



# Village Voice April 2023

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Village Voice is published by Llanpumsaint Community Information Exchange [www.llanpumsaint.org.uk](http://www.llanpumsaint.org.uk), email [info@llanpumsaint.org.uk](mailto:info@llanpumsaint.org.uk). Please send items to [info@llanpumsaint.org.uk](mailto: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 and our website [www.llanpumsaint.org.uk](http://www.llanpumsaint.org.uk). We also receive funding from Llanpumsaint Community Council and all our advertisers. We thank them all for the support.



Inside the planetarium  
Dafydd Wyn Morgan

## Community star gazing

What an interesting evening we spent at the Stargazing night on Friday 31st March in Neuadd Llanpumsaint Hall. Inside the indoor planetarium, we were guided through a 360° tour of the night time sky which also included the ancient Egyptians view of the constellations, how it influenced their lives and the construction of their pyramids. Even though we couldn't be outside due to weather conditions we weren't disappointed and it inspired us to star and moon gaze. Definitely worth going to and we can recommend any future events which may happen. *Val and Glenn Langham*

The event was organized by the Cambrian Mountains Initiative in association with Dark Sky Wales, with support from the Brechfa Forest West Wind Farm Community Fund. The celebration cake was created by Lleucu of Llanpumsaint. There will be a follow-up online session (date to be announced) to increase further an interest in all things stargazing, helping local individuals, businesses and community groups make the most of the astounding dark skies in the Brechfa Forest area.

# Dates for your Diary

## One-off Events

- **Friday 14 April** Quiz (relocating from the pub to the Hall). Doors open at 7 pm for 7.30 pm start. £5 entry; teams of up to five. Bring your own drink and glasses. Cash prize for winning team.
- **Tuesday 9 May** Llanpumsaint Community Council, Annual Meeting followed by Ordinary Meeting, 8 pm in Village Hall – All welcome
- **Friday 12 May** Quiz in the Hall. Doors open at 7 pm for 7.30 pm start. £5 entry; teams of up to five. Bring your own drink and glasses. Cash prize for winning team.
- **Saturday 13 May** 2-6 pm Coronation Celebration @ Llanllawddog Church Hall
- **Sunday 14 May** **Rev'd Gaynor's Last Sunday in the Parish**: one Sunday service in the group 11 am Llanllawddog Church
- **Monday 22 May** AGM Llanpumsaint Welfare and Recreational Association, 8 pm in Village Hall – All welcome
- **Friday 9 June** Quiz in the Hall. Doors open at 7 pm for 7.30 pm start. £5 entry; teams of up to five. Bring your own drink and glasses. Cash prize for winning team.

## Weekly Events

- Short Mat Bowls, Village Hall, **Mondays and Thursdays**, 7.30 – 9.30 pm (until the end of April)
- Pop-up Café, Llanpumsaint Church, **Tuesdays**, 11.30 am – 2.30 pm
- Salsa Dancing, Village Hall, **Tuesdays**, 7 – 8.30 pm (recommencing 2 May for four weeks; two classes running concurrently – one for absolute beginners and some experience, the other for more established beginners)
- Zumba, Village Hall, **Wednesdays**, 7 – 8 pm; newcomers welcome (recommencing 19 April)
- Summer social space, Village Hall, **Thursdays**, 10 am – 1 pm (recommencing 20 April)

## Faith Events – All welcome!

- **Llanpumsaint Church: Morning Prayer** at 9.00 on Wednesdays and 9.00 on Sundays
- **Godly Play**, Tuesdays, 4-5 pm Stories, Activities and Snacks for Children and their grown ups from 3.45 -4.45 pm in school term time
- **DOTs Youth Group** for Young People aged 10 plus,  
**Llanpumsaint Church**, usually Thursdays, 5.30 – 7.30 pm  
**Llanllawddog / St Celynin Bronwydd**: 11.00 on Sundays

Contacts until **14/5/2023** Rev'd Gaynor Jones -Higgs 01267 253158 [gaynorjones-higgs@cinw.org.uk](mailto:gaynorjones-higgs@cinw.org.uk)

Rev'd Canon Dr Matthew Hill LMA Dean 01267 468432 [Matthewhill@cinw.org.uk](mailto:Matthewhill@cinw.org.uk)

Facebook page: Llanpumsaint Bronwydd and Llanllawddog Churches

- **Caersalem Chapel:** For details of services, please contact Mrs Eleri Morris (Secretary) 01267 253895
- **Ffynnonhenry Chapel:** For details of services, please contact Danny Davies (Treasurer) 01267 253418, Mr Gwyn Nicholas (Secretary) 01267 253686
- **Nebo Chapel Services:** For information, please contact Meinir Jones (Secretary) 253532

### Weekly Village Services

- Monday, 10.15 – 12.15 **MOBILE VET** (Village Hall) (Tel [01267 220404](tel:01267220404)) **Note: new time and by appointment only**
- Tuesday 2 - 3.45 pm **POST OFFICE VAN** (opposite pub)
- Wednesday 10.45 – 11.45 am **LIBRARY VAN** (10.45 – 11.15 Village Hall and 11.15 – 11.45 opposite pub)  
**Note: only visiting once every three weeks (19 April, 10 May, 31 May, 21 June)**
- **BAKER** household delivery (Tel 07971 740505)
- **FISH** household delivery (Tel 07779 987305)
- Thursday **FRUIT AND VEG** household delivery (Tel 07969 047045)
- Friday **POST OFFICE VAN** 1-3 pm (opposite pub)

## Llanpumsaint and Nebo Short Mat Bowling Club



The 2022-23 season has proved to be challenging for the Club and our time in the first division has come to an end. We finished the season with a well earned 7-3 win against Alma at home, but unfortunately it was not enough to keep us in Division 1. A new challenge awaits us in Division 2 next season with new teams and new faces to meet. We now look forward to the Roy Bowen Memorial matches between Bronwydd and Llanpumsaint at the end of the season.

Our younger members represented Wales at Under 21 level at the end of March. Rhys Williams, Catrin Williams, Catrin Lleucu and Ioan Day travelled to Solihull for the Under 21's International against England. It was a close encounter with England taking the win in a very close fought tournament.

Don't forget to check out our website [Llanpumsaintsmbc.org.uk](http://Llanpumsaintsmbc.org.uk) where you will find up to date information on the Club.

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

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



# Llanpumsaint Welfare and Recreational Association (Llanpumsaint Park)

## **LLANPUMSAINT 100 CLUB**

**Would you like to join Llanpumsaint 100 Club?**

**£12 for the year, with monthly prizes.**

**Membership for 2023/24 is open now.**

The Llanpumsaint 100 Club profit goes towards the running costs of the village park (Llanpumsaint Welfare & Recreational Association).

### **How to Join?**

#### **Cash /Cheque**

Send your name, address and contact details along with cash or cheque (payable to "Llanpumsaint 100 Club") **by 31/03/2023** to Heledd Jones, Waun Wern, Llanpumsaint or Sarah Moore, Neuadd, Llanpumsaint.

#### **SO (Standing Order)**

Arrange a payment to arrive between **01/02/2023** and **31/03/2023** and send your name, address, contact details and payment date to the e-mail address below.  
Acc Name: Llanpumsaint 100 Club; Sort Code: 77-65-05; Acc No: 19504768

For more information, contact:

☎ 01267 253372    ✉ [llanpumsaint100club@gmail.com](mailto:llanpumsaint100club@gmail.com)

**Thank you and good luck!**

Well, what a damp start to 2023! Thankfully the park football pitch looks to have held up for Peniel Panthers to continue using it as their home ground. With Easter comes some new additions to the park with extra picnic benches and new seating being installed on concrete bases. Let's hope the weather improves so we can make best use of it.

We are still taking members into the Llanpumsaint 100 Club, with the membership **deadline extended to 28 April** to get your payment in. As per usual, the price for a whole year's worth of draws shall be £12, with the first draw taking place soon after the deadline has passed.

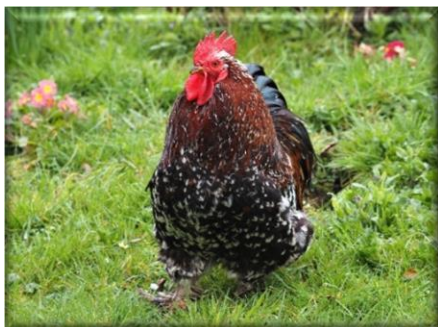
Our annual **AGM will be held on Monday 22 May** at 8pm in the Village Hall. This meeting is open to anyone who wishes to know more about what we do as a committee and we welcome anyone who would like to join the committee for the forthcoming year.

The Treasure Hunt (planned for the 25<sup>th</sup> of March) was unfortunately postponed due to a

clash with the local Eisteddfod, which would have meant many families who wished to take part would have missed out. We are looking to reschedule this for early September, with further information and posters coming out soon.

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](mailto:parcllanpumsaintpark@gmail.com), or speak to Aaron Jones (07814157946) or any other committee member for more information.

## **Consultation on registration for all bird keepers**



Monsieur CoCo

There is a Consultation on new registration rules for all bird keepers in Great Britain. The consultation lasts for 12 weeks. It seeks views on new registration rules for all bird keepers in Great Britain, including all those who keep only a few hens for eggs, and other birds as pets. The proposed rules include requiring birdkeepers to register the birds, and keep the information updated. At present only keepers of more than 50 birds need to register.

Details of the consultation can be found at 'Poultry and other captive birds: Registration in Great Britain' (on gov.uk).

**Carolyn Smethurst**

## Llanpumsaint Community Council

The Community Council has continued to make good progress with resolving outstanding issues and meeting its legal obligations. The Wales Audit bill for the additional work incurred in the audit for 2018/19 has been cleared using reserves, leaving the Council with a clean slate to move forwards.

At its January meeting, the Council was pleased to welcome Martin Dickenson, the Police Community Support Officer for our area, who gave a helpful overview of relevant community policing issues. The Council also heard concerns raised by residents along the Rhydargaeau Road about various waste and highways problems, and was grateful for County Councillor Bryan Davies' swift response in raising these issues with the County Council.

More recently, the Community Councillors were shocked and disappointed to see the new traffic measures being put in by the County Highways Department at the bottom of Graig Hill, without any prior notification or consultation with Llanpumsaint Community Council. We have urged the County Council to hold a site meeting and suspend the works until Llanpumsaint residents have been given a fair opportunity to put their views forward, and will continue to pursue this.

