



# Village Voice August 2023

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Village Voice is published by Llanpumsaint Community Information Exchange [www.llanpumsaint.org.uk](http://www.llanpumsaint.org.uk),  
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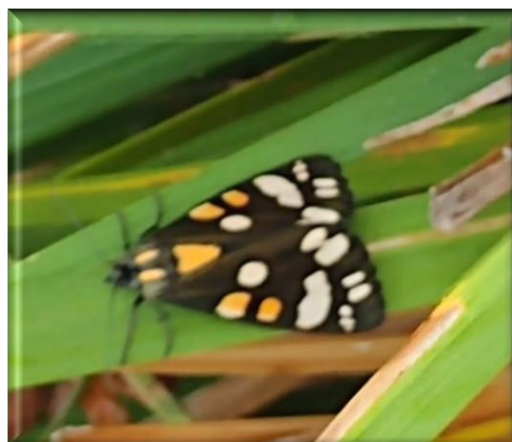
or post to Bodran Felin, Llanpumsaint SA33 6BY

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.



## Nature

A feast for the eyes (photos taken in Llanpumsaint).



# Dates for your Diary

## One-off Events

- **Saturday 19 August** – Bronwydd Horticultural Show, Bronwydd Hall, from 3 pm
- **Saturday 26 August** – Cynwyl Elfed YFC Show, from 10.30 am
- **Tuesday 12 September** - **Community Council Ordinary Meeting**, 8 pm in Village Hall
- **Friday 15 September** - **Welcome Back Quiz**, Village Hall doors open at 7 pm for 7.30 pm start. £1 per person plus £5 per table; teams of up to five. Bring your own drink and glasses. Cash prize for winning team.
- **Thursday 21 September** - **Feeding Our Community Project design session**, 5.30 - 7.30 pm in Village Hall meeting room.
- **Saturday 23 September** - **Treasure Hunt** organised by Llanpumsaint Welfare and Recreational Association
- **Saturday 23 September** - **Harvest Supper** (meal, games and raffle) organised by Llanpumsaint Church in Village Hall starting at 6 pm. Tickets: £10 for adults, £5 for children.
- **Wednesday 4 October** - **Charity Meal** organised by Llanpumsaint Welfare and Recreational Association
- **Friday 20 October** - **Halloween Spooktacular Quiz**, Village Hall doors open at 7 pm for 7.30 pm start. £1 per person plus £5 per table; teams of up to five. Bring your own drink and glasses. Cash prize for winning team.
- **Saturday 21 October** - **Elvis Tribute Night** in Village Hall

## Regular Events

- **Short Mat Bowls**, Village Hall, **Mondays and Thursdays**, 7.30 - 9.30 pm, restarting Monday 4 September
- **Pop-up Café**, Llanpumsaint Church, **Tuesdays**, 11.30 am – 2.00 pm (last orders)
- **Zumba**, Village Hall, **Wednesdays**, 7 – 8 pm; newcomers always welcome (restarting 6 September)
- **Autumn social space**, Village Hall, **Thursdays**, 10 am – 1 pm (restarting 14 September); arts, crafts, cards, table tennis and more, followed by homemade lunch.
- **Singalong**, Village Hall, **Fridays**, 7 – 9.30 pm: September 1 and 22; October 6 and 27. Bring your own drinks, snacks and £2 to cover the cost of Hall hire.

## Faith Events – All welcome!

- Llanpumsaint Church: **Morning Prayer** 9.00 on Sundays
  - Godly Play, Tuesdays, 3.45-4.45 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 – 7.30 pm
- **Llanllawddog / St Celynin Bronwydd**: 11.00 on Sundays  
Contacts 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) By appointment only
- Tuesday, 2 - 3.45 pm Post Office van (opposite pub)
- Wednesday:
  - Library van (10.45 – 11.15 Village Hall and 11.15 – 11.45 opposite pub)  
*Note: only visiting once every three weeks (21 June, 12 July, 2 August, 22 August)*
  - 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)

