



Llais y Llan Ebrill 2022

Copi dyddiad ar gyfer rhifyn nesaf 26 Fai 2022

Cyhoeddwyd gan Llanpumsaint Cyfnewid Gwybodaeth Gymunedol

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

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

CRONFA GYMUNEDOL FFERM WYNT
COEDWIG GORLLEWIN BRECHFA



BRECHFA FOREST WEST WIND FARM
COMMUNITY FUND

Digwyddiad dal i fyny cymunedol yn Neuadd y pentref
Dydd Sadwrn 2 Ebrill 2022





Children attending Cylch Meithrin, Bronwydd
for St Davids Day

Cyfle gwych i weithio gyda chriw o blant talentog a hyfryd.
Swydd yn rhedeg Clwb Gofal ar ôl Ysgol, rhwng 3.30 a 5.30 ar Nos Fawrth a Nos Iau!
Cysylltwch am fwy o wybodaeth
01267253446

A great opportunity to work with a talented and amazing group of children.
A position to run the After School Club between 3.30 and 5.30 on Tuesday and Thursday!
Contact us for more information
01267253446

YSGOL GYNRADD
LLANFUMSAINT



Love is in the air / Mae cariad yn yr awyr
Veronique Jones



Enjoying the spring sunshine/ Heulwen y gwanwyn
(Clare Bishop)



Marsh Tit/Titw'r Gors
(Ray Davies)

Bowlio Dan Do Llanpumsaint a Nebo

Bu cychwyn 2022 yn un llewyrchus i'r Clwb. Dilynwyd buddugoliaeth 8-0 erbyn Llandeilo yn y gêm gartref gynta', gan ddau ganlyniad 6-2 erbyn Llanddarog A a Llanboidy B. Gydag ond dwy gêm yn weddill gwelwn ein hunain yn yr ail safle wedi 4 buddugoliaeth, 1 yn gyfartal a cholli ond un.

Hoffwn hefyd longyfarch ein Capten Aled Edwards fu'n un o ugain i gynrychioli Cymru yng nghystadleuaeth Bowlio Dan Do'r Byd yng ngwlad Belg ym mis Mawrth. Enillodd Aled a'i bartner Dafydd Hywel o Bontargothi bob un o'u saith gem a'r un go-derfynnol hefyd. Yn y gystadleuaeth derfynol daethant o fewn 10 i 12 erbyn pencampwyr Cymru a Phrydain o Sir Benfro. Dychwelodd Aled adre gyda thlws Arian hollol haeddiannol.

Mae dau o'n hieuenctid wedi cynrychioli Cymru erbyn Lloegr dan 21ain, gynhaliwyd yn Abertawe eto ym mis Mawrth. Chwaraeodd y brawd a chwaer Rhys a Catrin Williams yn hynod o dda ar y dydd, ond er yn agos aeth Lloegr a hi yn y diwedd. Cofiwch gadw llygad ar ein Gwefan am y diweddaraf am ein clwb

Bydd y Clwb yn cyfarfod i ymarfer bob nos Lun a Nos Iau yn y Neuadd o 7.30 yh tan 9.30, hyd ddiwedd Ebrill. Mae yna groeso i bob chwaraewr newydd o16 oed hyd 99, ac mae yna hyfforddwyr trwyddedig wrth law i'ch cymorth a'ch ysbrydoli. Ceir mwy o wybodaeth drwy ffonio Derick Lock ar 253524 neu ein **Hysgrifenyddes Jill Edwards ar 253474**.



Codwyr Cynnar yn mwynhau Cytgan Adar y Wawr

Os ydych yn godwr cynnar byddwch eisoes wedi mwynhau hyfrydwch cytgan y wawr. O 5 o'r gloch ymlaen bydd y dryw bach, gyda'r fronfraith, yr aderyn du a'r robin goch wrthi'n ddyfal. Dethlir Dydd Cytgan Adar y Wawr ar Sul 1ail o Fai.

Mae'r rhan fwyaf o'r drudwns wedi dychwelid tua gogledd Ewrop am weddill yr Haf. Ymysg y cyntaf i gyrraedd o'r Sahara daeth yr asgell faith eisoes wrthi'n nythu yn y coed. Cyn hir fe welwn y gwennoliaid a gwennol y to yn ôl yma i Lanpumsaint, lle rydym yn ffodus o'r holl amrywiaeth yma oherwydd i rain bellach fod mewn perygl ar y rhestr goch. Gwelwyd gostyngiad sylweddol yn eu niferoedd oherwydd prinder lleoliadau nythu a bwydydd addas. Bydd y gwennoliaid eraill yn dychwelid wedi taith o 6 mil o filltiroedd o Dde'r Affrig. O hedfan 200milltir y dydd bydd yn daith o ryw bedair wythnos iddynt. Mae hyn yn gamp arwrol i aderyn bach sy'n pwysu llai nag 20 gram, pwysau rhyw 4 darn arian 20c.

Felly estynnwn groeso gwresog iddynt oll. Os dewisir eich tŷ yn safle nythu yna byddwch amyneddgar gan oddef unrhyw anghyfleustra am ychydig wythnosau, cyn iddynt droi 'n ôl a dychwelid eto i'r de. Os am ddenu rhai atoch yna nid yw'n rhy hwyr i osod nyth lan rhywle.

Clare Bishop

Pwyllgor Lles ac Adloniant

Estynnwyd y dyddiad cloi i ymuno a'r Clwb Cant hyd ddiwedd Ebrill, felly dyma gyfle arall i ymuno a'r fenter. Os ydych am fentro neu'n barod i gynnig help llaw i redeg y sioe, cysylltwch ag aelod o'r Pwyllgor neu E-bostiwrch llanpumsaint 100club@gmail.com <<mailto:100club@gmail.com>>. £12 yw hi i ymaelodi am flwyddyn gyda'r enillwyr yn cael eu tynnu bob mis ac un fawr adeg y Nadolig. Tynnir y ddwy gynta', sef Mawrth ag Ebrill ar ddiwedd Ebrill oherwydd yr estyniad. Pob hwyl!

Cynhelir Cyfarfod Cyffredinol Blynnyddol y Gymdeithas Lles ac Adloniant ar nos Lun 25ain o Ebrill am 8 o'r gloch yn y Neuadd. Mae'n agored i unrhyw un fod yno a byddem yn croesawu unrhyw un sydd am ymuno a'r Pwyllgor am y flwyddyn.

Bydd gwaith yn dechrau i atgyweirio ac ychwanegu at y cyfarpar yn y maes chwarae, o ganol Ebrill ymlaen, diolch i haelioni Cronfa Fferm Wynt Brechfa. Cymerir tua 8 wythnos i'w gwblhau. Felly gobeithiwn weld y Maes Chwarae yn agored a gweithredol erbyn tymor yr Haf. Felly diolch am eich amynedd tra bod y gwaith ar droed, ond ni fydd hyn yn ymhari ar y beldroed na'r tenis.

