



Village Voice April 2024

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Village Voice is published by Llanpumsaint Community Information Exchange www.llanpumsaint.org.uk,
email info@llanpumsaint.org.uk.

Please send items to info@llanpumsaint.org.uk, or post to Bodran Felin, Llanpumsaint SA33 6BY.



We thank Brechfa Forest West Wind Farm Community Fund for helping to fund Village Voice and www.llanpumsaint.org.uk with £3000 a year from 2019 for 10 years (totalling £30000).

Palm Sunday procession
from the Hall to the Church

Photo: Marlene Wareham



Llanpumsaint Tractor Run

Dates for your Diary

One-off events

- **Wednesday 17 April - Llanpumsaint Welfare and Recreation Association AGM -** Llanpumsaint Hall – All welcome.
- **Thursday 18 April – Talk on ‘Exploring difficult decisions we tend to put off’** by Charlotte Drew (powers of Attorney, Living Wills, Wills, supporting people with Dementia), 10.30 am in Village Hall.
- **Friday 19 April - Quiz night!** Village Hall doors open at 7 pm for 7.30 pm start. £2.50 per person; teams of up to five. Bring your own drink, glasses and snacks. Cash prize for winning team.
- **Saturday 20 April – Live drama ‘About Women’ by Attic Theatre,** Newcastle Emlyn. Village hall doors open 7 pm for 7.30 pm start. Tickets £7 on door or see poster.
- **Tuesday 23 April: Fundraising Meal** for Welfare and Recreation Association at Bluebell Inn, Cynwyl Elfed at 6 pm. £12.50 per head (set meal for 4) to book tickets contact Mathew 07970030679
- **Sunday 11 May: Cream Tea** event in the Church, 2 pm
- **Tuesday 14 May - Community Council AGM and Ordinary Meeting,** 8 pm in Village Hall
- **Friday 17 May - Quiz night!** Village Hall doors open at 7 pm for 7.30 pm start. £2.50 per person; teams of up to five. Bring your own drink, glasses and snacks. Cash prize for winning team.
- **Friday 31 May - Singalong,** Village Hall, 7 – 9.30 pm. Bring your own drinks, snacks and £2 to cover the cost of Hall hire
- **Monday 3 June – Hall Committee Meeting,** 8 pm.
- **Friday 14 June - Singalong,** Village Hall, 7 – 9.30 pm. Bring your own drinks, snacks and £2 to cover the cost of Hall hire
- **Friday 21 June - Quiz night!** Village Hall doors open at 7 pm for 7.30 pm start. £2.50 per person; teams of up to five. Bring your own drink, glasses and snacks. Cash prize for winning team.
- **Sunday 23 June – Allotment tidy-up and BBQ,** from 1 pm
- **Saturday 29 June – Village Funday, Llanpumsaint Hall and Park**
- **Friday 12 July - Singalong,** Village Hall, 7 – 9.30 pm. Bring your own drinks, snacks and £2 to cover the cost of Hall hire
- **Friday 19 July - Quiz night!** Village Hall doors open at 7 pm for 7.30 pm start. £2.50 per person; teams of up to five. Bring your own drink, glasses and snacks. Cash prize for winning team.

Weekly Events

- **Short Mat Bowls**, Village Hall, **Mondays and Thursdays**, 7.30 - 9.30 pm.
- **Pop-up Café**, Llanpumsaint Church, **Tuesdays**, 11.30 am – 2.00 pm (last orders)
- **Circuits Class**, Village Hall, **Wednesdays**, 7 – 8 pm.
- **Summer Social Space**, Village Hall, **Thursdays**, 10 am – 1 pm; arts, crafts, cards, table tennis and more, followed by homemade lunch. All very welcome.
- **Circuits Class**, Village Hall, **Sundays**, 10 – 11.

Faith Events – All welcome!

- **Llanpumsaint Church: Holy Eucharist** 9.00 am on Sundays
Godly Play, Tuesdays, 3.30 - 5.00 pm Stories, activities and snacks for children and their grown-ups in school term time
DOTs Youth Group for Young People aged 10 plus, Llanpumsaint Church, Thursdays, 5.30 – 7.00 pm in school term time
- **Llanllawddog / St Celynin Bronwydd**: 11.00 am on Sundays
Contacts: Father Tim Nelson 07368 496917 timnelson@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

- 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 visits once every three weeks (same as black bin cycle) – 1 May, 22 May, 12 June
- Wednesday **Baker** household delivery (Tel 07971 740505)
- Wednesday **Fish** household delivery (Tel 07779 987305)
- Thursday **Fruit and veg** household delivery (Tel 07969 047045)
- Friday **Post Office van** 1-3 pm (opposite pub)

Locations of Defibrillators in Llanpumsaint

All available 24/7, cabinets are unlocked.

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

Llanpumsaint Welfare & Recreational Association (Llanpumsaint Park)

Following on from the Community meals and design planning meetings, the planting work began in the Park on 21st March, with a big thanks to the children of Llanpumsaint School. Kindly supported by CARE (Cwm Arian Renewable Energy) and funding from Brechfa Wind Farm West Community Fund, this activity is part of the Feeding Our Community (FOC) initiative.



FOC is a CARE project which aims to teach, motivate, and inspire our Carmarthenshire community to grow, store and prepare food in publicly accessible green spaces. Designed with the local community in mind, helping to make where we live better for everybody.

Thank you to those who have paid for their 100 Club membership. It's not too late if you still would like to join. To be in the draw, drop your subs off with Sarah Moore or Heledd Jones ASAP or you can pay online. Please email parcllanpumsaintpark@gmail.com with confirmation of your payment. This year's chosen charity is once again Carmarthen Food Bank (Trussell Trust) a local and such a worthy cause.

Thank you to the Community Council for their Donation of £500 to support Park-related activities.

Events for your Diary

- 17 April: AGM followed by an ordinary meeting in the Hall 8pm
- 23 April: Fundraising Meal at Bluebell Inn, Cynwyl Elfed at 6 pm. £12.50 per head (set meal for 4) to book tickets contact Mathew 07970030679
- 29 June: Village Funday in Llanpumsaint Hall and Park
- 7 September: Car Treasure Hunt - details to follow

We are so fortunate to have access to this beautiful Park which is run by volunteers. If you would like to help in any way with ensuring its success and upkeep, we would welcome you to the AGM or get in touch with us via the email above or speak to Aaron Jones (07814157946) or any committee member.

Sarah Moore

Llanpumsaint Community Council

I would like to introduce myself as the new Community Council Clerk. Should anyone have anything they would like the council to discuss at the next meeting, please email me on llanpumsaintclerk@btinternet.com or drop a note in the post box at the entrance of Pantycelyn. The next meeting is the 14th May and items to go on the agenda, subject to the Chair's approval, need to be with me by the 3rd May please.

On a separate note, the Council would like to thank Kumi Ariyadasa for stepping into the role as acting clerk (unpaid) for the last 2 years. Without all her efforts, taking on the role as clerk would have been much harder. Thank you Kumi.

Angela Bearman

Llanpumsaint and Fynnonhenry Memorial Hall

As part of the generous funding of over £140,000 from the Brechfa Wind Farm West Community Fund, work is well underway to create a dedicated bar area in the hall. Complementary work will be undertaken soon to upgrade kitchen.

The main project over the summer months will be the extension. Planning has now been secured to join the external toilet block to the hall, upgrade the toilets (one to include a shower for use by the sports field) and a sizeable storage area.

Hall bookings continue to be steady with the recent addition of circuit training on Sunday mornings.

Sadly, the seated Zumba and classic Zumba classes have finished as the instructor has taken up a post at the Leisure Centre. If anyone knows of an instructor of yoga, Zumba, line dancing, Pilates or the like, please get in touch.

The social space on Thursday mornings continues to thrive. It is an informal venue to meet neighbours, create new friendships and enjoy some homemade lunches. With support from the Brechfa Fund, visiting artists have run sessions on wire art, jewellery, masks, lanterns, reed weaving, papier mâché and copper stamping. On the in-between weeks, we run our own craft activities, plus cards, dominoes, table tennis or just chatting.

On Thursday 18 April at 10.30 we will be holding a talk on 'Exploring difficult decisions that we tend to put off'. Charlotte Drew will share her experiences and explain the importance of creating Lasting Powers of Attorney for health and welfare, and financial affairs; Advanced decisions /living wills; and Wills. She will also provide a non-too clinical insight into caring/ supporting/ understanding people with dementia. This session will be open to all.

Llanpumsaint and Nebo Short Mat Bowling Club

The 2023-24 season has come to an end. We are pleased to confirm that we have finished in first position in Division 2 and have ensured promotion back to Division 1 after only one season in Division 2. We finished the season with 19 wins and 3 losses, 171 points and plus 386 on shot difference.

Division 2 League Standings Top 4

Team	Played	Win %	Won	Draw	Lost	Shot diff.	Points	Points %
Llanpumsaint	22	86%	19	0	3	+386	171	78%
Llangyndeyrn	22	73%	16	0	6	+121	141	64%
Llanddarog B	22	59%	13	0	9	+57	132	60%
Gelli House	22	55%	12	1	9	+21	111	50%

In March Catrin Williams and Kieran Thomas played for Wales in the Under 21's International against England in Carmarthen. The Welsh team regained the Bill Jenkins Trophy for the first time in 7 years. Congratulations and well played both, you did the Club proud. The future of Welsh short mat bowls is secure for years to come.



