



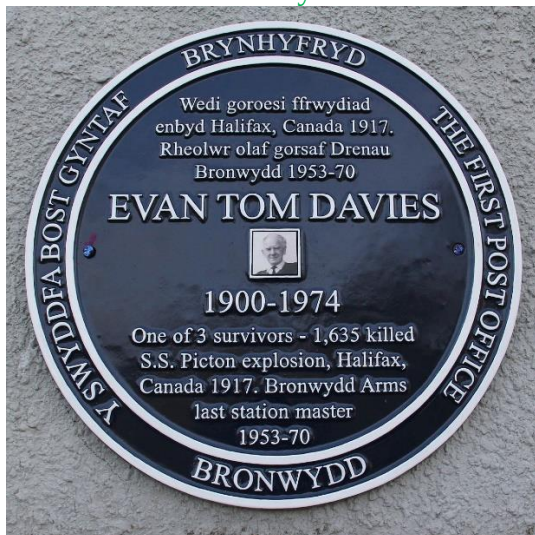
Llais y Llan Ebrill 2019

Copi dyddiad ar gyfer rhifyn nesaf – 24th Maifind 2019

Cyhoeddwyd gan LlanpumsaintCyfnewid 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



Cofeb i Ifan Tom yn Brynhyfryd Bronwybb



Teulu ifan Tom yn dathlu'r dadorchuddio



Y cynheuaf sbwriel o'r Graig i'r Cwppers



Mae Vi yn bles a'i stethosgop



RHAGLEN Y DYDD / PROGRAMME OF THE DAY

12:30yp/pm

I ddechrau / To start

1yp/pm

Gair gan y Llywydd a
Chystadleuaeth Gwisg Ffansi
Word from the President and Fancy
Dress Competition

2yp/pm

Tynnu'r Gelyn
Tug of War

4yp/pm

Ras Hwyaïd
Duck Race

Tynnu'r Gelyn / Tug of War
Timoedd o 8 8 per team
£10 y tîm / per team

CYSTADLEUAETH GWISG FFANSI FANCY DRESS COMPETITION

Thema - Rhywbeth yn dechrau gyda'r llythyren "L" neu "LI"
Theme - Anything beginning with the letter "L" or "LI"

- O dan 3 / Under 3's
- Meithrin i Bl 2 / Nursery to Yr 2
- Bl 3 - Bl6 / Yr 3 - Yr6
- Uwchradd / Secondary
- Dros 18 / Over 18's
- Gwnewch eich gwisg eich hun! Gwobr am yr un orau!!
Make your own costume! A prize for the best one!!

CREFFT / CRAFT

- Bl2 ac iau / Yr2 and under
- Thema - Llun o Llanpumsaint (mewn unrhyw steil)
Theme - A picture of Llanpumsaint (in any style)
- Bl3 - Bl6 / Yr 3- Yr6
- Thema - Llun o Llanpumsaint (mewn unrhyw steil)
Theme - A picture of Llanpumsaint (in any style)
- Uwchradd / Secondary
- Thema - Hunlun o "Llanpumsaint a fi"
Theme - A selfie of "Llanpumsaint and me"
- Dros 18 / Over 18's
- Thema - Ffotograff o Llanpumsaint
Theme - A photograph of Llanpumsaint

Plis dewch a'ch darn crefft i'r Neuadd erbyn 12:45yp
Please bring your craft piece to the Hall by 12:45pm

Beth sy' Mlaen yn y Pentref yn y misoedd nesaf

Clwb Bowlio Llanpumsaint a Nebo pob Nos Llun a pob Nos Iau 7.30 – 9.30 Neuadd Goffa
Cylch y Pentref Dydd Mawrth Yn yr Eglwys 2.00 – 3.30
Noson Stêc y Rheilffordd pob Nos Fercher 01267253643
Noson 'Fitness Fun' Nos Fawrth 6.30 Neuadd Goffa £4
Cadw'n Heini 50+ pob Dydd Iau 2.00 – 3.00 Neuadd Bronwydd
Llyfrgell Deithiol - pob Dydd Mercher, 10.45 – 11.45, Neuadd Goffa Ffôn 01267 224830
Gwasanaeth Swyddfa Bost ar dydd Gwener 11.15 – 12.15 Neuadd Bronwydd
Gwasanaeth Swyddfa Bost ar ddydd Mawrth 2.00 - 4.00 a dydd Gwener 1.00-3.00 Bryn y Wawr
Merched y Wawr Trydydd Nos Llun o'r Mis yn y Neuadd Goffa
Ail fore Sadwrn bob mis -Y Farchnad Fisol, 10.00 – 12.00 Neuadd Eglwys Llanllawddog
Ti a Fi pob Bore Gwener 10.00 - 12.00 Neuadd Bronwydd
Cylch y Pentref pob Dydd Mawrth 2.00 – 3.30 Eglwys Llanpumsaint
Ebrill 10 Dydd Fercher 3.30 – 5.00 Eglwys Agored Lanpumsaint 3.30 – 5 yp
Ebrill 10 Nos Fercher 6.00 Clwb Swper Tafarn y Rheilffordd Ffôn 01267253643
Ebrill 10 Nos Fercher 7.30 Bingo'r Pasg Neuadd Goffa
Ebrill 14 Dydd Sadwrn 10.30 Tacuso Cymdietha Rhandiroedd Llanpumsaint
Ebrill 16 Nos Fawrth 7.00 Cwis a Chyri £5 y pen, Tafarn y Rheilffordd
Ebrill 17 Nos Fercher 7.00 CRA Bingo'r Pasg Neuadd Goffa
Ebrill 19 Dydd Gwener a 21 Dydd Sul Gwasanaethau Pasg – yn y Eglwys, Capelau, a'r Skanda Vale
Ebrill 28 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Bronwydd
Ebrill 28 Nos Sul 7.30 Cwis Hollybrook Bronwydd
Ebrill 29 Dydd Llun 2.00 Clwb 60+ Neuadd Bronwydd
Ebrill 30 Nos Fawrth 7.00 Cyfarfod Cyffredinol Eglwys Llanpumsaint
Ebrill 30 Nos Fawrth 8.00 Cyfarfod Blynnyddol Cyffredinol Pwyllgor Lles ac Adloniant Neuadd Goffa
Mai 1 Dydd Mercher 10.00 Clinig Traed Neuadd Goffa
Mai 1 Nos Fercher 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa
Mai 3 Nos Wener 7.00 Cwis Skanda Vale Hospice Saron
Mai 5 Dydd Sul Taith Faesi Dewinwyr Gorllewin Cymru
Mai 6 Dydd Llun Taith Gerdded Skanda Vale
Mai 11 Dydd Sadwrn 10.00 Materion Marw Skanda Vale Hospice
Mai 13 Nos Lun 7.30 Cyfarfod Cyffredinol Curad Calon Llanpumsaint Neuadd Goffa
Mai 18 Dydd Sadwrn Dydd Hwyl Pwyllgor Lles ac Adloniant
Mai 19 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Bronwydd
Mai 20 Nos Lun 8.00 Cyfarfod Cyffredinol Cyfnewidfa Gwybodaeth Llanpumsaint Neuadd Goffa
Mai 26 Nos Sul 7.30 Cwis Hollybrook Bronwydd
Mai 27 Dydd Llun Dringo Cader Idris - Manlion www.skandavalehospice.org.events
Mai 27 Dydd Llun Cerdded Llandysul - Manlion www.skandavalehospice.org.events
Mehefin 1 Dydd Sadwrn 10.30 – 1.00 Ddydd Agored Cymunedol y Gerddi
Mehefin 1 - 2 Dydd Sadwrn a Dydd Sul Treil Cŵn Defaid Fferm Llwynbedw Llanpumsaint
Mehefin 1 – 2 Dydd Sadwrn a Dydd Sul Gŵyl Gerddorol yn Llandysul
Mehefin 5 Nos Fercher 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa
Mehefin 9 Dydd Sul Fferm Agored Esgair a Hafod
Mehefin 14 Nos Wener Helfa Drysor y Ceir Pwyllgor Lles ac Adloniant

Mehefin 23 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Bronwydd

Mehefin 26 Dydd Mercher 10.00 Clinig Traed Neuadd Goffa

Mehefin 29 Dydd Sadwrn Bore Coffi Skanda Vale Hospice Saron

Mehefin 29 Dydd Sadwrn Ffair Haf Eglwys Llanllawddog

Medi 21 Dydd Sadwrn 10.00 – 12.00 Bore Coffi Macmillan Neuadd Goffa

Rhagfyr 7 Dydd Sadwrn Ffair Nadolig – Neuadd Goffa

I logi'r Neuadd Goffa Llanpumsaint a Ffynnonhenri, ffoniwch Derick Lock 253524

Ymfalchïo yn yr ardal drwy dacluso a chasglu sbwriel.

