



Llais y Llan Awst 2022

Copi dyddiad ar gyfer rhifyn nesaf 26 Medi 2022

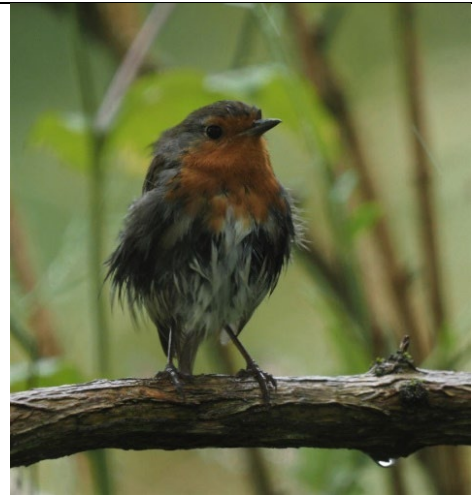
Cyhoeddwyd gan Llanpumsaint Cyfnewid Gwybodaeth Gymunedol

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

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



Ambell ddiwrnod yn well na'i gilydd



Clare Bishop



Bron yn amser gadael Clare Bishop



Biti Starfo Claire Bishop



Cwmwl Sirws a adweinig fel Cwt y Gaseg – Dyma'r gorau i mi weld erioed – Ray Davies



Gwyfyn Emrallt mawr Ray Davies

CRONFA GYMUNEDOL FFERM WYNT

CRONFA GYMUNEDOL FFERM WYNT
COEDWIG GORLLEWIN BRECHFA



B

BRECHFA FOREST WEST WIND FARM
COMMUNITY FUND

Yn y 4 blynedd ers agor Cronfa Gymunedol Fferm Wynt Coedwig Gorllewin Brechfa mae £2,323,767.25 wedi'i ddyfarnu i'r cymunedoedd o fewn yr ardal o fudd.

I gael rhagor o wybodaeth am ble mae'r arian wedi'i wario ewch i <https://brechfawestcommunityfund.org.uk>

I ddarganfod a yw eich prosiect yn gymwys ar gyfer arian o'r gronfa, cysylltwch â'r gweinyddwyr, sef Antur Cymru i drefnu cyfarfod gyda Rheolwr y Gronfa drwy ffonio 01239 710238 neu anfon ebost i mmorris@anturcymru.org.uk

Pwyllgor Lles ac Adloniant Llanpumsaint (Y Cae Chwarae)

Digwyddodd y Dydd Hwyl ar y 25ain o Fehefin. Braff fu cael pwyllgorau'r Neuadd, Rhieni ac Athrawon, Yr Eglwys a'r Cae Chwarae yn cydweithio at weithgaredd mor llwyddiannus.

Diolch i bawb wnaeth gyfrannu, I Gwyn Nickolas Llywydd y Dydd, pawb arall am eu hamser, am y gwobrau a'r cyfraniadau, a phopeth arall wnaeth sicrhau llwyddiant y dydd. Prif amcan y dydd fu cael pawb ynghyd gyda'i gilydd, ac fe gasglwyd £1100, fydd yn cael ei rannu rhwng y pedwar pwyllgor. Diolch i bawb ac mi 'roedd yn hyfryd gweld Ras Hwyaidd Nebo yn ôl ar yr afon Gwili.

Cwblhawyd y gwelliannau i'r Cae Chwarae diolch i haelioni Cronfa Fferm Wynt Brechfa.. Diolch hefyd i bawb am eu hamynedd tra 'roedd y gwaith yn mynd yn ei flaen. Gobeithio i'r gwelliannau eich plesio wrth i'r Cae ddatblygu. Diolcha'r Pwyllgor i'r Gronfa am wneud hyn oll yn bosib.

Eleni eto cynhelir ein taith gerdded neu redeg o amgylch Y Cae, felly cadwch lygad ar dudalen Facebook am y diweddaraf a datblygiadau pellach. Fel arfer mae'r Pwyllgor yn edrych am wirfoddolwyr tuag at gynnal a chadw a chodi arian, felly codwch y ffon neu gysylltwch ar parcllanpumsaintpark@gmail.com <<mailto:parcllanpumsaintpark@gmail.com>> neu siaradwch ag Aaron Jones 07814157946 neu aelod arall o'r Pwyllgor.

**LLANPUMSAINT 100
CLUB WINNERS 2022/23**

**ENILLWYR CLWB 100
LLANPUMSAINT 2022/23**

Month Mis	1st - £20 1af - £20	2nd - £15 2il - £15	3rd - £10 3ydd - £10
March Mawrth	105 Hazel Thomas	18 Megan Eldred	34 Ann Jones
April Ebrill	74 Dee Tozer	50 Elsie Jones	68 Roz Evans
May Mai	90 Cath Vimpany	14 Becka Dufty	88 Gwyneth Ayers
June Mehefin	75 Keith Tozer	98 Stuart James	1 John Richards
July Gorffennaf	46 Danny Davies	80 Paul & Juliet	37 Emma Clift
August Awst	1 John Richards	66 Rhodri Jones	28 Ann Wyke

For more information, contact: Am fwy o fanylion, cysylltwch â:
✉ llanpumsaint100club@gmail.com

Thank you! Diolch!

Clwb Cant Llanpumsaint

Tynnir enillwyr Mehefin, Gorffennaf ag Awst yn ystod cyfarfod y Pwyllgor Lles yn Awst. Gwelir y canlyniad ar Facebook a hefyd ar bosteri tu fewn a thu allan i'r Neuadd. Gellir ymuno o hyd a chael eich cynnwys yng ngweddill y flwyddyn. £12 yw'r gost am gynnig pob mis gan gynnwys yr un fawr Nadolig. Cysylltwch ag aelod o'r Pwyllgor neu e-bost

llanpumsaint100club@gmail.com

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. Fel arfer mae gennym amser i siarad ar ddiwedd cyfarfod neu'n well fyth dewch gyda ni ar un o'n teithiau.

Rhoddodd Evie Crystal ddarlith arbennig ar Aromatherapi Ddydd Sul 26ain o Fehefin gan gynnwys amrywiaeth eang o olew persawrus. Gwnaeth annog aelodau i brofi gwahanol bersawr, ac awgrymodd rai i'r profiad ddwyn i gof atgofion o'r gorffennol. Mi sylweddolais fy mod yn gallu arogl'r olew rhosyn drwy'r bag plastig am ddyddiau wedyn. Awgrymodd Evie ei fod yn bosib rhwbio'r olew ar y traed fel ei fod wedyn yn treiddio'r drwy'r holl gorff. Gall rai ohonoch gofio'r mamau cynt yn rhwbio Fic dan draed plant i arbed peswch, ac 'roedd yn gweithio hefyd.