The Club would also like to **congratulate its former Captain, Aled Edwards, on winning the World Championship Fours** in Belfast recently with Alan Evans, Andrew Evans and Michael John from Pembrokeshire. They were undefeated throughout the weekend – what an achievement! Don't forget to check out the Club's Facebook page, **Llanpumsaint and Nebo Short Mat Bowls Club**, where you will find up to date information.

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.

Singalong Choir News

By the time you are reading this, the Singalongers will have held their first Fundraising party where hopefully we have raised enough money to assist the West Wales Poundies dog shelter to care for and find new homes for the dogs in their protection. All this would be achieved by having a great evening, listening to good music and, if the mood takes you, singing along. What a way to enjoy yourself and help a good cause at the same time.

The next celebration for the Singalong group will be our first anniversary in May. Since our beginning, a year ago, we have become a group of like-minded villagers who have experienced the benefit of an evening with some favourite music, provoking fond memories and even exercising our vocal cords. If you would like to join us, you would be assured of a warm welcome and lots of fun.

We meet on a Friday night once a month, from 7pm until 9.30pm in Llanpumsaint Memorial Hall. We charge £2 to cover hall hire and this includes entry into a small raffle. We ask that you bring your own refreshments and a drinking glass and then let us entertain you with the music, video and lyrics to join in if you wish. I bet you won't be able to resist it! The dates for May onwards are as follows:

May 31st, June 14th, July 12th. Hope to see you there, 🎵 🎶

Carolyn Atkinson

Llanpumsaint Biodiversity

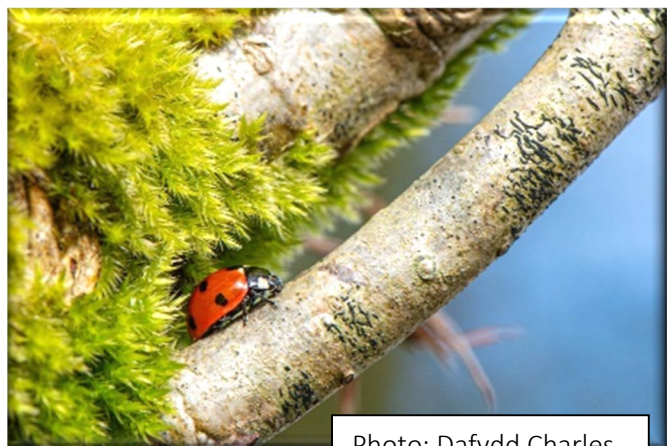


Photo: Dafydd Charles

Spring is almost here. The swallows have returned from southern Africa and join the earlier migratory birds - such as the chiffchaff and the blackcap - which have flown in from southern Europe and North Africa.

The village resident birds are well into the breeding season: blue tits have checked out their nesting boxes and wrens have built their nests. Blackbirds and robins are already feeding their young broods in their nests. Since half of the UK songbirds nest on or near the ground (in

undergrowth, dead bracken or in open fields) and many are ground feeders, it is an important time of year to keep dogs under control in nesting areas (such as open grasslands for skylarks) and cats inside over night from dusk to dawn when birds are most active and at most risk of being killed.

No Mow May will soon be upon us. This is a chance to leave areas of lawn unmown so that long grass and wildflowers benefits wildlife, tackles pollution and can even lock away carbon below ground. We've lost approximately **97%** of flower-rich meadows since the 1930s and with them gone are vital food needed by pollinators, like bees and butterflies. Even the **smallest grassy patches add up** to a significant proportion of our land which, if managed properly, can deliver **enormous gains for nature**, communities, and the climate. Read more <https://www.plantlife.org.uk/campaigns/nomowmay/>

If you are interested in reading more about local plants, trees, fungi, butterflies, bees and birds etc, have a look at the Llanpumsaint Biodiversity facebook page:

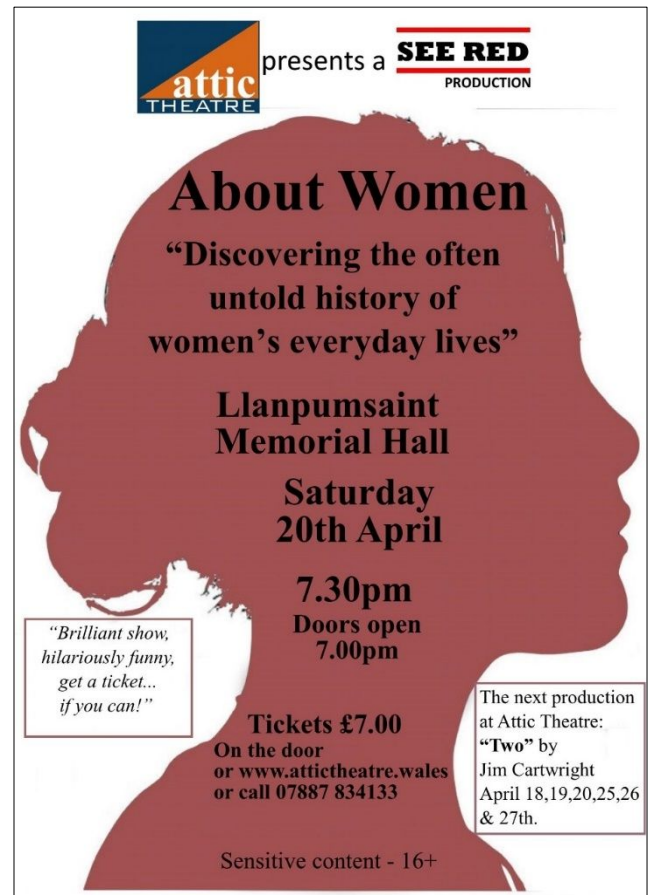
<https://www.facebook.com/groups/262032303472937>.

Come and see live drama 'About Women', Llanpumsaint Hall, Saturday 20 April

We are so pleased to be invited to your fantastic hall to perform our new production of About Women. We performed this in March at the Attic Theatre in Newcastle Emlyn where we are all members.

It had such a great reception there and we are delighted to have the opportunity to bring it to you in Llanpumsaint.

About Women is funny and thought provoking. We hope you will spend an hour with us on the evening of Saturday 20th April and tell us what you think. Mathew's pop-up bar will be open.



attic THEATRE presents a **SEE RED** PRODUCTION

About Women

“Discovering the often untold history of women’s everyday lives”

Llanpumsaint Memorial Hall

Saturday 20th April

7.30pm
Doors open 7.00pm

Tickets £7.00
On the door
or www.attictheatre.wales
or call 07887 834133

“Brilliant show, hilariously funny, get a ticket... if you can!”

The next production at Attic Theatre:
“Two” by Jim Cartwright
April 18,19,20,25,26 & 27th.

Sensitive content - 16+

Llanpumsaint Allotment

Spring is in the air and hopefully the rainy season is coming to an end!

The allotment is ever-growing, and we were pleased to welcome a new member following our recent AGM. We still have a few plots available for any one keen to join. All are welcome, from seasoned gardeners to those hoping to grow greener fingers - we are a friendly bunch! The Membership fee is just £25 per year – a great way to enjoy healthy fruit and vegetables whilst enjoying the benefits of being outdoors.

If you are interested in joining, please contact **Eirian on 07896 050283** or **Sarah on 07811 288104**.

Our next tidy-up day will be held on Sunday 23rd June at 1pm. Members will be working together to spruce up the allotment and enjoy a barbecue afterwards.

Come and join us: you don't have to be a member on this day – any extra help would be greatly appreciated, and you will be rewarded with tea, coffee and cake! Let us know if you would like to participate so that we can make sure everyone is fed and watered. We plan to have a stall at the Village Fun Day on Saturday 29th June with plenty of young plants for you to take home and members of the allotment to chat to, if you want to find out more.

Finally, we would like to give a big 'Thank You' to Eirian, Sarah and Becki for continuing their roles as Chair, Treasurer and Secretary and to everyone who contributed towards the allotment over the last 12 months.

Michelle

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.

We had a really good turnout for our AGM in March and later, members and newbies enjoyed some dowsing tuition which helped them to discover where we had hidden 'golden' Easter Eggs around the ground.

Meetings are held on Sundays at 1.45 pm for 2pm start at Bronwydd Hall. Please note changes for May.


- Sunday 28 April: Don MacGregor BSc, PGCE, MA is the author of "[Blue Sky God: the Evolution of Science and Christianity](#)" and "The Wisdom Series" of books. Now retired as a Vicar, he lives in St Davids, Pembrokeshire, West Wales. He will be telling us why he thinks the Earth is a sentient Being. <https://www.donmacgregor.co.uk/>
- Sunday 26 May: Ros Briagha: The Runes and how to use them.
- Sunday 23 June: Dowsing Day – A chance to learn about Dowsing and have a go yourself.
- Sunday 28 July: Theolyn Andrews: Angels and the Kabbalah


**TAITH Y GLANNAU
COASTAL WALK**

DYDD LLUN GWYL Y BANC, MAI 6^{ED}
Ymunwch â ni ar daith gerdded addas i'r teulu ar gyfer Hosbis Skanda Vale. Clymwch lasys eich sgidiau cerdded a dewisiwch o gerdded llwybr ysblennydd llwybr arfordir Sir Benfro neu coedlan hynafol a hudolus Tycanol.