Mae'n syndod faint o sbwriel a gasglwyd gan wirfoddolwyr ddechrau mis Mawrth. Buom wrthi'n tacluso pob hewl i mewn i'r pentre'. Bu'r cynheuaf mwya' o waelod Rhiw Graig i waelod Rhiw Cwpers - 12 llawn bag credwch neu beidio, gan gynnwys drws rhyw rewgell! Y cyfanswm oedd 24 bag, wnaeth sicrhau i'r ardal fod yn hollol lan am un diwrnod beth bynnag.

Casglwyd nifer fawr o fagie bwyd, caniau coffi a diod oedd yn amlwg wedi eu towli allan o geir gan unigolion anghyfrifol yn becco dim am neb. Bydd pobol gwâr yn mynd a'u sbwriel adre i'w rhoi yn eu biniau, ond mae 'na eraill sy'n disgwyl i rywun arall glirio eu hanibendod, a chyntachu hefyd. Felly am un diwrnod gwelwyd ein hewlydd yn loyw lân cyn i'r budreddi ddychwelid yn weddol glou. Dylid cofio fod yna ddirwy o £80 i unrhyw un ceith ei ddal yn taflu sbwriel - felly mae'n dipyn rhatach mynd ag e' adre!

Diolch o galon i bawb wnaeth estyn help llaw ac yn arbennig i Edward a Sylvia Panteg gasglodd llawn 12 bag o'r Graig i Cwpers, ac am ddod a'r drws rhewgell 'nol mewn whilber.

Carolyn Smethurst

Bowlio Dan-Dô Llanpumsaint a Nebo

Bellach daeth y tymor 2018 - 2019 i ben, gyda thair o'r pedair gem olaf yn galonogol. Ennill 6-2 i ffwrdd erbyn Llangennech, wedyn crasfa o 8-0 i Feinciau gartre a chyfartal 4-4 erbyn Llanboidy B, hefyd gartreEin safle terfynnol oedd canol y Tabl.

Cyn hir byddwn yn cystadlu am Dlŵs Roy Bowen yn erbyn Bronwydd, ac yna cynnal ein cystadlaethau mewnol cyn mwya'u ein noson wobrwyo a'r cinio blyneddol. Llongyfarchwn Rhys a Catrin Williams wrth iddynt gynrychioli Cymru Dan 21ain yn erbyn Lloegr yn Tamworth. Dyma eu profiad cynta' o'r maes rhyngwladol a gobeithio y byddant yn parhau. Mae'r Clwb yn ymfalchïo yn eu llwyddiant. Cofiwch ymweld â'n Gwefan Llanpumsaint. Org.uk., lle byddwn yn rhannu gwybodaeth am gystadlaethau clwb, sirol a digwyddiadau eraill fel y bont yn ymddangos.

Rydym yn cyfarfod yn y Neuadd bob Nos Lun a Nos Iau o 7.30 tan 9.30, a hynny hyd ddiwedd Ebrill. Croeso i chwaraewyr newydd rhwng 11 a 99 oed, ac mae gyda'm hyfforddwyr profiadol wrth law i estyn cymorth. Gwybodaeth bellach oddi wrth y Cadeirydd Derick Lock 01267 253524 neu'r Ysgrifenyddes Jill Edwards 01267 253474.

Fferm Agored Dydd Sul 9fed Mehefin 2019

Cyfle dan gynllun Fferm Agored pan agorir y ietau i groesawu ymwelwyr i Fferm Yr Esgair dan wahoddiad Martin a Nicky. Gallwch weld yr anifeiliaid, cerdded ar hyd y llwybr natur a mwynhau'r golygfeydd cyn rhannu cwpaned o de gyda'r ddau. Mae'r digwyddiad yn rhad ac am ddim ond os dymunwch gallwch wneud cyfraniad i Maggies Abertawe. I gyrraedd dilynwch yr arwyddion o'r pentref. www.pastureperfect.co.uk <<http://www.pastureperfect.co.uk>>

Fferm Agored arall yn Hafod Bancyffordd sa44 4sd lle bydd Annie a Liam James yn ogor drysau eu fferm odro o 1 o'r gloch tan bedwar. Croeso – gwelir www.farmsunday.org neu ffoniwch Annie 07747013388.

Clafdy Skanda Vale.

Wrth groesawu'r Gwanwyn ar drothwy'r Pasg mae 'na lawer yn digwydd 'mha! Felly hoffwn wahodd y gymuned leol i'n gwasanaethau Ddydd Gwener y Groglith a'r Offeren Noswyl Sadwrn am 11.45 y.h. i arwain i mewn i Sul y Pasg. Wedyn cynhelir ein Gwasanaeth hwyrol am naw o'r gloch nos Sul. Edrychwn ymlaen at weld rhai ohonoch gyda ni.

Gwasanaeth y Groglith yn Skanda Vale (sa33 6jt) 19eg Ebrill am 3y.p. Croeso a chysylltwch am fwy o wybodaeth – enquiries@skandavale.org

Offeren Ganol Nos Sadwrn 20fed Ebrill am 11.45 y.h (sa33 6jt) - Croeso - darperir lluniaeth wedi'r gwasanaeth. Cysylltwch - enquiries@skandavale.org <<mailto:enquiries@skandavale.org>>

Noson Cwis yn y Clafdy Saron (SA44 5DV) - Nos Wener 3dd Mai - 7- 9 o'r gloch - mynediad £3 lluniaeth ysgafn a gellir prynu diod drwy gyfraniad. hello@skandavalehospice.org <<mailto:hello@skandavalehospice.org>>

Taith Gerdded Noddedig y Clafdy 6ed Mai sef Dydd Llun Gŵyl y Banc gyda dewis o dair taith. Tair milltir o amgylch Llangrannog - 6 milltir o Langrannog i Gwmtudu - 10 milltir o Langrannog i Gei Newydd gyda gwledd o ginio rhad ar y diwedd. Am fwy o wybodaeth www.skandavalehospice.org/events <<http://www.skandavalehospice.org/events>>.

Materion Marw Sadwrn 11eg Mai – o ddeg y bore ymlaen. Digwyddiad i annog trafodaeth am farwolaeth er mwyn ein paratoi i ddygymod a'r anochel. Bydd siaradwyr gwadd yn trafod amrywiaeth o bynciau yn ystod y dydd. Lluniaeth ar gael. Cyswllt – hello@skandavalehospice.org.

Dringo Cader Idris 27ain Mai - Dydd Llun Gŵyl y Banc. -

Dringwch lan i fynydd godidog o brydferth er mwyn codi arian i'r Clafdy. Bydd cludiant a bwyd yn cael eu darpari. Manylion - www.skandavalehospice.org/events <<http://www.skandavalehospice.org/events>>.

Gŵyl Gerddorol yn Llandysul 1- 2 Mehefin

Daw mwy o fanylion maes o law. Cyswllt – enquiries@skandavale.org

Bore Coffi yn y Clafdy (sa44 5dv) Sadwrn 29ain Mehefin 10 – 12 o'r gloch

Te, coffi, cacennau, raffl a thombola. Cyswllt hello@skandavalehospice.org <<mailto:hello@skandavalehospice.org>>.

Dymunwn wanwyn llawen a Phasg heddychlon i bawb oddi wrthym yn Skanda Vale.

Cyfnewidfa Gwybodaeth Llanpumsaint

Bellach buom yn cyhoeddi ein cylchgrawn am 8 mlynedd a bydd yr un nesa' yn Ebrill 2019 yn rhif 49. Felly carwn ddiolch ein holl gyfranwyr sydd wedi ein cefnogi dros y cyfnod. Diolch hefyd i'n holl hysbysebwyrr, hebddynt hwy ni allwn fod wedi parhau, heb anghofio Cyngor Cymuned Llanpumsaint am eu cefnogaeth ariannol dros y blynyddoedd. Rhaid peidio anghofio aelodau ein Pwyllgor a'n dosbarthwyr drwy bob tywydd. Postiwyd y rhifynnau i'r ffermydd a'r tai pellennig ac mae tua hanner cant o gartrefi'n derbyn y cylchgrawn drwy E-bost. Un diolch pwysig eto - i Arwyn Thomas a Gwyn Nickolas am gyfieithu dros y blynyddoedd i gynnal ein cylchgrawn yn y ddwy iaith.