Calendr 2022 - Cyfarfod yn Neuadd Bronwydd 1.45 am 2.00 o'r gloch

Awst – Dim cyfarfod ond yn bosib fydd yna daith i'w threfnu.

25ain Me di - Bu yna newid siaradwr - Ross Broadstock i siarad ar Cymruglyffics. Arweiniad i ddarllen Heiroglyffics yr Aifft gan ddefnyddio'r iaith. Ni fyddwch dan anfantais o wybod Saesneg yn unig.

£12 am ymaelodi am flwyddyn ond £5 y cyfarfod wedi hynny, ac fe fydd yna gwpaned a bisgedi i'r fargen. £6 y tro os nad ydych yn aelod 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://westwalesdowers.org.uk> neu ffoniwch Sandy 01267 253547

Te, coffi, cacen
Tea, coffee and cakes

**Neuadd
Eglwys
Llanllawddog**

**Marchnad Gwyrdd
Green Market**

**10fed Medi
10th September
10-12am**

**Neuadd Eglwys Llanllawddog
Llanllawddog Church Hall.
SA32 7JE / remarks.motored.fund**

**Nwyddau a planhigion garddau lleol
Local garden produce and plants**

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

Mor ffrwythlon yw ein Caeau

Dan ysbrydoliaeth Arolwg Caeau Sir Gar ymlwybron allan yng ngwres tanbaid mis Gorffennaf er mwyn rhestrï'r blodau gwyllt yn ein caeau lleol. Gwnaethom ganfod 40 gwahanol fath o flodau, 11 gwanhaol borfa mewn dau gae organig. Lle bu defaid yn pori dim ond 11 math o flodyn oedd yno, a lle bu cynhaefu seilej disgynnodd yn llawer llai. Ar hyd ymyl ffordd heol canfuwyd 20 math o flodyn mewn pellter bychan. Lluniwyd y rhestr o wybodaeth Ann, cyfeirlyfrau a Google Lens.

Dyma restr o ddefnydd moddion i rai planhigion

Llygad y Dydd – Am gleisiau ac ambell gnoc

Llygad Eglur - At lygaid tost neu wedi chwyddo

Clafrllys - At buro'r gwaed a thrin ecsema a chlefydon y croen.

Erwain - Yn sanctaidd gan y Derwyddon - At glefydau fel Llog Cylla, Gôr surni, Llid y cylla, Briw a Gwynegon.

Llyriad – At Glefyd y Gwair, pigiaidau, Ysgyfaint gwan, a pheswch parhaol.

Meillionen Goch - Glanhau'r holl gorff, gwella effeithiolrwydd yr organau, hefyd yn dda at y croen ac yn gymorth gyda'r Darfyddiad

Eirinllys - Poen y nerf, llosgiadau clunwst, llog haul, clefyd yr eryr, brech

Meddyges Les – Planhigyn gwrthfotig i wella cleisiau a chytiau hir dymor, ac arbed rhag heintiau

Llysiâu'r Gwaedlif - At bwysau gwaed uchel, clwyfau, diffyg traul a heintiau.

Wedi'r cyneuf bydd y caeau gwair yn safleoedd perffaith i'r gwenoliaid ymarfer bwydo o'r awyr cyn cychwyn ar eu taith hir o 6 mil milltir i Dde'r Affrig.

Claire Bishop - Sally James - Ann Pettitt

Curad Calon Llanpumsaint - Safleoedd y peiriannau Adfywio

- Tu fas y Neuadd Goffa sa336bz
- Tu fas Tafarn y Railwe sa336bu
- Ar y wal tu fas fferm Henfryn Ffynnonhenri sa336ld
- Tu fas Festri Capel Nebo sa336hn

Bowlio Dan-Do Llanpumsaint a Nebo

Wedi'r toriad haf bydd Bowlio'n dychwelid i'r Neuadd ym Mis Medi gyda'n Cyfarfod Cyffredinol. Unwaith cyhoeddir y dyddiad byddwn yn cysylltu â'n haelodau a'i rhoi ar ein gwefan.

Bydd y Clwb yn cyfarfod i ymarfer bob nos Lun a Nos Iau yn y Neuadd o 7.30yh tan 9.30, tan ddiwedd Ebrill. Mae yna groeso i bob chwaraewr newydd o 16 oed hyd 99, ac mae yna hyfforddwy 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.

Cymdeithas Rhandir Llanpumsaint

Shwd mae'n palu! I gychwyn diolch yn fawr i'r rhai wnaeth gyflwyno planhigion i'r Dydd Hwyl er mwyn eu gwerthu, a hefyd i Michelle am gyflwyno'r gweddill at achos da. At Elusen yn cefnogi rhai'n gwella o iechyd meddwl a'u galluogi i brynu planhigion at Ardd Gymunedol, na allent fforddio cynt. Wedi eu plannu pa rhai eisoes yn ffynnu trwyddo.

At newyddion arall, daeth ychydig o law i roi hwb i bethau. Gwelwch isod gynnyrch rhai o'n hymdrechion. Shwd fu eich mefus eleni? Mae'n rhai ni'n anobeithiol, cot fawr a dim byd o tano!



Os oes yna ddiddordeb mae gennym lain neu ddau yn sbâr. Gofynnwch i Rosie 07950 411536 neu Sarah 07811 288104. Mae'n hwyr yn y tymor ond gallech baratoi'r safle gogyfer a'r flwyddyn nesaf neu'r gwanwyn dry daflu digon o arleg arno. Becki

Cór Llanpumsaint a'r Cylch

Ar hyn o bryd mae'r Cór yn cael saib haeddiannol ar ól cymryd rhan yn y Seremoni yn yr Eisteddfod Gernedlaethol yn Nhregaron ar ddechrau'r mis. Mae llawer o bethau ar y gweill am dymor yr Hydref gan gynnwys Noson Gymdeithasol yn Neuadd Goffa Llanpumsaint ar Fedi 30 2022 pan dynnir yr enwau lwcus yn Raffl y Cór gyda'r elw yn mynd tuag at Apel yr Urdd 2023. Manylion pellach i ddilyn.