In line with new statutory duties, the Council has prepared a training plan, setting out the Council's plans for ensuring its Councillors and Clerk receive all the training they need to effectively fulfil their role. The Council is also preparing a Biodiversity Plan to set out what it proposes to do to meet its legal duty to maintain and enhance biodiversity in its area.

**We are still looking for a new part-time Clerk**, 4 hours each week, salary £2,210-£2,440 pa, working mostly from home on a flexible basis. This is a great opportunity for someone local, with good administrative skills and an interest in serving their local community. Bilingual skills are desirable, but not essential. Full training and support will be provided

**The Council also has one remaining vacancy for a Co-Opted Councillor.** This is another great opportunity for anyone who is interested in contributing to our community and the work of the Council. Bilingual skills are desirable, but not essential. This is an unpaid role, but expenses may be claimed. The time commitment varies, but is on average no more than one or two hours each week and involves attending bi-monthly Council meetings.

Further information about both of these positions is available from the Community Council Chair, Cllr Arwel Nicholas on 01267 281365, or the Acting Clerk, Kumi Ariyadasa on 07799 898002 or [clerk.llanpumsaint@gmail.com](mailto:clerk.llanpumsaint@gmail.com)

The Community Council continues to meet every other month in the Village Hall. All our meetings are open to the public; and the agenda and minutes for all meetings are published on the Council's website: [www.llanpumsaint.org.uk/communitycouncil/en](http://www.llanpumsaint.org.uk/communitycouncil/en)

**Our next meeting, to be held on 9<sup>th</sup> May 2023, starting at 8pm, is the Annual Meeting, to be followed by an Ordinary Council meeting – All are welcome!**

## Village Hall Updates

- **Broadband service:** With support from the Brechfa West Wind Farm Community Fund, a broadband service has been installed in the Hall. Using the password BrechfaFund, it is accessible both inside and outside the building.
- **Vacancies on the Hall Committee:** There are two vacancies on the Hall committee. If you would be interested in finding out more, please speak with Pamela Jones (Chair 07815119073) or Clare Bishop (Secretary 079400656300).

## Llanpumsaint Allotments

Now that spring is nearly upon us it is time to get cracking on sowing those seeds. We have just had our annual AGM and there are a few plots going for anyone who is interested in all things green fingered, just call or message Eirian on 07896 050283 or Sarah on 07811 288104. Membership for the first year is £35 and £25 per year thereafter, it is well worth it once you are stuffing your face with homegrown veggies. And with the current rate of inflation you'll get that back in tomatoes if nothing else!

The allotment does need a bit of a tidy up and it has been agreed that the day will be Sunday 4<sup>th</sup> June 2023 at 10.30. Obviously, the current members will be helping but if anyone that isn't a member would like to give an extra pair of hands, we would sincerely appreciate it. Maybe bring some loppers with you and help Michelle save the elusive purple watering can?!

We would also like to take part in the upcoming Fun Day, date to be confirmed, so keep a few plants back to donate and help raise a little extra cash for the village.

And we can't forget a big Thank You to Rosie who has stepped down as Chair and Eirian who has stepped up for the coming year.

**Becki**

## Clwb Gwili Over 60s

In March, Mrs Val Newton gave an account of her wonderful fundraising efforts from around 1991 to the present day. These mainly centred on war torn countries in Eastern Europe where she described the experiences of helping children and families traumatised by seeing their houses shattered by indiscriminate bombing. She not only helped with fundraising for toys, food, equipment but she and her late husband, would transport them to the areas to ensure they got to where they needed to go. They also raised money to build houses and buy much needed items such as washing machines and cookers. Despite being in her 80s, Val is still very much active in helping children and families in Ukraine and the refugees being hosted in Carmarthenshire. Members raised over £200 on the day for her charity. If you wish to know more just put Val Newton, Carmarthenshire in Google and you'll find a wealth of information.

- Monday 24<sup>th</sup> April: Bruce Wallace – History of a Typical Welsh Village
- Monday 17<sup>th</sup> May: Trip to be arranged
- Monday 22<sup>nd</sup> May: Hannah Bartlett – Wales Air Ambulance
- Monday 15<sup>th</sup> June: Trip to Brecon plus afternoon on the Brecon Canal with Dragonfly Ferries
- Monday 26<sup>th</sup> June: Bruce Smith – Local Drivers Road

**Annual Membership is now £10. £2 entrance fee per person plus one raffle ticket. We meet in Bronwydd Hall.**

***For further information call the Secretary: Val Giles: 01267 281194 -new members welcome!***

## Help reduce your energy costs

The environmental group Carmarthen Together have been given a grant to fit for free Radiator Reflectors in homes.

There are still a number of energy saving appointments available and if you would like to take advantage of this offer, or know someone who would, please contact

[carmarhenttogether@gmail.com](mailto:carmarhenttogether@gmail.com)



## Warm social space

After a quiet start back in November 2022, the warm space has grown to become a lively hub of creativity and social gathering. With the support of the Brechfa West Wind Farm Community Fund and the Arts Care, local residents have grappled with the magic of wrestling willow into various art forms. We have also worked with watercolours, clay and other crafting materials. People have also dropped in to enjoy the homemade soups, cakes and games of table tennis. Over the five months almost 50 people in total have engaged with the warm space.



As a result of the interest in these social sessions, we are expanding the volunteer base to continue through the summer months. The welcome space will continue to have artists from Arts Care, visiting every other week.

All are welcome to join us on Thursdays from 10-1, starting again on 20 April.

A glorious cake and crafts to celebrate the final winter warm hub session

‘Thanks to the Wind Farm funding, the arts and crafts projects at the hall have been fantastic. They have been a great way to try something new and meet villagers, old and new.’

‘The craft events have been a great way to unwind for a few hours a week.’

‘We enjoy all the crafts, meeting everyone and look forward to the soup and cake!’



## Prosecco and Pudding Fashion Show

On 10th March the committee of Llanpumsaint and Ffynnonhenry Village Hall along with the PTA committee of Ysgol Llanpumsaint came together to hold a very successful fashion show 'Prosecco and Pudding'. Many thanks goes to the local businesses that took part - Llawn Cariad, Calon Mam, tRHInket and Golwg. We have some great models in the village! The evening raised just over £1,100 which will be shared between the two committees.

**Donna Thomas**



On the runway

## 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. Meetings are held on Sundays at 1.45 pm for 2pm start at Bronwydd Hall.

In February, members thoroughly enjoyed Ros Briagha's talk with slides demonstrating how Dolmens were constructed, without the aid of modern equipment. A dolmen or portal tomb is a type of single-chamber megalithic tomb, usually consisting of two or more upright megaliths supports. Traditional methods of lifting using a fulcrum and lever were used, followed by rolling and sliding the enormous rocks along a 'passage' made up of large logs plus a lot of helpers!

At the AGM in March, the Committee was returned unanimously with one resignation. Later, members enjoyed dowsing for some delicious Easter Eggs in and around Bronwydd Park.

- April 23<sup>rd</sup>: Author and Speaker, Ian Pegler – The Nanteos Grail: The Evolution of a Holy Relic. Ian Pegler is a member of West Wales Dowsers and he also co-authored this fascinating book.

Read more: <https://www.amazon.co.uk/Nanteos-Grail-Evolution-Holy-Relic/dp/1398106224>

- May 21<sup>st</sup>: Janis Fry Author/Speaker – 'Sacred Yews of Wales', apparently Wales has the most Yew Trees in Europe with one believed to be 5,500 years old!
- June 25<sup>th</sup>: Exciting news for those wishing to find out more about dowsing and to learn the process, we are hoping to hold an Open Day for tuition and information. Watch this space for more information!

Due to rising costs, annual membership is now £20 a year. Entrance is £6 for members plus raffle option and £6 for non-members' first meeting, £10 for the second, then you are expected to join. No equipment is necessary, just bring yourselves.

Please see our Facebook page for updates or website: <http://westwalesdowsers.org.uk> or ring Sandy on 01267 253547 or [westwalesdowsers@gmail.com](mailto:westwalesdowsers@gmail.com)

## Bronwydd Ladies Cricket - new

Since its formation during the Covid era Bronwydd Ladies Cricket team have enjoyed much fun as they learnt all about the game. Playing with a softish ball they bat in pairs, which ensures that all are involved whatever their skills level. During the last year they have been playing both indoors and outside in a Carmarthenshire League, and enjoying much success in the Cup Competition. Playing in the team has proved an ideal way to socialise and make new friends, both on and off the field. Other inclusive events were organised through the year, which included a Table Tennis competition, prize night and a Cardiff trip to watch cricket.

The Ladies will be practicing on Friday evenings from 6 to 7 o'clock on Bronwydd cricket field to begin on 21 April. If you are over 15 years old come and join us, those under that age will be involved under the Youth set-up. No previous experience necessary, come along! The important thing is to enjoy yourself.



## Skanda Vale's 50th Anniversary

This year Skanda Vale celebrates its 50th anniversary, with three sets of special events planned throughout the year.

The celebrations will begin in June (9th - 12th), when we will inaugurate a beautiful small new temple within the monastery, launch a brand new book and display, showing the evolution of Skanda Vale over five decades, and a look towards what the future holds.

Then in August (3rd – 6th), we'll be opening a new pilgrimage route within the monastery's land, and installing a number of special religious icons along the way, including the 5 saints of Llanpumsaint, paying homage to the spiritual legacy of this land, as well as a Vel and other sacred Hindu icons.

Finally, in October (28th – 30th), we'll be celebrating the birthday of our founder, Guru Sri Subramanium, with the launch of a film and a programme of talks, dance and music performances.

Further details and a programme for each day will be confirmed closer to the day and published on our website: [www.skandavale.org](http://www.skandavale.org)

Everyone is welcome to join us! You don't need an appointment, you're all warmly invited! During our busiest periods, we know the volume of traffic on the narrow lanes to and from the monastery causes difficulties, so we are engaging a traffic management company to help to regulate the flow of traffic, who will be working alongside a team of volunteer stewards. We have a communications plan to get key messages out to our visitors. We're also urging the County Council to put in more passing bays and signage as well as improve the roads. We hope these measures will reduce any inconvenience for the local community.

There's a lot of joy and excitement amongst all of us involved in making preparations for our anniversary celebrations. We really hope you'll join with us in celebrating the unique contribution we bring to the local area, enriching the spiritual heritage of this ancient land.