## Clwb Gwili Over 60s

In June, Bruce Smith gave a very interesting account of how the Drover's Roads came about with the need for local farmers to get their produce to market for the best prices, often in England. They would also avoid paying the tolls by travelling on rural paths plus there were ample fields on the way for grazing. Cows, usually 'Welsh Blacks', had to be shod for the journey once they met the harder surfaces. We were shown slides of strange contraptions enabling the shoers to do their work, cows not being as patient as horses! We also heard that a popular drovers pub, the White Hart Inn in Llandovery, started a bank and began issuing their own currency to customers. Then those who signed up could get other people involved which would gain them a commission. Amazingly, drovers also knitted socks on the journeys due to old ones wearing out on hard English roads.

We meet in Bronwydd Hall at 2pm. The car park is usually very busy!

Wednesday 9<sup>th</sup> August – Mystery Trip

Monday 21<sup>st</sup> August: Gareth Richards – Summer Sunshine Feast

Wednesday 6<sup>th</sup> September: Trip to Ynyshir Theatre Organ collection and Rhondda Heritage Park

Monday 25<sup>th</sup> September: Brian Jones – Castell Howell

Monday 23<sup>rd</sup> October: Carmarthenshire Bee Keeping Association

Annual Membership is now £10.

£2 entrance fee per person plus one raffle ticket.

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

# Llanpumsaint Community Council

The Community Council was delighted to welcome Lyn Thomas, our new co-opted Community Councillor, to his first meeting last month. Many of you will know Lyn, as he was brought up in the village, and he brings valuable experience as his father was a County Councillor for over 20 years. Prior to that, in November 2022, the Council was also pleased to co-opt Cllr Felix Merry, a forestry engineer working for Natural Resources Wales, who has lived in the village for nearly 10 years with his wife who grew up here. This means the Council has now filled all 8 Councillor positions on the Community Council, which is great news.

However, **the Community Council is still looking for a part-time Clerk** and until we fill this vacancy, the Council is, unfortunately, constrained in what it can do by the limited capacity of the Acting Clerk who is covering this role on a temporary and voluntary basis. The role of the Clerk really is a great opportunity for someone local, with an interest in serving the local community. It needs good administrative skills and a willingness to learn - full training and support will be provided. The time commitment is only 4 hours each week, for a salary of £2,210-£2,440 pa, and it involves working mostly from home on a flexible basis. Bilingual skills are desirable but are not essential.

A strong and effective Community Council can really make a difference to a community, but it cannot function properly without a Clerk, so if you or anyone you know may be interested, please contact 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) for an informal chat. The Community Council is continuing to do its best to represent the local community and address issues raised by residents, as well as making sure it has effective systems in place for managing its public funds in a transparent and accountable manner.

The next Community Council meeting will be held on 12<sup>th</sup> September at 8pm in the Village Hall. One of the business items will be grant requests, which the Council considers twice yearly, at its meetings in March and September each year. All our meetings are open to the public and the agenda and minutes for all meetings are published in the week before the meeting on the Council's website: [www.llanpumsaint.org.uk/communitycouncil/en](http://www.llanpumsaint.org.uk/communitycouncil/en)

***Kumi Ariyadasa, Acting Clerk, Llanpumsaint Community Council, Tel. 07799 898002***

## **New 20mph limit from 17/9/23**

The new 20mph speed limit will apply to all roads with street lighting which were subject to a 30mph limit across Wales. Work is underway to get the roads ready for the change – so look out for the signs!

*Carolyn Smethurst*

## Village Memorial Hall

At the AGM held in June, Pamela Jones, the Chairperson, thanked the trustees and advisors for their support throughout the year to ensure the success and day-to-day running of the hall. There was a special thank you to the individuals who look after the maintenance and ongoing activities to keep the doors open; as well as those who organise and support events throughout the year. Special appreciation was made to Brechfa Forest West Wind Farm Community Benefit Fund which enables work to be undertaken which would be otherwise impossible to fund (such as the new boiler and LED lights) and the support for the warm social space which is proving to be a valuable asset for fellow villagers.