Fe fydd ymarferion y Cór yn ail-ddechrau am 7.30 y.h. yn Neuadd Cynwyl Elfed ar nos Iau Medi 15 2022. Croeso cynnes i aelodau newydd. Gwyn Nicholas

Marchnad Wyrdd

Eglwysi Llanpumsaint, Celynin Bronwydd, Llanllawddog

Am fwy o wybodaeth cysylltwch â'r Parch Gaynor Jones- Higgs 01267 253158

Gaynorjones-higgs@hotmail.com neu ewch i Facebook Llanpumsaint.Bronwydd and Llanllawddog Churches / Facebook

Dydd Mawrth – Y Caffi Bach – 11.30 hyd 2.30 yn Eglwys Llanpumsaint

Bore Mercher 9.00yb Boreol Weddi - Eglwys Llanpumsaint

Sul – 9.00yb Zoom – Boreol Weddi
11.00 yb – Llanllawddog a Chelwynin
2.00yp – Llanpumsaint (Nodwch 14eg Awst Gwasanaeth y Goedwig -
Felly dim byd yn Eglwys Llanpumsaint)

Digwyddiadau ar y gorwel

Sadwrn 10fed Medi - Marchnad Wyrdd - Neuadd Eglwys Llanllawddog

Nos Wener 7fed Hydref - Swper y Cynhaeaf - Neuadd Goffa Llanpumsaint

Bydd Cylch Ieuentid Dot a chwarae Duw yn cymerid hoe fach dros wyliau'r Haf ac yn dychwelid ym Mis Medi.

Mae lle yna i aelodau newydd i Gylch Dot o ddeg oed ymlaen yn Medi. Cysylltwch a'r Parch Gaynor os oes na ddiddordeb. Cylch Ieuentyd gyda natur Gristnogol yw Dot ond yn agored i bawb o bob ffydd neu ddim. Ar hyn o bryd llwyddom i gynnig pob gwasanaeth yn rhad.

Rydym fel arfer yn cwrdd ar Nos Iau ac fe'n cydnabyddir fel Cylch Heddwch Mala. Peace

Mala-Creative education that empowers and embraces all, uniting the world in peace

Dyma ein rhaglen am y tymor nesaf

Nos Iau 8fed Medi – Eglwys Llanpumsaint – Croeso ‘nol – Ymlaciwch!

5.30yh – 7.30 – Noson Gofrestri

Nos Iau 15fed Medi 5.30 – 7.30yh – Ymchwil Laser, Gorsaf Laser ger yr hen orsaf drenau

Nos Iau 22ain Medi - Eglwys Llanpumsaint 5.30 - 7.30yh

Noson Heddwch Mala - Breichled – Gemau Amrywiol

Nos Iau 29ain Medi - Neuadd Goffa 5.30 – 7.30yh – Profi chwarae Bowlio

Nos Wener 7fed Hydref - Neuadd Goffa Swper y Cynhaeaf

Nos Iau 13eg Hydref - 7.30 - 9.00yh Canolfan Trosgrog Caerfyrddin

Profi Dringo - Cyfleoedd cyfyng felly'r cyntaf i'r felin i falu

Nos Iau 20fed Hydref - 5.30 – 7.30yh - Eglwys Llanpumsaint, Noson Grefft Eithafol

Nos Iau 27ain Hydref 5.30 – 7.30yh Ar Zoom Cyflwyno Sefydliad Elusennol Sophie Lancaster

Sul y Môr

Yng Ngorffennaf newidiodd eglwys y Goedwig i fod yn Sul y Môr ar draeth Llansteffan, i fwynhau'r golygfeydd yno yng nghwmni eraill o bob oed.

Bob blwyddyn bydd eglwysi dros y byd yn dathlu Sul Y Môr, i weddio dros y morwyr a'r pysgotwyr ac i ddiolch iddynt am eu cyfraniad i'n bywydau. Yn y byd sydd ohoni cludir dros 90 y cant o'r fasnach dros y môr a hebddynt byddai'r byd ar stop, gyda'r holl niwed i fasnach a swyddi. Gyda llynges o dros 400 o longau yn cyflogi rhyw fil o forwyr a chyda nifer fawr eto o bysgotwyr (llawer yn rhan amser) maent oll yn allweddol i economi Cymru ac yn cynnal ein cymunedau ger yr arfordir.

Arweiniodd y Parch Gaynor daith hamddenol am y traeth drwy goedwig uchel wnaeth ein cysgodi oddi wrth yr haul tanbaid. Hyn yn ein galluogi i werthfawrogi'r amgylchfyd godidog sydd gennym o fewn ein cyrraedd. Ar y daith gyfeillgar yma cawsom gyfle i gwrdd i gwrdd â chyfeillion newydd ac elwa o gerdded. Daeth siawns fendithiol i wlychu'n traed yn nŵr y môr hefyd.

O ddychwelid o'r traeth profodd y brechdan pysgod yn fendithiol (Da iawn Clive) gyda digonedd o salad a saws at y blas. Gorffennwyd brynhawn hyfryd gyda hufen ia hyfryd.

Gobeithio eich gweld ar ein cyfarfod nesaf o Eglwys y Goedwig fedd ar 14eg o Awst yn Llanpumsaint. Daw manylion pellach ar wefan Facebook yr eglwys. Sally James

Clwb Gwili Chwedeg

Bu 'r ymweliad a'r cyn carchar Rhyfel yn Henllan a'r Capel yno hynod o ddiddorol ac yn llawn emosiwn ar adegau. 'Roedd y perchennog yn angerddol iawn ynghyn a'r addoldy adeiladwyd

gan y carcharorion o ddeunydd wedi ei gasglu o bobman. Gwnaeth un ohonynt fu cynt yn emydd greu campwaith celfydd, ac wedi'r Rhyfel orffen dychwelodd gyda'i deulu a rhai cyn carcharorion. Bu'n well canlyniad iddynt fod wedi gweithio ar ffermydd Cymru a phiodi i mewn i deuluoedd lleol na rhyfela.

Daeth croeso twymgalon ym Marc Bywyd Gwyllt Cilgerran gan gynnwys cinio blasus. Yn anffodus oherwydd y tywydd bach iawn o flodau a welsom, a siom arall i'n haelodau ni welwyd y dwrgwn na'r un glas y dorlan; ond na fe cael a chael yw hi! Diweddwyd yn hapus gyda phryd bwyd y Ffostrasol Arms.

27ain Mehefin - Rhoddodd Dorian Davies Archddiacon Cymru arddangosfa feistrolgar o'i ddawn o drefnu blodau. Hefyd synnwyd aelodau gyda'i hiwmor sych wnaeth roi rhai yn eu dyblau'n aml. Rafflwyd y tri chynnyrch gorau.

17eg Awst - Taith i Reilffordd Fynyddig Brycheiniog a'r ganolfan ymwelwyr yno.

Gwybodaeth bellach gan Val Giles - Ysgrifenyddes 01267 194.

22ain Awst ; Peter Huws- Griffiths – Pwnc yw drefnu!

14eg Medi - Taith yw trefnu - O bosib San Ffagan.

Llun 26ain Medi – Degfed Pen blwydd Clwb Gwili – Manylion i ddilyn.