***Kumi Ariyadasa***

## Carmarthen Repair Café



The repair café is an organisation setup to reduce the amount of stuff we needlessly throw away. A group of enthusiastic volunteers meet to repair all sorts of things such as lamps, tools, vacuum cleaners, toys, computers, jewellery and clothing, plus much, much more.

Most repairs are done while you watch but if your item needs a spare part the volunteers will help you order it and, when it arrives, just bring it into us and we will fit it for you.

All repairs are made free of charge, but any donation is gratefully received and goes towards paying the hall rent, glue or other materials.

If you are handy at repairing things and would like to volunteer we would love to hear from you. We meet on the second Saturday of every month at the Wesley Chapel, John Street Carmarthen 2pm until 5pm.

Search Carmarthen Repair Cafe on facebook for more information.

## **Save a Life Cymru is encouraging everyone in Llanpumsaint and the area to learn CPR**

Every year over 6,000 people in Wales will have a cardiac arrest in the community, and up to 95% will die, unless someone is willing to step-in immediately with Cardiopulmonary Resuscitation (CPR) and use a defibrillator.

Save a Life Cymru was established by Welsh Government to improve this survival rate, and our ambition is to encourage everybody in Wales to become aware of their lifesaving abilities.

A cardiac arrest is medical emergency. No other medical situation relies on the community being available and ready to help, at the drop of a hat. For every minute CPR is delayed, a patient's survival decreases by 10%.

Approximately 80% of out of hospital cardiac arrests in Wales take place in the home and it can happen to anyone, at any time. Many who experience a cardiac arrest can often appear fit and healthy. Some might remember the day that, Danish international footballer, Christian Eriksen, suffered a Cardiac Arrest during a match at the Euros 2020. He was saved by CPR, a defibrillator, and some quick-thinking bystanders.

But less than half of adults in Wales say they feel confident to perform CPR. However, when they understand that by calling 999, the call-taker will talk you through how to do CPR and direct you to the nearest registered defibrillator, 73% of adults said that they would feel more confident to intervene. Helping to give people this confidence is the theme of our new advertising campaign, '**Help, is closer than you think**' and it can now be seen on TV, and on digital and social media channels across Wales.

It's always better to be prepared and by taking a few minutes to visit our website, you can learn the basics skills of CPR at: <https://collaborative.nhs.wales/SaLC>

Did you know that Llanpumsaint has four defibrillators? All are registered on The Circuit -The National Defibrillator Network – and this allows the Welsh Ambulance Service to locate them in an emergency. Look after them, respect them, they could one day, save your life.

For further information about your community defibrillators and how you can help contact Carolyn Smethurst 01267 253308

### **Llanpumsaint Heartbeat – Defibrillator Locations**

Outside Village Hall – SA33 6BZ

Outside Railway Inn – SA33 6BU

On wall outside Henfryn, Ffynnon Henry SA33 6LD

Outside the Vestry Nebo SA33 6HN

## **Death café**

Skanda Vale Hospice, in Saron, will be hosting a 'Death Café' on Saturday 13 May 13, between 10.30 and midday.

The café offers the opportunity for people to drop in for tea and cake and share their thoughts, experiences and ideas about end of life, death, dying and bereavement.

The event gives everyone the chance to discuss the issues in a warm and friendly atmosphere within a safe, non-judgemental space.

We look forward to meeting, listening and sharing tea and our delicious cake with you. Everyone is welcome.

## Citizen science –

### West Wales Biodiversity Information Centre and No Mow May



West Wales Biodiversity Information Centre is one of Wales' four regional centres and covers Carmarthenshire, Ceredigion and Pembrokeshire. This is a website where you can upload wildlife records, especially the common species which tend to be under-recorded, and contribute to the local knowledge base. Data are recorded in 1 km grid squares. There are over 1000 entries for Llanpumsaint with the earliest record dating from 1984.

There are several ways you can record with WWBIC, by email, on the WWBIC website or using the LERC Wales App. More information can be found here: <https://www.wwbic.org.uk/wildlife-recording/> There is also a facebook page: West Wales Biological Recording (<http://www.facebook.com/groups/westwalesbiorecording/>)

**No Mow May** is an annual event run by the environmental charity Plantlife to encourage people to let their lawns grow long during May. This enables smaller plants like red/white clovers, daisies, dandelions and selfheal to get a chance to flower and give pollinating insects, including bees, a head-start. At the end of May, Plantlife runs a citizen science activity (Every flower counts <https://www.plantlife.org.uk/campaigns/nomowmay/>) that provides a snap-shot health check of our lawns. Plantlife wants to know which flowers are most abundant on lawns in order to work out how much nectar is being produced. Your own Personal Nectar Score shows how many bees your lawn can support.

**Clare Bishop**

**BRECHFA  
STORIES FROM THE FOREST  
MAY 2023**

**13.05 - Keepers 10am-3pm (Lunch 12pm-1pm)**  
**Copper Keyring Smithing**  
Come along to Keepers and enjoy the day learning smithing skills as you work with copper metal to create your own copper leaf keyring!

**15.04 - Keepers 10yb-3yp (Cinio 12pm-1pm)**  
**Cylch Copr**  
Dewch i Keepers a mwynhewch y diwrnod yn dysgu sgiliau gof wrth i chi weithio gyda metel copr i greu eich cylch allweddi dail copr eich hun!

**20.05 - 12pm - 2pm Brechfa Church Hall**  
**Brechfa Stories From The Forest Community Exhibit**  
It's a party in the church hall to bring together everyone who has enjoyed the Stories From The Forest project and share their wonderful artworks! There will be lots of tea and lots of cake! See you there!

**20.05 - 12yp - 2yp Eglwys Neuadd Brechfa**  
**Arddangosfa Gymunedol**  
Mae parti yn neuadd yr eglwys i ddod â phawb sydd wedi mwynhau prosiect Straeon O'r Goedwig ynghyd a rhannu eu gweithiau celf bendigedig! Bydd llawer o de a llawer o gacen! Welwn ni chi yno!

All children must be accompanied by an adult.  
Book your spaces to any of the sessions or ask for accessibility information by emailing [sarah@acgc.co.uk](mailto:sarah@acgc.co.uk) or phone 01267 243815  
Rhaid i bob plentyn fod yng nghwmni oedolyn.  
Archebwch eich lleoedd ar gyfer unrhyw un o'r sesiynau neu gofynnwch am wybodaeth bygyrchedd drwy e-bostio [sarah@acgc.co.uk](mailto:sarah@acgc.co.uk) neu ffoniwch 01267 243815

Arts Care Gofal Celf  
Cyngor Celfyddydau Cymru  
Arts Council of Wales  
Pembrokeshire Council  
BRECHFA FOREST WEST WALES PARK



## **Fifty Years Ago 1973**

Around the world it was quite eventful. As the last American troops left Vietnam they arrived home to hear that the Watergate scandal hearings had just begun to pursue president Nixon. Britain joined the European Common Market, raised the school leaving age to 16 and people began to wrestle with VAT for the first time. Women had cause to celebrate as the first female was allowed on the London Stock Exchange Floor. Soon after however very bad news affected everyone when the Yom Kippur War caused oil prices to rocket by 70% and the three day week came in to save fuel. Though Picasso passed away his artistic creations remained for future generations.

So what of Llanpumsaint then? A much smaller village, long before housing developments at Llandre and Glanryynys. Both the Railway station and empty Farmers Co-op, once so busy, stayed closed, forlorn and forgotten as they had for the ten previous years. But the village still had a thriving shop (crowded out following the afternoon school bell) and busy petrol pumps, run by Emrys and Nancy where Hairdresser Salon 5 Saint now stands. The Railway pub hummed with afternoon drinkers putting the whole world to rights, then hurried quick after work pinters, before a more leisurely evening crowd assembled armed with gossip and small change, some playing darts or dominoes.

Down at the school the newly arrived headteacher Len Richards introduced a little more Welsh in class to balance its dominance on the school yard. Teaching methods nowadays are much changed, less formal and more technical, and children's perception of the virtual reality has somewhat replaced that of the real world. Back in 1973 pupils knew most if not all those who lived at Gwili Terrace and Bro Celynin. Walking to school, they did get wet, but knew where all the farms were, be it Pantiouar or Bwlchtrap in Nebo, Tredarren, Frongoch or Henfryn towards Ffynnonhenri, Cwmcreigiau (about to change to Skanda Vale), Deri or Alltgaredig, to the north. The telephone kiosk outside the Church would always be busy, frequented by all those who had no landline, or needed a quick private word with the girlfriend. Not too many cars around, so the road was safe for boys' football and cricket, and girls' hopscotch, no playing field around. But they kept a wary ear for Jack Pantglas' ageing van full of rust and bewildered calves. The Pencader buses went regularly to town but during those summer months some chose to shop in Llandysul on a Saturday as Carmarthen would be gridlocked by tourist holidaymakers on their way to Pembrokeshire, turning the old A40 into a bad tempered car park.

Attendances at the Church, Bethel nearby, Caersalem, Ffynnonhenri and Nebo were holding their own, but who could have predicted that the Methodists next to the Church would never make it beyond the first decade of the next century. The Gwili river held enough fish to still attract the nocturnal poacher and daytime youngsters pursuing eels. Milk producing small farms dominated with many men heard and seen working the fields. Not much English was heard, usually a visitor or the odd farmer, but Bob Jameson's voice was already dominant way beyond Henfryn.

**Arwyn 2023**

## Refuse collection saga

During February and March, a new regime was started for the collection of the Black bag, Blue bags and Glass box collection. If you are a member of the Llanpumsaint ar Cylch & surrounding area Facebook group, you will no doubt already know what went wrong and what I did in an attempt to rectify the situation on behalf of residents.

For those who are not members of this group. This is a resume of events.

During the initial and following collection/delivery process, we personally had multiple problems, black bags not collected, glass box not delivered. Multiple complaints to the Council resulted in missed targets for 3 of the collections. First resolution took 3 weeks, second after 1 week and the last one, a day late after yet another complaint. To date, we have not had a single black bag collection on time. Glass box finally arrived. That and the blue bags have now been collected on time.

It appeared that the rest of the village had a combination of these problems, some had more than one glass box delivered together with multiple supplies of blue bags. Some areas had deliveries on one side of the road and not the other, etc.

I put together detailed information, based on residents on the forum, and sent it to Councillor Bryan Davies to send to the Council Refuse Dept. He visited every house in the village with a member of the council to make sure everyone had the required bags/box and to see if they had been collected. Bryan said there had been teething problems across the Country and apologised for all the inconvenience.