BANK HOLIDAY MONDAY, 6TH MAY
Join us on a family-friendly sponsored walk for Skanda Vale Hospice. Lace up your walking boots and take your pick from a stunning Pembrokeshire coastal path or the enchanting ancient Tycanol woodlands.

skandavalehospice.org/walk

 Ffôn / Call: 01559 371222. Eboet / Email: hospice.fundraising@skandavalehospice.org
Registered Charity Number: 1166180



Clwb Gwili Over 60s

This is a thriving social club with Indoor meetings once a month and a variety of trips during the year, including the very popular 'Turkey and Tinsel' 4 day holiday in November. Over the years we have been to Devon, Cornwall and Somerset.

The May meeting we welcomes speaker, Mrs Mary Thorley (instead of, as previously advised, Mr Jeremy John who will now speak in May). Mary spoke movingly about a previously unknown local woman, 'Rachel Barrett Radical Suffragette'. She was born in Union Street, Carmarthen in 1874 but due to her tenacity and intelligence, she later became a vital member of the Suffragette movement, very close to the Pankhursts. She was their photographer and also wrote and edited many of the speeches given at the time. She also suffered many years of ill treatment in prison including the hideous regime of 'force feeding' with a bucket and pipe. In later years she travelled extensively to promote various causes dear to her heart.

- Forthcoming meetings: Bronwydd Hall at 2pm (the car park is usually very busy):
Monday 22nd April: Mared Davies – Sculptor and Blacksmith
Wednesday 15th May: A trip to see the 'Fishguard Tapestry' depicting local women who sent 'Bonaparte's troops packing' in its last sortie into Britain. We will then travel on to Tafarn Sinc, Rosebush before finishing in Narberth again for an Evening meal.
- Monday 20th May: Mr Jeremy John – 'Life and Times of Thomas Crapper'
- Wednesday 12th June: Trip to be arranged Monday
- Monday 24th June: Mr Tom Phelps – 'Humour of the Valleys'

Annual Membership is £10. £2 entrance fee per person plus one raffle ticket. For further information call the Secretary Val Giles on 01267281194

Directory of Care and Support Enterprises in Carmarthenshire

This directory contains a list of small, independent care and support services in Carmarthenshire.

It has been put together by the Catalysts for Care project, a partnership between PLANED and Carmarthenshire County Council to support the development of care and support enterprises in Carmarthenshire.

The purpose of this directory is to provide more choice for people to find a personal, local care or support service that works for them.

The services are split into two categories:

- Home Care, Home Help and Community Support Services
- Wellbeing and Community Services

All services are run by local people on a small scale. Being small means that they can provide the time and consistency to build a real understanding and relationship with the people they support.

<https://planed.org.uk/directory-of-care-and-support-enterprises-in-carmarthenshire/>

Llanpumsaint Church

This last month has been busy with lots happening. Father Tim is on a phased return to work and has taken his first services with his beginning being Palm Sunday. This included a procession being led by a donkey and pony (thank you Janet and Brian) from the hall to church and was very well supported.

During the Easter week, there was a meditation and Taize singing session, foot washing on Maundy Thursday with the DOTS, and a last supper thanks to Catherine (Father Tim's wife). Easter Sunday saw several baskets of eggs (you are advised not to put all your eggs in one basket).

DOTS continues on Thursdays, 5:30 – 7, and Godly Play on Tuesdays, 3:30 – 5. Sunday services continue at 9am with Father Tim leading the service and numbers attending continue to rise. The pop-up cafe is held on Tuesdays, 11:30 till 2 (last orders).

There will be a Cream Tea event in the Church on Saturday 11th May at 2pm so keep the date - it will be well worth coming to. The Church will be running the refreshments at the Village Fun Day on Saturday 29th June, hope to see you all there.

Many of you will be aware that Niki Day has been growing her hair for the Little Princess Trust to turn into a longer wig for a child suffering with cancer. It was cut off on 3rd April and if you wish to donate go to Just Giving and look for "Grown a Mop" to find the page. Just Giving send the money direct to the Little Princess Trust to be used for making wigs that cost £500 to make.



Hair today, gone tomorrow

Carmarthenshire Bird Club

Carmarthenshire Bird Club is an active club with over 140 members. The club promotes the observation and recording of wild birds within the county. Field trips, talks, meetings are held through the year. You can add your sightings of birds to the website.

For more information see website – <https://carmarthenshirebird.club/>

Updated Village Map

The Village Map has been extensively improved and updated with the latest house developments in the Village. It is now available in a digital format and on the Village Voice's temporary site but will eventually be available via the Village Voice official website. You can view it and/or download it onto your Internet ready PC/Tablet or phone.

To access it, either type in the following web address (case-sensitive)

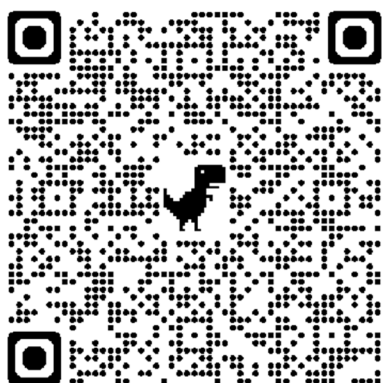
<https://tinyurl.com/4mdvvy5c> or scan in the attached QR code.

You will see a message to either "get the app or continue to website". Choose the website option.

On a mobile or tablet, the map will be displayed, press the download arrow on the left to download to your device. On a PC, it will be slightly different, the map will be displayed and to download it will be dependent on the browser used. Mobile or tablet is best option using the **QR code** below.

Enjoy.

[https://www.dropbox.com
/scl/f...](https://www.dropbox.com/scl/f...)



*Your PC and other dodgy issues friend. Dave (This one isn't dodgy though).
And many thanks to Dave for all the work he has done to get these revisions done.
Carolyn*

Bronwydd and District Gardening Club

Meetings are held once a month (third Tuesday) in Bronwydd Hall starting at 7.30 pm and tours to gardens are arranged throughout the summer.

- 7 May: The first visit of the year is to Clyne Garden in Swansea – specialises in Rhododendrons and Pieris.
- 21 May: Adam Alexandra, talk entitled The Seed Detective – open evening
- 18 June: Mark Ashton – 'Around the Shows'

More information from Susan-mead@hotmail.com

Cylch Meithrin Bronwydd

Our theme at the start of term was “Weather and Seasons”. When asked for their ideas in January on the weather, their responses were “wellies” and “muddy puddles”. They can certainly see a good side to all the rain we’ve had. They had plenty of opportunities to wear their wellies and to find wet puddles to splash around in. They also had opportunities to paint pictures of their own wellies and umbrellas and to see them displayed in our “lounge area”.

Since the new Curriculum for Wales came into force, the setting has moved from being a “classroom” and is more about creating a home from home for the children. We have been working on creating areas within the setting where the children will feel “at home”, with loud and quiet areas. We have recreated the construction area this term, and this has proved popular. Block play is very important and wooden blocks are a good open-ended resource. They enable children to play cooperatively or on their own and support all areas of child development. They build and represent what they see in the world around them. One week, they developed an interest in building bridges - designers of the future perhaps. This was been quite short with a lot to fit in: St.David’s Day, World Book Day, Mother’s Day and Easter. The children enjoyed collecting eggs in their baskets and the egg hunts were quite competitive, but all were happy at the end of term with a chocolate egg.

Next term starts on Tuesday 9th April. We have spaces available at Cylch which is open Tuesdays, Wednesdays, Thursdays and Fridays 9:15am until 12.00 noon. There is also a Ti a Fi session on Fridays during term time 10.00 am until 12.00 noon for 0-4 year olds with a parent/carer. We extend a warm welcome with opportunities for your child to socialise, play, and explore - to start to learn all important life skills.

Contact: cylchmeithrinbronwydd@gmail.com

Verona 07929 431652



When Twenty was Fast

It was just less than twenty yards of tarmac on that Llanpumsaint to Bronwydd road, near the Nebo junction. But that tiny bit from Bethoron house on one side to Brynawel on the other was a vital space for us school kids in the 1940s. Prompted by the wireless, it became Wembley stadium on cup final day, with folded coats as goals on either side, to be replaced by two buckets as wickets when the cricket Test Match commenced. Wimbledon requiring complicated lengths of string proved much more difficult, so the girls much preferred marking out their hopscotch pitch, hoping it wouldn't rain. Traffic? There might be a car every hour or so, but hearing them chug and splutter towards us, at less than 20 mph, afforded plenty of time to remove and then replace our grand stadiums.



Bethoron to Brynawel

Some locals could afford to buy a vehicle around the 1920s, but then a creeping depression and sudden world war put a break on it. Initially it was the gentry and higher up military who drove one, to be followed later by doctors, bankers and monied middle classes, and then commercial business vehicles, often vans. The thriving butchery at Pantycelyn Llanpumsaint had invested early in a 20 horse power grey Ford van to deliver local meat as early as 1916. Not to be outdone Glanryrnys mill owner William Lewis invested in a 5 seater HP Maxwell (BX 1080) on the 23rd December 1919 – a nice Christmas present!