The hall committee meets once every two months to oversee hall-related activities. These range from ensuring the hall is compliant with relevant policies, such as health and safety, and identifying follow-up actions; tracking progress with initiatives funded by Brechfa West Wind Farm Community Fund; reporting on social and fund-raising events such as the forthcoming Elvis Desley Tribute night in October. ***If you would be interested in joining the hall committee, there are two trustee spaces available.***

**The hall hosts a regular programme of activities – see the details in the Diary section. The latest addition is the very popular pop-up pub.**

After much consideration and a review of charges elsewhere, it has been decided to increase the hall hire charges.

**Hall Hire Rates** (per hour unless noted otherwise)

**Main Hall:** Weekdays £10; Fridays & Weekends £12

**Main Hall & Kitchen:** Weekdays £14; Fridays & Weekends £16

**Either Meeting Room:** Any day £7

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

**Funerals** with Kitchen & Crockery: Any day £40 standard charge

***Clare Bishop, Secretary***

## Fferm y Felin Ice cream for sale

We are now back selling Delicious Joes Ice cream at Fferm y Felin. Our farm shop also has our own wonderful honey, and we sell fresh farm eggs.

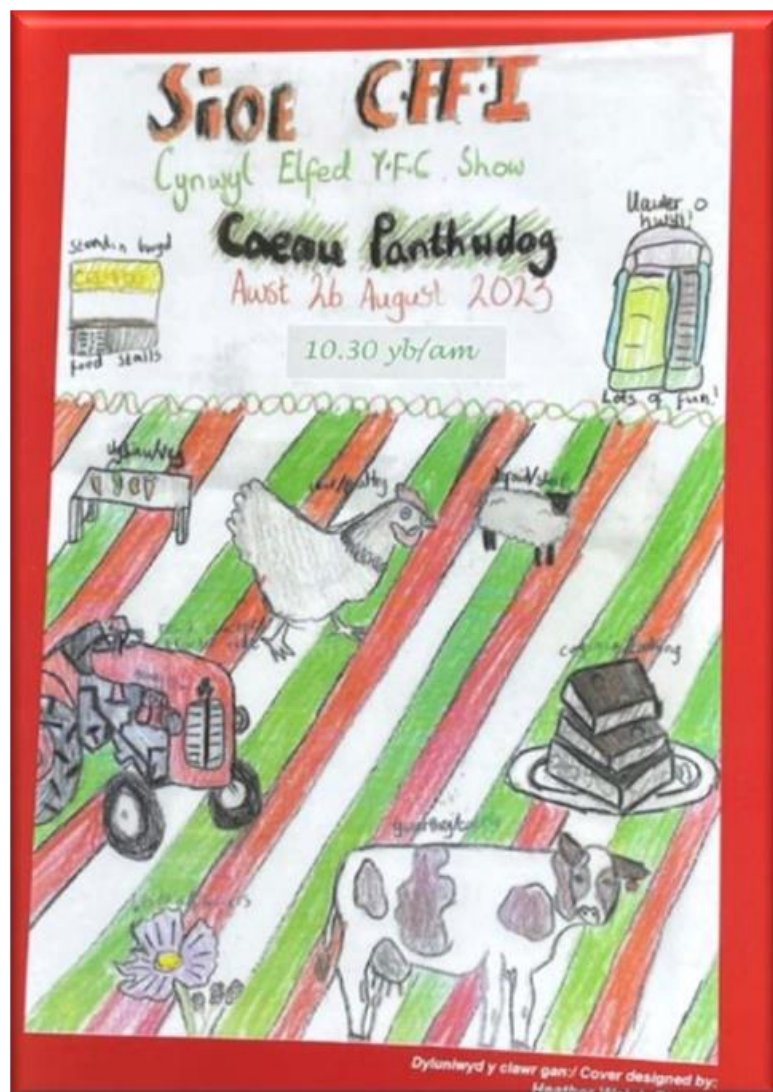
**Anne Ryder Owen**

# Llanpumsaint Welfare and Recreational Association (Llanpumsaint Park)

We have pencilled in a few events for the year, so keep an eye open for further information closer to the dates: Treasure Hunt 23/09/2023; Charity Meal 04/10/2023; Santa Parade 24/12/2023; Horse Racing 27/01/2024.