If you are still having problems with any of these collections and or lack of glass box or blue bags, you need to complain to the Refuse Dept.

Stay safe and keep well. Your PC and other dodgy issues friend. Talking rubbish for a change - unless you know better.... **Dave**

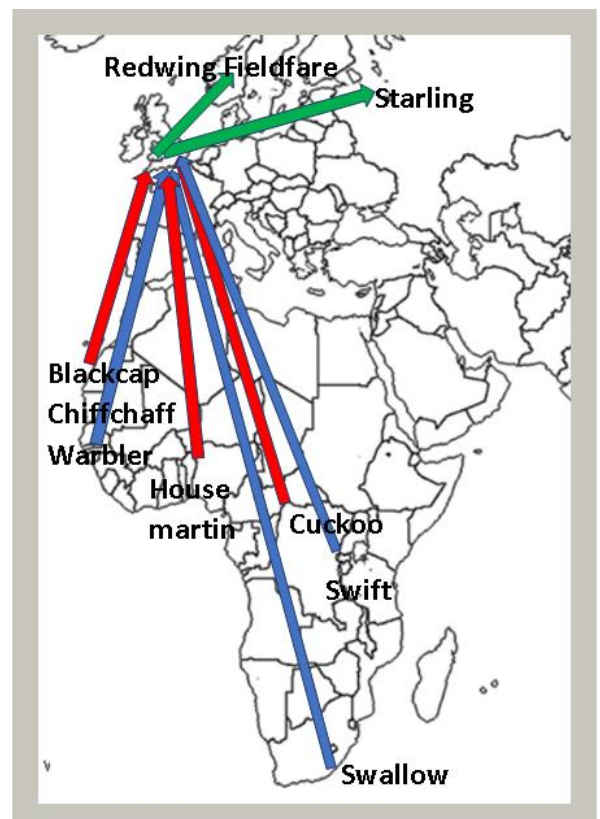
*Stop Press: I had to complain again - no black bags collected up our lane again this time.*

## Llanpumsaint migratory bird flyways



Blackcap (weighing 17 g) singing on the old railway line— recently arrived from Mediterranean/ West Africa

**Clare Bishop**



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**Contact Carolyn Smethurst 01267 253308 or email [info@llanpumsaint.org.uk](mailto:info@llanpumsaint.org.uk)**

*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*

# Recipe Corner

## Caramel and pineapple turnover gateaux

You can also make this recipe with apricots or peaches.

### Ingredients:

- 1 x can of pineapple in sirop
- 200 gr Flour
- 100 gr sugar + 100 gr to make the caramel
- 100 gr melted butter
- 2 eggs
- 2 tbsp single creme or yogurt
- 1 tbsp milk

### Methods:



1. Make a caramel and pour down the bottom of your dish



2. Arrange the fruits on the top of the caramel.  
**Keep the syrup.** You will use it at the end.



3. Mix all the ingredients to make a batter.
4. Pour the batter on the top of the fruit



5. Bake for 25/30 minutes (180 deg C).



6. As soon as out of the oven, pierce the cake with a knife and pour the **syrup** over until it is saturated. I usually don't need all the syrup. Let the cake absorb the syrup for a couple of minutes.



7. Place a larger dish on a top and **very carefully**, turn the the cake over. Wait a little bit and lift slowly on on one side. The gateaux should drop easily.

8. Leave to cool then enjoy.





# Llais y Llan Ebrill 2023

**Copi dyddiad ar gyfer rhifyn nesaf 26 Fai 2023**

Cyhoeddwyd gan Llanpumsaint Cyfnewid Gwybodaeth Gymunedol

[www.llanpumsaint.org.uk](http://www.llanpumsaint.org.uk) [info@llanpumsaint.org.uk](mailto:info@llanpumsaint.org.uk)

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



Tu fewn i'r Planetariwm  
Dafydd Wyn Morgan

## Syllu ar y Sêr yn Gymunedol

Cafwyd noson ddiddorol yn syllu ar y sêr nos Wener 31ain o Ebrill y tu fewn a thu allan i'r Neuadd Goffa. Cawsom ein tywys drwy'r holl wybren i ganfod awyr y nos, gan gynnwys yr hen ffordd Eifftaidd o edrych ar y cytser, a sut wnaeth reoli eu bywydau a phryd i adeiladu'r pyramidiau. Er nad oedd y tywydd yn ffafriol i fod tu allan ni wnaeth amharu ar ei mwynhad, a chawsom ein hannog i syllu ar y sêr a'r lleuad. Bu'n bendant yn wrth fynd iddo ac mi allwn argymell unrhyw drefniant pellach.

*Val a Glenn Langham*

Trefnwyd y noson gan Fenter Mynydd Cambria mewn cydweithrediad ac Wybren Dywyll Cymru, gyda chefnogaeth Cronfa Gymunedol Fferm Wynt Brechfa. Gwnaed y Gacen Ddathlu gan Lleucu o Llanpumsaint. Bydd yna ddilyniant ar lein (y dyddiad i'w chadarnhau), er mwyn helaethu'r diddordeb yn syllu ar y sêr, ac ysgogi unigolion, busnesau a chylchoedd cymunedol i elwa o'r wybrennau tywyll yn ardal Allt Brechfa.



# I'ch Dyddiadur

## Digwyddiadau Unigol

- **Nos Wener 14eg Ebrill** - Cwis (yn ail-leoli o'r dafarn i'r Neuadd). Drysau ar agor am 7yh i gychwyn am 7.30. £5 i gystadlu mewn timau o 5. Dewch a'ch diod a'ch gwydrau eich hunan. Gwobr ariannol i'r enillwyr.
- **Nos Fawrth 9fed o Fai** - Cyfarfod Blynyddol Cyngor Cymuned Llanpumsaint, i'w ddilyn gan y cyfarfod arferol am 8 o'r gloch yn y Neuadd. Croeso i bawb.
- **Nos Wener 12fed o Fai** - Cwis yn y Neuadd. Drysau ar agor am 7yh i gychwyn am 7.30. £5 i gystadlu mewn timau o 5. Dewch a'ch diod a'ch gwydrau eich hunan. Gwobr ariannol i'r enillwyr.
- **Sadwrn 13eg o Fai** - 2yp hyd 6yh. Dathlu'r Coroni – Neuadd Eglwys Llanllawddog.
- **Sul 14eg o Fai – Sul olaf y Parch Gaynor yn y plwyf.** Un gwasanaeth yn Llanllawddog am 11yb.
- **Nos Lun 22ain o Fai** - Cyfarfod Blynyddol y Pwyllgor Lles ac Adloniant am 8 o'r gloch yn y Neuadd Croeso i bawb.
- **Nos Wener 9fed o Fehefin** - Cwis yn y Neuadd. Drysau ar agor am 7yh i gychwyn am 7.30. £5 i gystadlu mewn timau o 5. Dewch a'ch diod a'ch gwydrau eich hunan. Gwobr ariannol i'r enillwyr.

## Digwyddiadau Wythnosol

- **Bowlio Dan-do** yn y Neuadd Goffa – bob Nos Lun a Nos Iau – 7.30 - 9.30 (tan ddiwedd Ebrill)
- **Caffi Bach** yr Eglwys bob Dydd Mawrth o 11.30 - 2.30; archebion olaf 2 o'r gloch
- **Dawnsio Salsa** yn y Neuadd Goffa ar Nos Fawrth o 7 – 8.30 (ail-ddechrau 2ail o Fai am 4 wythnos - dau ddosbarth i gyd-redeg - un i'r ddibrofiad ac ychydig gefndir a'r llall i'r rhai a fwy o glem)
- **Zumba** yn y Neuadd Goffa ar Nos Fercher o 7 – 8; croeso i rai newydd ar unrhyw achlysur (ail-ddechrau 19eg o Ebrill)
- **Cwtsh Cynnes yr Haf** - Neuadd fore Iau 10 hyd 1 o'r gloch)

## Digwyddiadau Addoli arferol

- **Eglwys Llanpumsaint** - Boreol Weddi am 9yb bob Dydd Mercher ac am 9.00 yb bob Sul.
- **Chwarae gyda Duw** – 4 hyd 5 bob prynhawn Dydd Mawrth.
- **Cylch DOT** - I ieuentid dros 10 oed yn Eglwys Llanpumsaint fel arfer bob Nos Iau o 5.30 tan 7.30.  
**Llanllawddog / Sant Celynin Bronwydd:** 11yb ar y Sul

Cyswllt hyd 14/5/2023 Parch Gaynor Jones-Higgs 01267 253158

[gaynorjonshiggs@cinw.co.uk](mailto:gaynorjonshiggs@cinw.co.uk)

Parch Canon Dr Matthew Hill LMA Deon 01267 46842 [matthewhill@cinw.co.uk](mailto:matthewhill@cinw.co.uk)

Tudalen Facebook: Llanpumsaint Bronwyddand Llanllawddog Church

- **Capel Caersalem** Cysylltydd Gwasanaethau Eleri Morris (Ysgrifenyddes) 01267 253895
- **Capel Ffynnonhenri** Cysylltydd Gwasanaethau Danny Davies (Trysorydd) 01267 253418 – Gwyn Nickolas (Ysgrifennydd) 01267 253686
- **Capel Nebo** Cysylltydd Meinir Jones (Ysgrifenyddes) 01267 253532

## Gwasanaethau plwyfol wythnosol

- Llun 10.15 – 12.15 Y **FET SYMUDOL** Neuadd Goffa (Tel [01267 220404](tel:01267220404)) Nodwch yr amseriad newydd - drwy apwyntiad yn unig
- Mawrth 2 – 3.45 Fan y **SWYDDFA BOST** – Ger y tafarn
- Mercher 10.45yb hyd 11.45 **LLYFRGELL SYMUDOL** (10.45 – 11.15 Neuadd Goffa 11.15 – 11.45 ger Tafarn y Railwe. Noder - yn ymweld bob tair wythnos yn unig (19 Ebrill – 10 Mai – 21 Mehefin)
- POBYDD **BARA** i'r tŷ (07971 740505);
- FAN **PYSGOD** i'r tŷ (07779 987305)
- Iau **Ffrwythau a Llysiau** i'r tŷ (07969 047045)
- Gwener 1-3 Fan y **Swyddfa Bost** ger y Tafarn

## Pwyllgor Lles ac Adloniant Llanpumsaint.



Wel dyma wlybaniaeth i gychwyn 2023! Wrth lwc fe lwyddodd y maes peldroed ganiatau Panthers Peniel i gadw i chwarae yno. Erbyn y Pasg daw byrddau picnic a seddau newydd mewn concrit cadarn. Felly gobeithiwn am dywydd gwell er mwyn mwynhau'r cyfleusterau newydd. Derbyniwn aelodau i'r Clwb Cant o hyd gan ymestyn y dyddiad cau hyd yr 28ain o Ebrill. Cedwir y tal i £12 o hyd am y flwyddyn, a thynnir y cyfle cyntaf yn fuan wedi'r dyddiad cau. Cynhelir ein Cyfarfod Cyffredinol Blynnyddol ar ddydd Llun 22ain o Mai am wyth o'r gloch yn y

Neuadd. Mae'n agored i bawb ddod i weld beth sydd yn digwydd, ac rydym yn croesawu unrhyw aelod newydd i'r Pwyllgor am y flwyddyn.