CYLCH MEITHRIN BRONWYDD

This term, we have spent a lot of time in the outdoors making the most of the weather. The children



have enjoyed watching flowers growing in the garden. They have also enjoyed playing in the park and by the river. We were fortunate, this term, to visit the Botanic Garden at Llanarthney on two occasions. On 17th June, the children and their parents attended the Meithrin Festival for the special show by Siani Sionc and Dewin. On the 13th July there was an opportunity to visit the garden again for water play which included building a small raft and racing it, and pond dipping. The children found a few interesting creatures. There was an opportunity to examine them closely before returning them safely to the pond.

This term we are saying good-bye to Anti Meleri who is moving on to a new job in September. We will be getting together to say good-bye to Meleri at Florentino's on 1st August. We wish her well for the future.

We return to the Cylch on Tuesday 6th September, with Ti a Fi returning on Friday 9th September.

Rhagor o Sgambiau Ffon

Falle i chi gofio fi'n son fod gennym Floc ar ein ffon sydd wedi rhwystro'r galwadau ffug cant y cant. Ambell dro mae angen troi'r gwasanaeth bant oherwydd ein bod falle'n disgwyl galwad gyfrinachol o'r Banc. Beth amser 'nol daeth galwad drwyddo pan oeddem wedi troi'r Bloc bant ac aeth ymlaen i'n gwasanaeth ateb. Ond nid oedd neges. Amheus oherwydd

ymddangosai'r alwad fod yn un lleol 01267 295360.. O alw 'nol dywedwyd nad oedd y rhif yn bodoli. Wedyn daeth galwad arall o 01267 295190 a dyma ni'n gwranddo ar y neges. Honnid fod arian wedi eu tynnu o'n cyfri Banc a bod £1000 arall i ddilyn os na fyddem yn gwasgu'r botwm 1. Fel y gwyddom eisoes os gwasgwch chi hwnnw fe'ch trosglwyddir i rywle costus iawn.

Mae'n ymddangos fod y sgamwyr yn targedu rhifau 01267 ar hyn o bryd, felly byddwch yn ofalus. Gyda llaw bu yna raglen dda ar Sianel 5 ar y 9fed o Fehefin ynghyn a sgamiau ei enw oedd - Phone Scams - Dont get caught out.

Mae ar My5 I Player ac ar gael hyd 3dd Ebrill 2023. Teipiwch Phone Scams yn y bocys ymchwil. Dave

SIOE CFFI
CYNWYL ELFED
YFC SHOW

Dydd **SADWRN** Gwyl y Banc 27 Awst 2022
Bank Holiday **SATURDAY 27 August 2022**

I gychwyn am 10.30 - To commence at 10.30

CAE'r "Shed" FIELD, Panthwdog, CYNWYL ELFED
(gan ganiatod - by kind permission of Mr E Williams, Panthwdog)

CLASSES FOR: Cattle, Sheep, Goats, Alpacas, Fun Dog Show, Pets, Farm Produce, Garden Produce, Flowers, Floral Art, Cookery, Dairy Produce, Preserves, Handicrafts, Rural Crafts, Wines & Meads, Children's Section and Vintage
(Entries taken on the day- no class entry fees)

Show Queen, Attendants & Prince Charming to be Judged at 10.30am on Show Day

Rhaglenni llawn ar gael yn / Full programmes available from Cynwyl Elfed Premier Shop + Windy Corner Garage, Pencader + Derwydd Services, Cynwyl Elfed

President: **Mr A Davies, Blaengofer, Cynwyl Elfed**

Mynediad / Admission:

Oedolyn / Adult £ 6.00

Plant dan 16 oed £2.50 / Children under 16 years £2.50

Plant dan 12 oed am ddim / Children under 12 years free

Am fanylion pellach ynglun a'r Sioe, neu i ddod a stondyn cysylltwch a:
For further information regarding the Show, or to bring a stall/stand, contact:

Mrs Meir Davies, Clynmaenllwyd, Hermon, Cynwyl Elfed, Carmarthen (Tel: 07816 788751)



FARMERS' UNION OF WALES
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Cyngor Cymuned Llanpumsaint

Dymuna'r aelodau ddiolch i bawb wnaeth gynnig syniadau adeg y Dydd Hwyl ym Mehefin. Byddwn yn eu trafod yn ein cyfarfod ym Mis Medi pan fydd croeso i bawb fod yn bresennol. Mae ein cyfarfodydd bob amser yn agored ac fe gyhoeddir yr agenda ymlaen llaw bob tro. Felly cynhelir ein cyfarfod nesaf ar Nos Fawrth 23ain o Fedi am wyth o'r gloch yn y Neuadd. Yn dilyn hynny bydd y nesaf ar yr 8fed o Dachwedd 2022.

Mae 'r Cyngor yn awyddus i gyflogi Clerc rhan amser am ryw 5 awr yr wythnos gyda'r gallu yn y Gymraeg, oherwydd mae honno yw iaith cyfathrebu'r Cyngor (gyda gwasanaeth cyfieithu ar y pryd i'r rhai sydd angen). Dibynna'r cyflog ar brofiad er nad oes profiad yn angenrheidiol, oherwydd bod hyfforddiant ar gael. Os oes gennych ddiddordeb yn y swydd hon cysylltwch â'r Cadeirydd Y Cyngorwr Arwel Nickolas ar 01267 281365 am sgwrs anffurfiol.

Mae'r Cyngor hefyd yn edrych at gyfethol er mwyn llanw dau le gwag ar y Pwyllgor.

Cyhoeddwyd dogfen yn egluro swydd a chyfrifoldeb Cyngorwr gan Un Llais Cymru a gellir llawr lwytho hwnnw o'i gwefan www.onevoicewales.org.k <<http://www.onevoicewales.org.k>>

neu drwy ffonio 01269 595400 . Gellir hefyd ffonio'r Cadeirydd Arwel nickolas fel y nodir uchod neu'r Clerc dros dro Kumi Ariyadasa ar 07799 898002 am wybodaeth bellach. Felly er gwybodaeth i bawb ac yn enwedig newydd ddyfodiaid i'r gymuned nodwn fod y Cyngor yn noddi'r wefan hon www.llanpumsaintwalk.org.uk <<http://www.llanpumsaintwalk.org.uk>> sydd yn tywys ymwelydd ar daith gerdded drwy ein pentref hanesyddol.

Bore Coffi Apel yr Urdd 2023



Llawer o ddiolch i bawb a gyfranodd tuag at lwyddiant ysgubol y Bore Coffi a gynhaliwyd ar Orffenaaf 16 2022. Roedd yn fore llwyddiannus iawn gyda elw o £1300. Eto llawer o ddiolch i bawb. Gwerthfawrogir eich cefnogaeth yn fawr iawn.

