of how to donate food can be found here <https://carmarthen.foodbank.org.uk/give-help/donate-food/>

Details of how to donate money here <https://carmarthen.foodbank.org.uk/give-help/donate-money/>

Skype services of Morning Prayer continue at 9.00am on Tuesday mornings and 10.00am on Sundays.

Zoom Youth group continues on Thursdays at 5.30 -6.30 pm for young people aged 10 -17

Llanpumsaint Church is open for private prayer 10-11am on Mondays.

Eucharist services planned in the church buildings on Sundays at 2pm are as follows. Please remember to contact me to book your space in advance and bring your face covering.

Sunday 4th October St Alban's Cwmduad

Sunday 11th October Llanpumsaint

Sunday 18th October Llanllawddog

Sunday 25th October - Forest Church session 2pm meeting at St Celynin Church Bronwydd . This session will be held totally outdoors there will be no access to the church building so you need to dress for the weather. Forest church is suitable for all ages but may especially appeal to children and young people.

The session will be strictly limited to 30 people , those over 11 years of age will be required to social distance. All children under 16 must be accompanied by a responsible adult.. Forest Church is a fresh expression of church drawing on much older traditions when sacred places and practices were outside – but it is also drawing on contemporary research that highlights the benefits of spending time with nature in wild places.

Forest Church isn't just normal church happening outside, instead it attempts to participate with creation. And it isn't just a fellowship group doing an outside activity, we aim to learn, worship, meditate, pray and practice with the trees, at the spring, along the shore....

Please contact me to book places as soon as possible – once I know the age range and physical capabilities of those attending I'll adapt the session to suit .

Thank you all for your continued patience and understanding at this time.

Yours Rev'd Gaynor j_gaynor@hotmail.com

News from Skanda Vale

We moved to Cwm-creigiau Fawr farm, (now Skanda Vale), in 1973. Ever since this time we have called the water that flows through the valley *The River*. Maps suggest otherwise. This water course is called Nant Aeron. Welsh speakers will know that Nant is a stream (a far more appropriate term); but what about Aeron? Searches on Google initially suggested Aeron means berries – so the Stream of Berries – quite poetic I suppose. Further searches revealed more exciting possibilities the Goddess of Battles or the Queen of Light. If any of you can suggest the correct translation we'd love to know. (write to enquiries@skandavale.org)

In places, next to the stream, there are water meadows, , in which grow Valerian and Marsh Marigolds but the dominant plant is Meadowsweet. This plant contains salicylic acid a chemical also found in willow bark and is the active ingredient in aspirin. Apparently Elizabeth 1st liked to have Meadowsweet with its sweet smelling flowers, amongst the rushes that were used on the floors of her chambers. Remains of this plant have been found together with the cremated remains of three people and at least one animal in a Bronze Age burial site at Fan Foel, (about 30 miles to the east of Llanpumsaint), the highest point in Carmarthenshire.

The valley, here, has become quieter now that the Dawn chorus is finished. Territories have been established, mates found, leading to the urgent task of finding food for hungry young mouths; no time for singing. However, Sister Gemma did hear a strange squeaking noise one evening in the garden at the Lodge. This turned out to be a baby hedgehog which had somehow got separated from its mother.

Up on the Eastern side of the valley is our coach park which is situated next to a Rhos pasture. This habitat is typified by abundant purple moor grass and many species of rushes. Because of land drainage and other changes in agricultural practices this type of habitat has declined; only 8% remains of the area thought to have existed in 1900. Because of this decline Rhos pasture is included in the United Kingdom Biodiversity Action Plan. Our Rhos pasture supports a population of Marsh Fritillary Butterflies (which have seen, nationally, an 80% decline in numbers since the 1970s), a thriving population of Heath Spotted Orchids and amongst many other species Whorled Caraway. In 2002 the Charity Plantlife asked people to vote for the flower to represent their county. Whorled Caraway was voted the County Flower of Carmarthenshire/Sir Gaerfyrddin. It's a signature plant of the diminishing damp, 'rhos' (rough) pastures of Carmarthenshire.

The weather in August, as you know. was so hot and close; typical thunderstorm weather. One of the Sisters slept with her window open and awoke to find a bat, (probably a Pipistrelle), in her room. Rumour has it that since this time she has refused all meals containing garlic and has not been seen to venture out of her room during daylight hours. Can this be true?