If you are looking to use the park for any events of your own, whether it be a celebration, sporting event or other, then please get in touch using the contact details below.

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.



## **Feeding Our Community Design Sessions and Study Trips**

The Feeding Our Community project was delighted to host a Community Meal at Llanpumsaint's Memorial Hall, on Thursday 15<sup>th</sup> June. The Community Meals team served 38 meals of lasagne, salad, and fruit crumble during the evening, as well as providing extra meals for the Llanpumsaint Summer Social Space.

The splendid Llanpumsaint DOTS youth group arrived early and helped to set the scene for the design activities. They created colourful vision boards showing what their 'ideal' garden could look like and encouraged others to do the same. Several people placed design elements on a large scale map of the park and answered questions which were posed by the Feeding Our Community Team.

A BIG Diolch yn Fawr lawn to all Llanpumsaint residents who participated in the event. Thanks also to the Hall Committee and to the Llanpumsaint Welfare Recreation Committee for providing access to part of the park for us to design.

The Feeding Our Community Team also held a design session with pupils from Llanpumsaint school on Monday 17<sup>th</sup> July. They completed a site survey, took soil tests and collated their design ideas on a series of vision boards.

All the notes, comments, vision boards and drawings have been collated in readiness for the next design session which will be held in the Hall on Thursday 21<sup>st</sup> September, 5.30 - 7.30 pm, in the meeting room next to the kitchen. During this session we will be working on the landscape survey by observing the areas available to us in the park, analysing our findings and taking into consideration how design elements will affect the different users of the park.

The Feeding Our Community project will be organising a study trip on 5<sup>th</sup> September (date TBC), to Bishops Park in Abergwilli. All other projects involved in this initiative will be invited on this trip, so there will be opportunities for you to share your design ideas with other groups. Once the date has been confirmed we will publicise it widely.

***Everyone is welcome to attend the design sessions and study trip. Please contact Louise on [louise@cwmarian.org.uk](mailto:louise@cwmarian.org.uk), so she can make sure there are enough biscuits and other refreshments to fuel our creative endeavours!***

## **Llanpumsaint and Nebo Short Mat Bowling Club**

After a well-earned summer break, we look forward to seeing our current and new members when the bowls return to the village hall on Monday, 4 September. A new challenge awaits us next season when we play in Division 2 with new venues to find and new people to meet.

The Club meets in the Hall for practice on Monday and Thursday evenings from 7.30-9.30 pm 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***

## Community singalong

Hi all, the community Singalong have been meeting in the Llanpumsaint Memorial Hall since the end of May and a great time has been had by all those who have joined in. The conclusion has been made that singing is not only for those who are gifted in this area. It would be worth joining in just to hear the joyful happy sound made by people who claim that they can't hold a note. Music and vocals are provided by the original artists and the lyrics are projected onto the large screen. Singers can stand, sit, sway or jig along to the music just as you might do while driving alone in your car! 😊

If you are new to this concept, why not come along and see for yourself what I am trying to portray. We have had some good feedback of this being 'uplifting', 'can't think of a better way to kickback and relax into the weekend'.

We meet at 7pm on the first and fourth Friday of the month. Bring your own drinks, snacks and £2 to cover the cost of Hall hire. This includes a small raffle so you could be leaving with a prize. There is a 20 minute interval and we finish at 9.30pm.

Future dates: September 1st and 22<sup>nd</sup>; October 6th and 27th.

*Hope you will be joining our happy band of singers and we will see you there.*

## West Wales Dowzers

Dowsing is a useful and interesting practice almost anyone can learn. It's thought to have originated in Egypt or even earlier. Many companies use the services of experienced dowzers to search for water, minerals, oil, electricity cables etc. Some people dowse the safety of their food, and check for geopathic stress in their surroundings, but this is a personal belief and not yet scientifically proven. Why not come along and find out for yourself? 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 were very pleased to see the interest shown by many people turning up for our recent 'learning to dowse' course held in June. We were also delighted that our course resulted in over 12 people becoming members. Thank you to all who attended and made it such a rewarding event.