Neuadd Goffa Llanpumsaint & Ffynnonhenri Memorial Hall

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.

Zumba Bydd sesiynau zumba yn dechrau'n wythnosol yn y neuadd o'r 7fed o Fedi. Pris sesiwn bydd £6. Croeso i bawb.

Noson Robbie Williams Bydd y noson tribute nôl eleni ar yr 8fed o Hydref. Bydd y tocynnau yn mynd ar werth o'r 3ydd o Fedi, am £15 yr un. Cysylltwch â Mathew ar 07970 030679 i'w archebu.

Taliadau'r Neuadd

Wrth yr awr os na nodir yn wahanol

Y Brif Neuadd - Canol wythnos - £8, Dydd Gwener a 'r penwythnos -- £10

Y Brif Neuadd a'r Gegin - Canol wythnos - £10, Dydd Gwener a'r penwythnos - £12

Unrhyw Ystafell Gyfarfod unrhyw ddydd - £5, Unrhyw Ystafell Gyfarfod a'r Gegin unrhyw ddydd £7

Angladdau gyda'r Gegin a'r Llestri £40 unrhyw ddydd - £40 cyfanswm

Cyfleusterau Ychwanegol Sain a Goleuadau - taflunydd a sgrin - Piano trydan - Llwyfan a llestri - I gyd yn £10 am gyfnod y llogi

Gwasanathau Capel Nebo

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

Capel Ffynnonhenri

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

Caersalem - Os byddwch chi am ddod i'r cwrdd, ffoniwch 253895 am fwy o fanylion

Y Stand Lath

Fe welwch un neu ddwy o hyd yn llechu dan dyfiant o fwswm ar ben hewl fferm yma ac acw. Llonyddwch trist lle bu cynt gymaint o gynnwrf dyddiol. Pan aeth ffermydd i werthu llaeth i ffatrioedd fel y Cow and Gate 'nol yn y 1930degau gosodwyd chyrns ar y Stand ar ben heol. Casglwyd hwy'n ddyddiol gan y Lorri Lath, a fyddai'n gadael yno yr un rhif o ganiau gwag at dranoeth. Byddai rhif y caniau'n datgeli pa mor dda oedd y gwartheg yn godro ar y fferm honno. . Erbyn y 1980degau perswadiwyd llawer i roi'r gore i gynyrchu llaeth, ac erbyn hyn a aeth yn ddiwydiant i'r ffermydd mawr bellach. Pan ddaeth y tancer mawr i gasglu'r cynnyrch o'r clos ar hyd heol fach ehangach, gwelwyd teyrnasiad y stand lath yn dod i ben. Tynnwyd rhai lawr i wella'r fynedfa, ac anghofwyd am y gweddillwrth i'r mwswm a'r mieri ledaenu drostynt

Ond yn ol yn eu dyddiau cynnar buont yn ganolfannau pwysig. Mewn oes cyn i'r cyfryngau radio a theledu adrodd hanesion lleol, dyma oedd prif ffynhonnell newyddion y dydd. Byddai'r gyrrwr lori yn casglu a dosbarthu mwy o glecs lleol na chyrns yn amal. - Pwy sy'n meddwl prynu tractor – Pwy sydd wedi lladd gwair – faint o'dd yn Capel Bethel Sul diwetha' – Pwy sy'n dishgwyl- hisht w!-pidwch gweud! – shwd o'dd prishe'r mart ddydd Mercher. Bydde'r ffarmwr bach y hasti gatre gyda'r chyrns a'r holl newyddion. Daeth y Stand Lath yn nefoedd i'r posman boed mewn fan neu a'r droed, wrth i'r llythur fynd i'r chym a charreg wrth ben arbed taith bob cam lawr i'r ffermdy. Yno fydde'r chec lath holl bwysig yn lando.

O sylwi'n fanwl gallwch weld o hyd lle mae rhai o'r Stands wedi goroesu. Yn weladwy iawn, wrth fynedfa Y Felin Llanpumsaint. Cwmwernen, Ffynnonhenri mewn cyflwr da, ac yn bellach i ffwrdd ger y Pane Esgair Cynwil, a Nantybocath ar derfyn Penrhewlgam. Rhaid edrych yn fwy manwl i ganfod yr un ar waelod rhiw Cwpers ger mynedfa Troedyrour, ac un Ffynnonfelen islaw Nebo tua Bronwydd. Maent i gyd yn wag bellach ac mi ddiflannodd yr un ger Cwmdwfnw Nebo yn ddiweddar.

Ond daeth eto haul ar fryn. Mae Stand Lath Henfryn wedi ad-ennill pwysigrywdd, gan iddi bellach gynnal peiriant Adfywio allai arbed bywyd rhyw ddydd. Yna wrth fynedfa Bryncene cyn Rhiw Graig mae'r Stand yma yn cynnig danteithion ar werth i bawb sy'n paso. Mae'r ddwy yma wedi bywiogi at ofynion yr oes, felly gobeithio y gwnant sbarduno eraill i ymateb ac ail gynnu fflam i'r gweddill sy'n dal i gysgu dan fwswm.

Arwyn 2022



Ffynnonfelen wedi Nebo tua Bronwyd



Ar waelod Rhiw Cwper



Mynedfa'r Felin Llanpumsaint



Fferm Henfryn Ffynnonhenri



Brycene cyn Rhiw Graig



Village Voice August 2022

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Some days are good



Some days are not so good – That's Life
Clare Bishop



Nearly Time to go - Clare Bishop



Feed me! – Clare Bishop



Cirrus cloud formation called a mare's tail sky. It's the best one I've ever seen. Ray Davies



Large Emerald Moth Ray Davies

CYLCH MEITHRIN BRONWYDD

This term, we have spent a lot of time in the outdoors making the most of the weather. The children have enjoyed watching flowers growing in the garden. They have also enjoyed playing in the park and by the river. We were fortunate, this term, to visit the Botanic Garden at Llanarthney on two occasions. On 17th June, the children and their parents attended the Meithrin Festival for the special show by Siani Sionc and Dewin.



On the 13th July there was an opportunity to visit the garden again for water play which included building a small raft and racing it, and pond dipping. The children found a few interesting creatures. There was an opportunity to examine them closely before returning them safely to the pond.

This term we are saying good-bye to Anti Meleri who is moving on to a new job in September. We will be getting together to say good-bye to Meleri at Florentino's on 1st August. We wish her well for the future.

We return to the Cylch on Tuesday 6th September, with Ti a Fi returning on Friday 9th September.

If you are interested in your child attending Cylch, please contact Verona on 07929 431652 or at cylchmeithrinbronwydd@gmail.com. During term time, we will be open from Tuesday until Friday from 9:15am until 12:00noon. Thanks, Verona.