Yn anffodus bu raid gohirio'r Helfa Drysor er mwyn osgoi gwrthdaro a'r Eisteddfod leol oherwydd i nifer o deuluoedd fod yn awyddus i fynychu'r ddau. Felly rydym yn edrych ar Fis Medi fel amseriad newydd i'r Helfa, felly cadwch lygad am boster. Fel arfer edrychwn am wirfoddolwyr i roi help llaw gyda'r cynnal a chadw a chodi arian i'r Maes Chwarae. Os am gynnig ewch i'n gwefan [parcllanpumsaintpark@gmail.com](mailto:parcllanpumsaintpark@gmail.com) [<mailto:parcllanpumsaintpark@gmail.com>](mailto:parcllanpumsaintpark@gmail.com) neu siaradwch a Aaron Jones 07814157946 neu unrhyw aelod arall o'r Pwyllgor.

# Cyngor Cymuned Llanpumsaint

## **LLANPUMSAINT 100 CLUB**

**Would you like to join Llanpumsaint 100 Club?**

**£12 for the year, with monthly prizes.**

**Membership for 2023/24 is open now.**

The Llanpumsaint 100 Club profit goes towards the running costs of the village park (Llanpumsaint Welfare & Recreational Association).

### **How to Join?**

#### **Cash /Cheque**

Send your name, address and contact details along with cash or cheque (payable to "Llanpumsaint 100 Club") **by 31/03/2023** to Heledd Jones, Waun Wern, Llanpumsaint or Sarah Moore, Neuadd, Llanpumsaint.

#### **SO (Standing Order)**

Arrange a payment to arrive between **01/02/2023** and **31/03/2023** and send your name, address, contact details and payment date to the e-mail address below.

**Acc Name:** Llanpumsaint 100 Club; **Sort Code:** 77-65-05; **Acc No:** 19504768

For more information, contact:

☎ 01267 253372

✉ [llanpumsaint100club@gmail.com](mailto:llanpumsaint100club@gmail.com)

**Thank you and good luck!**

Mae'r Cyngor yn parhau i ffynnu gan ymwneud a phroblemau lleol a chyflawni eu dyletswyddau cyfreithiol. Cliriwyd y ddyled i waith ychwanegol Archwiliad Cymru ynghyn a chyfrifon 2018/19 drwy ddefnyddio'r arian wrth gefn, i adael y Cyngor yn wastad i'r dyfodol.

Croesawyd Martin Dicknson, Swyddog Cefnogol Cymunedol yr Heddlu i'n hardal. Rhoddodd arolwg buddiol o faterion perthnasol yr Heddlu yn eu gwaith lleol. Gwrandawom ar gwynion gan drigolion ardal Rhydargaeau ynghyn a materion y ffyrdd a sbwriel, a gwerthfawrogwyd fod y Cyngorydd Sir, Brian Davies wedi ymateb yn union a throsglwyddo'r rhain i'r Cyngor Sir.

Yn ddiweddar cafodd y Cyngorwyr gryn sioc a siom i weld trefniadau trafndiaeth newydd wedi eu gosod gan Adran y Sir ar waelod Rhiw Graig heb ymgynghori o gwbl a Chyngor Cymuned Llanpumsaint. Rydym wedi annog y Cyngor Sir i gynnal cyfarfod ar y safle, ac i atal y datblygiad nes bod

trigolion Llanpumsaint yn cael cyfle teg i fynegi barn. Byddwn yn dal i gynnal y mater hwn. Yn unol â'n cyfrifoldebau newydd paratowyd cynllun hyfforddi gogyfer a'r Cyngorwyr a'r Clerc i sicrhau hyfforddiant iddynt yn eu swyddi. Mae'r Cyngor hefyd yn paratoi Cynllun Bioamrywiaeth er mwyn nodi'r hyn mae am gyflawni i hybu bioamrywiaeth yn yr ardal.

Mae'r Cyngor yn dal i chwilio am Glerc dros dro - cyflog £2,210 - £2440 y flwyddyn, yn gweithio yn bennaf o adre ar oriau hyblyg. Dyma gyfle gwych i rywun lleol yn meddu ar sgiliau gweinyddol ac yn awyddus i gyfrannu i'r gymuned leol. Byddai bod yn ddwyieithog yn ddelfrydol ond nid o reidrwydd. Bydd hyfforddiant a chefnogaeth lawn ar gael ac am wybodaeth bellach gellir cysylltu ag Arwel Nickolas y Cadeirydd 01267 281365, neu'r clerc dros-dro KumiArliyas [clerc.llanpumsaint@gmail.com](mailto:clerc.llanpumsaint@gmail.com) <<mailto:clerc.llanpumsaint@gmail.com>> neu 07799898002. Nid oes dyddiad cau ac felly ystyrir pob cais yn ôl y galw hyd a wneir apwyntiad.

Erys un safle i Gynghorwr Cyfetholedig - cyfle arall i rywun sy'n awyddus i gyfrannu i'r gymuned a gwaith y Cyngor. Swydd ddi-dâl yw hon am ryw awr neu ddwy'r wythnos a mynychu cyfarfodydd y Cyngor bob yn ail fis, ond gellir hawlio costau.

Bydd y Cyngor yn cyfarfod bob yn ail fis yn y Neuadd, ac yn agored i'r cyhoedd bob tro. Cyhoeddir y munudau a'r agenda ar wefan y Cyngor.

[www.llanpumsaint.org.uk/communitycouncil/ê](http://www.llanpumsaint.org.uk/communitycouncil/ê) <[about:blank](#)> Cynhelir ein cyfarfod nesaf ar y 9fed o Fai yn y Neuadd Goffa am wyth o'r gloch - Croeso i bawb!



## Rhandir Llanpumsaint

Nawr fod gwanwyn wrth y drws mae'n bryd hau hadau. Cynhaliwyd ein Cyfarfod Blynyddol ac mae yna rai lleiniau o hyd yn rhydd i rywun gyda bysedd gwyrdd - felly cysylltwch ag Eirian 07896 050283 neu Sarah 07811 288104. Mae aelodaeth y flwyddyn gyntaf yn £35 ond £25 o hynny ymlaen, ac fe welwch fod e'n werth hynny pan fyddwch yn conio mewn i'r cynnyrch. A chyda'r ffordd mae chwyddiant yn mynd fe wnewch hynny'n 'ôl ar domatos yn unig.

Mae angen twtio ychydig ar y Rhandir ac fe gytunwyd ar ddydd Sul 4dd o Fehefin 2023 am hanner awr wedi deg y bore. Bydd yr aelodau presennol wrthi ond os oes yna rywun arall yn barod i gynnig help llaw byddwn yn ddiolchgar. Dewch a chyfarpar tocio i helpi Michelle gyda'r stên ddŵr. Byddwn hefyd yn awyddus i gyfrannu planhigion i'r Diwrnod Hwyl pan ddaw dyddiad - cyfle i godi ceiniog neu ddwy i'r gymuned.

A diolch yn fawr i Rosie wnaeth adael y gadair i Eirian am y tymor newydd.

**Becki**

## Bowlio Dan-Do Nebo a Llanpumsaint

Bu'r tymor 2022-23 yn un eithaf heriol i'r Clwb ac mae ein hamser yn yr Adran Gyntaf wedi dod i ben. Gorffennwyd er hynny gyda buddugoliaeth 7-3 yn erbyn Alma ar ein tir ein hunain, ond ddim digon da i'n cadw yn yr Adran Gyntaf. Bydd yna brofiadau newydd yn ein haros yn yr Ail Adran gyda thimau ac wynebaw newydd. Edrychwn ymlaen nawr at gemau Coffa Roy Bowen yn erbyn Bronwydd cyn diwedd y tymor.

Bu pedwar o'n Hieuentid yn cynrychioli Cymru dan 21 ym mis Mawrth - Rhys Williams, Catrin Williams, Catrin Lleucu ac Ioan Day. Aethant i Solihull i gystadlu erbyn Lloegr, ond mewn gemau cystadleuol agos Lloegr aeth a hi yn y diwedd.

Cofiwch fynd i'n gwefan [Llanpumsaintmbc.org.uk](http://Llanpumsaintmbc.org.uk) am y wybodaeth ddiweddaraf. . 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 hyfforddwyr trwyddedig wrth law i'ch cymorth a'ch ysbrydoli. Ceir mwy o wybodaeth drwy ffonio Derick Lock ar 253524 neu ein Hysgrifenyddes Jill Edwards ar 253474.

## Y Diweddaraf o'r Neuadd

**Gwasanaeth Band Eang:** Gyda chefnogaeth Cronfa Gymunedol Fferm Wynt Brechfa lleolwyd gwasanaeth Band Eang y Neuadd. Wrth ddefnyddio'r arwyddair **BrechfaFund** gellir mynd iddo y tu fewn a thu allan yr adeilad.

**Dwy swydd wag a'r Bwyllgor y Neuadd:** Os oes gennych ddiddordeb neu angen gwybod mwy, yna cysylltwch a Pamela Jones (Cadeiryddes 07815119073) neu Clare Bishop (Ysgrifenyddes) 079400656300).