Wrth i'r tywydd wella gosodir rhwyd newydd i'r tenis er mwyn annog ein hieuenctid tua Wimbledon. Diolch yn fawr i Gronfa Gymunedol CAVS am ein galluogi i brynir cyfarpar newydd. Yn ôl ein harfer edrychwn o amgylch am aelodau newydd i'n cymorth gyda'r cynnal a chadw a'r ymgyrchoedd Codi Arian. Felly cysylltwch â parcllanpumsaintpark@gmail.com <<mailto:parcllanpumsaintpark@gmail.com>> neu siaradwch ag **Aaron Jones 07814157946** neu unrhyw aelod o'r Pwyllgor am wybodaeth.

Tymor y Garlleg Gwyllt

Nawr yw'r amser i fwynhau'r holl arlleg gwyllt sy'n ffynnu yn ein cloddiau. Dail llachar gwyrdd ac yna yn Mai daw'r blodau gwyn. Shwt allwch sicrhau mae garlleg gwyllt yw e'? Ewch ar y We lle mae digon o luniau i'ch cymorth - gwasgwch ddarn ohono ac fe ddaw ei arogl unigryw yn amlwg.

Pa ddefnydd wnewch ohono? Eto mi ddewch o hyd i sawl resait ar y We, ond ein ffefryn ni yw cawl garlleg. Ffriwch winwnsyn yn ddarnau gyda thato gan ychwanegu llawn padell o ddail garlleg. Ychwanegwch bibir a halen ag unrhyw weddillion bwydlysiau, ac yna mwynhewch. Mae yna sawl resait arall - gellir ei ddefnyddio mewn salad neu fath o fenyn i'w gadw yn y rhewgell a'i ychwanegu at brydiau gwahanol. Mae pesto garlleg gwyllt yn hynod flasus gyda phasta.

Carolyn



Tircoed



Bum yn gysylltiedig â'r elusen Tircoed ac wedi mynychu nifer o'i gweithgareddau iechyd a Lles, Croeso i'r Coed, a Rheolaeth Gynaliadwy. Pwrpas rhain yw cysylltu â phobl er mwyn hyrwyddo iechyd a lles, hyfforddiant mewn sgiliau coed a rheolaeth gynaliadwy coedwigoedd. Bydd y cyrsiau'n gymorth i unigolion ail gydio mewn gwaith gan ymwneud ag eraill o'r un bwriad gan gyfathrebu unwaith eto gyda natur. Llwyddodd Tircoed ennill cymorth ariannol oddi wrth Gronfa Fferm Wynt Brechfa er mwyn rhedeg y cyrsiau yma, felly po fwyaf o bobl leol wnaeth ymuno gore i gyd. Bydd yna gyrsiau'n rhedeg drwy gydol 2022 gan gychwyn ym mis Mawrth.

Dyddiadau - Mercher 20fed - Iau 21ain - a Iau 28ain. Ebrill - 10yb hyd 4yp cwrs 4 diwrnod ar sgiliau coetir yn Keepers. Dros y cyfnod fe ddysgwch sgiliau newydd gan flasuo nifer o

weithgareddau Tircoed, gan gynnwys gweithio coed yn y gwyrdd, cynnu tanau, a rheolaeth coetir cynaliadwy. Os am fynychu rhai o'r cyrsiau yma cysylltwch â Jenna Morris (Menter Si Gaerfyrddin) 07396 698826. Rhyddid i chi drosglwyddo'r neges i unrhyw un o fewn ardal Fferm Wynt Brechfa.

Chris Peake



Tafarn y Railwe yn ail-agor

Bu Steve a Damien wrthi'n ddyfal iawn y paratoi'r Railwe gogyfer ag ail-agor. Byddant yn gweini bwyd a diod ac yn awyddus i'ch croesawu'n ôl i'r dafarn leol. Cadwch lygad ar agor am y dyddiad agor ar wefan Facebook y pentref Llanpumsaintarcylch am y diweddaraf.

Y Rhandir

Dyma'r amser o'r flwyddyn pan ddechreuwn gynhaefu'r hyn a blannwyd, ond gyda phris popeth yn codi ar hyn o bryd, plannu a llefen fyddai'n fwy priodol. Mae gennym ddarnau'n sbâr yn y Rhandir ar hyn o bryd felly croeso i aelodau newydd. Os ydych fel fi heb lawer o glep arni yna mae yma ddigon o dyfwyr profiadol i gynnig help llaw. £35 yw'i aelodaeth am y flwyddyn gyntaf ond £25 bob blwyddyn ar ôl hynny. Cewch werth eich arian yn bendant, felly edrychaf ymlaen at eich gweld.

Os am dyfu cnwd llawer mwy blasus eich hunan gan arbed ceiniog neu ddwy dewch i fwynhau'r awyr iach mewn safle heulog cynnes. Cysylltwch â **Rosie ar 07950 411536 neu Sarah 07811 288104.**

Becki

Eglwysi Llanpumsaint, Llanllawddog a Sant Celynin Bronwydd



Bu'r eglwys a'r fynwent yn Celynin ar gau oherwydd difrod storom, ond cynted i'r atgyweirio gorffen bydd gwasanaethau'n dychwelid am 11 bob bore Sul.

- Dydd Mawrth – Y Caffi Bach – Eglwys Llanpumsaint 11.30 hyd 2.30.
- Bore Mercher Boreol Weddi Zoom am 9 o'r gloch
- Dydd Iau - Cylch Ieuenctid DOT i rai dros 10 oed

Cyswllt y Parch Gaynor Jones-Higgs 01267 253158

gaynorjones-higgs@CinW.org

Dilynwch ein tudalen Facebook am ragor o wybodaeth Llanpumsaint, Bronwydd and Llanllawddog churches I Facebook

Mae ein holl eglwysi yn rhan o'r Cynllun Ecolegol gyda Llanpumsaint a Llanllawddog yn cynnal safle arian - yr unig ddwy yn yr esgobaeth.

Capel Ffynnon Henri

Yn ddiweddar yr ydym wedi bod yn cwrdd yn y Festri o dan ofal y Parch Huw George ond yn gobeithio yn y dyfodol agos i fynd yn ôl i'r Capel i addoli. Os am ragor o wybodaeth cysylltwch a **Mr Danny Davies (Trysorydd)** ar **01267 253418** neu **Mr Gwyn Nicholas (Ysgrifennydd)** ar **01267 253686**

Gwyllo Cyflymder Cymunedol

Mae Heddlu Dyfed Powys yn gweithredu cynllun o'r enw Gwyllo Cyflymder Cymunedol, lle mae grŵp o wirfoddolwyr yn monitro cyflymder cerbydau mewn pentref. Yna anfonir llythyr at berchnogion y cerbydau sy'n mynd dros y terfyn cyflymder gyda'r nod o addysgu gyrwyr yn hytrach nag erlyn. Os oes gennych ddiddordeb mewn sefydlu Cynllun Gwyllo Cyflymder Cymunedol ym Mronwydd yna cysylltwch â'r clerc drwy e-bost clercbcc@ymail.com

Diolch

Mererid Morgan, Clerc/Clerk, Bronwydd Community Council

Clwb Gwili Chwedeg

Daeth nifer fawr i ddathlu Dydd Gŵyl Dewi ar y 28ain o Chwefror gan fwynhau'r cawl, y danteithion a'r adloniant gan Fand Ukulele Caerfyrddin. Diolch i bawb gan gynnwys ein haelodau newydd am wneud yr achlysur mor gofiadwy.