Eleni derbyniwyd grant oddi wrth Gronfa Fferm Wynt Brechfa i'n ysgwyddo i'r dyfodol. Bydd yn fuddiol i'n cymorth gyda'r gwaith cyfieithu a golygu a hefyd er mwyn cynnal a gwella'r Wefan www.llanpumsaint.org.uk <<http://www.llanpumsaint.org.uk>>. Cynhelir ein cyfarfod cyffredinol ar 20 Mai 8.00pm am saith o'r gloch yn y Neuadd Goffa. Croeso yn y gobaith y gwelwn aelodau newydd i'r Pwyllgor. Carolyn Smethurst – Cadeirydd – 01267 253308 neu info@llanpumsaint.org.uk

Dewinwyr Gorllewin Cymru - Digwyddiadau'r Dyfodol

Dydd Sul Ebrill 28ain - Dewi Bowen - Safleoedd Cyntefig Gorllewin Cymru

Sul Mai 5ed – Diwrnod Dewinio Rhyngwladol – Taith faes i Eglwys Gadeiriol Tyddewi a Chapel y Santes Non.

Sul Mai 19eg - Maria Wheatley - Dewino Safleoedd Cysegredig Gorllewin Cymru.

Sul Mehefin 23ain - Gary a Caroline Biltcliffe - Speingefn Albion a'r Canolfan Grym

Mae dewinio yn ymarfer hynod o ddiddorol a hawdd ei ddysgu a gwnaeth darddu o'r Aifft. Dewisa nifer o gwmnïau ddefnyddio dewinwyr i ganfod mwynau, olew a gwifrau trydan. Dewinia rhai pobl am ddiogelwch eu bwyd ac am straen geopathic yn eu hamgylchfyd ond hyd yn hyn agwedd bersonol yw heb gadarnhad gwyddonol. Dewch atom i Neuadd Bronwydd am 1.45yp, ac am £4 cewch baned yn y fargen. Does dim angen cyfarpar felly cysylltwch â Sandy ar 01267 253547

Clwb Cant Llanpumsaint

Tynnir enillwyr Mawrth ag Ebrill yng nghyfarfod y Pwyllgor Lles ac Adloniant ar y 30ain o Ebrill.

Anfonwch eich tal aelodaeth o £12 i mi erbyn y 24ain o Ebrill. Os am ymuno o'r newydd cysylltwch â mi neu ffoniwch Dereck Lock 01267 253524 - Trysorydd.

Pwyllgor Lles ac Adloniant Llanpumsaint.

Cynhelir y Cyfarfod Blynyddol yn y Neuadd Goffa ar Nos Fawrth 30ain o Ebrill am wyth o'r gloch.

Yr elusen ddewisol eleni fydd yr Uned Gofal Dwys i Fabanod yn Ysbyty Glangwili. Felly bydd yn elwa adeg Nadolig nesa'i enillion Taith Siôn Corn a'r cyfraniadau i'r Botel wrth Far y Raiwe. Hoffwn hefyd glywed drwy glust ein Cadeiryddes Pamela, awgrymiadau am elusen ddewisol i'r flwyddyn 2020. Bu'r Cinio Elusen yn y Railwe ar yr ail o Ebrill yn llwyddiant mawr, a diolchwn i Wayne, Liz a Michael am eu gwasanaeth yno. Bydd yna Helfa Trysor mewn ceir ar y Nos Wener y 14eg o Ebrill. Ceir manylion pellach oddi wrth Matthew a Heledd Jones neu Aaron Jones.

Mae yna Is-bwyllgor wrthi'n brysur yn llunio cais i Gronfa Coedwig Brechfa am welliannau i ardal chwarae'r plant yn y cae chwarae. Ar y Diwrnod Hwyl ar y 18fed o Fai, drefnir gan y Pwyllgor, Capel Nebo, Yr Eglwys a Chymdeithas Rien'r Ysgol, gwnaed cais i'r Cyngor Sir am gau'r heol rhwng y Ficerdy newydd a'r Neuadd, o hanner dydd tan saith yr hwyr.

Eleni cynhelir Bore Coffi Macmillan ar Sadwrn 21ain o Fedi o ddeg tan hanner dydd.

Dereck Lock - Ysgrifennydd

Cymdeithas Rhandiroedd Llanpumsaint

Cynhaliwyd ein Cyfarfod Blynnyddol ar fore Sadwrn yr ail o Fawrth am ddeg y bore ar y safle. Llawen fu croesawu rhai aeloda newydd. Cytunwyd i'r Cadeirydd, Trysorydd a'r Ysgrifennydd barhau yn eu swyddi am y flwyddyn. Bydd bore o gymhennu a chomopo i ddiwedd am 10.30 y.b ar y 14eg o Ebrill. Er i ni ddioddef peth llifogydd mewn un rhan gobeithiwn weld gwelliant cyn hir, os daw cymorth. Gall unrhyw un ddod i weld y safle heb ofni gorfod gwneud dim. Byddwn ar agor ar Ddydd Agored Cymunedol y Gerddi, sef Sadwrn 1af o Fehefin o hanner awr wedi deg tan un o'r gloch.

Hanes Amgen y Garddwr Eichreddig

Yn ôl y son, 'nol yn y ddeunawfed ganrif aeth llanc yn dipyn o arddwr. Ond fe'i gwaharddwyd o'r safle am iddo gael gormod o pi-pis y tu ôl i'r sied. Mewn canlyniad aeth yn droseddwr digyfaddawd gan ddwyn o erddi a ffermydd, ac mewn byr o amser daeth Dic Turpin yn enwog drwy'r wlad. Llwyddodd i gadw'i draed yn rhydd drwy lwgr wobrwyo swyddogion gyda'i gynnyrch anghyfreithlon o bob math.

Yn y diwedd fe'i cipiwyd i ymddangos o flaen ei well ond llwyddodd i ddwyn perswâd ar y Barnwr, ac fe'i tynnwyd i mewn i'r Heddlu Cudd, ond ni wyddai ble'r oedd y Swyddfa. Wedi iddo gychwyn daeth yn amlwg fod llawer o wybodaeth gyfrinachol yn mynd ar goll, felly cafodd y sac. Yn dilyn hyn newidiodd ei enw i ganlyn gyrfa newydd fel lleidr pen ffordd. Yn ôl rhai cafodd ei ddal a'r grogi, ond yn ôl eraill dihangodd dros Fôr y Gogledd, ac wedi rhoi lot o bwyse arno gorffennodd yn swetsen yn Sweden

Gyda llaw dewch o hyd i'r Rhandir yn hen orsaf drenau Llanpumsaint yr ochor draw i Dafarn y Railwe. Cyswllt Ray (Cadeirydd/Trysorydd) 253157 neu Keith (Ysgrifennydd) 253375

Curad Calon Llanpumsaint - Cyfarfod Cyffredinol 7fed Mai 7.30 – Neuadd

Bellach mae'r mudiad wedi gosod 4 Adfywiwr yn y plwyf - gyda'r bwriad o achub bywyd pan ddaw toriad ar y galon. Dyma leoliadau'r peirannau Adfywio ***Y tu fas i'r Neuadd ger y fynedfa - sa336bz***

Y tu fas i dafarn y Railwe ochor y maes parcio - sa336bu

Ar wal Fferm Henfryn ar y ffordd tua Ffynnonhenri - sa336ld

Tu fas festri Capel Nebo - sa336hn

Felly byddwch yn ymwybodol o'r un nesaf atoch . Er na fu galw am un yn y tair blynedd maent wedi bod 'ma, daw'r angen yn ddirybudd!. Mae'r Adfywiwr yn weithredol bob awr o'r dydd neu nos, ac nid oes angen allwedd i'w defnyddio. Felly dewch i'n Cyfarfod Blynnyddol oherwydd mae angen gwaed newydd ar ein Pwyllgor.

Os am fwy o wybodaeth neu angen benthyg y pecyn Hyfforddi cysylltwch - info@gwilimill.co <<mailto:info@gwilimill.co>> neu 253308. Bydd y pecyn Hyfforddi yno ar y Dydd Hwyl a gallwch fenthyg un a mynd ag e' gartre' i ymarfer gyda'r teulu.