## Cymorth i leuhau eich costau ynni

Mae'r cylch Carmarthen Together wedi derbyn grant i osod Adlewyrchwr Rheiddiadir yn rhad mewn cartrefi. Gellir manteisio ar y cyfle o hyd drwy gysylltu â

[carmarhenttogether@gmail.com](mailto:carmarhenttogether@gmail.com)

## Y Cwtsh Cynnes

Yn dilyn dechrau tawel yn Nhachwedd 2022 tyfodd y Cwtsh Cynnes i fod yn ganolfan bywiog creadigol a chymdeithasol. Gyda chefnogaeth Cronfa Gymunedol Fferm Wynt Brechfa a Gofal y Celfyddydau, gwelwyd trigolion lleol yn arloesi gyda choed helyg mewn amryw ffyrdd. Rydym hefyd wedi gweithio gyda lliwiau dwr, clai a defnyddiau creu eraill. Daeth pobl i mewn hefyd i



fwyhau cawl cartre', cacennau, a chwarae tenis bwrdd. Dros y pump mis daeth dros hanner cant yma i'r Cwtsh.

Fel canlyniad i hyn rydym yn ehangu'n gweithgareddau gwirfoddol dros gyfnod yr Haf. Bydd y Cwtsh Cynnes yn parhau i groesawu artistiaid o Ofal Celf bob wythnos. Felly croeso i bawb ar Ddydd Iau o 10 y bore hyd 1 o'r gloch, gan ddechrau ar 20fed o Ebrill.

Cacen glodwiw a chrefftau i ddathlu Cwtsh cynta'r gaef

'Drwy garedigrwydd cronfa Fferm Wynt bu'r cywaith celf yn y Neuadd yn anhygoel. Buont yn ffordd unigryw i wneud rhywbeth gwahanol a chyd-gwrdd a thrigolion eraill, yr hen a'r cyfarwydd.'

'Bu'r gweithgaredd celf yn ffordd hwylus i ymlacio am ychydig oriau bob wythnos.'

'Rydym yn mwyhau'r holl grefftau a'r cyd-gwrdd gan edrych ymlaen at y cawl a'r cacennau.'



## Clwb Gwili Chwedeg

Rhoddodd Val Newton adroddiad o'i ymgyrchoedd rhyfeddol o godi arian ers 1991 i ni ym Mis Mawrth. Bu'r rhan fwyaf ohonynt er budd gwledydd wnaeth ddioddef effeithiau rhyfeloedd yn bennaf tua dwyrain Ewrop, i estyn cymorth i blant a theuluoedd wnaeth ddioddef yn erchyll wrth weld eu cartrefu'n cael eu bomio i'r llawr. Ar wahân i'w hymgyrchoedd codi arian am fwyd a theganau i'r plant byddai hi a'i gwr yn mynd a'r holl gynnyrch yn union at yr angen lle bynnag oedd hynny. Casglwyd arian hefyd er mwyn ail adeiladu tai a ddymchwelwyd, gan ychwanegu peiriannau golchi a choginio. Er e bod bellach yn ei wythdegau mae Val yn parhau i gymorth plant a theuluoedd yn Ewcrain, a'r teuluoedd hynny sydd bellach wedi alltudio i Sir Gar. Ar ddydd ei hymweliad cododd ein haelodau dros £200. Os am fwy o wybodaeth ewch i Val Newton ar google.

- Llun 24ain Ebrill - Bruce Wallace - Hanes Pentref Nodweddiadol Cymreig.
- Llun 17eg Mai - Gorymdaith i'w drefnu.
- Llun 22ain Mai - Hannah Bartlett - Ambiwylans Awyr Cymru.
- Llun 15fed Mehefin - Gorymdaith i Frycheiniog gan gynnwys prynhawn ar y canal gyda Dragonfly Ferries.
- Llun 26ain Mehefin - Bruce Smith - Ffyrdd lleol y Porthmyn.

Aelodaeth flynyddol nawr yn £10. £2 fydd pris mynediad i gynnwys tocyn raffl. Cwrdd yn Neuadd Bronwydd. Am wybodaeth bellach cysylltwch â Val Giles - Ysgrifenyddes - 01267b 281194 - Croeso i aelodau newydd.

## Ymgynghoriad ar gofrestri pawb sy'n cadw adar

Mae yna Ymgynghoriad ar reolau cofrestri newydd i bawb sy'n cadw adar ym Mhrydain. Bydd yn para am 12 wythnos.

Bydd yn holi am sylwadau ar reolau cofrestri newydd gan bawb sy'n cadw adar, gan gynnwys y rhai hynny sydd ond yn cadw ond ychydig ffowls am wyau neu adar dof caeth. Bwriedir gofyn iddynt gofrestri rhain i gyd a chadw ac adolygu'r sefyllfa. Ar hyn o bryd ond y rhai sy'n cadw dros hanner cant o adar sydd angen cofrestri.



Gellir gweld manylion yr Ymgynghoriad ar - Poultry and the other captive birds.

Registration in Great Britain - ar gov.uk

**Carolyn Smethurst**

## Dewinwyr Gorllewin Cymru

Cyfarfodydd i gwrdd am 1.45yp i ddechrau am 2 o'r gloch yn Neuadd Bronwydd 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.

Yn Chwefror mwynhaodd ein haelodau araith a sleidiau Ros Briagha yn dangos sut ffurfiwyd meini hirion heb ein cyfarpar cyfoes. Mae'r ddolmen yn feddrod unigol wedi ei chynnal gan ddwy garreg syth. Yn draddodiadol codwyd hwy gan ffwlcrwm ac wedyn eu rowlio ar lawr dros foncyff, gyda thipyn o nerth dynol.

Ail etholwyd y Pwyllgor yn unfrydol yn y Cyfarfod Blynyddol ym Mis Mawrth heblaw am un ymddiswyddiad. Wedyn mwyhaodd yr aelodau dwrio am wyau Pasg o amgylch y maes chwarae.

- Ebrill 23ain – Awdur a Siaradwr Ian Pegler – Cwpan Nanteos – Esblygiad Crair Sanctaidd – Mae Ian Pegler yn aelod o Ddewinwyr Gorllewin Cymru ac yn gyd- awdur o'r llyfr hynod ddiddorol yma . Darllenwch mwy o <https://www.amazon.co.uk/Nanteos-Grail-Evolution-Holy-Relic/dp/1398106224>
- Mai 21ain - Janis Fry Awdur a Siaradwr - Ywen Gysegredig Cymru - Mae'n debyg fod gan Gymru'r nifer fwyaf o goed ywen y Ewrop a chredir i un bod 5,500 oed.
- Mehefin 25ain – Newyddion cyffroes i bawb sydd am wybod mwy am ddewinio ac i ddysgu'r dulliau, gan ein bod yn cynnal Dydd Agored er mwyn hyfforddi a dysgu. Felly cadwch lygad ar agor am fwy o wybodaeth.

Oherwydd costau cynyddol mae ein Haelodaeth nawr yn £20 y flwyddyn. Mynediad yn £6 i'r aelodau i gynnwys tocyn raffl a £6 i eraill am y cyfarfod cyntaf ond £10 am yr ail yn y gobaith yr ymunwch. Nid oes angen unrhyw gyfarpar, dewch fel i chi. Ewch i Facebook am y diweddaraf neu i'r wefan - <http://westwalesdowers.org.uk> neu ffoniwch Sandy 01267 253547 neu [westwalesdowers@gmail.com](mailto:westwalesdowers@gmail.com)



## **Criced menywod Bronwydd**

Ers cael i sefydlu adeg COVID-19, mae tîm criced menywod Bronwydd wedi cael llawer o lawenydd yn chwarae a dysgu am y gêm. Maent yn chwarae gyda phêl meddal ac yn batio mewn parau sy'n galluogi i bawb cymryd rhan beth bynnag yw lefel eu sgiliau. Dros y flwyddyn ddiwethaf mae'r menywod wedi bod yn rhan o gynghrair dan do a thu allan Sir Gâr a chawsant lwyddiant yng nghwpan y 100. Mae chwarae gyda'r tîm yn ffordd wych o gymdeithasu a chreu ffrindiau newydd ar y cae ac i ffwrdd ohono. Trefnir nifer o weithgareddau cymdeithasol ar draws y flwyddyn megis noswaith gemau bwrdd, noson wobrwyo, trip i wylïo criced yng Nghaerdydd. Mi fydd y menywod yn hyfforddi ar nos Wener o 6y.h - 7y.h ar gae criced Bronwydd o 21/04/23 ymlaen. Os ydych dros 15 oed mae croeso i chi ymuno, dim angen unrhyw brofiad, cael hwyl a chreu ffrindiau newydd yw'r peth pwysig!

## **Hanner Canmlwyddiant Skanda Vale**

Eleni mae Skanda Vale yn dathlu ei hanner canmlwyddiant gyda thri digwyddiad arbennig wedi eu trefni yn y flwyddyn.

Bydd y dathlu'n cychwyn ar y 9fed i'r 12fed o Fedi pan fyddwn yn agor teml fechan hardd newydd o fewn y Mynachdy, lansio llyfr newydd ac arddangosfa i olrhain esblygiad Sganda Vale dros bum degawd, gan edrych hefyd at y dyfodol.

Yna yn Awst 3dd i'r 6ed byddwn yn agor Taith Pererindod newydd o fewn tiriogaeth y Mynachdy, gan osod nifer o eiconau crefyddol ar hyd y ffordd, fydd yn cynnwys pum sant Llanpumsaint, talu gwrogaeth i etifeddiaeth ysbrydol y tir. Hyn oll yn ychwanegol i eiconau sanctaidd Hindwâidd.

Yn olaf rhwng 28ain a 30ain o Hydref byddwn yn dathlu pen-blwydd ein sylfeinydd, Guru Sri Subramanium gyda lansiad ffilm a rhaglen o ddarlithiau, dawns a cherddoriaeth

Daw manylion pellach yn cynnwys rhaglen ddyddiol i'r chadarnhau yn nes ymlaen, a chyhoeddir hi ar ein gwefan [www.skanavale.org](http://www.skanavale.org) <<http://www.skanavale.org>> Bydd yna groeso cynnes i bawb ac ni fydd raid i neb fwcio ymlaen llaw. Jyst dewch!

Adeg ein cyfnodau prysur gwyddom i nifer y cerbydau, fydd yn mynd a dod, ar hyd lonydd cul yn peri gofid. Felly byddwn yn cyflogi Cwmni Rheoli Trafnidiaeth, i gyd-weithio gyda stiwardiaid gwirfoddol er mwyn ysgafnhau'r baich. Mae gennym Gynllun Cysylltu i drosglwyddo negeseuon i'n hymwelwyr. Rydym hefyd yn annog y Cyngor Sir i greu mwy o lecynnau pasio ac arwyddion ynghyd a gwella wynepryd yr heolydd. Gobeithio bydd y mesurau hyn yn lleihau'r anawsterau i'r trigolion lleol.