Charabang buses appeared to transport that highly successful Llanpumsaint choir to competitive eisteddfodau all over the place. Returning after winning you'd hear the singing long before they got to Coopers Hill; if it was just the sound of the

growling engine, they'd lost. That rarely happened!

Llanpumsaint roads began to hear a lot more spluttering noises during the 1920s, much to the annoyance of the horse and cart brigade. School Master Mr Johns invested in BX 4532 in 1924; not to be outdone his neighbour Simon George at Glanrafon bought a motorbike within days. Farmers now got in on the act with new cars arriving at both Pantglas and Pentremawr, scaring livestock on the yard. Meanwhile vans came and went at Pantycelyn, where entrepreneur Wil upgraded continually, and taught my Uncle Dai Dolau (a young teenager then) to drive. Totally illegal but it saved a life! When the lady of Glandwr suffered a burst appendix and Wil was not around, Dai drove her in the meat van to Carmarthen hospital, arriving just in time.

Those in business soon realised the new convenience of transporting goods by road, arriving at the customer's door, which the train could never do. Down in Bronwydd a lorry depot flourished where Timberman now operates, and Frank Herbert The Dolwar began to deliver bread everywhere, once he got his van in 1929. Soon there'd be a petrol station down there, conveniently sited on the junction outside Bronwydd Arms pub.

Then War came to direct energies elsewhere, so few could now think of affording to buy a vehicle. So one can appreciate that there wasn't much around to interfere with our varied international games on that bit of Nebo roadway in the mid-1940s. One had to be wary though of those mad milk lorry drivers, but not upset them, for you'd want a lift someday.

Arwyn 2024

Happy anniversary to the Llanpumsaint quiz

April will see the 1st Anniversary of the monthly Quiz at the Memorial Hall. Where does the time go? Special thanks have to go to Bijou Belles, Ken's Angels, My Favourite Team and May Contain Nuts (formally The Choir) who have been to every single quiz since it started. Corners and No Dogs in the Park also deserve special mention for attending every quiz since they started coming from the 2nd and 3rd quizzes respectively.



But our thanks go to everyone who has supported the quiz over the last year helping us to raise nearly £350 in 2023 and £129.50 so far in 2024 for the Memorial Hall funds. We feel that the Hall is such a valuable asset to our community, and it is great to be able to do our little bit towards keeping the hall going when so many similar village halls are struggling.

Things are certainly shaping up to be interesting this year as so far 6 different teams have placed in the top 3. The March quiz was a real nail biter with the top 3 teams only separated by 2 ½ points and the average score for all teams that have played over the 3 quizzes so far being over 62%.

The April Quiz on the 19th will be a bit of a celebration of the anniversary. (Glad rags/party gear are optional).

The dates of the remaining quizzes before the summer break are **17th May, 21st June and 19th July** and we look forward to welcoming as many of you as possible over the coming months.

Sara and Darrell

Much of the information contained within this newsletter has been provided by the contributors.

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

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Llais y Llan Ebrill 2024

Copi dyddiad ar gyfer rhifyn nesaf 26 Fai 2024

Cyhoeddwyd gan Llanpumsaint Cyfnewid Gwybodaeth Gymunedol

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



Diolchwn Gronfa Gymunedol Fferm Wynt Brechfa am gefnogi Llais y Llan a www.llanpumsaint.org.uk drwy roi £3,000 y flwyddyn am ddegawd – felly cyfanswm o £30,000

Gorymdaith Sul y Blodau o'r neuadd i'r eglwys

Photo: Marlene Wareham



Llanpumsaint Tractor Run

Dyddiadau i'ch dyddiadur

Digwyddiadau untro

- **Dydd Mercher 17 Ebrill – Cyfarfod Cyffredinol Blynyddol Cymdeithas Lles ac Adloniant Llanpumsaint – Neuadd Llanpumsaint – Croeso i bawb.**
- **Dydd Iau 18 Ebrill – Sgwrs ar ‘Archwilio penderfyniadau anodd rydyn ni'n tueddu i'w gohirio’** gan Charlotte Drew (Atwrneiaethau, Ewyllysion Byw, Ewyllysion, cefnogi pobl â Dementia), 10.30 a.m. yn Neuadd y Pentref.
- **Dydd Gwener 19 Ebrill – Noson Gwis!** Drysau Neuadd y Pentref yn agor am 7 p.m. i ddechrau am 7.30 p.m. £2.50 y pen; timau o hyd at bump. Dewch â'ch diodydd, eich gwydrau a'ch byrbrydau eich hun.
- **Dydd Sadwrn 20 Ebrill – Drama fyw *About Women* gan Attic Theatre,** Castellnewydd Emlyn. Drysau Neuadd y Pentref yn agor am 7 p.m. i ddechrau am 7.30 p.m. Tocynnau'n £7 wrth y drws neu gweler y poster.
- **Dydd Mawrth 23 Ebrill: Pryd Bwyd i Godi Arian** ar gyfer y Gymdeithas Lles ac Adloniant yn y Bluebell Inn, Cynwyl Elfed am 6 pm. £12.50 y pen (pryd gosod i 4). I archebu tocynnau, cysylltwch â Mathew 07970 030679
- **Dydd Sul 11 Mai: Te Hufen** yn yr Eglwys, 2 p.m.
- **Dydd Mawrth 14 Mai – Cyfarfod Cyffredinol Blynyddol a Chyfarfod Arferol y Cyngor Cymuned,** 8 p.m. yn Neuadd y Pentref.
- **Dydd Gwener 17 Mai – Noson Gwis!** Drysau Neuadd y Pentref yn agor am 7 p.m. i ddechrau am 7.30 p.m. £2.50 y pen; timau o hyd at bump. Dewch â'ch diodydd, eich gwydrau a'ch byrbrydau eich hun. Gwobr ariannol i'r tîm buddugol.
- **Dydd Gwener 31 Mai – Sesiwn Ganu,** Neuadd y Pentref, 7-9.30 p.m. Dewch â'ch diodydd a'ch byrbrydau eich hun, ynghyd â £2 tuag at y gost o logi'r Neuadd.
- **Dydd Llun 3 Mehefin – Cyfarfod Pwyllgor y Neuadd,** 8 p.m.
- **Dydd Gwener 14 Mehefin – Sesiwn Ganu,** Neuadd y Pentref, 7-9.30 p.m. Dewch â'ch diodydd a'ch byrbrydau eich hun, ynghyd â £2 tuag at y gost o logi'r Neuadd.
- **Dydd Gwener 21 Mehefin – Noson Gwis!** Drysau Neuadd y Pentref yn agor am 7 p.m. i ddechrau am 7.30 pm. £2.50 y pen; timau o hyd at bump. Dewch â'ch diodydd, eich gwydrau a'ch byrbrydau eich hun. Gwobr ariannol i'r tîm buddugol.
- **Dydd Sul 23 Mehefin – Sesiwn tacluso'r rhandiroedd a barbeciw,** o 1 p.m. ymlaen
- **Dydd Sadwrn 29 Mehefin – Diwrnod Hwyl y Pentref, Neuadd a Pharc Llanpumsaint**
- **Dydd Gwener 12 Gorffennaf – Sesiwn Ganu,** Neuadd y Pentref, 7-9.30 p.m. Dewch â'ch diodydd a'ch byrbrydau eich hun, ynghyd â £2 tuag at y gost o logi'r Neuadd.
- **Dydd Gwener 19 Gorffennaf – Noson Gwis!** Drysau Neuadd y Pentref yn agor am 7 p.m. i ddechrau am 7.30 p.m. £2.50 y pen; timau o hyd at bump. Dewch â'ch diodydd, eich gwydrau a'ch byrbrydau eich hun. Gwobr ariannol i'r tîm buddugol.

Digwyddiadau Cyson

- **Bowlio Dan-do** - Neuadd - nos Lun ac Iau - 7.30 tan 9.30
- **Caffi Bach yr Eglwys** - Dydd Mawrth 11.30 tan 2.0 o'r gloch.
- **Ymarfer Cylched** – Neuadd- Nos Fercher o 7 – 8
- **Cwtsh Cynnes** - Neuadd – Dydd Iau 10 tan 1 o'r gloch – creffttau, cardiau, tennis bwrdd a mwy i'w ganlyn gan ginio cartref. Croeso i bawb!
- **Ymarfer Cylched** – Neuadd- Dydd Sul o 10-11

Gwasanaethau Crefyddol

- **Eglwys Llanpumsaint - Ewcharist Sanctaidd** am 9 o'r gloch fore Sul
Chwarae gyda Duw – dydd Mawrth 3.30 tan 5.00 – stori, gweithgaredd a rhywbeth i fwyta i blant gyda'u rhieni adeg y tymor.
Cylch DOT - Plant dros 10 oed - Eglwys Dydd Iau 5.30 tan 7.00 adeg y tymor ysgol.
- Llanllawddog a Celynin Bronwydd 11 bore bob Sul
Cysylltydd – Tad Tim Nelson 07368 496917 timnelson@cinw.org.uk
- Tudalen Facebook: Llanpumsaint Bronwyddand Llanllawddog Churches
- **Capel Caersalem** Am wybodaeth y gwasanaethau cysylltwch ag Eleri Morris 01267 253895.
- **Capel Ffynnonhenri** - Am wybodaeth y gwasanaethau cysylltwch â Danny Davies (Trysorydd) 01267 253418 neu Gwyn Nicholas (Ysgrifennydd) 01267 253686
- **Capel Nebo** - Gwybodaeth am wasanaethau oddi wrth Meinir Jones (Ysgrifenyddes) 01267 253532

Gwasanaethau wythnosol y pentref

- Dydd Mawrth - Cerbyd y Swyddfa Bost - 2 hyd 3.45 o'r gloch – Gyferbyn a'r tafarn
- Dydd Mercher – Cerbyd y Llyfrgell 10.45 hyd 11.15 ger y Neuadd - 11.15 hyd 11.45 ger y tafarn –
ymweliadau unwaith bob tair wythnos – 1 Mai, 22 Mai e 12 Mehefin
- Dydd Mercher - Cogydd Bara - gwasanaeth i'r tŷ - 07971 740505
- Dydd Mercher - Pysgod - gwasanaeth i'r tŷ - 07779 987305
- Dydd Iau - Ffrwythau a llysiau - gwasanaeth i'r tŷ - 07969 047045
- Dydd Gwener – Cerbyd y Swyddfa Bost - 1 hyd 3 o'r gloch – Gerllaw'r Tafarn.