- Ebrill 25ain - Ian Goddard - O'r Gwlân i'r Carped
- Mai 11eg - Trip i'w drefnu
- Mai 23ain – Robert Owen – RNLI
- Mehefin 15ed – Trip i'w drefnu
- Mehefin 27ain – Hybarch Dorian Davies Archdeon Caerfyrddin – Arddangosfa Flodau

Daw gwybodaeth bellach yn y rhifyn nesaf o Lais y Llan. Ysgrifenyddes Val Giles 01267 281194

Dewinwyr Gorllewin Cymru

Mae dewinio yn arferiad diddorol, a gall unrhyw un ei wneud. Credir iddo ddatblygu o'r Aifft neu hyd yn oed cyn hynny. Bydd nifer o gwmnïoedd yn defnyddio dewinwyr i ganfod dŵr, mwynau, olew neu wifrau trydan. Bydd rhai yn dewinio i ganfod iechyd eu bwydydd, neu olrhain straen geopathi eu hamgylchedd, ond ar hyn o bryd cred bersonol yw hyn heb fendith gwyddonol. Pam na ddewch chi atom i ddysgu mwy; £15 am ymaelodi am flwyddyn ond £5 y cyfarfod wedi hynny, ac fe fydd yna gwpnied a bisgedi i'r fargen. £7 y tro os nad ydych yn aelod a hynny am ddau gyfarfod. 'Does dim angen cyfarpar jyst trowch lan. Efallai bydd gwisgo mwgwd a chadw pellter yn ofynnol o hyd os nad oes cyflwr meddygol yn eich eithrio. Gwylwch ein gwefan - <http://westwalesdowsers.org.uk> neu ffoniwch Sandy 01267 253547

Cyfarfodydd yn Neuadd Bronwydd i gychwyn am 1.45 yp.

- Sul 1af Mai – Shelley Underhill Savage – lachau drwy Sain a sut mae gwneud.
- Sul 22ain Mai – Eve Crystal – Bwa'r Arch Aroma lachau drwy dechnegau Aromatherapi
- Sul 26ain Mehefin – I'w drefnu

Curad Calon Llanpumsaint – Y 4 Adfywiwr

Da adrodd i ni elwa o aelodau newydd yn ein Cyfarfod Cyffredinol er mwyn gofalu am ein peirannau Adfywio yn y safleoedd canlynol -

- Tu fas y Neuadd Goffa SA33 6BZ
- Tu fas Tafarn y Railwe SA33 6BU
- Ar y wal tu fas fferm Henfryn Ffynnonhenri SA33 6LD
- Tu fas Festri Capel Nebo SA33 6HN

Cofrestrir y 4 ar The Circuit cenedlaethol sydd ar restr y Gwasanaeth Ambiwlans pe bae galw'n dod. Felly gwnewch yn siŵr eich bod yn ymwybodol o le mae'r un agosaf atoch pe bo angen. Nid oes angen cod i'w ddefnyddio a bydd y Gwasanaeth Ambiwlans ar gael i gynghori dros y ffon.

Byddwn yn cynnal cyrsiau hyfforddi nes ymlaen yn yr Haf gan gynnwys Adfywio Cardiopylmonari (CPR) a defnydd o'r Adfywiwr. Ond mae'n bwysig sylweddoli bod yr Adfywiwr yn gallu eich siarad drwy'r holl ymarfer wrth i chi geisio arbed bywyd. Ni allwch wneud niwed i neb, gwneith yr Adfywiwr yn siŵr o hynny. Mae gennym hefyd Becyn Hyfforddi ellir eu defnyddio adref, felly rhowch wybod os am gael un.

Carolyn Smethurst 01267 253308

Cyflwyno Llinell Gymorth Anne Robinson -

Os ydych chi neu unrhyw un yn agos atoch ar farw gallwch siarad â ni.



Yma yn Ymddiriedolaeth Anne Robinson ein bwriad yw gwrandao ar unrhyw un sy'n wynebu marwolaeth neu ar golli rhywun agos atynt. Gwyddom fod wynebu'r terfyn yn gallu bod y profiad unig a digalon. Mae'r cyfle i dderbyn cymorth mor bwysig. Mae bod yn ymwybodol o'r hyn sy'n debygol i ddigwydd ar derfyn bywyd a bod yn barod amdano yn gymorth i'r claf ac i'r rhai agos atynt. Mae'n galluogi teimlad o reolaeth dros y sefyllfa

Galwch yn rhydd a chyfrinachol ar **0808 801 0688** – Mae gennym amser i drafod a siarad.

www.annerobinsontrust.org.uk/helpline-service

Clafdy Skanda Vale yn blodeuo unwaith eto

Fel rhan o'r Cynllun Garddio Cenedlaethol mae Skanda Vale yn agor yr ardd brydferth ar 4dd o Fehefin a'r 6ed o Orffennaf rhwng 11yb a 4.30yp. Dyma wledd unigryw mewn amgylchedd arbennig iawn. Ar wahân i'r ardd tywyswn ein hymwelwyr o amgylch y Clafdy, ac mi fydd yna ddanteithion blasus i'w profi ynghyd a digon o wenu. Ymledwch y newyddion, cofiwch y dyddiadau a dewch a chyfaill gyda chi. Edrychwn ymlaen at eich croesawu.

Mae'r Clafdy yn dal i ffynnu o ddydd i ddydd gyda phawb yn hapus i fod yn ôl yn cyflawni'r hyn a garent. Bûm yn edrych ar sylwadau calonogol ein gwirfoddolwyr yn ddiweddar a hoffwn rannu rhai ysbrydoledig gyda'ch.

“Mae dod yma fel dod adre” - “Bu gwirfoddoli yma yn un o'r pethau gorau wnes yn fy mywyd - yn caru a thrysori fe” - “O'r diwedd rwy'n gallu rhoi gofal yn y ffordd rwy am” - “Does dim yn fwy gwerthfawr i mi na bod yma - ni fel un teulu mawr”.

Mewn cyfnod pan danlinellwyd anghenion cymdeithas mor amlwg mae'n ostyngedig ac yn wirioneddol galonogol i glywed am ddylanwad y clafdy, sy'n llawer mwy na thybiwyd. Rydym hefyd yn awyddus i fod yn fath ôl le sy'n groesawgar i'n cymdogion, yn ddiolchgar am unrhyw gymorth. Mae gwastad digon o angen mwy o wirfoddolwyr yn ein cymuned felly peidiwch ag oedi os am ymuno a ni.

Gyda chariad wrthym ni gyd –

Nicky Gilbert 01559 371222, nickygilbert@skandvalehospice.com

Gwytnwch mewn Hinsawdd Gyfnewidiol

Bu'r dyddiau hir yn Chwefror yn hir ddisgwyl i'r trydan dychwelid wedi Storom Eunice yn bwnc trafod i'n hŵyr oedd yn digwydd bod yma gyda'i rieni ar y penwythnos hwnnw. Fe gofiwn ni am yr wythnos dridiau pan ddiffoddwyd y trydan yn rheolaidd i bawb. Felly bu'n rhaid wrth gynlluniau gwahanol i'r diwrnodau hynny heb drydan. Dyna ddyddiau cyn y ffon boced a chyn y We, felly bu'n rhaid dygymod.