Mae yna lawer gynnwrf a gorfoledd yn ei mysg wrth fynd ati drefnu ein hanner canmlwyddiant. Gobeithio y gwnewch ymuno a ni ddathlu ein cyfraniad unigryw i'r gymuned leol, a chyfoethogi etifeddiaeth ysbrydol y darn o dir hynafol yma.

***Kumi Ariyadasa***

## Caffi Atgyweirio Caerfyrddin



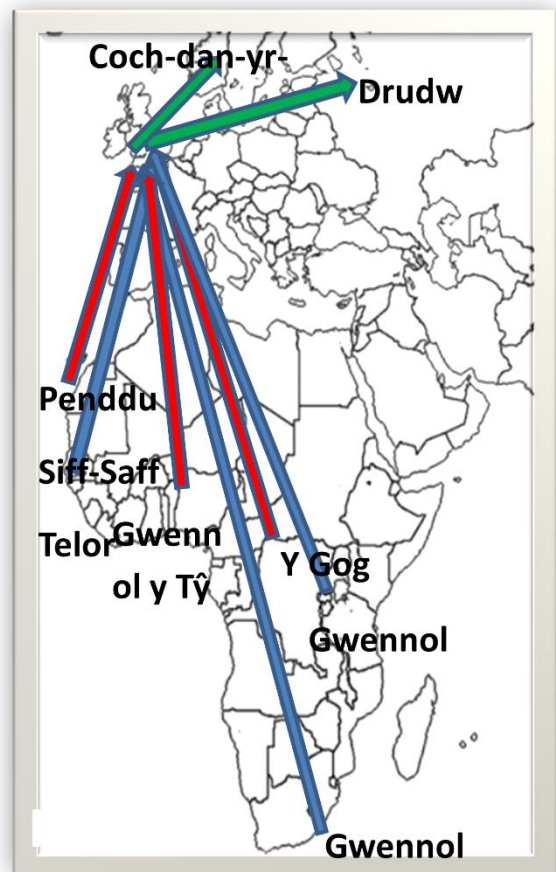
Ffurfiwyd y Caffi Atgyweirio i arbed faint o bethe i ni'n taflu bant yn ddiangen. Daw cylch o wirfoddolwyr brwdfrydig ynghyd i atgyweirio pob math o bethau, yn lampau, offer, peiriannau glanhau, teganau, cyfrifiaduron, tlysau a dillad, a mwy a mwy o bethau eraill. Atgyweirir y rhan fwyaf tra bo'ch yno, ond os oes angen prynu darn newydd bydd ein gwirfoddolwyr yno i'ch helpi gydag archebu. Pan ddaw i mewn dewch fawn ag e' ac mi wnewn ei osod yma.

Mae'r atgyweirio i gyd yn rhad ac am ddim, ond derbynnir rhodd gyda diolch, a bydd hyn yn help i dalu rhent y neuadd a thalu am glud neu anghenion eraill. Os oes gennych reddf at atgyweirio ac yn barod i wirfoddoli yna byddwn yn falch

i'ch croesawu. Byddwn yn cwrdd ar yr ail Sadwrn o'r mis yng nghapel Wesley, Heol Sant Ioan Caerfyrddin 2 y prynhawn hyd 5 o'r gloch.

Ewch i Facebook i edrych am Carmarthen Repair Cafe am wybodaeth bellach

## Adar Ymfudol Llanpumsaint ar ffo



Penddu (yn pwyso 17gram) yn canu bant ar yr hen reilffordd - newydd gyrraedd o'r canolfor / De'r Affrig

Clare Bishop

## Sioe Ffasiynau 'Pwddin a Phrosecco'

Ar y 10fed o Fawrth daeth pwyllgor neuadd Llanpumsaint a Ffynnonhenri ynghyd a CRhA Ysgol Llanpumsaint at ei gilydd i drefnu Sioe Ffasiynau 'Pwddin a Phrosecco'. Diolch yn fawr i'r busnesau lleol am gymeryd rhan - Llawn Cariad, Calon Mam, tRHInket a Golwg. Mae'n debyg bod gan y pentre' modelau arbennig! Cododd swm o dros £1,100 ar y noson, bydd yr arian yn mynd tuag at y ddau bwyllgor.

**Donna Thomas**



Ar y Ffordd

## Gwyddoniaeth y Dinesydd

### Canolfan Gwybodaeth Bioamrywiaeth Gorllewin Cymru



Mae Gwybodaeth Bioamrywiaeth yn un o 4 canolfan rhanbarthol sy'n ymdrin â siroedd Caerfyrddin, Ceredigion a Phenfro. Dyma wefan lle gellir lawr lwytho cofnodion bywyd gwylt, gan gynnwys y rhai cyfarwydd sydd yn aml yn cael eu hanwybyddu. Hyn oll i gyfrannu at ein gwybodaeth o'r maes. Cofnodir y manylion ar sgwaryn 1 km, ac mae yna dros fil o gofnodion am Llanpumsaint gyda'r cyntaf yn dyddio o 1984.

Gellir cofnodi gyda'r ganolfan mewn sawl ffordd - drwy E-bost, ar y wefan neu ddefnyddio LERC Wales ap. Ceir mwy o wybodaeth yma – <https://www.bic.org.uk/wildlife-recording/> Mae yna dudalen Facebook West Wales Biological Recording (<http://www.facebook.com/groups/westwalesbiorecording/>) Mae hwn yn ddigwyddiad blynyddol drefnir gan yr elusen Plantlife i annog pobl beidio a thorri ei lwant yn fis Mai gan eu gadael i dyfu'n hir. Bydd hyn yn galluogi planhigion bychan fel meillion du a gwyn, llygad y dydd, dant y llew ar eraill, gael cyfle i flodeuo, gan gynnig cyfle i bryfed gan gynnwys gwenyn beillio.

Ar ddiwedd Mis Mai bydd Plantlife yn cynnal gweithgaredd cyngor gwyddonol y dinesydd (Mae pob blod yn bwysig <https://www.plantlife.org/campaigns/nomowmay/>) hyn yn datgelu arolwg o iechyd y lawntiau. Mae Plantlife am wybod pa flodau sydd fwyaf niferus ar y lawnt er mwyn er mwyn darganfod faint o neithdar sy'n cael eu cynhyrchu. Bydd eich cyfiri neithdar chi yn datgelu faint o wenyn mae eich lawnt yn gallu cynnal.

**Clare Bishop**



# Achub Bywyd Cymru yn annog pawb yn Llanpumsaint a'r ardal i ddysgu CPR

Bob blwyddyn bydd dros 6,000 o bobl yng Nghymru yn cael ataliad y galon yn y gymuned, a bydd hyd at 95% yn marw, oni bai bod rhywun yn fodlon camu i'r adwy ar unwaith gyda Adfywio Cardio-pwlmonaidd (CPR) a defnyddio diffibriliwr.

Sefydlwyd Achub Bywyd Cymru gan Lywodraeth Cymru er mwyn gwella'r gyfradd oroesi hon, a'n huchelgais yw annog pawb yng Nghymru i fod yn ymwybodol o'u gallu i achub bywydau.

Mae ataliad y galon yn argyfwng meddygol. Does dim sefyllfa feddygol arall yn dibynnu ar y gymuned i fod yn barod i helpu, a hynny ar frys. Am bob munud mae CPR yn cael ei oedi, mae goroesiad yn gostwng 10%.

Mae tua 80% o ataliadau y galon y tu allan i'r ysbyty yn digwydd yn y cartref ac fe all ddigwydd i unrhyw un, ar unrhyw adeg. Mae llawer sy'n cael ataliad y galon yn aml yn gallu ymddangos yn ffit ac yn iach. Efallai y bydd rhai yn cofio'r diwrnod y cafodd pêl-droediwr rhyngwladol Danaidd, Christian Eriksen, ataliad y galon yn ystod gêm yn yr Euros 2020. Cafodd ei achub gan CPR, diffibriliwr, ac ymateb disymwth y bobl o'i gwmpas.

Ond mae llai na hanner oedolion Cymru yn dweud eu bod nhw'n teimlo'n hyderus i berfformio CPR. Fodd bynnag, pan fyddant yn deall, drwy ffonio 999, y bydd y sawl sy'n cymryd galwadau yn eich siarad drwy sut i wneud CPR a'ch cyfeirio at y diffibriliwr cofrestredig agosaf, dywedodd 73% o oedolion y byddent yn teimlo'n fwy hyderus i ymyrryd. Helpu i roi'r hyder hwn i bobl yw thema ein hymgyrch hysbysebu newydd, 'Cofiiwch, mae help wrth law' ac mae bellach i'w weld ar y teledu, ac ar sianeli digidol a chyfryngau cymdeithasol ledled Cymru.

Mae paratoi yn bwysig a thrwy gymryd ychydig funudau i ymweld â'n gwefan, gallwch ddysgu sgiliau sylfaenol CPR yn: <https://cydweithrediad.gig.cymru/ABC>

A oeddech chi'n gwybod bod pedwar diffibriliwr yn Llanpumsaint? Mae pob un wedi'u cofrestru ar Y Circuit – Y Rhwydwaith Diffibriliwr Cenedlaethol - ac mae hyn yn caniatáu i Wasanaeth Ambiwylans Cymru ddod o hyd iddyn nhw mewn argyfwng. Edrychwch ar eu holau, parchwch nhw, un diwrnod gallent achub eich bywyd.

I gael rhagor o wybodaeth am eich cyswllt diffibriliwr cymunedol Carolyn Smethurst 01267 253308

## Lleoliadau'r Peirannau Adfywio Cofiwch fynd i'n gwefan Llanpumsaint.

Tu fas y Neuadd Goffa SA£33 6BZ

Tu fas Tafarn y Railway SA33 6BU

Ar y wal tu fas fferm Henfryn Ffynnonhenri SA33 6LD

Tu fas Festri Capel Nebo SA33 6HN

## Caffi Angau

Bydd Clafdy Skanda Vale yn Saron yn cynnal Caffi Angau ar Sadwrn 13eg o Fai rhwng 10.30 y bore a chanol dydd.