(Place-name experts are agreed that aeron is a reference to a long forgotten Goddess of War. Aer originally meant battle. Therefore Nant Aeron in Llanpumsaint and Aberaeron in Ceredigion share the same derivation. The Names of rivers and streams are the oldest to survive in our language Arwyn)

Playlist For Life - Music Dementia Charity - FREE New Resources and Information

I work for the dementia music charity *Playlist for Life* covering the Carmarthenshire area. Over the past few months, we have been working in communities in a slightly different way than usual but we have been continuing to promote our free services that might be of interest to older people and carers, as well as people living with dementia.

Playlist for Life is focused on bringing some fun and positivity to people living with dementia who have been sheltering in lockdown. The soundtracks to their lives, and the music they grew up with, can play a part in providing mental and emotional wellbeing to them in these times. We have been working with the Alzheimer's Society, Age Connects, Music for the Brain, care homes, carers, relatives and appointees to promote the value of playlists.

For example, we have been working with the Alzheimer's Society and been busy making personal playlists on MP3 players and sending them out to people living with dementia in the community – people who were unable to attend their usual dementia groups due to lockdown. Alzheimer's Society have recognised the value of bringing some pleasure to their service users at this challenging time.

If you would like to find out more about Playlist, we have a good online resource section, where people have been reading and downloading forms to help create playlists and musical memories. The **BBC Musical Memories** project is a partner, providing a wealth of material to create people's playlists. <https://www.playlistforlife.org.uk/resources/>

Mew Steff Griffiths ,**Local Co-Ordinator – South West Wales** +44 (0) 7712 273946
Steff@playlistforlife.org.uk

Arts Care Gofal Celf Brechfa Forest

Arts Care Gofal Celf are thrilled to announce that we have received funding from Brechfa Forest West Wind Farm Fund in order to provide arts based activities for people living in the Brechfa Forest area (including Llanpumsaint) over the next 6-9 months. We would really like the project to be guided by local people so your views really matter. If you would like to take part in free creative workshops, or if you are a professional artist living in Brechfa Forest, we would love to hear from you.

One of our multi-talented artists who lives in Brecha Forest will deliver some of the workshops which could range from all manner of textiles to woodcraft or nature inspired activities depending on what you might like. We have a number of artists who work with us who could deliver all sorts of creative workshops from creative writing to dance or yoga, drama, sculpture, printmaking and more. However, we would also like to engage any local professional artists who may want to get involved and deliver workshops.

We would like this project to provide a positive splash of creativity at a time where COVID-19 is still challenging communities. The project could offer access to online workshop as well as face to face workshops in line with safety measures and guidance at the time, again we would love to know what would work best for you in order to access opportunities.

Online zoom taster sessions - All taster sessions are FREE. Spaces limited. booking essential

21st October 2020, 10-12pm - Creative Writing and Collage

14th November 2020, 10.30-12.30pm - Stitch Cards

Outdoor taster sessions (venue TBC, in Brechfa Forest area)

29th October 2020, 1-3pm- Creative Writing

3rd November 2020, 11-1pm - Leaf Art

To book, email rachel@acgc.co.uk or leave a message on 01267 243815

LLANPUMSAINT & NEBO SHORT MAT BOWLING CLUB

Playing bowls is a distant memory for all of us I'm sure. It has been 30 long weeks since we last played any bowls, but we can be proud of the fact that we ended the shortened season with an excellent win away in Llandyfaelog back in March. As the virus is still present there is uncertainty as to when and how bowls will resume. We hope all our members will be able to return to bowling as soon as it is safe to do so.

Here are a few questions just to make sure that our players remember the rules when they return to play:

1 - What is the Yellow Object Ball called?

a - Jim, b - James, c - Jack, d - Jill

2 - How many bowls are used in a traditional game of singles?

a - 4, b - 2, c - 3, d - 7

3 - What is known as the 'Shot'?

a - The bowl furthest from the Jack,

b - A Bowler who delivers a wrong bias,

c - The bowl closest to the Jack,

d - The player most likely to have a gun in his pocket

4 - In a game of Fours, how many Bowls does each player have?

a - 2, b - 3, c - 4, d - 5

5 - If attempting to 'Draw', what would you be doing?

a - Putting a 'blocker' in,

b - Writing the score on the scorecard,

c - Bowling with precise weight to the Jack,

d - Painting by numbers

6 - What is the Bowler called that places the Jack in a game of Pairs, Triples & Fours?

a - John, b - Skip, c - Captain, d - Lead

7 - Every Bowl is shaped so that it travels in an arc, what is this commonly known as?

a - Line, b - Bias, c - Size, d - Weight

8 - If a Bowler says you were too 'heavy', what do they mean?

a - It was bowled too wide,

b - You bowled with too much weight,

c - It was a wrong bias,

d - You ate all the pies

9 - In a game of Triples, how many Bowls does each player traditionally have?

a - 3, b - 4, c - 2, d - 1

10 - The main aim of Bowls is to?

a - Hit the Jack,

b - Score a strike,

c - Get as close to the Jack as possible,

d - Drink your opponent under the table....