Y tro hwn ni fu rhybudd am gyfnod mor hir heb drydan, felly heb ffon na theledu. 'Roedd gennym ganhwyllau ag ambell dortshs a digon o flachiau. Bu tortsh wrth y pen yn ddefnyddiol iawn wrth chwilota lan lofft. Digon o fwyd wrth law heb y modd i'w goginio - felly ffwrn nwy amdani. Wrth lwc roeddem heb ei gwaredi ac aros bydd hi nawr wedi'r profiad ddigwyddodd. Felly bu modd twymo dwr er mwyn diodydd a choginio ryw ychydig. Oherwydd bod gennym danc dwr wrth y gwresogydd gallai neb osgoi golchi lan, a llwyddom gael cawod drwy fendith yr un tanc. I gadw lan a'r newyddion daeth hen radio yn ôl i ddefnydd.

Gyda batris y ffon symudol yn rhedeg mas byddai'n anodd cadw mewn cysylltiad ag unrhyw newyddion. Penderfynodd y teulu ddychwelid i Lundain ond cyn ymadael aed a'r ci am dro tua'r afon cyn ei roi yn y car am siwrne hir. O ddychwelid i'r tŷ gwelsom fod popeth wedi dod 'nôl, golau, Band Llydan a phob batri'n ail lanw. Hwre! Un peth a ddysgwyd oedd bod angen i ni baratoi'n fanylach at argyfwng tebyg i'r dyfodol. Rhaid cadw wrth law tortshis, canhwyllau, stôr o fflachiadau, lampau batris a photeli dwr poeth. A nes gwneith BT ein newid i Digital Voice angen hen ffon i'w chysylltu yn yr hen ffordd. Nid yw'r ffon boced yn gweithio lle i ni'n byw..

Rhaid sicrhau hefyd nad i ni'n hollol ddibynnol ar y cyflenwad trydan. Daeth llawer o bethau defnyddiol dros ben yn sgil trydan ond o'i golli nid yw cloch y drws hyd yn oed yn gweithio. Bydde ffwrn fach campio nwy yn bwysig wrth gefn, i ferwi dŵr, llanw thermos neu baratoi ychydig gawl i gadw fynd. Gellid hefyd ffrio selsig neu wneud pancws.

Carolyn

Blwch Ffon ger yr Eglwys nawr yn Gyfnewidfa Lyfrau



Mae Cylch DOT yr Eglwys a'r Cyngor Cymuned wedi cydweithio i ail wella'r Blwch a leolir y tu allan i'r Eglwys. Y Cyngor yw'r perchnogion sydd wedi darparu'r paent ac offer er mwyn i DOT fynd ati i adnewyddu. Dechreuwyd ar y gwaith o waredi'r hen baent a glanhau'r tu fewn yn Nhachwedd 2021. Gosodwyd caban tu fewn, ac yn Chwefror 2022 dychwelodd DOT i ychwanegu cot liwgar goch o baent. Trefnwyd y Caban a lluniwyd arwyddion.

Sut yw ddefnyddio? - Gwasanaeth rhad ac am ddim sydd yma., Dewiswch lyfr a'i gadw am faint a fynnwch neu gadewch un o'ch rhai chi yn ei le. Gwelir nifer o arwyddion o amgylch y Blwch. Gallwch ychwanegu eich sylwadau yn y Llyfr Ymwelwyr.

Gan fod DOT yn anelu tuag at Wobr Arian Peace Mala, bydd y cynllun llyfrau'n gymorth iddynt gan eu bod yn cydweithio a'r gymuned. Bydd hyn hefyd yn gymorth i ymgyrch Eco'r Eglwys oherwydd ail ddefnydd o'r Blwch, y Caban a'r llyfrau benthyg.

Diolch i bawb wnaeth gyfrannu llyfrau a diolch i bawb wnaeth estyn cymorth i DOT. A diolch i Gyngor Cymuned Llanpumsaint am ein galluogi i wneud hyn. Gobeithio y gwnewch fwynhau defnyddio'r Gyfnewidfa Lyfrau - defnyddiwch hi unrhyw adeg.

Megan ac Emma www.peacemala.org.uk

Neuadd Goffa Llanpumsaint & Ffynnonhenri

Agoriad Swyddogol y Neuadd

Ar yr ail o Ebrill cynhaliwyd agoriad swyddogol y neuadd. Gwahoddwyd busnesau a stondinau lleol ynghyd a chynrychiolydd o'r Cronfa Gymunedol Fferm Wynt Coedwig Gorllewin Brechfa. Braff oedd gweld y gymuned yn medru dod at ei gilydd dros paned a chacen. Diwrnod oedd wedi cael ei mwynhau gan bawb!

Llogi'r Neuadd

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

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.

Grŵp Dolydd Sir Gaerfyrddin



Dyma brosiect ledled y DU a ddatblygwyd gan Grŵp Dolydd Sir Gaerfyrddin i gynyddu ymwybyddiaeth a diddordeb mewn glaswelltiroedd ac i gofnodi rhywogaethau planhigion.

Mae rhestr o rywogaethau Chwilfa Fawr y Dolydd yn deillio o ddangosyddion rhywogaethau glaswelltiroedd yr iseldir y Cynllun Monitro Planhigion Cenedlaethol ynghyd â phlanhigion dolydd ychwanegol o ddiddordeb.

Gellir chwilio mewn unrhyw fathau o laswelltiroedd sy'n gyforiog o rywogaethau, gan gynnwys dolydd, llwybrau coetir, mynwentydd, ymylon ffyrdd, a glaswelltiroedd amwynder gwyllt.

Y cyfan y mae angen ichi ei wneud yw dilyn y camau canlynol:

- Dewiswch eich glaswelltir
- Cofnodwch enw'r lleoliad, y cyfeirnod grid a'r dyddiad
- Ewch am dro hamddenol a gwnewch nodyn o'r holl rywogaethau o blanhigion rydych yn eu gweld
- Os nad ydych yn siŵr am rywogaeth, tynnwch luniau o sawl ongl o'r blodau, y dail gwaelodol a dail y goes, arwyneb uchaf ac isaf y dail, a siâp gwaelod y dail. Yna gallwch naill ai roi neges ar ein cyfryngau cymdeithasol neu anfon neges e-bost atom a byddwn yn ceisio helpu i adnabod y rhywogaeth
- Anfonwch eich canlyniadau atom ac unwaith y byddwn wedi gorffen ein dadansoddiad Chwilfa Fawr y Dolydd, byddwn yn eu hanfon i'ch canolfan cofnodi amgylcheddol leol (LERC)

I weld cyfrifon rhywogaethau edrychwch ar ein tudalen Facebook, *Big Meadow Search*, neu ein cyfrif Twitter, @bigmeadowsearch, neu cysylltwch â ni drwy anfon neges e-bost: ibigmeadowsearch@gmail.com.