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

### **AUGUST: No meeting for the Summer Break**

- Sunday September 27<sup>th</sup>: Homeopathy in our daily lives with Petra Wood, RS Hom, Lic WSHom  
Petra is an expert homeopath and will explain the therapy and how to use it ourselves.
- Sunday October 22<sup>nd</sup>: Tom Bennet – Neolithic Pembrokeshire

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://westwalesdowzers.org.uk> or ring Sandy on 01267 253547 or [westwalesdowzers@gmail.com](mailto:westwalesdowzers@gmail.com)*



## Llanpumsaint Church and activities

We may not have a designated vicar at this time but are fully supported by the LMA (local ministry area) and have a eucharist service every Sunday at 9 am. We are also lucky enough to have a dedicated and driven committee who are endeavoring to ensure that Llanpumsaint Church can continue to thrive.

**DOTS** (Disciples of Today) meet on Thursdays from 5.30 and 7.30. This is open to all children aged 10 and over. A few of them are currently on a pilgrimage trip to St Davids for a few days.

**Godly play** is held on Tuesdays from 3.30-5.30 and is open to all children under the age of 10 (who need to come with an adult). They explore a bible story and are then encouraged to present their understanding in whatever medium they choose. This can get messy when the paint comes out!

Both groups will start back when the children return to school and run during term-time only.

**Pop up Café** Tuesdays from 11.30-2.30 run by an amazing team of volunteers. Drinks are 50p with free top ups and there is a selection of snacks to purchase too. This is such a good place to network and meet people. If you are expecting the Church to be a traditional layout you definitely need to come and look!!!

The **Harvest Supper** will take place on Saturday 23<sup>rd</sup> September from 6 pm. Tickets will be on sale soon at £10 for adults, £5 for children. Places are limited so it will be on a first come first served basis. Join us to share an enjoyable evening with a meal, games and raffle.

There will also be a **social evening** in the Church in early December for mince pies, mulled wine and maybe a little singing. Keep your eyes peeled for more information coming soon.

**Niki Day**

## Invitation: National Lottery – Advice for Community Groups

Cefin Campbell, Member of the Senedd for Mid and West Wales is inviting you to a National Lottery event. They will provide information and advice on how to prepare and submit a successful application for lottery grant funding for community projects.

***The event will be held on FRIDAY, 20 OCTOBER 2023 in Tumble Hall, Tumble, SA14 6HR***

The doors will open at 9.30 am and our aim is to start at 10.15 am. A presentation will be followed by the opportunity for an informal chat with the finance officer with any specific points you wish to discuss. *(Please note that there could be some waiting time depending on how many will be attending the event.)*

If you wish to attend this event, would you please let us know by the 1<sup>st</sup> of October 2023.

Please reply to: [jonathan.evershed@senedd.cymru](mailto:jonathan.evershed@senedd.cymru)

## Big Meadow Search

The Big Meadow Search is a UK and Ireland project developed by Carmarthenshire Meadows Group. The aim is to record the variety of plants in our meadows. The greater the number of different flowering plants, the healthier the meadow, and the more other forms of life, especially insect life, it will support. We're talking butterflies and moths of course, but also hoverflies, grasshoppers, beetles, bees and wasps...and that's all food for birds. We love the swallows, swooping and diving. It's all connected - hardly a surprise. Plant diversity = insects = birds.

There are positive species of wildflowers (such as common bedstraw, ragged robin, red clover and sorrel) which will increase in diversity under good meadow management. In contrast, weedy species that are likely to be indicative of eutrophication (such as nettles and cleavers), or invasive alien species which interact with native plant biodiversity (Himalayan balsam and Japanese knotweed) are negative indicator species.

Back in June we surveyed some meadows in Llanpumsaint, and this is what we came up with. Out of a total of 60 wildflowers identified across the 5 sites, 15 were positive indicators and 7 were negative indicators.