Lleoliadau'r Adfywiwr lleol: wastad ar agor 24 awr y dydd.

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

Pwyllgor Lles ac Adloniant Llanpumsaint (Y Cae Chwarae)



Yn dilyn y gwledda a'r cyfarfodydd cynllunio, dechreuwyd ar y gwaith plannu yn y Cae ar y 21ain o Fawrth gyda diolch arbennig i ddisgyblion Ysgol Llanpumsaint, a chefnogaeth CARE (Egni Adnewyddiadau Cwm Arian), arianwyd gan Gronfa Gymunedol Fferm Wynt Brechfa. Mae hwn yn rhan o gynllun FOC (Bwydo ein Cymuned) gyda CARE gyda'r nod o addysgu ysgogi ac ysbrydoli cymunedau Sir Gar i dyfu cadw a pharatoi bwyd ar diroedd agored. Drwy gydweithio'n lleol y bwriad i'w cyfoethogi bywydau.

Diolch i bawb wnaeth ail-fuddsoddi yn y Clwb Cant, ac nid yw rhy hwyr i neb arall ymuno. Talwch Sarah Moore neu Heledd Jones cynted a phosib, neu gysylltu ar y lein. Cadarnheir ar parcllanpumsaintpark@gmail.com <<mailto:parcllanpumsaintpark@gmail.com>> Yr elusen ddewisol fydd Banc Bwyd Caerfyrddin eleni eto, sef Trussell Trust, achos haeddiannol.

Diolch i'r Cyngor Cymuned am eu rhodd o £500 i hybi welliannau'r Cae Chwarae.

Dyddiau i'r Dyddiadur

- 17eg Ebrill – Cyfarfod Cyffredinol Blynyddol i'w ddilyn gan gyfarfod arferol yn y Neuadd 8 o'r gloch.
- 23ain Ebrill Pryd o fwyd i godi arian yn y Blue Bell Cynwil - £12.50 y pen i'w rannu rhwng pedwar - tocynnau gan Matthew 07970030679
- 29ain Mehefin Dydd Hwyl - ar y Cae Chwarae ac yn y Neuadd.
- 7fed Medi Helfa Drysor y Ceir – manylion i ddilyn

Rydym yn ffodus o'n maes chwarae hyfryd sy'n ei gynnal gan wirfoddolwyr. Os hoffech gynnig help llaw mewn unrhyw ffordd i gynnal ac ehangu'r fenter dewch i'r Cyfarfod neu cysylltwch drwy e-bost neu siarad â Aaron Jones 07814157946 neu aelod o'r Pwyllgor.

Sarah Moore

Neuadd goffa Llanpumsaint a Fynnonhenri

Yn rhan o'r cyllid hael o dros £140,000 gan Gronfa Gymunedol Fferm Wynt Coedwig Gorllewin Brechfa, mae gwaith ar y gweill i greu ardal far ddynodedig yn y neuadd. Bydd gwaith cydategol yn cael ei wneud cyn hir i uwchraddio'n gegin.

Y prif brosiect yn ystod misoedd yr haf fydd yr estyniad. Mae caniatâd cynllunio bellach wedi'i sicrhau i uno'r bloc toiledau allanol â'r neuadd, uwchraddio'r toiledau (un i gynnwys cawod at ddefnydd y caeau chwarae), ac ardal storio sylweddol.

Mae'r archebion ar gyfer y neuadd yn parhau i fod yn gyson, ac ychwanegwyd hyfforddiant cylchol ar fore Sul yn ddiweddar. Yn anffodus, mae'r dosbarthiadau Zumba ar eich eistedd a Zumba clasurol wedi dod i ben am fod yr hyfforddwr wedi cael swydd yn y Ganolfan Hamdden. Os oes unrhyw un yn gwybod am hyfforddwr ioga, Zumba, dawnsio llinell, *pilates*, neu debyg, cysylltwch â ni.

Mae'r gofod cymdeithasol ar fore Iau yn parhau i ffynnu. Mae'n lleoliad anffurfiol i gwrdd â chymdogion, creu ffrindiau newydd, a mwynhau cinio cartref. Gyda chymorth Cronfa Brechfa, mae artistiaid gwadd wedi cynnal sesiynau ar gelfyddyd gwifrau, gemwaith, masgiau, llusernau, gwehyddu cyrs, *papier-mâche* a stampio copr. Yn y cyfamser, rydym yn cynnal ein gweithgareddau crefft ein hunain, yn ogystal â chardiau, dominos, tennis bwrdd neu ddim ond sgwrsio.

Ar ddydd Iau 18 Ebrill am 10.30, byddwn yn cynnal sgwrs ar 'Archwilio penderfyniadau anodd rydyn ni'n tueddu i'w gohirio'. Bydd Charlotte Drew yn rhannu ei phrofiadau ac yn esbonio pwysigrwydd llunio Atwrneiaethau Arhosol ar gyfer iechyd a llesiant, a materion ariannol; Penderfyniadau ymlaen llaw/ewyllysion byw; ac Ewyllysion. Bydd hi hefyd yn darparu cipolwg nad yw'n rhy glinigol ar ofalu am/gefnogi/ddeall pobl â dementia. Bydd y sesiwn yn agored i bawb.

Clwb Garddio Bronwydd a'r ardal

Cynhelir ein cyfarfodydd unwaith y mis ar y trydydd dydd Mawrth am 7.30 yn Neuadd Bronwydd, ac fe drefnir ymweliadau a gerddi gydol yr haf.

- 7fed Mai - Aiff ein hymweliad cyntaf i Erddi Clynne yn Abertawe - sy'n arbenigo mewn rhododendron a pieris.
- 21ain Mai - Adam Alexandra Y Ditectif Hadau - Noson agored!
- 18fed Mehefin - Mark Ashton - O Amgylch y Sioeau

Ceir mwy o wybodaeth gan susan.mead@hotmail.com

Bowlio Dan- Do Llanpumsaint a Nebo

Daeth tymor 2023-2024 i ben. Da gennym gyhoeddi i ni orffen ar frig o Adran 2, ac felly'n dychwelid i'r Adran Gyntaf wedi un tymor yn unig yn yr Ail. Gorffennwyd gyda 19 buddugoliaeth, 3 wedi colli, 171 pwynt a 386 + gwahaniaeth ergydio.

Safleoedd y 4 cyntaf yn yr Ail Adran

Team	Played	Win %	Won	Draw	Lost	Shot diff.	Points	Points %
Llanpumsaint	22	86%	19	0	3	+386	171	78%
Llangyndeyrn	22	73%	16	0	6	+121	141	64%
Llanddarog B	22	59%	13	0	9	+57	132	60%
Gelli House	22	55%	12	1	9	+21	111	50%

Yn Mis Mawrth chwaraeodd Catrin Williams a Kiernan Thomas i Gymru Dan 21 erbyn Lloegr yng Nghaerfyrddin. Enillodd Cymru Dlws Bill Jenkins am y tro cynta' ers 7 mlynedd. Longyfarchiadau i'r ddwy am chwarae mor dda, gan ddod ag anrhydedd i'r Clwb. Bydd dyfodol bowlio Dan-Do mewn dwylo da am hir amser.



Dymuna'r Clwb hefyd longyfarch ein cyn- gaptan **Aled Edwards am ennill cystadleuaeth Pedwarawd y Byd yn Belfast**, gydag Alan Evans, Andrew Evans a Michael John o Sir Benfro. Heb eu trechu drwy gydol y penwythnos, dyna gamp i chi! Don't forget to check out our Facebook page - Llanpumsaint and Nebo Short Mat Bowls Club. Bowlio Dan-Do Llanpumsaint a Nebo.