(Mae'r wefan yn cael ei datblygu)

Cór Llanpumsaint a'r Cylch

Mae'r Cór uchod wedi ail ddechrau eu hymarferion ar ôl dau doriad oherwydd "Cofid" Maent yn cwrdd yn wythnosol yn Neuadd Gymunedol Cynwyl Elfed am 7.30 yr hwyr. Roedd hi'n hyfryd croesawu yr aelodau presennol yn ôl ond fel pob Cór arall mae angen aelodau newydd arnom ni.

Cór pedwar llais S.A.T.B. yw'r Cór ac os oes gennych ddiddordeb i ymuno (does dim eisiau cyfweliad) cysylltwch a fi ar 01267 253686 neu a unrhyw aelod o'r Cór. Fe gewch groeso cynnes a llawer o hwyl. Cór hapus a chymdeithasol iawn yw Cór Llanpumsaint a'r Cylch.

Rydym fel Cór yn canu pob math o ganeuon o'r traddodiadol i'r modern. Ar hyn o bryd yr ydym yn canu yn Gymraeg, Saesneg a Lladin a mae'r ymarferion yn dechrau am 7.30y.h. tan 9.00y.h a hynny bob nos lau. Ble mae cyngherddau yn y cwestiwn ar hyn o bryd does dim wedi ei drefnu oherwydd cyfyngiadau Cofid ond mawr obeithir i ail-ddechrau yn yr Hydref pan byddwn yn cynnal ein Cyngerdd Blynnyddol a hynny rhywbryd ym mis Hydref. Os rhyddheir cyfyngiadau Cofid fe fyddwn pryd hynny yn derbyn gwahoddiadau i gynorthwyo elusennau lleol.

Gwyn Nicholas

Emlyn Liw Nos

Dyna le o’dd e’ heno to! Llong ar dir sych yn oleddu’n raddol uwch ddyfroedd sobor y Teifi. Ond na fe , o’dd prynhawn bach a nosweth mas yn Llandysul wastad yn donic! Cychwyn yn yr Haff Mwn sha’r prynhawn a lan y stryd yn ara’ bach. Wedi sawl stop gorffen lan yn y Cilgwyn Arms ac yno nes i fod e’n cal i dowli mas. Felly nawr ar bont sigledig Llandysul dros y Teifi, daeth wyneb yn wyneb ar amlwg her o gyrraedd adre’n i Bancyffordd, a ymddangosau’n dipyn yn bellach nag oedd e’r prynhawn yma. Yn sydyn sŵn car a goleuadau! Wafo fel diawl! Ac fe stopo nhw! Wel na lwc! O’dd y bois Llanpumsaint hyn yn mynd reit hibo ei dy. Rhaid o’dd eu gwahodd miwn i glywed y dwy dair ola’ o’r Top Twenti Luxembyrg ar Radio newydd sbon Emlyn. Er iddi guddio dan ddau obennydd hwyl wael iawn o’dd ar ei wraig fore trannoeth wedi’r holl raitwch gwyllt.

Rai wythnosau wedyn gwelir Emlyn ‘nol ar y bont tua’r un amser ond mewn cyflwr ychydig yn fwy bregus. Wedi cwrdd a rhai o hen fois y gwaith. Dechreuodd ddigalonni gan nad oedd son am griw Llanpumsaint gyda’r daith droelliog sigledig tua thre yn ymweld yn fynydd enfawr. Wrth gamu’n ansicr lawr yr hewl daeth golau sydyn o’r tu ôl, a throdd ein harwr i ganol y ffordd. O’dd bechgyn Rhos Llangeler ddim yn bles a thaflwyd sawl rhag fygythiol mas drwy’r ffenest.”*Cer o’r ffordd y twpyn meddw diawl!*” Liff? Na! Ac ‘roedd Bancyffordd yn bell mas e’u ffordd beth bynnag. Ond er ei gyflwr ‘ roedd Emlyn yn weddol brofiadol mewn sefyllfa fel hon Eglurodd fod yna dorth fawr o Fara Brith ar y ford gatre ac i fod e’n barod i wneud faint a fynnent o frechdannau iddynt wedyn. Ac mi fydde car posh fel hyn fawr o dro cyn cyrraedd Bancyffordd, gan ail adrodd ei edmygedd o’r car posh

Ar Werth

Sêl Ffatri Gwili dros y penwythnos 23 a 24 o Ebrill. Eitemau yn cynnwys - dodrefn, lluniau, carpedi, dillad gwely, tywelion, llestri, addurniadau a llawer mwy. Croeso i bawb o 11 yb hyd 4 yp - Drws nesa i’r Ysgol.

Carolyn Smethurst

Cegin gyflawn gyda Rhewgell, Ffwrn, gyda Lwfer Popty, gyda phob uned mewn cyflwr da. £999.00 Y prynwr i’w ddatgysylltu Ffoniwch 0761 218 683 neu 01267 253498.

Yn Dod yn Fuan

DyddHwyl y Jiwbili

Mae Pwyllgorau’r Neuadd a Lles gyda ChymdeithasRieni’r Ysgol yn trefnu Dydd Hwyl ynystod penwythnos y jiwbili ar Sadwrn 4dd o Fehefin. Bydd yn cymerid lle yn y Maes Chwarae a’rNeuadd gyda’r gweithgareddau’n ddibynol ar y tywydd. Er nad yw’r trefniadau’n llawn bwriedircychwyn tua un o’r gloch a therfynnu tua 5yp. Os ydych yn awyddus i ymuno yn y fenter cysylltwch ag aelodau’rpwyllgorau. Daw gwybodaeth bellach drwybosteri ac hefyd ar Facebook.

Aaron Jones



Village Voice April 2022

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

Community catch-up event in the village Hall
Saturday 2nd April 2022





Children attending Cylch Meithrin,
Bronwydd for St Davids Day







Cyfle gwych i weithio
gyda chriw o blant
talentog a hyfryd.

Swydd yn rhedeg Clwb
Gofal ar ôl Ysgol,
rhwng 3.30 a 5.30 ar Nos
Fawrth a Nos Iau!

Gysylltwch am fwy o
wybodaeth
01267253446

A great opportunity to
work with a talented and
amazing group of children.

A position to run the After
School Club between
3.30 and 5.30 on Tuesday
and Thursday!

Contact us for more
information
01267253446





Love is in the air / Mae cariad yn yr awyr
Veronique Jones



Enjoying the spring sunshine/ Heulwen y gwanwyn
(Clare Bishop)



Marsh Tit/Titw'r Gors
(Ray Davies)

Llanpumsaint & Nebo short mat bowling club



The start of 2022 has proved to be a successful one for the Club. The first home match was a 8-0 win against Llandeilo, followed by two 6-2 wins over Llanddarog A and Llanboidy B. With just two fixtures remaining the Club find themselves second in the table with 4 wins, 1 draw and 1 loss.



The Club would also like to congratulate our Club Captain Aled Edwards who was part of a 20 strong Welsh Team who participated in the Short Mat Bowls World Championships in Belgium during March. Aled, and his pairs team mate, Dafydd Howell from Pontargothi, won all 7 group matches and the semi-final. The final saw the pair meet the current Welsh and British Isles Champions from Pembrokeshire who took the final by 12 shots to 10. Aled came home from Belgium with a well deserved silver medal.