Llanpumsaint Welfare and Recreational Association (Llanpumsaint Park)

The Funday was held on the 25th June. It was great to have the village committees (Hall Committee, the PTA, the Church and Park) come together, for what was a fantastic event. Thank you to all of those who attended, Gwyn Nicholas (president of the day), all of those who contributed time, prizes and donations, which ensured that it was a great success. Even though the priority was to get the village to come together once more, the day itself raised around £1100, which will be equally shared between the four committees. So, thank you! It was great to see the Duck Race by Nebo back as well.

Works to renew and replace some of the play equipment in the park, thanks to the funding received from the Brechfa Windfarm Fund, is completed. We thank you for your patience while this work has been ongoing. We hope that you are pleased with the result, and we hope that this is the start of the changes to the park. The committee would like to thank the Brechfa Windfarm Fund for making this possible.

Once again this year, we are holding the August Sponsored Run/Walk around the park, so keep an eye out on the Llanpumsaint Facebook Page for any updates and further planned events.

As ever, the committee is looking for new volunteers to help with the ongoing maintenance and fundraising for the park. If you would like to help 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.

Llanpumsaint 100 Club

The winners for June, July and August will be drawn at the Llanpumsaint Welfare and Recreational Association's meeting in August. Keep an eye out on the Llanpumsaint Facebook for the result, as well as posters in and outside the Hall.

LLANPUMSAINT 100 CLUB WINNERS 2022/23					
ENILLWYR CLWB 100 LLANPUMSAINT 2022/23					
Month	1st - £20	2nd - £15	3rd - £10		
Mis	1af - £20	2il - £15	3ydd - £10		
March Mawrth	105 Hazel Thomas	18 Megan Eldred	34 Ann Jones		
April Ebrill	74 Dee Tozer	50 Elsie Jones	68 Roz Evans		
May Mai	90 Cath Vimpany	14 Becca Dufty	88 Gwyneth Ayers		
June Mehefin	75 Keith Tozer	98 Stuart James	1 John Richards		
July Gorffennaf	46 Danny Davies	80 Paul & Juliet	37 Emma Clift		
August Awst	1 John Richards	66 Rhodri Jones	28 Ann Wyke		

For more information, contact: Am fwy o fanylion, cysylltwch â:
 ✉ llanpumsaint100club@gmail.com

Thank you! Diolch!

CRONFA GYMUNEDOL FFERM WYNT
COEDWIG GORLLEWIN BRECHFA



BRECHFA FOREST WEST WIND FARM
COMMUNITY FUND

In the 4 years since the Brechfa Forest West Community Wind Farm opened £2,323,767.25 has been awarded to the communities in the Fund's area of benefit.

For more information on where the money has been spent go to <https://brechfawestcommunityfund.org.uk/>

To find out if your project is eligible for funding, please book a 1:2:1 funding surgery with the Fund Manager by calling local fund administrators Antur Cymru on 01239 710238 or email mmorris@anturcymru.org.uk

West Wales Dowsers

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 dowsers 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? We can usually find time at the end of our meetings to give a short lesson, or better still come on a Field Trip.

On Sunday June 26th Evie Crystal gave an excellent presentation on Aromatherapy, accompanied by an extensive range of beautiful smelling oils. She encouraged members to pick some bags containing impregnated

oils on paper and to just take in the perfumes deep into our senses. Later, most were willing to describe how these oils had made them feel, or the memories they had brought back. Surprisingly, I found that my rose oil could be smelt through the plastic bag several days after. Evie also said it was possible to rub the oils into the feet where the health-giving properties could be transported through the body. Some villagers may remember their mothers rubbing 'Vick' ointment under their feet to dispel nightly coughs and it usually worked!
Calendar for 2022: Meetings are held at 1.45 pm for 2pm start at Bronwydd Hall
Calendar for 2022: Meetings are held at 1.45 pm for 2pm start at Bronwydd Hall

AUGUST – No meeting but possible Field Trip TBC

September 25th: Change of speaker from July – Author and Speaker, Ross Broadstock giving his unique presentation on Cymruglyphics: A Guide to Reading Egyptian Heiroglyphics Using the Language. Please be assured you will not be disadvantaged if you only speak English.

Annual Membership is £12 a year. Entrance is £5 for members and £6 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 see our Facebook page for updates or website: <http://westwalesdowers.org.uk> or ring Sandy on 01267 253547 or westwalesdowers@gmail.com

Te, coffi, cacen
Tea, coffee and cakes

Neuadd
Eglwys
Llanllawddog

Marchnad Gwyrdd
Green Market

10fed Medi
10th September
10-12am

Neuadd Eglwys Llanllawddog
Llanllawddog Church Hall.
SA32 7JE / remarks.motored.fund

Nwyddau a planhigion garddau lleol
Local garden produce and plants

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

Sea Sunday

Forest Church in July was Sea Sunday and was held at Llansteffan beach, where we were able to take in the beautiful surroundings with the company of others of all ages.

Every year churches around the world celebrate Sea Sunday to pray for seafarers and fishers, and thank them for the vital role they play in all of our lives. In today's global economy, more than 90% of the world's goods and fuels are transported by seafarers, without which the world economy would grind to a halt, placing businesses and millions of jobs in jeopardy. With a fleet of over 400 licensed vessels employing over 1000 full-time and part-time fisherfolk, Wales' seafood industry is important to the local economy and vital for the sustainability of many coastal communities.

Reverend Gaynor guided a leisurely amble down to the beachfront via a woodland track, which fortunately provided shelter from the hot sun by a canopy of mature trees, allowing time to reflect and be grateful of the marvellous surroundings we have right on our doorstep. The walk offered an opportunity to meet new people in a particularly friendly environment, with some added light exercise. Paddling in the sea was entirely optionally but gladly taken.

Returning from the beach attracted real enthusiasm, given the appropriately themed barbecued fish finger sandwiches (well done to Clive) with lashings of salad and ketchup, according to taste. The very enjoyable afternoon was finished off with a lovely ice cream.

Hope to see you all on the next Forest Church outing in Llanpumsaint on 14th August; further details can be found on the Church's Facebook page.

Sally James

Clwb Gwili Over 60's

Our trip on June 15th to the Italian Prisoner of War Hospital and Chapel was extremely interesting and quite moving on occasions. It was obvious that the owner was very passionate about his subject and the Chapel itself, was eye-opening, being built by the prisoners themselves from materials either 'begged, stolen or borrowed'. One of the prisoners, who was a Jeweller by trade had created some beautiful artistic masterpieces. After the war he came back for a visit with his family and some of the other ex-prisoners. It was clear that their time spent imprisoned in West Wales, working on farms and marrying into local families, was better than fighting in the war.