So, how do you think you did? Got them all correct? Well, let's find out – check our website for the correct answers!! Llanpumsaintsmbc.org.uk

The Club meets in the Hall for practice on Monday and Thursday evenings from 7.30-9.30 p.m. from September until the end of April. New players are always welcome between the ages of 11 and 99, we have qualified coaches on hand to provide help and encouragement.

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

"Why is walking so simple, and free Apps aren't?"

I went for a walk in the drizzly rain just now and got back pretty wet. I went down a hill, then back up again, so I got warm and had to take my waterproof off, so then I got rather wet. But that didn't matter as I live in a warm house so I could hang my coat up to dry and dry off myself. Walking had its usual energising effect - try it and see if I'm wrong - and a dull day, well I can't say it was transformed, but it made me notice things around me, how the ashes have almost all lost their leaves, the sycamores are going horrid and spotty, the oaks are turning yellow. I have signed up for one of these "walk one hundred miles in October for a charity" events, so I wanted to test out a simple walking app. on my phone, to log how far I was walking. I loaded on "Map My Walk" and told it to start.

When I got back I looked at my phone to see how far I had walked. I had managed a scanty 2.5 kilometres. It told me the calories I had used too, though I wasn't interested in that, and a very spiky graph showed, I guess, where I had gone up and down over tussocky grass. What I wanted to know, was my distance in miles, not kilometres. I know, I can easily do my own conversion, but it's another fiddly thing to have to do. Another thing I wanted to do was to save the walk and then add up accumulated distances on successive walks. But there was no obvious way to do that either. And then it dawned on me : this is a *free* app:- they don't want you to find it too easy to use, too simple and useful. Some very basic aspect of it won't work, driving you potty as you tap away trying to navigate a site that's deliberately designed to frustrate. So that then you will "upgrade" to the paying version, and all your little troubles will be over as you sail serenely into the calm waters of the paying option. It's the same with Spottify - it's free, but soon you are going mad trying to get it to play just the tunes you want, not edited bits of them, and not whole albums. With maps and distance, I can see myself going back to the bit of string wiggling round the paths shown on the two-and-a-quarter inch to the mile map, then measuring that to see how many inches, and with music I've given up trying to be cool and gone back to C.D's. Or birdsong.

These things are designed to make us pay. But walking , about which I'm sure I've written in here before, is gloriously free and easy, and I see more and more of us round here are discovering the benefits of this miracle exercise - good for our bones, good for our hearts and our lungs, and stimulating for our brains too, and I'm not just talking about wrestling with phone apps It improves our social lives also, as we meet and hold socially distanced chats with neighbours along the quiet roads. Walking and meeting people out walking too, is for me the consolation of this terrible time of plague during which we have lost so much. " Ann Pettitt

Dog Fouling – Joint Statement

Clwb Criced Bronwydd Cricket Club and Bronwydd Hall Management Committee are concerned of the increase in dog fouling at both the cricket club and Bronwydd playing field. We acknowledge that the majority of dog owners who use our land to exercise their animals are responsible and clean up after their dog(s). Unfortunately however, there is a minority of owners who do not.

Your local newsletter allows both organisations to appeal to dog owners in your village and who travel to Bronwydd to exercise their animals to respectfully adhere to the signage of keeping your dog(s) on a lead and not to allow any fouling. Should this happen we request that you collect and dispose of any faeces deposited by your animal(s) in the appropriate manner. We respectfully ask that you ensure that your dog(s) keep off all grassed areas (including the grassed bank area overlooking the ground) and keep to the paths.

Both fields are used for playing sport as well as having a children's play area but increasingly there has been a rise in some owners allowing their animals to foul and not clear up after them. I'm sure you are aware of the dangers associated with their faeces which contain bacteria that can cause stomach upsets and serious kidney disorders if ingested, however there is a greater risk to public health from Toxocariasis that can lead to blindness. Dog owners have a legal duty to clean up after their dog every time they foul in a public place.

Thank you for taking time to read our appeal.

Dorian Taylor, Chair CCB & Hywel Griffiths, Chair Bronwydd Hall Management Committee

Recycling Centres open by appointment only

Carmarthenshire County Council have opened its four Household Waste Recycling Centres - but only to those Carmarthenshire residents who have already pre-booked an appointment.