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 Ceir mwy o wybodaeth drwy hyfforddwyr trwyddedig wrth law i'ch cymorth a'ch ysbrydoli. ffonio Derick Lock ar 253524 neu ein Hysgrifenyddes Jill Edwards ar 01267 253474

Newyddion Codi Canu

Erbyn i chi ddarllen hwn bydd Codi Canu wedi cynnal eu parti codi arian cyntaf, yn y gobaith o gasglu digon at fudiad Poundies Gorllewin Cymru, a'u nod ail-gartrefu cwn. Gobeithiwn gyflawni hyn drwy gynnal noson yn gwrando ar gerddoriaeth dda, yn y gobaith y byddwch yn ymuno i ganu. Cyfle i fwynhau drwy gefnogi achos da.

Bydd y dathliad nesaf ym Mis Mai sef pen blwydd gyntaf Codi Canu. Ers cychwyn datblygon i fod yn griw agos sy'n gwerthfawrogi cerddoriaeth dda gan ymuno i ganu pan ddaw'r ysfa. Os am ymuno gallwn sicrhau'r croeso cynnes a thipyn o hwyl.

Byddwn yn cwrdd yn fisol o 7 o'r gloch tan 9.30 yn y Neuadd Goffa. Codwn £2 at gynnal yr adeilad gan gynnwys tocyn raffl. Dewch a'ch bwyd a'ch diod gydach, ac ymunwch yn y gerddoriaeth canu os mynnwch. Siwr iawn y gwnewch1 Dyma'r dyddiadau o Fis Mai ymlaen –

Mai 31ain – Mehefin 14eg – Gorffennaf 12ed. Edrych ymlaen i'ch gweld! 🎵 🎶

Carolyn Atkinson




**TAITH Y GLANNAU
COASTAL WALK**

DYDD LLUN GWŶYL Y BANC, MAI 6^{ED}
Ymunwch â ni ar daith gerdded addas i'r teulu ar gyfer Hosbis Skanda Vale. Clymchwch lasys eich sgidiau cerdded a dewisiwch o gerdded llwybr ysblennydd llwybr arfordir Sir Benfro neu coedlan hynafol a hudolus Tycanol.

BANK HOLIDAY MONDAY, 6TH MAY
Join us on a family-friendly sponsored walk for Skanda Vale Hospice. Lace up your walking boots and take your pick from a stunning Pembrokeshire coastal path or the enchanting ancient Tycanol woodlands.

skandavalehospice.org/walk

 Ffôn / Call: 01559 371222. E-bost / Email: hospice.fundraising@skandavalehospice.org
Registered Charity Number: 1166180



Dewch i weld drama fyw 'About Women' yn Neuadd Llanpumsaint Sadwrn 20 Ebrill

Rydym yn falch drios ben am y gwahoddiad i gynnal ein drama @About Women' yn eich Neuadd. Perfformiwyd hon yn Theatr yr Attic Castell Newydd Emlyn y mis Mawrth, lle i gyd yn aelodau. Bu'r ymateb mor gadarnhaol felly edrychwn ymlaen at ddod i Lanpumsaint. Mae'n gynhyrchiad doniol a meddylgar. Dewch i'n gweld am ryw awr fach ar Nos Sadwrn 20fed o Ebrill, a bydd Bar Bach Matthew ar agor hefyd.



yn cyflwyno



Yn Ymwneud â Menywod

**“Yn darganfod hanes
bywydau pob dydd me-
nywod sydd yn aml heb ei
adrodd”**

**Neuadd Goffa
Llanpumsaint**

**Dydd Sadwrn
20fed Ebrill**

**7.30yh
Drysau'n agor
7.00yh**

Sioe wych, yn
ddoniol tu hwnt,
prynwch docyn...
os fedrwch!

Tocynnau £7.00

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neu ffoniwch 07887 834133

Y cynhyrchiad
nesaf yn Attic The-
atre – “Two” gan
Jim Cartwright.
Ebrill 18, 19, 20,
25, 26 a 27ain.

Cynnwys sensitive - 16+

Cyfeiriadur Menter Gofal a Chynnal Sir Gar

Mae'r Cyfeiriadur yn cynnwys rhestr o fentrau bychan gofal a chynnal o fewn y sir. Fe'i lluniwyd gan gatalydd Gofal mewn cydweithrediad a PLANED a chefnogaeth Cyngor Sir Gar i hyrwyddo gofal a chynnal yn y gymuned.

Nod y Cyfeiriadur yw cynnig dewis ehangach i'r rhai sy'n chwilio am ofal a chynnal lleol sy'n berthnasol iddynt. Mae dwy ran i'r gwasanaeth –

- Gofal Cartref, cymorth a chefnogaeth gymdeithasol
- Iechyd a gwasanaeth cymdeithasol

Maent i gyd yn cael eu cynnal gan aelodau lleol ar raddfa gyfyngedig. O fod yn fychan daw'r cyfle i adeiladu perthynas adeiladol gyda'r rhai sy'n derbyn cymorth.

<https://planed.org.uk/directory-of-care-and-support-enterprises-in-camarthenshire/>

Dewinwyr Gorllewin Cymru

Mae dewinio'n ymarfer defnyddiol a diddorol ac yn hawdd i'w ddysgu. Credir iddo gychwyn yn yr Aifft neu hyd yn oed yn gynharach. Gwelir cwmnïau'n defnyddio dewinwyr profiadol i ganfod dŵr, mwynau, olew, gwifrau trydan ac yn y blaen. Gwelir rhai yn dewinio iechyd eu bwyd, neu ganfod straen geopathig yn yr amgylchfyd, ond cred bersonol yw hyn heb gadarnhad gwyddonol hyd yn hyn. Pam na ymunwch a ni i ganfod pethau dros eich hunan. Fel arfer down o hyd i amser ar ddiwedd ein cyfarfodydd i roi gwrs fer, neu'n well fyth dowch ar un o'n hymweliadau.

Cyfarfodydd i ddod yn Neuadd Bronwydd am 1.45 - 2 o'r gloch:

- Sul 28ain Ebrill - Don MacGregor BSC, PGCE, MA - Awdur "Blue Sky God" The evolution of science and christianity" and the Wisdom Series" of books. Bellach wedi ymddeol o'r weinidogaeth ac yn byw yn Nhŷ Ddewi. Bydd yn egluro pam iddo gredi i'r byd fod yn Sentient <<https://www.donmacgregor.co.uk>>
- Sul 26ain Mai – Ros Briagha Rwns a sut i'w defnyddio.
- Sul 23ain Mehefin - Dydd Dewinio – Cyfle i ddysgu dewinio a rhoi cynnig arni.
- Sul 28ain Gorffennaf - Theolyn Andrews - Angylion a'r Cabbalah

Clwb Gwili Chwedeg

Dyma gylch llewyrchus yn cwrdd bob mis a chynnal nifer o deithiau yn ystod y flwyddyn, gan gynnwys y Twrci a Thinsel poblogaidd am 4 diwrnod yn Nhachwedd. Dros y blynyddoedd buom yn Nyfnaint, Cernyw a Gwlad yr Haf.

Y tro diwethaf croesawid Mary Thorley (hyn yn lle Jeremy John fydd gyda ni ym Mis Mai). Siaradodd yn ddwys am wraig fu'n ddi-nod hyd yn hyn, sef Rachel Barrett y swffragét radical. Ganed hi yn Stryd yr Undeb yn 1874, ac oherwydd ei chadernid a'i deallusrwydd daeth yn aelod blaenllaw o'r mudiad Swffragét ac yn agos i'r Pankhursts. Bu'n ffotograffydd iddynt a fu'n adolygu llawer o'r areithiau a wnaed. Dioddefodd lawer o gam-drin yn y carchar gan gynnwys yr arfer erchyll o orfodi i fwydo drwy fwced a phibell. Yn nes ymlaen teithiodd yn gyson i gefnogi achosion oedd yn agos i'w chalon.

Cyfarfodydd i ddod yn Neuadd Bronwydd am 2 o'r gloch (maes parcio prysur)

- Llun 22ain Ebrill - Mared Davies - Cerflunydd a Gof
- Mercher 15fed Mai - Taith i weld Tapestri Abergwaun - er cof am y wraig wnaeth ddychryn milwyr Bonaparte yn 1797. Ymlaen wedyn i Dafarn Sinc yn Rosebush ac i derfynu yn Arberth am swper.
- Llun 20fed Mai - Jeremy John - Bywyd a chyfnod Thomas Crapper
- Mercher 12fed Mehefin - Taith i'w phenderfynu ddydd Llun
- Llun 24ain Mehefin – Tom Phelps Hiwmor y Cymoedd

Aelodaeth yn £10 - Mynedfa yn £2 gyda thocyn raffl Ceir mwy o wybodaeth oddi wrth yr Ysgrifenyddes Val Giles 01267 281194

Rhandir Llanpumsaint

Mae'r gwanwyn ar droed a gobeithio gwelir yr holl law yn dod i ben. Mae'r rhandir yn dal i ddatblygu a chroesasom aelod newydd yn ein Cyfarfod cyffredinol. Mae gennym rhai lleiniau sbâr os oes rhywun am ymuno. Croeso i bawb o'r garddwyr profiadol i rywun am dyfu bysedd gwyrdd - rydym yn griw bach cyfeillgar. £25 y flwyddyn yw'r aelodaeth - ac yn ffordd dda o flasau ffrwythau a llysiau iachus a mwynhau'r awyr agored.