Here is Nicky Dickenson's (from Pasture Perfect) experience:

*'We identified plants in one of our fields as part of the 2023 Big Meadow Search. It was fascinating. We had just taken a first cut across the farm and I felt disappointed to have this as the only field left uncut and available for the survey. It was a surprise to walk round with Ann and Clare and discover that it was in good shape as a meadow, despite the use it had had over the last 12 months. Out of a total of 24 wildflowers identified, 8 are positive indicator species. I highly recommend taking part in the survey, even if you think you won't find much or can't initially identify all the species you have. If you have Google on your phone, Google lens (the camera icon) can help with ID.'*



## Cylch Meithrin Bronwydd



The Summer Term was busy at the Cylch, and the children had lots of opportunities to explore the outdoor environment, especially as we had lovely weather. At the start of the term the children had been planting sunflower seeds, and learning what they needed to grow. By the half term the stalks and leaves were ready to be planted out in the garden, and despite the hot weather, and trying to be careful with our use of water, the sunflowers grew tall, and the yellow flowers blossomed by the end of June which was a feast for the bees.

The children had very much enjoyed filling and emptying pots of compost and learning mathematical concepts such as full and empty. The children had also enjoyed throwing twigs and leaves into the river and learning opposite words such as sink/float; fast/slow and far/near. We also looked for small creatures under the stones by the river as well as in the garden. It was surprising as to how many different creatures live in the garden.

On a Friday morning in June, some of the Meithrin and Ti a Fi children went to the Botanic Garden for the Annual Dewin and Doti Show arranged by Mudiad Meithrin. Siani Sionc led the Show.

The children took part in the Mudiad Sports Day on 18th July. We were second place this year, but only 3 points behind the winners. Congratulations to Cwtsh y Clos Nursery on winning the shield, and well done to all the children taking part.

We are now closed until 5th September, and look forward to seeing the children returning then, as well as welcoming some new faces. Until then, enjoy the Summer.

*If you would like further information on the Cylch, please contact Verona on 07929 431652 or [cylchmeithrinbronwydd@gmail.com](mailto:cylchmeithrinbronwydd@gmail.com)*

## Menter Gorllewin Sir Gâr News

Menter Gorllewin Sir Gâr are busy preparing for different projects and new events for September and beyond.

If you wish to see what we have coming up, visit our social media:

- Facebook - Menter Gorllewin Sir Gar
- Twitter - @MenterGSG
- Instagram - @MenterGSG
- E-mail - [ymholiad@mgs.cymru](mailto:ymholiad@mgs.cymru)



For more information about how to reach these platforms contact us on the phone: **01239 712934.**

## My extraordinary neighbour



Spotted flycatcher – Clare Bishop

A flicker, a flouncy flight - was that a show-off sparrow? Surely not – wait. What's that little grey - fawn bird, flying up into the nest under the eaves? It's a big cup-shaped nest I made years ago, out of cement and mud, to attract house martins - but this year, they're not in the nest. Someone else is there with their three chicks - it's a spotted flycatcher. Wow! It's on the Red List - endangered. All too soon they will be leaving us to head south, some flying 7000 km to overwinter in Namibia.

I feel so proud that they chose my nest.

*Ann Pettitt*

## Llanpumsaint Heartbeat – Defibrillator Locations

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.

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

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

## Llanpumsaint 100 Club

Congratulations to the recent winners ....

Month	1st - £20		2nd - £15		3rd - £10	
June	2	Lewis Richards	100	Gwyneth Ayers	98	Felix Merry
July	83	Gary & Tanya Isitt	2	Lewis Richards	66	Dorrien & Mair Thomas
August	94	Sandra Powell	27	Sharon Frewin	52	Dexter Penfold

You can still join the 100 club and be entered into the remaining draws. The cost of entering is £12 with monthly draws as well as a bonus draw at Christmas time. If anyone is interested in joining,

please contact any of the park committee members, or e-mail

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

## Scam alert

I received an E-Mail purporting to be from BT accounts dept. Please be aware. The Mail was received by myself and West Mercia Police, hence their warning. The Mail included the BT logo and a large box with Direct Debit Declined inside, plus a link to "get started".