Two of our younger members have represented Wales Under 21s in an international against England Under 21s which was held in Swansea at the end of March. Brother and sister Rhys and Catrin Williams played exceptionally well during the course of the day, but it was a narrow overall win for England at the end of the competition.

Don't forget to check out our website Llanpumsaintsmbc.org.uk where you will find up to date information on the Club.

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

For further information please phone our Chair Derick Lock on **01267253524**, or our Secretary Jill Edwards on **01267253474**

Early birds enjoy the dawn chorus

If you are an early riser, you will already have heard the joys of the dawn chorus. From 5.30 am, the enthusiastic singing from wrens, song thrushes, blackbirds, robins and dunnocks provide a musical start to the day. International Dawn Chorus Day is celebrated on Sunday 1st May.

All but a few starlings have headed off back to northern Europe for the summer months. Early arrivals from south of the Sahara, such as the chiffchaff, are already setting up home in the local woods. Soon the swifts and house martins will return to the village. We are very fortunate that Llanpumsaint hosts such iconic birds over the summer months because both are now on the red list of conservation concern. Their numbers have dropped dramatically in recent years, partly because their breeding grounds in the UK becoming less hospitable as suitable nest sites and food are becoming more difficult to find.

Swallows will also be completing their long-distance 6000 mile flight from South Africa. Flying 200 miles each day, this journey takes about four weeks. This is an amazing feat for a little bird that weighs less than 20 grams (equivalent to four 20p coins).

So, let's give them all a warm welcome. If your house is lucky enough to be chosen as a nesting site, please tolerate any inconvenience and mess for a few short weeks before the birds turn round and head south again. And if you want to attract these birds to nest, it is not too late to put up appropriate nesting boxes.

Clare Bishop

Welfare and Recreation Association

The deadline for joining the Llanpumsaint 100 club has been extended to the end of April, so this is your last chance to get in on the action! If anyone is interested in joining, or in helping with the running of the 100 Club, please contact any of the committee members, or e-mail llanpumsaint100club@gmail.com. The cost of entering is £12 for the year with monthly draws as well as a bonus draw at Christmas time. The first two draws or the year (March and April) will take place at the end of April to coincide with this extended deadline. Good luck!

The Welfare and Recreational Association Annual General Meeting (AGM) will take place on Monday 25th April at 8pm in Llanpumsaint Memorial Hall. This meeting is open to anyone who wishes to attend, and we welcome anyone who would like to join the committee for the forthcoming year.

Works will be commencing to renew and replace some of the play equipment in the park from mid-April thanks to the funding received from the Brechfa Windfarm Fund, taking approximately 8 weeks to complete. This hopefully means that the park will be back in full use by the beginning of the summer season! We thank you in advance for your patience while this work is ongoing. This won't affect the football pitch or tennis court areas.

With the weather improving, a new tennis net will be installed in the court for budding Wimbledon contenders to practice their skills. We are very thankful for to the CAVS Community Fund group who kindly provided funding for us to purchase this new equipment last year.

As ever, the committee is looking for new volunteers to join and help with the ongoing maintenance and fundraising for the park. If you would like to join then please get in touch with us via our email parcllanpumsaintpark@gmail.com, or speak to **Aaron Jones (07814157946)** or any other committee member for more information.

Tir Coed



I have become involved with a charitable organisation called Tir Coed, and have attended several of their Health and Wellbeing, Welcome to the woods and Sustainable management courses. These are designed to engage with people to help promote health and wellbeing, training in woodland woodworking skills and sustainable woodland management, plus others. The courses help people to get back into the workplace or get involved with other volunteering woodland activities or just to re-connect with nature. Tir Coed have acquired funding from Brechfa Wind Farm to help run these courses and the more local people that can get involved the better.

There will be activities throughout 2022, starting from the end of March, and will be held at "Keepers" Brechfa.

Dates: Weds 20th, Thurs 21st, Weds 27th & Thurs 28th April 10am – 4pm: 4 day woodland skills course at Keepers. Over four days you will learn new skills and have a taster of many Tir Coed activities, including green woodworking, fire lighting and sustainable woodland management.

If you are interested in attending any of these events, contact Jenna Morris (Mentor Sir Gaerfyrddin, Carmarthenshire Mentor, Mobile: 07396 699826) and feel free to pass on to anyone living in the Brechfa Forest West Wind Farm catchment area.

Chris Peake



The Railway Inn reopens!

Steve and Damien have worked very hard to get the Railway open for business. They will be serving drinks and food, and are keen to welcome you back to our local pub.

Keep a look out for opening date in the village Facebook site **Llanpumsaint ar cylch** for the latest news of open times and menus.

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

Sunday Services

- Zoom morning prayer 9.30 am
- Llanllawddog 11am
- Llanpumsaint 2pm

The Church and Church yard at St Celynin are currently closed due to storm damage; however, once this is repaired, we plan for services to resume at 11am on Sundays.

Tuesdays: Pop Up Cafe 11.30 -2.30 Llanpumsaint Church

Wednesdays: Zoom Morning Prayer 9.00am

Thursdays: DOTs Youth Group for young people aged 10 upwards

Please follow our Facebook page for more info [Llanpumsaint, Bronwydd and Llanllawddog Churches | Facebook](#)

All our Churches are A Rocha UK accredited Eco Churches, with Llanpumsaint and Llanllawddog being the only silver accredited eco churches in the diocese.



Ffynnonhenri Chapel

Recently we have been meeting in the Vestry with the Rev. Huw George officiating but in the very near future we hope to resume services in the Chapel. Should you require additional information you can contact Mr. Danny Davies (Treasurer) on 01267 253418 or Mr Gwyn Nicholas (Secretary) on 01267 253686.

Village Allotments

It's that time of year where we start to reap what we sow, or with the price of everything going up it may just be sow whilst you weep. Yes folks, the allotment has vacant plots, and all new members are welcome! If like me, you haven't really got a clue, there are plenty of experienced growers on hand to get you started.

Membership for the first year is £35 and then £25 a year after so you definitely get your money's worth! Look forward to seeing you all up there 😊

So, if you fancy growing your own and saving a few pennies (not to mention the fresh air and the fact it is a sun trap) please contact **Rosie** on **07950 411536** or **Sarah** on **07811 288104**.

Becki

Wild Garlic season



Now is the time to enjoy the abundance of wild garlic growing in the hedgerows. Bright green leaves and, later in May, white flowers. How do you know if it is wild garlic? Look online and there are lots of sites with good photos of this popular plant – you can confirm by crushing some leaves and smelling the garlic aroma.

What do you do with it? Again, there are many recipes online, but we like a simple wild garlic soup. Fry a couple of chopped onions till soft, add some cubed potatoes, then a panful of wild garlic leaves. Add salt and pepper, some veg stock and cook till just tender – liquidise and enjoy!

There are many more recipes – use in salads, make some wild garlic butter to keep in the freezer to pep up other dishes. Wild garlic pesto is delicious with pasta.

Carolyn

Community Speed Watch

Dyfed Powys police operate a scheme called Community Speed Watch, where a group of volunteers monitor speeds of vehicles in a village. The owners of vehicles exceeding the speed limit are then sent a letter with the aim of educating drivers rather than prosecuting. If you are interested in setting up a Community Speed Watch Scheme in Bronwydd then please contact the clerk by e-mail clercbcc@ymail.com, Mererid Morgan, Clerk, Bronwydd Community Council.