Carolyn Smethurst - ysgrifenyddes.

Gofal Traed Dyma ddyddiadau'r ddau glinig nesaf yn y Neuadd Goffa am 10 o'r gloch y bore ar y 1 Mai 2019 a 26 Mehefin.

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).

Eglwys Llanpumsaint

Bob Dydd Mawrth - Cylch y Pentref - 2.00 – 3.30

Mercher 10fed Ebrill – Eglwys Agored Llanpumsaint 3.30 – 5.30

Sadwrn 13eg Ebrill – Marchnad Godi Arian Llanllawddog 10 – 12.

Gwener 19eg Ebrill - Y Groglith - 10.00 Gorsafoedd y Groes Llanpumsaint

2.00 Celynin - Myfyrdod y Groes

Sul 21ain Ebrill – Y Pasg - 9.30 Cymun Llanllawddog - 11.00 Cymun Celynin

Mawrth 30ain Ebrill – Cyfarfod Blynnyddol Unol yr Eglwysi – 7.00 Llanpumsaint

Sadwrn 11eg Mai – Marchnad Godi Arian Llanllawddog 10-12.

Llun 13 eg Mai – Eglwys Agored 3.30 – 5.00 Llanpumsaint

Sadwrn 29ain Mehefin – Ffair Haf – Llanllawddog

Yn fuan ar ôl ein gwasanaeth cydenwadol i gofio'r Lladdfa es i Eglwys Gadeiriol Coventry. Mae' adfeilion gweddillion yr hen adeilad a fomiwyd yn 1940 yn toddi i mewn i'r un cyfoes gysegrwyd yn 1962. Yn dilyn y gyflafan gwnaeth y Profost Dick Howard arsgrifio'r geiriau "*Arghwydd Maddau!*" ar y wal lle gellir ei weld hyd y dydd heddiw. Yr ymadrodd syml yma sy'n atal dweud "*Arglwydd maddau nhw!*" wnaeth sicrhau i Coventry ddatblygu'n ganolfan Gweinidogaeth y Cymod.

Adroddir Litani'r Cymod amser canol dydd yn yr Eglwys, ac ar ddydd Gwener ymuna nifer o ganolfannau Cymod eraill led led y byd mewn gweddi. Yna meddyliais oni fyddai'n beth gwyh i Lanpumsaint ymuno fel canolfan Cymod hefyd, i gyd ymffrostio ac anghydfynd droeon hefyd. Wedi ychydig o ymchwil daeth yn amlwg i bentref Lambeder yng Ngwynedd fod yr unig ganolfan Cymod yng Nghymru. Efallai fod y digwyddiad erchyll diweddaraf yn Seland Newydd yn fodd i hoelio ein sylw.

Fel man cychwyn bwriadaf adrodd Litani'r Cymod bob dydd Gwener yn yr Eglwys am hanner dydd, ond er mwyn gwireddu hyn bydd angen pum gwirfoddolwr fydd yn barod i arwain y Litani am un dydd Gwener yn y flwyddyn. Os oes gennych ddiddordeb yna cysylltwch â mi.

Parch Gaynor – i_gaynor@hotmail.com 253158

Y Croeso Cynnes

Wedi symud lan o dre Caerfyrddin fis Hydref teimlwn yn gartrefol iawn ar un waith yn Llanpumsaint. Mwy o sêr yn y nen a mwy o le gwyrdd o amgylch, ac ar ben y cwbl Band Jazz Swing yn y Neuadd. Yno daeth cyfle i gwrdd â chyfeillion newydd, a mwynhau gan gefnogi Elusen Macmillan.

Wedi camu mas ar noson rewlyd cyrhaeddom gynhesrwydd y Neuadd am brofiad arbennig. Crëwyd awyrgylch addas i'r jazz gan y goleuadau isel, a chawsom groeso twymgalon i rannu bwrdd a chyfeillion, ac i adnabod rhai wynebaw cyfarwydd. Bu'r bwyd a'r adloniant o'r gore ac ar noson oer 'roedd y bwyd Chili yn addas iawn a'r pwddin yn flasus tu hwnt. Gyda'r gerddoriaeth amrywiol o wahanol ddegawdau i ryddhau dawnsfeydd amrywiol cneuwyd noson gofiadwy i bawb.

Dyma ein hymweliad cyntaf a'r Neuadd ac 'roeddem yn gwerthfawrogi'r holl ymdrechion cydweithredol ar y noson ac ar ôl hynny hefyd. Felly fel teulu edrychwn ymlaen at ymuno yn y gweithgareddau sydd i ddod.

Rosie, Sharon a Molly Frewin pobl newydd Gwynfryn (heb anghofio Ralph y ci du)

Papur Llafar

Dros y ddwy flynedd ola' rydym wedi mwynhau'r profiad o fod yn wirfoddolwyr i'r Papur Llafar. Dyma wasanaeth rhâd dwyieithog i'r dall a'r rhannol ddall yn siroedd Caerfyrddin, Penfro a thu hwnt. Mae ein cwsmer pellaf yn byw yn Llanidloes Powys, fydd yn gant oed yng Nghorffennaf eleni. Os oes gennych beiriant CD gallwch elwa o'r gwasanaeth rhâd yma, gan dderbyn CD yn wythnosol sy'n cynnwys newyddion lleol ac yn rhestri digwyddiadau.

Hefyd mae yna wasanaeth arall sef Llyfrau Llafar Cymru gan yr un mudiad, sy'n cynnwys y llyfrau'n llawn. Gallwch weld catalog o'r holl lyfrau sydd ar gael. Os oes diddordeb ffoniwch 01267 238225 neu llyfraullafarcymru@outlook.com

Profodd y CD's yma yn fuddiol dros ben i bobl a diffyg golwg drwy eu cadw mewn cysylltiad â newyddion a digwyddiadau lleol. S Davies Panteg Llanpumsaint

Cymdeithas Rhieni ac Athrawon Ysgol Llanpumsaint

Digwyddiadau

Ebrill 10fed 2019 – Bingo'r Pasg - Neuadd 7.30 y.h

Rhagfyr 7fed 2019 – Ffair Nadolig – Neuadd

Bingo'r Pasg

Yn dilyn llwyddiant y nosweithiau blaenorol gyda'r Bingo mae'r Gymdeithas am gynnal un arall ar y 10fed o Ebrill 2019 yn y Neuadd Goffa. Mynediad am ddim ac yna prynwch eich offer chwarae er mwyn cystadlu am y gwobrau. Bydd lluniaeth ar gael ac mae croeso mawr i bawb.

Codi Arian yn rhwydd.

Os i chi'n siopa ar y we yna gallwch godi arian i'r Gymdeithas Rieni ac Athrawon.

Cofrestrwch ar www.easyfundraising.org.uk/causes/llanpumsaintPTA

[<http://www.easyfundraising.org.uk/causes/llanpumsaintPTA>](http://www.easyfundraising.org.uk/causes/llanpumsaintPTA) neu siaradwch ag Emma Brown.

Codi arian cyfatebol

Os oes 'na rywun yn gymuned yn gallu ceisio am arian cyfatebol drwy eu gwaith neu ffordd arall ac yn barod i'r Gymdeithas Rieni elwa'n gyfatebol yna cysylltwch â Becky James ar 01267 253560.

Cofeb Ifan Tom Post

Daeth tyrfa ynghyd ar brynhawn Sadwrn olaf Mis Mawrth pan ddadorchuddiwyd Cofeb ar wal Brynhyfryd. Hwn oedd cartref Ifan Tom a Leis Davies, ganol y ganrif ddiwethaf, a dyma safle'r Swyddfa Bost bryd hynny. Bu'n ganolfan prysur gyda'r dafarn a'r siop lan hewl, yr orsaf ddrws nesa' a'r ddwy ffatri wlân gerllaw. Yr oedd Ifan Tom ynghanol y bwrlwm i gyd, ac yn un o hoelion wyth yr hen gymdeithas yn Bronwydd. . O'r pedwar plentyn byddai Russell yn aros i ymgartrefu'n Nanthelyg.