Appointments can be made through an online booking form on a first come-first served basis. This is to ensure the number of visitors to the site at any one time is regulated in the interest of safety for staff and the public. Anyone arriving on site without an appointment will not be allowed entry.

Initially, appointment slots will be open for one week at a time. The appointments will go live every Thursday at 8.30am. The situation will be continuously reviewed and any updates or changes to the system will be posted on the council's website or Facebook and Twitter pages.

Trostre and Nantycaws will be open seven-days a week and Whitland and Wernddu in Ammanford will be open Wednesdays to Sundays.

Just under 4,000 appointments will be available across the four recycling centres each week. This will be under constant review. To ensure it is fair to everyone, residents will initially be able to make one appointment per month.

This applies to Carmarthenshire recycling centres only. Other neighbouring local authorities may be operating differently. Residents are advised to keep checking the council's website and social media feeds for the most up to date information.

Residents are being urged to ensure they only visit the recycling centres if it is an essential journey – i.e. the waste is causing a public health concern or safety concern, or cannot be collected at kerbside via the usual refuse and recycling collections.

Strict social distancing measures will be in place within the recycling centres and must be obeyed at all times. In the interests of safety, staff will not be helping residents to unload any goods during this time therefore residents are being urged to ensure that they are able to unload any materials themselves. Up to two people (from the same household) will be allowed to get out of the car to unload heavy/large items. If site rules and social distancing isn't met the council will have to re-evaluate the position and may be forced to close once more. Usual rules apply on proof of identity that residents are from Carmarthenshire and vehicle permits.

This information can be found on the [recycling, bins and litter pages](#) on the council website.

Nebo Chapel Services

For more information please contact Chapel Secretary Meinir Jones on 253532

Ffynnonhenri Chapel

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

Caersalem

We have re-opened and hope to have a service most Sundays. If you'd like to come, would you be so kind as to let me know on 253895, Eleri Morris. Thanks

CYLCH MEITHRIN BRONWYDD

Enquiries relating to the Cylch to Verona (07929 431652)

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

Pocket Guide to the Cambrian Mountains

The digital copy of the [Pocket Guide to the Cambrian Mountains](#) has been published recently. It's full of useful information that will be a good resource to local communities and visitors. The guide includes **nature locations, heritage destinations and promoted trails**. We've also included information about dark skies too. Paper copies guide are also available.. If you would like the paper copies (and how many), please let us know. We'd like to thank everybody who helped us create this guide.

We also have the guide to the [Dark Skies of the Cambrian Mountains](#) as well as the [Visitor Map to the Cambrian Mountains](#) still in circulation.

Dafydd Wyn Morgan, Rheolwr Prosiect / Project Manager, Dyfodol Cambrian Futures
01974 282255 neu/or 07748 675798 Email: dyfodolcambrianfutures@gmail.com

Neuadd Goffa Llanpumsaint & Ffynnonhenri Memorial Hall

September 2020

At the moment the Hall remains closed and is unable to hold events due to the current covid-19 situation. The committee will be meeting virtually over the next few weeks to arrange a way forward on how to re-open the hall when it is safe to do so.

Fundraising Bricks

Would you like to buy a brick to be displayed inside the Hall? We are now taking orders. We need five orders in order to make a purchase. The bricks are priced at £50 each. For more information or for an order form contact Catrin Eldred on 07772235243.

Rat Man Hywel

He'd been a rat catcher for a long time and travelling around the countryside had assimilated all the tricks of the trade. Fond of his food he'd long worked out the art of arriving at full tables at mealtimes. Some families sat down for lunch before noon, others could be well after one, and teatime could land anywhere between three and five. Unerringly Hywel arrived as the family sat down at table, so they couldn't refuse. Over time he got very fat and bending down to set or check traps became increasingly difficult and awkward. So when this new job offer came up via the War Agricultural Committee, Hywel jumped at it. No more bending into tight dark corners, all he had to do was go around the farms checking that they had ploughed their stipulated number of acres, all part of the War effort. Down along the Tywi valley it was easy, a stroll as far as the field gate, a quick visual check before the timed return to the kitchen table. Some of those hill farms could be a bit more difficult though.

Arriving at Pantglas yard that Thursday, he eyed the ascending view with some apprehension, but a cheery welcome from Donald "*Tea's on the table!*", took over. During those mid 1940's Jory Brothers Carmarthen's provisions van made weekly runs out into the country and on a Thursday their speciality were warm fresh big buns, sold by the half dozen. There they were on the kitchen table beside the large oblong blob of salty home-made butter. Hywel's eyes bulged and he set to. Donald ate one slowly being preoccupied with feeding his guest. As he topped up his second cup, "*One more Hywel! No point in leaving one!*" He struggled over the fifth even though they were so tasteful.