Thank you

Mererid Morgan, Clerc/Clerk, Bronwydd Community Council

Clwb Gwili Over 60s

St. David's Day celebrations on 28th February were very well attended and everyone thoroughly enjoyed the cawl, sweets and entertainment by the Carmarthen Ukulele Band. Our thanks go to all our members and newcomers for making the afternoon one to remember!

April 25th: Mr Ian Goddard – From Fleece to Rug

May 11th: Trip TBA

May 23rd: Mr Robert Owen – RNLI

June 15th: Trip TBA

June 27th: Venerable Dorian Davies, Archdeacon of Carmarthen: Flower Demonstration

More dates and speakers will be announced in next issue of Village Voice.

For further information call the Secretary: Val Giles: 01267 281194

West Wales Dowzers

Dowsing is a useful and interesting practice almost anyone can learn. It's thought to have originated in Egypt or even earlier. Many companies use the services of experienced dowzers to search for water, minerals, oil, electricity cables etc. Some people dowse the safety of their food, and check for geopathic stress in their surroundings, but this is a personal belief and not yet scientifically proven. Why not come along and find out for yourself?

Meetings are held at 1.45 pm Bronwydd Hall

- **Sunday May 1st: Shelley Underhill-Savage: Sound Healing and How to do it!**
- **Sunday May 22nd: Evie Crystal: AromaRainbow: Healing with special Aromatherapy techniques**
- **Sunday June 26th TBC**

Annual Membership is £15 a year. Entrance per event is £5 for members and £7 for non-members including a welcome cuppa and biscuits. Prospective members are welcome to attend two meetings before joining. No equipment is necessary, just bring yourselves. (Please note due to rising cases of an Omicron variant, it may still be a requirement to wear masks with social distancing)

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

Llanpumsaint Heartbeat – Defibrillators

We are pleased to say that at our recent AGM we have recruited some more committee members to help look after the 4 defibrillators located in the following locations:

Outside Village Hall	SA33 6BZ
Outside Railway Inn	SA33 6BU
On wall outside Henfryn, Ffynnon Henry	SA33 6LD
Outside the Vestry Nebo	SA33 6HN

All the defibrillators are listed on The Circuit, a UK register which the Ambulance service access if they get a call re an unresponsive casualty – so please check out the location nearest to you, and if ever you need to access a defibrillator you know where the nearest one is located. You do not need a code to access the defib, and the ambulance service will be there to advise on the phone.

We will be running some familiarisation training later this summer – which will include Cardiopulmonary Resuscitation (CPR) and using a defibrillator. But it is important to know that the defibrillator will talk you through the process of trying to save a life, and you will not cause harm to a casualty as the defib will not shock anyone who has a pulse.

We do have some training packs for you to use at home – let me know if you want to borrow one.

Carolyn Smethurst 01267 253308

Introducing the Anne Robson Helpline

If you or someone close to you is dying, you can talk to us.

At the Anne Robson Trust we aim to be there to listen to anyone who faces dying or the imminent death of someone they care about. We know that facing the end of life can leave you feeling isolated and alone.

Being able to access support is so important. Gaining knowledge of what may happen towards the end of life and being prepared helps both the person dying and their loved ones to feel a sense of control. Calls are free and confidential. **Call us on 0808 801 0688 - we have time to talk**

Please visit www.annerobsontrust.org.uk/helpline-service to find out more.



Skanda Vale Hospice in bloom again

As part of the National Garden Scheme, Skanda Vale Hospice is opening its beautiful gardens again on 4th June and 6th July from 11 - 4.30. These days are a real treat in what are truly unique and uplifting surroundings. Aside from the garden, we'll show visitors around the hospice and there will be delicious goodies to sample and an abundance of welcoming smiles. Please spread the word, save the date, and bring a friend - we'd love to see you there!

On a weekly basis, our Day Hospice continues to thrive, and everyone is delighted to be back doing what they love most. I was recently looking at inspiring feedback from some of our volunteers and I found it so touching that I wanted to share a little of it here: ***"Coming here is like coming home", "Volunteering here has been one of the best parts of my life - I love and cherish it", "I'm finally able to care for people in the way I've always wanted to", "There's nothing more precious to me than being here - we're like one big family".***

In a time when our need for community has been so starkly highlighted, it's humbling and deeply encouraging to hear that the impact of the Hospice is possibly more profound than we'd realised. And we very much want it to be a place in which our neighbours too feel welcome, enthused, and able to get involved. We'll always have room for more volunteers in our hospice community so please don't hesitate to get in touch if you'd like to join our happy throng!

Open Day and Mini Car Boot Fayre, Saturday 7th May from 10 am - 3 pm; hospice building will also be open to visitors.

With love from us all

Nicky Gilbert 01559 371222 nicky.gilbert@skandavalehospice.org

Resilience in this changing climate!!

The long days waiting for the electric to come back on in February after Storm Eunice was a talking point with our grandson who was here with his parents that weekend. We remember the three-day week, when power was automatically cut to everyone on a regular basis, so we had to have suitable arrangements in place to cope on the days we were without power. Of course, no-one had mobiles, broadband and even phones were not universal, so we made our own entertainment.

This time we were not prepared for such an extended time without power, no television and no internet. We had the odd torch, some candles, and enough matches. And a head torch which was useful when we were trying to find things in the loft. We had food, and some treats in the cupboard. But no oven to cook the food – it all had to be adapted to cook on the gas hob. (Despite me saying I would like to swap the gas hob for an induction hob, I was very pleased that we had not yet made that change and now probably will not). We were able to heat water for drinks and cook meals. We also had hot water, as we have a large hot water tank on the heating system, so no-one was excused the washing up. With mains pressure showers from the large hot tank, we were able to have showers as well. To keep up with news, an analogue portable radio had to be brought back into use. By Saturday morning the hot water was still just OK.

But the batteries on the mobiles were running out, and still no news of when power would be restored. The family had decided to return to London, to check that all was well there. After brunch we went for a walk down to the river before they left so the dog could have a good walk before hours in the car. When we got back to the house the power was on, broadband was working, phones charging, all back to normal! Hurrah!

I think one of the things we learnt with this latest outage was that we need to be better prepared for future events, and to have a survival pack conveniently stored, with items such as torches, candles, matches, battery-powered lanterns, and gas lanterns – and hot water bottles. And until BT change us over to Digital Voice an old phone to plug into the phone socket in the wall is essential so we can keep in touch with the rest of the world. Our mobiles have no signal here!

And we need to ensure that we are not 100% dependant on electricity. Smart appliances are a wonderful invention, but even a doorbell plugged into the mains will not work when the power is off! If you only have an electric hob, think about getting a small single hob camping gas cooker that you can locate somewhere safe, then at least then you can boil some water and fill a thermos, heat a tin of soup, fry some sausages from the freezer, and make some pancakes for a treat!

Carolyn

Phone Box by Church now a book exchange!