Wedi ymddeol o waith glo Pentre Mawr yn Pontyberem llwyddodd Ifan Tom gael swydd tipyn nes adre. Fe oedd Gorsaf Feistr olaf Bronwydd o 1953 hyd 1970, ac fel Glyndwr Jones yn Llanpumsaint gwelodd y gwasanaeth trenau o Gaerfyrddin i Aberystwyth yn dirwyn i ben. Cwmpodd bwyell derfynol Beeching. Ond bu Ifan Tom yn lwcus i fyw i weld hynny o gwbl! Dros Hanner canrif ynghynt yr oedd ar fwrdd y llong S.S.Picton yn harbwr Halifax yn Canada yn 1917. Aeth llong yn llawn ffrwydron ar dan i ddinistrio'r harbwr a'r dre, gan ladd dros 1,600 a niweidio tua 9 mil arall. Er iddo fod llai na dau gan llath i ffwrdd o'r ffrwydriad mi oroesodd Ifan Tom, un o dri'n unig. Pan ddaeth at ei hunan yn noeth ar y dec gallai weld y bwthyn bach yn Pencader lle'i ganed.

Ralph Carpenter, Cadeirydd y Cyngor Cymuned, agorodd y seremoni, ac wedi i Arwyn Thomas amlinelli cefndir y fenter, Wyr Ifan Tom, David Jones, gyda chymorth or-Wyron, wnaeth dynnu'r ddraig goch . I ddilyn ymgasglwyd yn Nantcelynen am luniaeth a sgwrs. Cyfranwyr at y Gofeb gan Susan & Jeremy John, David Jones (Nanthelyg), Cyngor Cymuned Bronwydd ac Arwyn Thomas. Diolchwyd hefyd i Claire Price Brynhyfryd am gyniatad, a Glyn Ifans Eldorado am osod y Gofeb yn ei lle.

Hynod o beth! Ar yr un prynhawn llathenni i ffwrdd o'r dadorchuddio gwelwyd gatiau newydd yn cael ei rhoi yn eu lle ar y groesfan. Hiraeth a gobaith yn cyd-wau.

Arwyn 2019

Cór Llanpumsaint a'r Cylch.

Cyn Nadolig 2018 fe gymerodd y cór ran mewn Oedfa Garolau yng Nghapel Priordy, Cerfyrddin er cof am un o ffyddloniaid y cór sef y diweddar Alison Evans. Cafwyd noson lwyddianus iawn gyda'r Capel yn llawn a gwnaed elw o dros £1600.00 tuag at Justin-Time. Mae hwn yn awr wedi cael ei drosgwlyddo i Sian Cothi sydd yn rhannol gyfrifol am yr elusen hyn. Cafwyd toriad haeddiannol wedyn ac yn awr yr ydym yn paratoi ar gyfer penblwydd y cór yn 40 deg oed ym mis Hydref eleni. Bydd gwahanol weithgareddau yn cael eu cynnal felly cadwch lygaid ar yr hysbysebion yn y pentref ac yn y wasg gan gynnwys Llais y Llan.

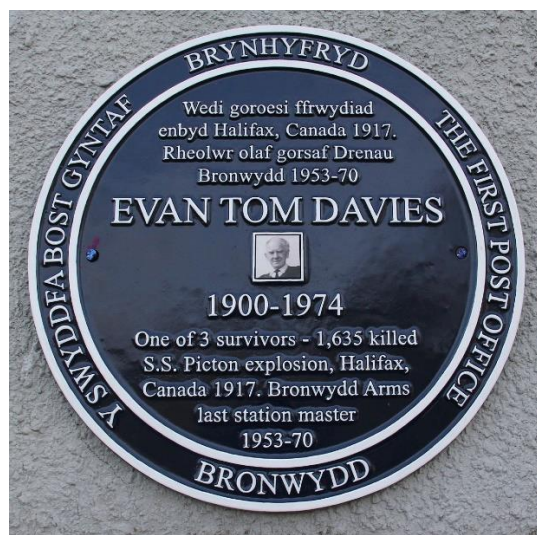
Fel pob cór arall rydym bob amser yn croesawu aelodau newydd. Felly os oes diddordeb gennych cysylltwch a Gwyn Nicholas neu unrhyw aelod o'r cór ac fe gewch groeso cynnes.



Village Voice April 2019

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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



Plaque to Evan Tom Davies at Bronwydd



Evan Tom's Family celebrates unveiling



Rubbish collected from the Graig to Coopers



Vi pleased with her stethoscope!



RHAGLEN Y DYDD / PROGRAMME OF THE DAY

12:30yp/pm

I ddechrau / To start

1yp/pm

Gair gan y Llywydd a
Chystadleuaeth Gwisg Ffansi
Word from the President and Fancy
Dress Competition

2yp/pm

Tynnu'r Gelyn
Tug of War

4yp/pm

Ras Hwyaïd
Duck Race

Tynnu'r Gelyn / Tug of War
Timoedd o 8 8 per team
£10 y tîm / per team

CYSTADLEUAETH GWISG FFANSI FANCY DRESS COMPETITION

Thema - Rhywbeth yn dechrau gyda'r llythyren "L" neu "LI"
Theme - Anything beginning with the letter "L" or "LI"

- O dan 3 / Under 3's
- Meithrin i Bl 2 / Nursery to Yr 2
- Bl 3 - Bl6 / Yr 3 - Yr6
- Uwchradd / Secondary
- Dros 18 / Over 18's
- Gwnewch eich gwisg eich hun! Gwobr am yr un orau!!
Make your own costume! A prize for the best one!!

CREFFT / CRAFT

- Bl2 ac iau / Yr2 and under
- Thema - Llun o Llanpumsaint (mewn unrhyw steil)
Theme - A picture of Llanpumsaint (in any style)
- Bl3 - Bl6 / Yr 3- Yr6
- Thema - Llun o Llanpumsaint (mewn unrhyw steil)
Theme - A picture of Llanpumsaint (in any style)
- Uwchradd / Secondary
- Thema - Hunlun o "Llanpumsaint a fi"
Theme - A selfie of "Llanpumsaint and me"
- Dros 18 / Over 18's
- Thema - Ffotograff o Llanpumsaint
Theme - A photograph of Llanpumsaint

Plis dewch a'ch darn crefft i'r Neuadd erbyn 12:45yp
Please bring your craft piece to the Hall by 12:45pm

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

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

Every Tuesday 2.00 – 3.30 Village Circle Llanpumsaint Church

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

Every Wednesday Steak Night at the Railway Inn 01267 253643

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

Every Thursday 2.00 - 3.00 Fitness for 50+ Ladies Bronwydd Hall

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

Every Friday 11.15 – 12.15 Mobile Post office Outside Bronwydd Hall

Every Third Monday – Merched y Wawr Memorial Hall

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

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

April 10 Wednesday 7.00 PTA Easter Bingo Memorial Hall

April 10 Wednesday 3.30 – 5.00 Open Church Llanpumsaint

April 10 Wednesday Supper Club Railway Inn – phone 253643 to book

April 14 Saturday 10.30 Site Tidy Up Allotment site Llanpumsaint

April 16 Tuesday 7.00 Curry and Quiz Railway Inn £5 per head

April 19 Wednesday 7.00 PTA Bingo Llanpumsaint Memorial Hall

April 19 Friday - 21 Sunday Easter Services – see notices at Church, Chapels and Skanda Vale

April 28 Sunday 1.45 West Wales Dowsers Bronwydd Hall

April 28 Sunday 7.30 Quiz Hollybrook Inn Bronwydd

April 29 Monday 2.00 Clwb gwili 60+ Bronwydd Hall

April 30 Tuesday 7.00 AGM Llanpumsaint Church

April 30 Tuesday AGM Welfare and Recreation Association Memorial Hall

May 1 Wednesday 10.00 Foot Clinic Llanpumsaint Memorial Hall

May 1 Wednesday 8.00 Community Council Meeting Memorial Hall

May 3 Friday 7 00 Quiz Night Skanda Vale Hospice Saron

May 5 Sunday Dowser's field trip to St. David's Cathedral and St. Non's Chapel

May 6 Monday Sponsored Walks Skanda Vale Hospice

May 8 Wednesday Supper Club Railway Inn – phone 253643 to book

May 11 Saturday 10.00 Dying Matters Skanda Vale Hospice Saron

May 13 Monday 7.30 AGM Llanpumsaint Heartbeat Memorial Hall

May 18 Saturday Fun Day Welfare and Recreation Association Playing Field

May 19 Sunday 1.45 West Wales Dowsers Bronwydd Hall

May 20 Monday 8.00 AGM for Llanpumsaint Community Information Exchange Memorial Hall