Donald got up abruptly "*We'd better see the field. I'll have to be back for milking!*". Hywel groaned when told that the apparent ploughed field to be checked was way up the top, next to the Roman road, an ascent of some three hundred feet. The lightly fed Donald led the way at pace up through the first field. The bun laden official soon lagged behind weighed down by Jory's calories. "*Nice view from here*" as he paused to gain some respite. But the farmer was getting further ahead. The panting War-Ag official paused at the second field gate looking back.

"How much further?"

"Only another two fields!"

"Oh damo! Listen!" Laboriously he pulled out his notebook from a sweaty inside pocket. "*You are required to plough five acres aren't you! Everything O.K.?*"

"Yes! Yes!" came the quick reply.

"Well listen I've got a busy day ahead. I'll tick it off but don't tell anyone that we haven't been up. O.K."

"O.k Iawn Hywel! Thank you!"

As the van pulled out of Pantglas yard Hywel waved back at his generous host and thought he must remember to tell his wife about those Jory buns. Donald breathed a sigh of relief. Now that the War had ended farmers often got a bit lax in complying with Government dictates. Anyway trying to grow cereal crops in wet West Wales just didn't work and his plough was being repaired. Watching the van disappear down the lane he muttered gratefully, "*I'll have to see the Blacksmith tomorrow! Thank God for Jory Brothers!*" *Arwyn 2020*

FREE. 2 slice toaster. Tesco model 2TSS15. Tel: 01267 253993

For Sale – Childs Boyancy Aid suitable 10 – 20KG, good condition £15. Tel 01267 253308

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| <p>G J Isitt & Son ROOFING Free estimates and advice All aspects of roofing undertaken We pride ourselves on our reputation 01267 253425 / 07770 818951</p> | <p>JOHN KERR MOTOR VEHICLE ENGINEER Servicing • Diagnostics MOT preparation • Tyres Gerwyn Villa Llanpumsaint 01267 253560 07980 982025 Email: johnworkshop@hotmail.co.uk</p> |
| <p>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</p> | <p>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</p> |
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| <p>Harcourt Tree and Garden Services Tree Surgery, Felling and Removal 25 years experience Garden work, All types of Fencing And Gwili Firewood Seasoned hardwood or softwood logs Ian Harcourt 01267253368 or 07812158825</p> | <p>Gwalia Stores Peniel Road 01267 253249 Fuel, Shop, Post-office Licensed, Hot & cold food to go Coffee, Vapes Newspapers and magazines</p> |
| <p>Pure Shine Pure water window cleaning Based in Bronwydd, serving Bronwydd, Llanpumsaint and the surrounding villages. <i>Window Cleaning, Conservatory Cleaning, External Gutters, Fascia and Soffit Cleaning</i> Contact Steve for a FREE no obligation quote: Tel: 07462138885 / 01267 253956 Email: pureshinewindowcleaning@gmail.com Facebook: Pure Shine</p> | <p>THE OLD DAIRY DOG HOTEL Seven Brand new luxury kennels Spacious individual kennels with their own covered patio area Underfloor heating for our guests' comfort 18 acres of private grounds to exercise Fully licensed, 30 years' experience caring for clients' dogs To view our kennels phone 01267 281628 or 07717 345277 or email www.theolddairydoghotel.co.uk</p> |
| <p>R. Thomas Electrical Services Electrical Installation And Maintenance Fully Part P Registered Phone Rob on 0777 2364553 Llys Onnen Carmarthen</p> | <p> Hafan Holistaidd Holistic Heaven 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</p> |
| <p>Massage Therapist Alexandra <u>Boucher FHT</u> 07516 005146 alexaboucher110@hotmail.co.uk Swedish Massage – full & part body Indian Head Massage Gwernen, Llanpumsaint, SA33 6BY</p>  | <p>Experienced Gardener available for all your needs:- Grass cutting - Hedge cutting - Pruning Flower borders - Vegetable gardens Fencing and much more For more details/quotes, please contact Brian Taplin on 07778796794 or 01267 253097 (lives in Llanpumsaint)</p> |
| <p> MYRDDIN HERITAGE SAUSAGES & BACON made in LLANPUMSAINT plus other LOCALLY PRODUCED PRODUCTS DELIVERED TO VILLAGE RESIDENTS FOR FREE check out the shop at www.myrddinheritage.co.uk use FREE DELIVERY promo code: LPS100</p> | <p>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</p> |

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