Os am ymuno cysylltwch ag **Eirian 07896 050283** neu **Sarah 07811 288104**.

Daw'r cyfnod cymhenni nesaf ar Sul 23ain Mehefin am 1 o'r gloch. Bydd yr aelodau'n cydweithio i dacluso'r rhandir a mwyhau barbeciw wedyn. Dewch atom oherwydd 'does dim angen fod yn aelod ar y dydd hwn - a byddai help llaw ychwanegol yn dderbyniol gyda'r addewid am baned, coffi a chacen i ddilyn. Os am ddod rhowch wybod er mwyn i ni sicrhau fod digon i fwyta wedi ei baratoi. Byddwn yn cynnal safle ar Ddydd Hwyl y Pentref ar Sadwrn 29ain Mehefin, lle bydd digon o blanhigion ar gael a chyfle hefyd i sgwrsio gydag aelodau'r Rhandir.

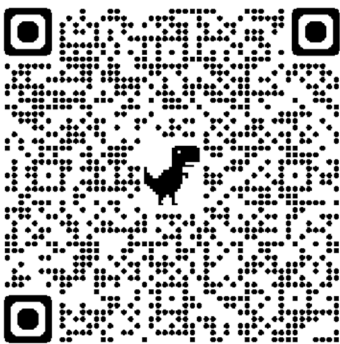
Yn Olaf diolch arbennig i Eirian, Sarah a Becki gynnal eu swyddi fel Cadeirydd, Trysorydd ac Ysgrifennydd ac i bawb arall wnaeth gyfrannu i'r Rhandir dros y flwyddyn olaf yma.

Michelle

Map y Pentref

Ychwanegwyd a diweddarwyd tipyn ar Fap y Pentref, gan ychwanegu llawer o'r tai cyfoes. Mae ar gael nawr ar ffurf ddigidol ac ar Lais y Llan dros dro, ac wedyn yn barhaol ar wefan Llais. Gallwch ei lawr lwytho i'ch cyfrifiadur neu ffon. <https://tinyurl.com/4mdvyv5c>

<https://www.dropbox.com/scl/f...>



Dave Mae'r safle yma yn ddigon diogel

Diolch yn fawr Dave. Carolyn

Eglwys Llanpumsaint

Bu'r mis diwethaf yn brysur iawn gyda llawer o weithgareddau. Mae'r Tad Tim yn dychwelyd yn raddol i'r gwaith ac wedi bod â gofal ei wasanaethau cyntaf, gan ddechrau ar Sul y Blodau. Roedd hyn yn cynnwys gorymdaith yn cael ei harwain gan asyn a merlyn (diolch i Janet a Brian) o'r neuadd i'r eglwys; cafwyd cefnogaeth dda.

Yn ystod wythnos y Pasg, cafwyd sesiwn myfyrio a chanu *Taizé*, sesiwn golchi traed ar ddydd lau Cablyd gyda DOTS, a diolch am y Swper Olaf gan Catherine (gwraig y Tad Tim). Gwelwyd sawl basged o wyau ar Sul y Pasg (fe'ch cynghorir i beidio â rhoi eich holl wyau mewn un fased).

Mae DOTS yn parhau ar ddydd lau, 5:30-7 p.m., a Godly Play ar ddydd Mawrth, 3:30-5 p.m. Mae gwasanaethau'r Sul yn parhau am 9 a.m. gyda'r Tad Tim yn arwain y gwasanaeth, ac mae'r niferoedd yn parhau i gynyddu. Cynhelir y caffi dros dro ar ddydd Mawrth, 11:30 a.m. tan 2 p.m. (archebion olaf).

Bydd yna ddigwyddiad Te Hufen yn yr Eglwys ar ddydd Sadwrn 11 Mai am 2 p.m., felly cadwch y dyddiad yn rhydd – bydd yn werth dod. Yr Eglwys a fydd yn cynnal y lluniaeth ar Ddiwrnod Hwyl y Pentref ar ddydd Sadwrn 29 Mehefin; gobeithio eich gweld i gyd yno.

Bydd nifer ohonoch yn ymwybodol bod Niki Day wedi bod yn tyfu ei gwallt ar gyfer yr Ymddiriedolaeth Little Princess, i'w lunio'n wig hirach ar gyfer plentyn sy'n dioddef o ganser. Cafodd ei dorri ar 3 Ebrill, ac os hoffech roi rhodd, ewch i Just Giving a chwilio am "Grown a Mop" i ddod o hyd i'r dudalen. Mae Just Giving yn anfon yr arian yn uniongyrchol i'r Ymddiriedolaeth Little Princess i'w ddefnyddio ar gyfer gwneud wigiau, sy'n costio £500 i'w gwneud.



Mae'n ddigon i godi gwallt eich pen

Cylch Meithrin Bronwydd

Ein thema ar ddechrau'r tymor oedd "Y Tywydd a'r Tymhorau" . Pan gofynnwyd i'r plant ym mis Ionawr am eu syniadau ar y tywydd, eu hymateb oedd "welis" a "phyllau mwdlyd".. Yn bendant maen nhw yn gallu gweld yr ochr orau i'r holl law yr ydym wedi cael. Roedd digon o gyfleoedd iddynt i wisgo eu welis ac i ganfod pyllau gwlyb i sblasio ynddynt. Yn ogystal, roedd cyfleoedd i beinto lluniau o'u welis ac ymbarels a'u gweld yn cael eu arddangos yn ardal "y lolfa". Ers i

Gwricwlwm Cymru ddod i rym, mae amgylchedd y lleoliad wedi symud o fod fel ystafell ddosbarth ac yn fwy fel "cartref oddi cartref" i'r plentyn. Rydym wedi bod yn gweithio ar greu ardaloedd yn y lleoliad sy'n teimlo'n gartrefol, a bod ardaloedd swnllyd a thawel iddynt. Rydym wedi ail-greu yr ardal adeiladu y tymor hwn, ac mae yn boblogaidd iawn. Mae chwarae blociau yn rhan bwysig o chwarae a mae blociau pren plaen yn well na dim ar gyfer adnodd penagored. Maent yn galluogi plant i chwarae yn gydweithredol neu ar ben eu hunain i gefnogi pob ardal o ddatblygiad plentyn. Maen nhw yn adeiladu ac yn cynrychioli beth welant yn y byd o gwmpas. Roedd un wythnos pan ddatblygwyd diddordeb mewn adeiladu pontydd-cynllunwyr y dyfodol efallai. Roedd y diddordeb hwn wedi ein hysgogi i edrych ar rhai o bontydd lleol.

Roedd hanner olaf y tymor yn eithaf byr a llawer i gynnwys - Dydd Gwyl Dewi; Diwrnod Byd y Llyfr; Sul y Mamau a Gwyl y Pasg. Roedd y plant wedi mwynhau casglu wyau yn eu basgedi a bu'r helpa wyau yn gystadleuol iawn, ond roedd pawb yn hapus i gael wy siocled ar ddiwedd y tymor..

Mae'r tymor nesaf yn dechrau ar Ddydd Mawrth y 9fed o Ebrill. Gobeithiwn am dywydd gwell er budd pawb. Mae llefydd ar gael yn y Cylch sydd ar agor Boreau Mawrth, Mercher, Iau a Gwener o 9:15 y bore tan 12:00 hanner dydd. Mae sesiwn Ti a Fi hefyd bob Dydd Gwener amser tymor 10.00yb tan 12.00 hanner dydd ar gyfer plant 0-4 oed gyda rhiant/gofalwr. Estynnwn groeso cynnes gyda chyfleoedd i eich plentyn i gymdeithasu, chwarae ac archwilio i ddechrau dysgu sgiliau bywyd hollbwysig. Cysylltwch - cylchmeithrinbronwydd@gmail.com Verona - 07929 431652



Pan oedd 20 milltir yr awr yn gyflym

Rhyw damed o hewl lai nag ugain llath oedd hi, ger Cnwycpistyll ar y gyffordd am Nebo, rhwng tŷ Bethoron un ochr a Brynawel ochor draw. Ond safle holl bwysig i ni blant canol y 1940au. Gan ddilyn cyfarwyddiadau'r radio dyma stadiwm Wembly dydd ffeinal y cwpan peldoed, gyda chotiau bob pen yn goliau. Newid y rhain wedyn i ddau fwcad pan ddeuai'r Prawf Test Criced o Lords. Profai Wimbledon yn dipyn mwy cymhleth wrth hawlio darnau o gorden ar hyd y lle, a dyna pam well oedd hi gan y merched farcio maes hopscoch allan, yn y gobaith i'r glaw gadw draw. Ond beth am y ceir a'r cerbydau'n dod? Dim problem! Anaml welech chi mwy na un neu ddwy mewn awr, a byddem wedi clywed hwrni'r peiriant o bell, wrth iddynt geisio anelu at 20 milltir yr awr. Felly digon o rybudd ac amser i symud y tacl ac yna ail-osod.