May 21 Tuesday 7.00 Curry and Quiz Railway Inn £5 per head

May 22 Wednesday Grand Charity Quiz Carmarthen Rotary in Carmarthen Athletic Club

May 26 Sunday 7.30 Quiz Hollybrook Inn Bronwydd

May 27 Monday Cader Idris trek – see skandavalehospice.org/events for more details

May 27 Monday Llandysul Walks – see skandavalehospice.org/events for more details

June 1 Saturday 10.30 – 1.00 Allotment site open for Community Gardens Open Day

June 1 – 2 Saturday 9.00 Sheepdog Trial Llwynbedw Farm Llanpumsaint

June 1 - 2 Saturday/Sunday Music Festival in Llandysul – see enquiries@skandavale.org

June 5 Wednesday 8.00 Community Council Meeting Memorial Hall
June 9 Sunday 12.00 to 4.00pm Open Farm Sunday Esgair and Hafod farms Llanpumsaint
June 12 Wednesday Supper Club Railway Inn – phone 253643 to book
June 14 Friday 4.30 Car Treasure Hunt Welfare and Recreation Association
June 18 Tuesday 7.00 Curry and Quiz Railway Inn £5 per head
June 23 Sunday 1.45 West Wales Dowsers Bronwydd Hall
June 26 Wednesday 10.00 Foot Clinic Llanpumsaint Memorial Hall
June 29 Saturday 10.00 – 12.00 Coffee Morning at Skanda Vale Hospice Saron
June 29 Saturday Summer Fair Llanllawddog Church
July 3 Wednesday 8.00 Community Council Meeting Memorial Hall
September 21 Saturday 10.00 – 12.00 Macmillan Coffee Morning Memorial Hall
December 7 Saturday PTA Christmas Fair Memorial Hall

Llanpumsaint and Ffynnon Henri Memorial Hall – to book phone Derick Lock on 253524

Village Litter Pick – Pride in Your Patch.

Well, what a lot of litter and rubbish was collected by the volunteers at the beginning of March. We had collectors doing all the approach roads to the village – biggest haul was from the bottom of the Graig to Coopers, 12 bags of rubbish in total, plus a fridge door! Overall we collected over 24 bags of rubbish clearing most of the roads so for at least one day they were free from litter.

Lots of the rubbish collected consisted of takeaway food containers, coffee cups and drinks cans, which are obviously just thrown out of cars when they have been finished with. Who do these people think will clear up their mess? Most people take their rubbish home and put it in their own rubbish bins, but there are those who expect others to follow them round to clear up their mess, and probably then moan about the litter on the roads in the area!!!

For one day, the roads were clear, but disappointing to see how quickly the litter returns.

Remember, that there is a £80 fine for anyone caught littering – cheaper to take it home with you.

Many thanks to all those who helped, and especial thanks to Edward and Sylvia from Panteg who collected all those 12 bags from the Graig to Coopers, including bringing the fridge door back in a wheelbarrow!

Carolyn Smethurst

Open Farm Sunday 9th June 2019

Visit a farm and take part in the UK's annual Farming Industry Open Day.

Sunday 9th June 2019 sees participating farms across the UK throwing open their gates and welcoming visitors. Find out more at www.farmsunday.org

Martin and Nicky are hosting an Open Day at Esgair, Llanpumsaint 12noon to 4pm and look forward to welcoming anyone who would like to visit the farm. Meet the animals, walk our self-guided nature trail, enjoy the views and join us for a cuppa.

There is no charge for this event but if visitors wish to make an optional donation to Maggie's Swansea they will be able to do so. Just follow the signposts from the village. www.pastureperfect.co.uk

And another Open Farm Sunday event at Hafod, Bancyffordd SA44 4SD, where Annie and Liam James will be opening their dairy farm to visitors in the afternoon from 1pm - 4pm. All welcome. Please see farmsunday.org or call Annie 07747013388.

LLANPUMSAINT & NEBO SHORT MAT BOWLING CLUB

We have now reached the end of the 2018-19 League Season. Three of the last 4 matches were very positive for the Club with a 6-2 away win against Llangennech, 8-0 home win against Meinciau and 4-4 home draw against Llanboidy B. The Club finished mid point in the table.

The Club will be playing Bronwydd for the Roy Bowen Memorial Trophy before the end of the season. We will also be holding the Club competitions, presentation night and annual dinner before we take a break for the summer.

The Club would like to congratulate Rhys and Catrin Williams who recently represented Wales in the Under 21's International Match against England in Tamworth. It was their first time playing for Wales and hopefully not their last, they did themselves and the Club proud.

Don't forget to check out our new website Llanpumsaintsmbc.org.uk We'll be sharing news from the club matches, county tournaments and events as they happen along with updates on those players taking part in competitions for Wales and in the Short Mat Players Tour.

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

Llanpumsaint Community Information Exchange

We have been publishing Village Voice for 8 years, and this April 2019 edition is our 49th Edition. I would like to thank all our many contributors who send in articles for the publication. Many thanks to our advertisers as well, without their support we would not be able to continue. And we need to say a public thank you to the Llanpumsaint Community Council who have supported us with a grant over the years.

Most of all thank you to all the loyal committee members and to the residents who deliver the Voice to nearly every house in the village, never mind the weather! For the more distant houses and farms, their copy is posted, and there are about 50 homes where the final PDF copy is emailed.

And one last but most important thank you – Arwyn Thomas and Gwyn Nicholas have translated the copy into Welsh over the years to enable us to comply with our aim that the Voice is bilingual.

This year we have received a grant from the **Brechfa Forest Wind Farm Fund** to help us in the future. This money will help us to pay for help in the work of translating and editing the copy to the final version that you receive. There is also money in the grant to update and maintain the village website www.llanpumsaint.org.uk. The group will be holding its AGM on Monday 20th May at 8.00 pm in the Memorial Hall. We hope that many of you will attend, and we would welcome new members to the committee.

Carolyn Smethurst – Chair. More details phone 012673253308, or email info@llanpumsaint.org.uk

Llanpumsaint and District Choir

Before Christmas 2018 the choir took part in a Carol Service at Priordy Chapel Carmarthen in memory of a very faithful member, the late Alison Evans. It was very well supported and a collection of over £1600.00 was made on the night towards Justin-Time. This has now been presented to Sian Cothi who is responsible for this charity. The choir then had a well deserved break and at the moment preparations are in hand to celebrate the choir's 40th birthday in October of this year. Various events will be held so keep an eye for the adverts in the village and local newspapers including Llais y Llan.

As with every choir we would at all times welcome new members. If you are interested please contact Gwyn Nicholas or any choir member and you will have a warm welcome.

Sheepdog Trial

Come and see a Sheepdog Trial in Llanpumsaint - Saturday 1st and Sunday 2nd June 2019 from 9am.

Llwynbedw Farm, Llanpumsaint, follow the "orange SDT" signs out of the village towards Skanda Vale.

Skanda Vale Hospice

As we welcome Spring and Easter arrival we have lots of events happening....

We would like to take this opportunity to invite the local community to both our Good Friday service and our Midnight Mass on the Saturday night at 11:45pm leading into Easter Sunday, as well as our Easter Sunday Evening service at 9pm. Details below- we look forward to seeing some of you there.

Good Friday service at Skanda Vale (SA33 6JT) 19th April- 3pm- All welcome- please contact enquiries@skandvale.org for more information.

Midnight Mass Saturday at Skanda Vale (SA33 6JT) 20th April at 11:45pm – All welcome – refreshments served afterwards please contact enquiries@skandvale.org for more information.

Quiz Night at the hospice (SA44 5DY) Friday 3rd May 7-9pm - £3 entry –snacks provided, drinks on sale via donation. Contact hello@skandavalehospice.org for more details.

Hospice Sponsored Walk 6th May bank holiday Monday- 3 walks to choose from – 3 mile around Llangrannog, 6 mile from Llangrannog to Cwmttydu and 10 mile from Llangrannog to Newquay with a sumptuous free buffet lunch at the end! Visit www.skandvalehospice.org/events for more details.

Dying Matters Event Saturday 11th May, 10am onwards - event held to encourage discussion about death and dying so that we are better equipped to cope when the time comes for us or our loved one. Guest speakers will be talking on a variety of subjects and complimentary refreshments on offer throughout the day. Contact hello@skandavalehospice.org for more details.

Cadair Idris Trek 27th May Bank holiday Monday– Trek up the beautiful and majestic Cadair Idris to raise funds for the hospice- transport and picnic lunch provided.