Cilgerran Wildlife Park was very welcoming with excellent lunch facilities but sadly due to previous weather conditions, apart from the Yellow Rattle, other wildflowers were not evident. Also, to the disappointment of members neither were the otters and kingfishers but then you always have to take pot luck on wildlife. Thankfully our meal at the Ffostrasol Arms made up for all that!

June 27th: Dorian Davies, The Venerable Archdeacon of Wales gave us a wonderful demonstration of his skills at flower arranging. He also surprised most members with his dry sense of humour which had us in stitches on a few occasions. The three beautiful creations were generously donated to give away as raffle prizes.

August 17th: Trip to on the Brecon Mountain Railway and Visitor Centre.

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

Monday 22nd August, Mr Peter Hughes-Griffiths, Topic TBC

Wednesday 14th September, Trip TBC Possibly St. Fagan's

Monday 26th September, 10th Anniversary of 60+ Club Details to follow

Allotment Society

Hey Folks, hope the world is treating you well 😊

May I start by saying a big thank you to those who donated plants to the Llanpumsaint Family Fun Day to sell and a massive thank you to Michelle for donating what was left, they went to a charity project for individuals living with or recovering from mental health difficulties who have just built some planters in their communal garden and were yet to buy anything to put in it due to lack of funds. I have it on good authority that they have been planted and some have even started to produce!

As for other news, the wet and warm weather has certainly started to see things flourish. Take a look below at the fruits of people's labour.

However, has anybody managed any strawberries this year because ours are all fake fur coat and no under garments??



If anyone is interested, we still have plots available so just ask Rosie on 07950 411536 or Sarah on 07811 288104. You may think it is too late in the year but you could get them ready for next season or throw a load of garlic in and it'll be ready for spring 😊

Becki

How rich are our meadows

Inspired by the Carmarthenshire Meadow Survey, we ventured out into the heat of the summer (remember those few days at the end of July?) to record the variety of wildflower species in local fields. We found a total of over 40 species of wildflowers plus 11 different grasses in two organic meadow fields. In a field grazed by sheep in the summer, the number of flowers dropped to 11. In fields cut regularly for silage, the number would drop further. A short stretch of roadside verge hosted over 20 wildflower species. These listings were achieved by a mix of wildflower knowledge (Ann), reference books and Google Lens.

Here are the medicinal uses of some the flowers we found:

- **Daisy:** for bruises and minor bumps
- **Eyebright:** for swollen and sore eyes
- **Field Scabious:** a blood purifier and treatment for eczema and other skin disorders
- **Meadowsweet:** this was one of the most sacred herbs of the Druids, used for treating digestive problems, heartburn, hyperacidity, gastritis and peptic ulceration, and rheumatic pain
- **Plantain:** the wound plant for hay fever, stings, weak lungs and acute coughs
- **Red clover:** cleansing, tones the whole system, boosts the function of all organs of elimination so is great for skin conditions and is good for menopause
- **St Johns Wort (Hypericum):** nerve pain and sciatica burns, sunburn, nappy rash, skin healing, shingles
- **Self-heal wildflower:** this plant has an antibiotic effect; assists healing (such as stubborn cuts and bruises) and keeps people well during outbreaks of infectious diseases
- **Yarrow:** for high blood pressure, wounds, digestion and fever

Once mown, the meadows have been perfect sites for swallows to develop their in-flight feeding skills before heading off on their 6000-mile journey to southern Africa.

Clare Bishop, Sally James and Ann Pettitt

Llanpumsaint . Bronwydd and Llanllawddog Anglican Church in Wales Churches

For more details contact Rev'd Gaynor Jones- Higgs 01267 253158 gaynorjones-higgs@hotmail.com or check out our facebook page [Llanpumsaint , Bronwydd and Llanllawddog Churches | Facebook](#)

Tuesdays Pop up Cafe 11.30am -2.30 pm @ Llanpumsaint Church

Wednesdays Service of Morning Prayer 9.00am Llanpumsaint Church

Sundays 9.30am Zoom Service of Morning Prayer

11.00am Llanllawddog / St Celynin

2pm Llanpumsaint (note no service in church on 14th August Forest Church event)

Upcoming events

Saturday 10th September 2022 Green Fair Llanllawddog Church Hall

Friday 7th October Harvest Supper Llanpumsaint Memorial Hall

DOTs our Youth group and Godly play are taking a break for the summer holidays but will be back in September .

DOTs will have spaces for new members age 10 up from September , please contact Rev'd Gaynor if interested. DOTs is a youth group with a Christian ethos but is open to all young people of all faiths or none .Currently we are able to offer most activities free of charge. We generally meet on Thursday evenings .We are a Peace Mala accredited Youth Group [Peace Mala - Creative education that empowers and embraces all, uniting the world in peace](#)

Here's our program for next term

<i>Thurs 8th Sept 2022</i>	<i>Llanpumsaint Church 5.30 – 7.30 pm</i>	<i>Welcome back / Chill out / registration night</i>
<i>Thursday 15th Sept</i>	<i>Laser Quest 5.30 -7.30pm</i>	<i>Laser Station Carmarthen – opposite Railway Station</i>
<i>Thursday 22nd Sept)</i>	<i>Llanpumsaint Church 5.30 – 7.30 pm</i>	<i>Peace Mala night Peace Mala bracelets Diversity Game.</i>
<i>Thurs 29th Sept</i>	<i>Memorial Hall Llanpumsaint 5.30 – 7.30 pm</i>	<i>Bowling Taster session</i>
<i>Fri 7th October</i>	<i>Memorial Hall Llanpumsaint</i>	<i>Harvest Supper</i>
<i>Thurs 13th October</i>	<i>Overhang Climbing Centre Carmarthen 7.30-9.00pm</i>	<i>Climbing Taster Session Places are limited and will be allocated on a first come first served basis</i>
<i>Thurs 20th Oct</i>	<i>Llanpumsaint Church 5.30 – 7.30 pm</i>	<i>Extreme Autumn craft night.</i>
<i>Thurs 27th Oct Llanpumsaint</i>	<i>5.30 – 7.30 pm Via Zoom</i>	<i>Presentation by The Sophie Lancaster Foundation Charity</i>

More on phone scams.

You may remember that I have previously said that we have a Call Blocker phone which I can safely say, blocks 100% of scam calls. Sometimes, it's necessary to turn the call blocker off, e.g. we are expecting an automated call from say, the Bank, with a security code. A short time ago, while the call blocker was turned off, we had a call which we left to go to the answer set. When we checked it, there was no message - suspicious - and the call originated from 01267 295360. We sometimes call the number just out of interest and when we did this, the operator said that the number did not exist. Very soon after, we had a further call, from 01267 295190 so we listened. They falsely claimed that money had already been taken out of our Bank and a further £1,000 would be taken out in 1 hour unless we press 1. From previous items I have written about, we know that if you did press the number, then you would probably be transferred to a premium rate phone number and charged a lot of money.