Bydd cyfle i bobl ymweld am banded a chacen gan rannu eu meddyliau, eu profiadau a'u syniadau ynghyn a therfyn bywyd, marw a chystudd. Bydd y digwyddiad yn agored i bawb drafod hyn oll mewn awyrgylch cynnes a cyfeillgar heb feirniadaeth.

Edrychwch ymlaen at wrando a rhannu paned a'n cacen hyfryd gyda chi. Croeso i bawb.

# Chwedl y Casglu Sbwriel

Yn ystod Chwefror a Mawrth daeth dull newydd i fodolaeth o gasglu Bagiau Du, Bagiau Glas a chasglu Poteli. Os ydych yn mynychu cylch Llanpumsaint o Facebook byddwch yn ymwybodol o' beth aeth o le, a'r hyn geisiais wneud i gywiro'r sefyllfa ar ran ein trigolion. I'r rhai nad ydynt yn ymwybodol dyma grynodedb o'r hyn ddigwyddodd.

Adeg dechrau'r drefn newydd ac ar ôl hynny wynebon amryw o broblemau - e.e. Bag Du heb ei gasglu a'r Blwch Poteli heb gyrraedd. Er cwynion di-ri i'r Cyngor aeth yr anrhefn ymlaen dair gwaith wrth i dargeddi gael eu methu. Hyd yma ni chasglwyd yr un bag du ar amser. Cyrhaeddodd y blwch poteli o'r diwedd. Erbyn hyn maent yn cael u casglu ar yr amser iawn. Dioddefodd y pentref yr un math o ddryswch, gyda rhai yn derbyn mwy nag un blwch, ac ambell dro casglwyd ond un ochr yr hewl yn unig.

Gwnes grynodedb o'r holl gwynion a'i anfon i'r Cynghorwr Brian Davies i'w drosglwyddo i'r Adran Sbwriel Y Sir. Fe aeth e' hefyd i bob tŷ yn y pentref ynghyd ag aelod o'r Cyngor er mwyn sicrhau fod pawb y derbyn y bagiau a'r blychau iawn, a'u bod yn cael eu casglu yn ôl y trefniant. Dywedodd Brian fod yna anawsterau cychwynnol wedi digwydd, ac fe ymddiheurodd am bob anhawster wnaeth gymerid lle. Os ydych o hyd yn dioddef am ryw reswm yna cysylltwch â'r Adran Sbwriel y Sir.

Cadwch yn iach a diogel – Eich cyfaill amrywiol yn siarad sbwriel y tro hwn.  
Y diweddaraf – Dau Fag Du heb eu casglu lan ein hewl.

**Dave**

**BRECHFA  
STORIES FROM THE FOREST  
MAY 2023**

**13.05 - Keepers 10am-3pm (Lunch 12pm-1pm)**  
**Copper Keyring Smithing**  
Come along to Keepers and enjoy the day learning smithing skills as you work with copper metal to create your own copper leaf keyring!

**15.04 - Keepers 10yb-3yp (Cinio 12pm-1pm)**  
**Cylch Copr**  
Dewch i Keepers a mwynhewch y diwrnod yn dysgu sgiliau gof wrth i chi weithio gyda metal copr i greu eich cylch allweddai dail copr eich hun!

**20.05 - 12pm - 2pm Brechfa Church Hall**  
**Brechfa Stories From The Forest Community Exhibit**  
It's a party in the church hall to bring together everyone who has enjoyed the Stories From The Forest project and share their wonderful artworks! There will be lots of tea and lots of cake! See you there!

**20.05 - 12yp - 2yp Eglwys Neuadd Brechfa**  
**Arddangosfa Gymunedol**  
Mae parti yn neuadd yr eglwys i ddod â phawb sydd wedi mwynhau prosiect Straeon O'r Goedwig ynghyd a rhannu eu gweithiau celf bendigedig! Bydd llawer o de a llawer o gacen! Welwn ni chi yno!

All children must be accompanied by an adult.  
Book your spaces to any of the sessions or ask for accessibility information by emailing [sarah@acgc.co.uk](mailto:sarah@acgc.co.uk) or phone 01267 243815  
Rhaid i bob plentyn fod yng nghwmni oedolyn.  
Archebwch eich lleoedd ar gyfer unrhyw un o'r sesiynau neu gofynnwch am wybodaeth hygyrchedd drwy e-bostio [sarah@acgc.co.uk](mailto:sarah@acgc.co.uk) neu ffoniwch 01267 243815

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**COOMRA GYMUNEDOL - PREISEB WYNT**  
COMMUNITY FOREST  
**BRECHFA FOREST - WYNT WYNT FARM**

## Hanner canrif yn ôl - 1973

Mas yn y byd mawr 'na 'roedd yna lawer yn digwydd! Wrth i'r milwr Americanaidd olaf adael Fietnam cyrhaeddodd 'adre i'r newyddion fod Ymchwiliad Watergate wrthi'n hela Richard Nixon yr Arlywydd. Yma, ymunodd Prydain a'r Undeb Ewropeaidd, codwyd oed gadael ysgol i 16, bu raid ymbalfalu a'r Dreth Ar Werth am y tro cynta'. Ond daeth cyfle i wragedd ddathlu wrth i'r cyntaf ohonynt gael mynediad i'r Gyfnewidfa Stoc yn Llundain. Ond buan iawn wedyn daeth newyddion drwg i bawb wrth i ganlyniadau'r Rhyfel You kippur achosi pris olew i saethu lan 70% ac effaith hyn oll arwain at yr wythnos tridiau o waith yn unig. Er i Picasso farw erys ei gampweithiau celf i'r cenedlaethol a ddaw.

Felly beth am Lanpumsaint hanner canrif yn ôl? Pentref tipyn llai o faint oedd gennym, spelen cyn i nifer o dai ymddangos ar dir Llandre a draw ger Glanyrynys. Dal yn ddiflas ar gau ac angof ers deng mlynedd oedd yr orsaf drenau a hen Go-op y ffermwyr, lle bu cymaint o gynnwrf cynt. Ond 'roedd gan y pentref siop lewyrchus (enwedig wedi cloch prynhawn yr ysgol) a gorsaf betrol prysur, dan Nansi ac Emrys (Pwmps). Hyn ar safle presennol siop trin gwallt Salon y Saint. Prysur hefyd oedd tafarn y Railwe, gyda chriw prynhawn yn rhoi'r byd yn ei le, peints cyflym ar ôl gwaith i nifer, ac yna ymlacwyr yr hwyr a bois y darts a'r dominos.

Lawr yn yr ysgol gwelwyd y Prifathro newydd Len Richards yn cyflwyno mwy o iaith yr iard i mewn i'r adeilad; y gwersi Cymraeg ar gynnydd. Mae'n amlwg i'r dulliau dysgu gyfnewid yn enfawr dros yr amser, heddiw yn llai ffurfiol a mwy technegol, ac i'r plant daeth y byd rhithiol i ddisodli'r byd iawn. 'Nol yn 1973 byddent fwy neu lai yn adnabod bron pawb yn Gwili Teras gan wybod pwy oedd yn Bro Celynin. Er bod cerdded i'r ysgol yn golygu ambell wlychfa 'roedd yna fanteision hefyd; gwyddent ble oedd Pantiouar a Bwlchtrap yn Nebo, Tredarren, Henfryn neu Frongoch tua Ffynnonhenri, neu Cwmcreigiau (ar fin newid i Skanda Vale) ag Alltgaredig i'r gogledd.

Bryd hynny byddai mynd a dod cyson i'r ciosg ffon y tu allan i'r eglwys, handi dros ben i bawb oedd heb gael un yn y tŷ, neu os am air cyfrinachol gyda'r wejen. Ambell i gerbyd welech ar yr hewl, felly'n ddigon saff i'r gemau peldroed a chriced neu hopscotj, dim son am gae chwarae'n unman. Ond bydden rhaid cadw clust am sŵn fan Jac Pantglas yn llawn rhwd a lloi bach dryslyd. Deuai Bws Blossom yn gyson i gario i'r dre, ond adeg gwyliau'r haf aeth nifer i siopa i Landysul ar ddydd Sadwrn; anobeithiol cyrraedd Caerfyrddin oherwydd tagfa ceir yr holl ymwelwyr yn anelu am Sir Benfro. Fe drowyd yr A40 yn faes parcio cwynfanllyd am oriau di-ben-draw.

Dal eu tir wnâi cynulleidfaoedd yr Eglwys, Bethel lawr hewl, Caersalem, Ffynnonhenri a Nebo, ond pwy allai ragweld bryd hynny na fyddai Methodistiaid Bethel yn gôr- oesi ymhellach na'r degawd cyntaf o'r ganrif nesaf. Digon o bysgod o hyd i ddenu'r potsiwr fin nos a'r bechgyn ar ôl llysywen yn y dydd. Dal i gynnal i gynhyrchu llaeth wnâi y rhan fwyaf o ffermydd bychan, ac mi welech a chlywed ffermwyr wrthi ar y caeau. Ddim llawer o Saesneg i'w glywed ar wahân i ambell ymwelydd neu ffermwr ar ffo, ond roedd llais a chwerthiniad Bob Jameson eisoes wedi ymledu'n ymhellach na Henfryn.

**Arwyn 2023**



# Cornel Resait

## Gato Trosiant Caramel a phinwydd

Gellir gwneud hwn hefyd gydag eirinen wlanog a bricyllen

### Cynhwysion:

Un tin o binwydd mewn yn surop

200gram o fflŵr

100 gram o siwgr + 100 gram i wneud y caramel

100 gram o fenyn wedi toddi

2 wy

2 lwyed o hufen neu iogwrt

1 llwyed o laeth

### Dull



1. Gwnewch garamel a'i arllwys i waelod y ddisgled



2. Trefnu'r ffrwythau ar ben y caramel - Cadwch y syrrip - Bydd ei angen.



3. Cymysgwch yr holl gymhwyson i wneud y cyfew.  
4. Rhowch y sbwng ar ben y ffrwythau.



5. Pobwch am 25 i 30 munud ar 180c



6. Cynted allan o'r ffwrn torrwrch y gacen fforc ac arllwys y syrrip drosto. Efallai na fydd angen y syrrip i gyd. Gadewch i'r gacen amsugno'r syrrip.



7. Rhowch ddish fawr uwchben a throwch y gacen drosodd yn ofalus. Wedi aros am ychydig trowch ar ei hochor. Dyle'r gato ddisgyn wedyn.

8. Gaewch iddi oeri cyn ei mwynhau