DOTs Church Youth Group and Llanpumsaint Community Council have been working in partnership to revamp the disused telephone box that is outside of Llanpumsaint Church. The telephone box is owned by the Community Council who kindly provided the paint and tools for the revamp, whilst the DOTs have been doing the work. The work started in November 2021, they began by stripping off the old paint and cleaning up the inside. The cabinet was put inside the telephone box. The DOTs met again on the 5th February, 2022. This time they added in an extra coat of the brand-new fabulous red. They also organised the filing cabinet and made some signs.

HOW TO USE IT – The service is completely free to use. Choose a book and keep it as long as you want or swap with one of your own. There are numerous signs around the phone box too. Feel free to leave your comments in the Visitors Book.

The DOTs are working towards their silver Peace Mala Accreditation Award, the book exchange kiosk will help as they are sharing with the community. It also helps with our Eco Church status as we have reused

the Phone box, the filing cabinet and all the books are donated and reused.

Thank you to all who have donated your preloved books. Thank you to all who have put their time aside to help the DOTs. Thank you to Llanpumsaint Community Council for allowing us to do this.

We hope you enjoy using the Book Exchange, feel free to use it at any time!

Megan and Emma

DOTs is a Peace Mala accredited Youth Group more info at www.peacemala.org.uk

Carmarthenshire Meadows Group



This is a UK-wide project developed by Carmarthenshire Meadows Group (carmarthenshiremeadows.com), to raise awareness and interest in grasslands and to record plant species.

The Big Meadow Search species list is derived from National Plant Monitoring Scheme lowland grassland indicator species, plus additional interesting meadow plant species.

Any species-rich grassland types can be searched including meadows, woodland rides, churchyards, road verges, wild amenity grasslands.

All you need to do is:

- Select your grassland
- Record the location name, grid reference and date
- Amble along and make a note of all the plant species you see
- If you aren't sure on a species, take photographs from multiple angles of the flower heads, basal and stem leaves, upper and lower leaf surface, leaf base shape and either post on our social media or email to us and we will try and help to identify
- Send your results to us, and once we have finished our BMS analysis, we will send them on to your local environmental record centre (LERC)

For species accounts look at our Facebook page: Big Meadow Search, or Twitter account, @bigmeadowsearch or get in touch via bigmeadowsearch@gmail.com

Llanpumsaint & Ffynnonhenri Memorial Hall

Official Re-opening

On the 2nd of April we held an official re-opening for the Hall. Local stalls and businesses attended, along with a representative from the Brechfa Forest West Wind Farm Community Fund. It was lovely to see the community finally able to meet again over a cup of tea and cake! A day that was enjoyed by all.

Bookings

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

Hiring Charges

(all rates per hour unless noted otherwise)

Main Hall Weekdays £8

Fridays & Weekends £10

Main Hall & Kitchen Weekdays £10

Fridays & Weekends £12

Either Meeting Room Any day £5

Either Meeting Room & Kitchen Any day £7

Funerals with Kitchen & Crockery Any day £40 standard charge

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.

Additional facilities

Sound and light system, projector and screen, electric piano, stage and crockery are an £10 each per booking. The technical equipment will only be available for large events.

Llanpumsaint and District Choir

The Choir has re-commenced rehearsals after two breaks due to Covid. They meet weekly on Thursday evenings from 7.30pm to 9 pm in Cynwyl Elfed Hall. It was a pleasure to welcome back the present members but like every other Choir we would welcome new members.

The Choir is a Mixed Choir (Soprano, Alto, Tenor, Bass). We sing all sorts of songs from the traditional to the modern, currently singing in Welsh, English and Latin. No concerts have been arranged at the moment due to Covid restrictions but hopefully they will re-start in the Autumn, including our Annual Concert sometime in October. If the Covid restrictions are lifted before then we will be accepting invitations to assist local charities.

If you are interested (no audition required) please contact me on 01267 253686 or with any Choir member. I am certain that you will enjoy the sessions because the Choir is a happy and sociable one.

Gwyn Nicholas

Items for sale

1. **Sale at Gwili Mill over the weekend of 23rd and 24th April:** Contents include assorted furniture, pictures, rugs, bedding, towels, crockery, ornaments and lots more. All welcome. From 11.00 to 4.00. Gwili Mill (next to the school). Carolyn Smethurst
2. Complete kitchen with fridge, cooker, cookerhood, and all units in good condition £999.00. Buyer dismantles. Please phone **0761 218 683 or 01267 253498**

Late night Emlyn

As the Teify lapped lazily under the bridge the figure above swayed almost in unison. A Saturday out in Llandysul was always good, having begun in the late afternoon at the Half- Moon, before working his way up the street, he'd finally been shown the back door of Cilgwyn Arms much, much later. Now somewhere around midnight the fully loaded Emlyn faced the difficult task of getting home to Tregat in Bancyffordd, some awkward miles away, and a hell of a long walk! Then lights! A car! He waved and it stopped. These Llanpumsaint revellers were going right past his house! What luck! In they tumbled to briefly hear the last few of Radio Luxemburg's Top Twenty tunes blaring out of Emlyn's new wireless. Despite burying herself under two pillows his Mrs bitterly complained next morning over that riotous late night rumpus.

Weeks later Emlyn found himself back on the bridge around that same Saturday late night hour, but quite a bit more the worse for wear this time. Met some of his old work mates! No sign of that Llanpumsaint lot, he began to despair at the long prospect of a swaying foot journey home. As he began the relentless trudge down the village car lights lit up behind, so Emlyn decided to stay in the middle of the road. The Rhos Llangeler boys were not amused, and a few choice words flew out the window towards our bedraggled pedestrian. *Mas o'r ffordd y twpsyn! (Out of the way you idiot!)* Lift? No way? Bancyffordd was quite a bit out of their way! Though pissed Emlyn had negotiated before now and experience now paid off. There was a large fresh loaf of Bara Brith in the house and Emlyn offered as many sandwiches as they liked, provided they did the little de-tour in this their very smart car. This he emphasised twice.

Soon sitting in his kitchen wisdom dictated that he'd give Luxemburg a miss. Yes! Her upstairs! The Brith loaf soon went so our host proceeded to feed them sandwich after sandwich, and they were hungry too, after their night out. Next morning his wife in better hwyl now, enquired what he'd used for the sandwiches. Emlyn declared two tins of salmon. Strangely enough those tins were still there in the cupboard, but she couldn't find the cat food anywhere. The two pets couldn't quite fathom her severe face as they scoffed the unexpected bonus of pink John West. Up in Rhos late morning, our three boys finally and, feeling unusually queasy, met up.

That bad Llandysul beer got the blame and they vowed to hit Newcastle Emlyn's real ale pubs the next weekend. The added bonus being they'd avoid Late Night Emlyn on the way home.

Arwyn 2022

Coming soon

VILLAGE JUBILEE FUNDAY

The Hall Committee, Park Committee and School PTA are seeking to organise a Village Funday over the Jubilee Weekend, which will take place on Saturday 4th June afternoon. It will be located at the Village Park and Hall, with the activities dependant upon the weather. Although the full arrangements have not been confirmed, it is proposed that activities would commence at 1pm and finishing at approximately 5pm. If you would like to get involved, please get in touch with me or a member of any of the above mentioned committees. More information and announcements will be advertised via posters and through Facebook over the next couple of weeks.

Aaron Jones

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