Bethoron - Brynawel

Gwelwyd rhai pobl cefnog yn gallu prynu cerbyd yn y 1920au, ond wrth i fywyd galedi ac yna'r Ail Ryfel Byd gychwyn, sychu gwnaeth y gwerthiant. Yn wreiddiol dim ond y gwŷr mawr oedd yn gallu fforddio un, ond wedyn gwelwyd bancwyr a doctoriaid ac yna dynion busnes yn prynu cerbyd. Yma yn Llanpumsaint gwelwyd canolfan llewyrchus cig Pantycelyn yn buddsoddi mewn Fan lwyd Ford 20hp, i ddsbarthu eu cynnyrch ar draws gwlad mor gynnar a 1916. Dau ddiwrnod cyn Nadolig 1919 dyma William Lewis Ffatri Wlân Glanyrynys yn prynu HP Maxwell 5 sedd (BX 1080); anrheg Nadolig gwych! Erbyn hyn cyrhaeddodd y bysiau Charabang i gludo Côr hynod lwyddiannus Llanpumsaint i Eisteddfodau ar draws gwlad. Wedi ennill fe glywech y canu ymhell cyn iddynt gyrraedd Rhiw Cwppers, ond os taw sŵn y peiriant yn unig ddeuai, byddent wedi colli. Ond eithriad

fyddai hynny!

Yn ystod y 1920au daeth heolydd Llanpumsaint yn gyfarwydd a chlywed tipyn mwy o chwyrnu'r peiriannau ceir, a chreu cynnwrf i sawl ceffyl a chart. Gwelwyd Prifathro'r Ysgol Jac Johns yn prynu eu BX 4532 yn 1924, ac ychydig ddyddiau wedyn cyrhaeddodd motor-beic i'w gymydog Simon George yn Glanyrafon. Nawr gwelwyd ceir yn cyrraedd ambell glos fferm i ddychryn sawl anifail ym Mhantglas a Phentremawr. Gyda Wil yr arloeswr wrth y llyw cyrhaeddodd sawl fan i Bantycelyn. Yn hollol anghyfreithlon dysgodd Wil fy ewythr Dai Dolau i ddreifio a hwnnw prin yn ei arddegau. Ond fe arbedwyd bywyd drwy hynny. Gyda gwraig Glandwr yn ddifrifol wael, a Wil heb fod adre, mi yrrodd fy Wncwl Dai hi bob cam yn y fan i ysbyty Caerfyrddin, i gyrraedd jyst mewn pryd.

Deallodd gwyr busnes fanteision cerbydau a loriau yn gyflym iawn, gallent fynd a nwyddau'r holl ffordd i ben y daith, rhywbeth na allai'r trêen ei wneud. Lawr yn Bronwydd agorwyd canolfan loriau ar safle Timberman heddiw. Erbyn 1929 yr oedd Frank Herbert y Dolwar yn dosbarthu bara dros y lle yn ei fan. Cyn hir felly gwelwyd gorsaf betrol yn agor ger cyffordd y ddwy hewl, reit ar bwys tafarn Y Bronwydd Arms. Cyfleus dros ben!

Yna daeth y dirwasgiad a'r Ail Ryfel Byd i atal y datblygiadau, prin allai rhywun fforddio prynu car bellach. Felly fe welwch nad oedd llawer i atal ar ein gemau rhyngwladol holl bwysig adeg ganol y 1940au, ar y darn bach yna o hewl ger cyffordd Nebo. Ond bydde rhaid cadw llygad barcud am y gyrwyr loriau llaeth gwyllt yna; heb eu hypseto chwaeth, oherwydd bydde angen lift arnom rywbyrd.

Arwyn 2024

Bioamrywiaeth Llanpumsaint



Photo: Dafydd Charles

Mae'r gwanwyn bron yma. Mae'r gwenoliaid wedi dychwelyd o dde Affrica ac yn ymuno â'r adar ymfudol cynnar, megis y siff-saff a'r telor penddu, sydd wedi hedfan yma o dde Ewrop a Gogledd Affrica.

Mae adar preswyl y pentref yng nghanol y tymor bridio: mae'r titw tomos las wedi bod yn archwilio'r blychau nythu ac mae'r dryw bach wedi adeiladu ei nyth. Mae'r aderyn du a'r robin goch eisoes yn bwydo eu cywion yn eu

nythod. Gan fod hanner adar cân y DU yn nythu ar y ddaear neu'n agos iddo (mewn isdyfiant, rhedyn neu gaeau agored), a chan fod nifer ohonynt yn bwydo ar y ddaear, mae'n adeg bwysig o'r flwyddyn i gadw cŵn dan reolaeth mewn ardaloedd nythu (megis glaswelltir agored yn achos yr ehedydd) a chathod dan do dros nos pan fo'r adar ar eu prysuraf.

Bydd Mai 'Tyfu nid Torri' yma cyn hir. Dyma gyfle i adael darnau o'r lawnt heb eu torri fel y gall glaswellt hir a blodau gwyllt fod o fudd i fywyd gwyllt, mynd i'r afael â llygredd, a hyd yn oed ddal carbon o dan y ddaear. Rydym wedi colli tua 97% o'r dolydd blodau ers yr 1930au, ac o ganlyniad mae'r bwyd hanfodol sy'n angenrheidiol i beillwyr, megis gwenyn a gloÿnnod byw, wedi mynd hefyd. Gall hyd yn oed y lleiniau lleiaf o laswellt gyfrannu at gyfran sylweddol o'n tir a all, o'i reoli'n briodol, sicrhau buddion enfawr i natur, cymunedau a'r hinsawdd.

Darllenwch ragor <https://www.plantlife.org.uk/campaigns/nomowmay/>

Os oes gennych ddiddordeb mewn darllen rhagor am blanhigion, coed, ffyngau, gloÿnnod byw, gwenyn ac adar lleol, edrychwch ar dudalen Facebook Bioamrywiaeth Llanpumsaint.

<https://www.facebook.com/groups/262032303472937>.

Cylch Adar Caerfyrddin

Mae hwn yn Gylch bywiog iawn gyda 140 o aelodau. Bydd yn annog sylwi a chofnodi adar o fewn y Sir. Daw ymweliadau maes, darlithiau a chyfarfodydd i chi gydol y flwyddyn. Cyfle hefyd i nodi'r adar a welwch ar y we; a cheir mwy o wybodaeth ar ein gwefan.

<https://carmarthenshirebird.club/>

Cyngor Cymuned Llanpumsaint

Hoffwn gyflwyno fy hun fel Clerc newydd y Cyngor. Os oes gennych gais i 'r Cyngor drafod rhyw bwnc yn eu cyfarfod nesaf, yna ebostiwch fi ar llanpumsaintclerck@btinternet.com neu bostio nodyn ger mynedfa Pantycelyn. Cynhelir y cyfarfod nesaf ar y 14eg o Fai a bydd eitemau i'w cynnwys ar yr agenda, drwy gyniatad y Cadeirydd, angen cyrraedd yma i fi erbyn y 3dd o Fai.

Ar nodyn gwahanol dymuna'r Cyngor ddiolch i Kumi Ariyadasa am ei wasanaeth Clerc Dros-dro ddi-dâl dros y ddwy flynedd olaf. Heb ei hymrwymiad hi byddai gwaith clerco wedi bod dipyn anoddach. Diolch Kumi.

Angela Bearman

Pen Blwydd hapus i'r Cwis

Yn Ebrill bydd y Cwis yn flwydd oed. Ble aeth yr amser gwedwch! Diolch arbennig i Bijou Belles, Ken;s Angels, Fy Hoff Dîm a May Contain Nuts (y Côt cynt), buont yma bob tro o'r cychwyn. Mae Corners a No Dogs in the Parc yn haeddu sylw am iddynt ddod bob tro wedi iddynt ymuno. Diolch hefyd i bawb sydd wedi ein cefnogi dros y flwyddyn a'n galluogi i godi bron £350 yn 2023 a £129.50 hyd yn hyn yn 2024, i gyd at gronfa'r Neuadd. Mae hwn yn adeilad allweddol i'r gymuned ac rydym yn falch o allu gwneud rhywfaint i'w chynnal pan wëwn cymaint o neuaddau pentref yn ei chael yn anodd.

Mae'r argoelion am eleni yn edrych yn llewyrchus gyda 6 tîm yn cystadlu am y safleoedd brig. Bu Cwis mis Mawrth yn hynod agos gydag ond dau bwynt a hanner yn gwahanu'r tri cyntaf. Mae cyfartaledd pob tîm dros y tair noson dros 62%. Bydd Cwis Ebrill ar y 19eg yn dathlu ein pen-blwydd (gwisgwch lan os mynnwch!

Dyddiadau eraill - 17eg Mai - 21ain Mehefin - 19eg Gorffennaf. Felly edrychw'n ymlaen at groesawu cymaint â phosib dros y misoedd nesaf.

Sara and Darrell



1st Anniversary
QUIZ

We have been Quizzing for 1 Year!
Come and Celebrate with us at:
LLANPUMSAINT MEMORIAL HALL
on: **FRIDAY 19TH APRIL**
DOORS OPEN 7.00PM, FIRST QUESTION 7.30PM

ONLY £2.50 PER PERSON
(MAX 5 PLAYERS PER TEAM)
**BRING YOUR OWN DRINKS,
SNACKS AND GLASSES**

TO BOOK YOUR TEAM contact:-
Sara or Darrell via FB, Messenger or
email sara.ward4@btinternet.com

All profits go to the Memorial Hall Maintenance Fund

CASH PRIZES **SPOT PRIZES**