It could be that a current wave of phone scammers are targeting the 01267 area code. Be wary. Lastly, there was a very good program on Channel 5 on the 9th June about phone scams. It's called Phone Scams: Don't Get Caught Out!

It's on the My5 IPlayer and is available until the 3rd April 2023.

Just type in Phone Scams in the search box.

Hope this helps.

Stop Press - from our Electric Supplier - Octopus.

Scam warning: Fraudsters are pretending to be Ofgem. If you receive a call or email telling you to apply for your energy bill rebate, ignore it. We'll apply your rebate automatically as soon as you are entitled to it.

Your PC and other communicating issues friend. Dave

Llanpumsaint Community Council

The Councillors would like to thank everyone who put forward ideas for the Council and the village at the Fun Day in June. We'll be discussing those ideas at our Council meeting in September, which all are welcome to attend.

The Council meets on the second Tuesday of every other month, at 8pm in the Village Hall. Our meetings are open to the public and the agenda for each meeting is published in advance of the meeting. ***Our next Council meeting is on Tuesday, 13th September, 8pm in the Village Hall*** (and following that, on 8th November 2022). The Council is ***looking to recruit a new part-time Clerk***, for approximately 5 hours each week, preferably a Welsh speaker, as the Council conducts its business in Welsh (with a simultaneous translation service for non-Welsh speakers). The salary will depend on experience, but experience is not essential, as training can be provided. If you may be interested in this position, please contact the Chair, Cllr Arwel Nicholas on 01267 281365 for an informal chat.

The Council is also ***looking to co-opt to fill two vacancies on the Council***. A short guide to what's involved in 'Being a Councillor' is published by One Voice Wales and can be downloaded from their website: www.onevoicewales.org.uk or by telephoning 01269 595400. If you may be interested in this role, please contact either the Chair, Cllr Arwel Nicholas on 01267 281365, or the Acting Clerk, Kumi Ariyadasa on 07799 898002 to find out more.

Finally, for those who may not know, especially newcomers to the village, the Council sponsors this website: www.llanpumsaintwalk.org.uk which takes the visitor on a walking tour of our historic village.

LLANPUMSAINT & NEBO SHORT MAT BOWLING CLUB

After a well-earned summer break the bowls will return to the village hall in September with the AGM. Once the date has been confirmed, we will contact our members and publish on our website

Llanpumsaintsmbc.org.uk

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

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

Llanpumsaint and District Choir

Currently the Choir are having a well earned rest after taking part in the Ceremony at the National Eisteddfod at Tregaron at the beginning of the month. There are numerous events in the pipeline for the Autumn term including a Social Evening in Llanpumsaint Hall on September 30 2022 when the Choir's Raffle with the proceeds going towards the Urdd Appeal 2023 will be drawn. Further details to follow.

The Choir will re-commence rehearsals at Cynwyl Elfed Hall at 7.30 p.m. on Thursday September 15 2022. A warm welcome is extended to new members. Gwyn Nicholas

Llanpumsaint Hall

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

Zumba A Zumba session will begin on the 7th of September in the hall. The session will run between 7-8pm and will cost £6 each week. All abilities welcome.

Robbie Williams Tribute Night

The tribute night will return this year on the 8th of October. Tickets will go on sale on the 3rd of September at £15 each. To book contact Mathew on 07970 030679.

Hall 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

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.

Coffee Morning Urdd Appeal 2023

Many thanks to everybody who contributed towards the success of the Coffee Morning that was held on July 16 2022. It was a very successful event and the grand proceed of £1300 was made. Again many thanks for your support which is greatly appreciated.



Bore Coffi in aid of the Carmarthenshire Urdd Eisteddfod (Nerys Defis)



Nebo Chapel Services

For more information please contact Chapel Secretary Meinir Jones on 253532

Ffynnonhenri Chapel

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

Caersalem - If you want to join us, please ring 253895 for more details.

Llanpumsaint Heartbeat – Defibrillator Locations

There are 4 defibrillators in the Llanpumsaint Area, please check the location nearest to you.

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

Milkstands

Just a few survive here and there around the countryside, many in sad moss-covered silence. However once upon a time a milk stand proudly stood at the end of every farm lane where milk churns awaited the arrival of Cow and Gate lorry, to load and cart them away to the factory. The number of churns announced how well the cows performed on that holding. Farms had begun selling milk to large companies during the 1930's and continued into the 1980's till many were encouraged to opt out. Milk production had by then become confined to fewer much larger farms, as lanes were improved to allow big tankers to collect from the yards. The milk stand now obsolete was either forgotten or destroyed.

During those early decades they were a hive of activity and centres for news and gossip, long before radio, television and later the whole gambit of modern connections arrived. The milk stand was the farmers main source for local communication. The lorry driver would have learnt along his route, who was thinking of buying a tractor, how many in chapel last Sunday, hush hush who was pregnant, and most important last week's heifer prices at the mart. The farmer collected empty churns and spicy gossip to hurry back home. The milk stand became a godsend for postmen, whether in a van or on foot, as a stone on top of the empty churn signified a letter or the long awaited milk cheque.

Some of these past echoes can still be spotted locally by the eagle eyed. The following are easily visible; at the entrance to Y Felin Llanpumsaint. Y Pane near Esgair Cynwil, Nantyboncath just before the Lampeter road junction, and the one at the entrance to Cwmwernen Ffynnonhenri are well maintained. Both Ffynnonfelen just below Nebo towards Bronwydd and the one opposite Coopers below that hill, are well overgrown but recognisable. All remain empty. The one at Cwmdwfn's in Nebo recently disappeared.

But all is not lost. The milk stand at Henfryn farm Ffynnonhenri could now be a lifesaver, as it proudly hosts one local Defibrillator. Just before Graig Hill Bronwydd at Bryncene, this milkstand offers delicacies for sale to passing traffic. One hopes these imaginative initiatives will inspire others to enliven the other sad relics of our past.

Arwyn 2022



Ffynnonfelen - Below Nebo towards Bronwydd



Below Coopers hill



Entrance to Y Felin Llanpumsaint



Henfryn Farm Ffynnonhenri



Bryncene above Graig Hill

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You may have noticed that the appearance of this edition of Village Voice is not as professional as the recent editions. I am editing again as Veronique is on holiday, and am not as good in achieving the high standards that we have become used to. So I am looking forward to Veronique editing the October edition. Carolyn