Llangrannog walks 27th May Bank Holiday Monday

See www.skandvalehospice.org/events for more details.

Music Festival in Llandysul 1st-2nd of June – more details to come, please contact us via enquiries@skandvale.org for more information.

Coffee Morning at the hospice (SA44 5DY) Saturday 29th June 10-12pm – Tea, coffee, cake, raffle and tombola! Contact hello@skandavalehospice.org for more details.

We wish you a joyful spring and a peaceful Easter, from all of us at Skanda Vale and the Hospice.

West Wales Dowzers Future Events

Sunday April 28th: Dewi Bowen – Ancient Sites in West Wales

Sunday 5th May: INTERNATIONAL DOWSING DAY – Field trip to St David's Cathedral and St. Non's Chapel

Sunday May 19th: Maria Wheatley – Dowsing Sacred Sites of West Wales

Sunday June 23rd: Gary & Caroline Biltcliffe – The Spine of Albion & Power Centre

Dowsing is a useful and interesting practice that almost anyone can learn. It's thought to have originated in Egypt or even earlier. Many companies use the services of experienced dowzers to search for water, minerals, oil, electricity cables etc. Some people dowse the safety of their food, and check for geopathic stress in their surroundings, but this is a personal belief and not yet scientifically proven. Why not come along one Sunday to find out for yourself? Bronwydd Village Hall, 1.45 pm. Entrance is £4 per person including a welcome cuppa and a biscuit in the break. No equipment is necessary, just bring yourselves.

Further Information: Sandy 01267 253547 or see <http://westwalesdowzers.org.uk/> or Facebook: <https://www.facebook.com/WestWalesDowzers/>

Clwbgwili 60+ Club Bronwydd

Next Club Meetings - 29th April - Speaker Mr Nick Brunger

All meetings start at 2pm. Club Membership £5 per year Everybody welcome. Val Giles

LLANPUMSAINT WELFARE AND RECREATION ASSOCIATION

The Association's AGM will be held in the Memorial Hall at 8p.m. on Tuesday, 30th. April.

All are welcome to attend.

This year's chosen charity is the Special Care Baby Unit at Glangwili Hospital which will benefit from the Santa Parade collection and raffle next Christmas Eve and the money from the Bottle on the Bar at The Railway.

The Association would like to hear, via our Chair Pamela Jones, from anyone with suggestions for our chosen charity for 2020.

The Charity Meal held at The Railway on the 2nd. April was a great success and thanks must go to Wayne, Liz and Michael for their efforts on our behalf.

The Association will be holding a Car Treasure Hunt on Friday, 14th. June from 5.30p.m. Further details can be obtained from Mathew and Heledd Jones or Aaron Jones.

A sub-committee is busy putting together an application to the Brechfa Forest Fund for improvements and additions to the children's play area in the village's playing field.

With regard the Fun Day on the 18th. May organised jointly by the Association, the Memorial Hall, Nebo Chapel, the Church and the School P.T.A., the Association's Secretary has applied to the Carmarthenshire County Council for a temporary road closure order on that day between 12noon and 7 p.m., covering the length of road between the Memorial Hall car park and the road junction by the New Vicarage.

The Association's Macmillan Coffee Morning will be held this year on Saturday, 21st. September from 10a.m. until 12noon. Derick Lock, Secretary.

Llanpumsaint Allotment Association

The Allotment Association's Annual General Meeting took place at the allotment site on Saturday 2nd March at 10.30am, when we were delighted to welcome some new members. It was agreed that the chair, treasurer and secretary should continue in post for the coming year.

A site tidy up day will be held on Sunday 14th April from 10.30am. We have suffered some bad flooding at one end of the site, but it is hoped that this will have somewhat subsided by this date. Efforts are being undertaken to alleviate future flooding and to secure donations to enable other site improvements. Anyone wishing to see the allotment site is more than welcome to come along - we promise not to put you to work! We will also be open on Community Gardens Open Day, Saturday June 1st, from 10.30am to 1pm, so why not come along to see us then.

The alternative potted histories of an eccentric gardener: It is recounted that there was, in the 18th century, a young man who became a very keen allotmenteer. Unfortunately he was expelled from his allotment for being of conduct unbecoming of an allotment holder in that he was seen to have many peas behind the site potting shed.

As a consequence he turned to a life of crime frequently raiding farms and allotments. Dick Turnip soon became infamous throughout the land. He often evaded capture by bribing officials with his ill gotten gains, and thus had many a marrow escape. It is rumoured that on one occasion he plundered the garden of a Miss S.White and her seven cohabitants making off with their favourite vegetables - petit pois and dwarf runner beans! After many years he was finally captured and sent to trial. But even then through some exceedingly clever pea bargaining the judge was persuaded to place a squash on his sentence. This was on the condition that Dick use his guile for the secret service of the day. As no one in the secret service would tell him where the offices were, it was several weeks before Dick started work. But shortly after he started it was discovered that many state secrets were appearing in the public domain, and he was sacked when his office was found to be full of leaks!

Dick then made a minor alteration to his name and resumed his criminal activities, expanding into highway robbery. Some say he was eventually caught and hanged, but it is also thought that he escaped across the North Sea and, during his final years, put on weight and became a naturalised swede.

The allotments are located in the old station yard opposite the Railway Inn. For any information about the Association contact Ray (Chair/Treasurer) Tel:253157, or Keith (Secretary) Tel 253375.

Llanpumsaint Church

Every Tuesday Village Circle 2.00 -3.30 pm

Weds 10th April Open Church Llanpumsaint 3.30-5.30pm

Saturday 13th April Fundraising Market Llanllawddog Church Hall 10-12

Friday 19th April Good Friday 10.00am Stations of the Cross Llanpumsaint .2.00pm Meditation on the Cross St Celynin

Sunday 21st April Easter Day 9.30 Eucharist Llanllawddog ,11.00 am Eucharist St Celynin/Llanpumsaint.

Tuesday 30th April Joint Churches AGM 7pm Llanpumsaint

Saturday 11th May Fundraising Market Llanllawddog Church Hall 10-12

Monday 13th May Open Church 3.30 – 5.00pm Llanpumsaint

Saturday 29th June Llanllawddog Church Summer Fair

Benefice of Llanpumsaint with Llanllawddog including St Celynn Church Bronwydd

Shortly after our multifaith Holocaust Memorial service I visited Coventry Cathedral. The ruins of the old cathedral which was bombed in 1940 merge into the modern new building which was consecrated in 1962. After Coventry was bombed Cathedral Provost Dick Howard had the phrase Father Forgive inscribed on the wall of the ruined cathedral where it can still be seen today. The simple prayer Father forgive, rather than Father forgive them led to Coventry Cathedral becoming a renowned centre for ministry of reconciliation. The Litany of Reconciliation is said at 12 noon in the cathedral and on Fridays many other associated centres of reconciliation around the world also join in the prayer.

Then I wondered, wouldn't it be amazing if Llanpumsaint could become a centre of reconciliation, a place where we actively celebrate what we have in common and strive to disagree well? A bit of further research informed me there is currently only one Coventry affiliated centre of reconciliation in Wales the village of Llanbeder in Gwynedd. With recent tragic events in New Zealand perhaps the need to do this has been drawn more clearly into focus.

As a start I'd like to begin saying the litany of reconciliation every Friday at 12 noon at the church, to make this happen I need 51 like minded individuals who are willing to take responsibility for leading the litany on one Friday in the year. If this is something you would be interested in please contact me.

Rev'd Gaynor. j.gaynor@hotmail.com 01267 253158

No Mean Welcome

After moving from Carmarthen at the end of October we immediately felt at home in Llanpumsaint.

Appreciating more stars in the bigger sky and more green space around us, little did we know there was also a Swing Jazz club to be found in the village hall.

We heard about the dinner and dance evening from friends who live in the village and thought it would be an ideal way to meet our neighbours, have some fun and support an evening of fundraising for Macmillan.

We wrapped up for the frosty walk from Gwynfryn to the village hall, unsure of what was to greet us. On opening the door we knew straight away we were in for a special evening. The hall looked amazing, low lighting and a jazz club ambience. There were welcoming faces on the door, and we were introduced to some future friends who joined us at our table.

We were pleasantly surprised how many familiar faces were enjoying the evening with us. The meal and the entertainment were first class. It was a 'Chilli' evening and so a delicious homemade meal of Chilli and all the trimmings was appreciated, as was the delicious crumble. No Mean Biscuit provided the opportunity to time travel, with music and vocals which would have not been out of place on a gramophone turntable. The upbeat classic swing tunes were toe tappers for the non-dancers and the perfect soundtrack for lindyhoppers in the room.

It was a special first experience of an evening in the village hall, and the level of team effort before, during, and the morning after did not pass us by. As a family we are looking forward to supporting many community events to come.

Rosie, Sharon and Molly Frewin, the new inhabitants of Gwynfryn. (Not forgetting Ralph the black Labrador)

The Talking Newspaper

For the past two years I have had the enjoyable experience of volunteering for "The Talking Newspaper" (Papar Llafar).

This is a bilingual free service in the form of a CD for registered blind people and the visually handicapped in Carmarthenshire Pembrokeshire and beyond. The furthest recipient we have lives in Llanidloes Powys and is 100yrs old this July. Providing you have access to a CD player you can take advantage of this free service with a CD sent out weekly with recordings of local news and forthcoming events.

There is also a service "Talking Books Wales" (Llyfrau Llafar Cymru) under the same organisation whereby books are recorded on CD. There is a catalogue of all available books.

If you are interested please phone for further information on 01267 238225 or email

llyfraullafarcymru@outlook.com These CD's have proven invaluable to visually impaired people to keep abreast with news and local events. Sylvia Davies, Panteg, Llanpumsaint

Nebo Chapel Services For more information please contact Chapel Secretary Meinir Jones on 253532

Ffynnonhenri Chapel

Details of services for the months of April, May and June 2019

April 7 2019 Service at 3.30p.m. Rev. Huw George

April 21 2019 United Communion Service at
Ffynnonhenri at 2.00p.m. Rev Wyn Vittle
May 12 2019 Communion at 2.00p.m. Rev Desmond Davies

May 26 2019 Further details to follow.

June 9 2019 Communion at 3.30p.m. Rev Wyn Maskell

June 30 2019 Service at 2.00p.m. Rev Huw George

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

Also on behalf of the members at Ffynnonhenri we would like to offer our warmest congratulations to two ex-members of the Sundday School namely Elaine Mac Duff(nee) Penrhiwgoch and Miriam Elin Jones Gorwel on recently obtaining their doctorates from different Universities. May we wish them both every success in the future.

Caersalem, Llanpumsaint

I am the Bread of Life; he that cometh to Me shall never hunger; and He that believeth on Me shall never thirst. John 6: 35

Welsh service at 2pm or 2.30pm every Sunday afternoon except the last Sunday of the month when the service is in English.

Prayer meeting on Thursday afternoon and Sunday School for adults on Sunday morning

A warm welcome to all - For more details, please contact Eleri Morris on 01267 253895

Ysgol Llanpumsaint PTA

EASTER BINGO - After the success of our previous BINGO nights, the PTA have decided that we will hold another evening at Llanpumsaint Village Hall on Wednesday 19th April. Free entry – just buy your books and dabbers for a chance to win prizes. Refreshments will also be on offer. All welcome to attend and the night was enjoyed by all last time.

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.

Match Funding

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 Community Council

Welsh Caps, landslides, overgrown hedges and standing water on the road; these were some of the matters discussed in the March Community Council meeting. There were others matters on the Agenda too; Operation London Bridge and International Sheepdog Trials. Such diversity of items for discussion in the Community Council; the meetings are never boring!

Yes, Welsh Caps; another opportunity for Llanpumsaint to congratulate members of the community for their sporting successes. The brother and sister duo from Parc Celynin; Rhys and Catrin Williams have been selected for the Under 21's Welsh Indoor Bowling Squad. Heartiest congratulations and best wishes to them both as they represent their Country.

International Sheepdog Trials will return to Llandeilo this year; it is 11 years since the competition was last at Dinefwr Park, Llandeilo, which is the location for this year's meet. The Event Organisers have contacted Community Councils asking for contributions towards the £40,000 cost of organising the event. Possibly the Clerk's sheep will be at the event as they seem to have a penchant for wandering and so his dog, although his enticement is pheromones and not grass which is greener on the other side!

Phil Jones Clerk, 01267 253512, or email clerk@llanpumsaint.org.uk/communitycouncil

Llanpumsaint Heartbeat – AGM 13th May 7.30 Memorial Hall

This group has provided the 4 defibrillators in the village – a defibrillator may help to save a life if someone has a cardiac arrest which happens when the heart stops beating. The Defibs are in the following positions:

Outside the Memorial Hall, near the main door SA33 6BZ

Outside the pub, carpark side SA33 6BU

On the wall outside Henfryn, on the RH side of the road to Ffynnon Henry SA33 6LD

Outside Nebo Vestry, Opposite Nebo Chapel SA33 6HN

Make sure that you know where the nearest one to you is – you never know when you may need it.

In the 3 years since the defibs have been in the village, they have not been used, but they are there to help save a life if needed. They are available 24/7, and are accessible without a key or code, and the defibrillator gives you full instructions on how to use.

Our AGM will be held on 13th May 7.30pm in the Memorial Hall – we would welcome additional committee members to join us in this venture.

We will be at the village Fun Day – do come and see the training DVD which will be running all day, and we will have the training kits there for you to try and to borrow to take home with you so that all of the family can learn what to do if anyone suffers a cardiac arrest. If you want more information, or to borrow a training kit, please give me a ring on 01267 253308, or email at info@gwilimill.com

Carolyn Smethurst, Secretary

Aberglasney Music in the Pool Garden

1st Friday in the month from May 3rd – for details www.aberglasney.org

Head to Toes Footcare

The next sessions in the Memorial Hall are on Wednesday 1st May and 26th June. New clients should contact Gary Robinson any weekday evening between 6 – 8pm on 07789344488, as should any existing client wishing to cancel (at least 24hrs notice, please)

LLANPUMSAINT 100 CLUB

The draws for March and April will take place at the Welfare and Recreation meeting on the 30th. April. Please let me have your annual membership fee of £12 no later than the 24th. April. Anyone wishing to join for the first time, please give me a call on (01267) 253524. Derick Lock Treasurer.

Remembering Evan Tom Davies

A large crowd assembled opposite Brynhyfryd house in Bronwydd, close by the entrance to Gwili Rail, on Saturday 30th of March, to witness the unveiling of an unique Plaque on the wall. Here, in the at the middle of the last century, at the original local Post Office Evan Tom and his wife Leis had lived and raised a family. One son, Russell would stay in Bronwydd to settle at Nanthelyg. Brynhyfryd had been the hub of the old Bronwydd Village, next to a busy station yard, with the old pub and shop just up the road, and constant activity of two working factories echoing around. Evan Tom knew everybody, knew where the fish were in the Gwili and equally important knew where the Bailiffs were.

Following his retirement from working underground at Pentre Mawr Colliery in Pontyberem, he became Bronwydd Arms last Station Master from 1953 to 1970. Like his counterpart Glyndwr Jones Station House Llanpumsaint, both would witness the demise of the Carmarthen to Aberystwyth rail passenger service, as the dreaded Beeching axe fell. But he'd been lucky to be there at all, for some fifty years prior to that Evan Tom had a miraculous escape. As a 17 year old on the S.S. Picton in Halifax harbour Canada, he was less than two hundred yards away when 2 ships collided, one carrying 3 thousand tons of high explosives. It was the largest man made calamity prior to Hiroshima. With over 1,600 killed and over 9 thousand injured, Evan Tom was one of three to live, coming round on deck having lost all his clothes.

At the Ceremony following an introduction by Ralph Carpenter, Community Council Chairman, Arwyn Thomas provided the historical background. The Unveiling was preformed by Family members, led by grandson David Jones (Nanthelyg), and included great-great grandchildren. Proceedings terminated with a buffet at the Hollybrook. The project was funded by Susan & Jeremy John, David Jones, Bronwydd Community Council and Arwyn Thomas. Both Claire Price of Brynhyfryd, for her permission, and Glyn Evans Eldorado for placing the plaque were also thanked. It was an unusual coincidence that on that same afternoon new level crossing gates were erected just yards away from the ceremony. Nostalgia and hope entwined!

Arwyn 2019

Much of the information contained within this newsletter has been provided by the contributors. Whilst every effort has been made to ensure that the information is correct, the committee of Llanpumsaint Community Information Exchange is not responsible nor liable for any actions taken from use of content and the opinions expressed within this newsletter.

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