West Mercia Police reported as follows:-

***There is a SCAM email which is doing the rounds allegedly from BT. It looks very convincing, but there are a few clues that tip you off that it is not legit. The most obvious for us, it was sent to our team police email address!***

*It asks you not to reply to the email and only wants you to click on the link (likely this will take you to a form requesting all your personal details).*

*The address it is sent from is [no\\_reply@mail.com](mailto:no_reply@mail.com)> (no mention of BT in the title)*

*A small bit of online research shows the telephone number at the bottom of the email (0800 800 150) is connected to a broadband scam, albeit also known as a real BT number, but scammers may have copied or cloned the number.*

*Your bank would notify you if there were insufficient funds to pay a direct debit. You would know if any of your bank accounts had changed which would alter any direct debit origins. If you were not paying enough money by direct debit to cover your bill, trust me when I say that BT would contact you to increase your direct debit. Cutting you off would be a last resort as they would then lose your account and in turn money!*

*Direct Debits do not expire. **Be aware.** Your PC and other dodgy issues friend - Dave*

## Major BT Outage

If you don't use BT as your Internet provider then you may not need to read this. By the way, I do not work for BT, I work for Vi, my wife!

Between 14th - 17th July, there was a major BT outage which affected the village. BT internet was unavailable during this time. This meant that there were no e-mails, no internet searches, no social media access and lots more. If you use Digital Voice then you also lost access to your landline as this is now connected via your BT Hub instead of the telephone wires outside. So, no landline calls in/out. If anyone called then they were sent to the BT answer service (which you couldn't access till days later). And for some residents who have to use 'wifi calling' for a mobile signal in their home, they had no mobile phone access as well.

We had previously upgraded to a BT system called **Halo 3+** which came with a **backup modem** which connects automatically to EE if the main HUB goes down. This connected us to EE at a maximum speed of about 14 Mbps - manageable.

BT can divert a BT home phone to a mobile when away from home – this requires answering lots of security questions. There is an app called **My BT** – when downloaded to a mobile it reports how long the system would be down and also divert calls.

To get our system restarted, we had to power off/on the **white Openreach** boxes, Hub restarted about 10 minutes after.

I hope this helps for any future major outages. *Your PC and other dodgy issues friend. Dave*

## Village Quiz Dates after the summer break

- **15th September** - Welcome Back Quiz - After the summer break time to get your brains back in gear.
- **20th October** - Halloween Spooktacular Quiz. All things spooky. Optional fancy dress with spot prizes galore.
- **17th November** - Fireworks Quiz: A quiz with a 'bang'
- **15th December** - Christmas Quiz and League Finals: Festive fun and the 2023 league winners crowning.

Don't forget to book to get a table and come early!

## A very busy Summer Term for Ysgol Llanpumsaint



Taking part in the National 5 a side football competition in the Urdd Primary Festival in Aberystwyth.

A lovely evening in Saron, Llandysul football tournament on June 12<sup>th</sup>. Winners of the mixed teams - Well done!



What an experience for Cadi, taking part in the Gwiber Emlyn cluster performance in this year's Eisteddfod yr Urdd's opening production, 'Chwilio'r Chwedl'.





Another successful night in Llanfihangel ar Arth football tournament for years 4, 5 and 6 on June 13<sup>th</sup>. Well done to Cadi for winning female player of the evening ~ fully deserved.

It was Years 1, 2 and 3's turn on June 14<sup>th</sup> in Llanfihangel ar Arth football tournament!  
**WINNERS** of the tournament!



Renewing our Eco Schools Platinum Award and receiving another green flag for Ysgol Llanpumsaint. Well done to the pupils for working so hard during the year and to Bethan Evans-Phillips for her encouragement and support on our journey.

Well done everyone for singing fantastically in the Gŵyl Canol Dre on July 8<sup>th</sup> with our friends from Cynwyl Elfed School.

Thank you to Mrs Davies and Gwyneth Ayers.  
Thank you to the parents for supporting us once again.



**Thank you all once again for your co-operation and support over the past year. I hope you have a lovely summer, and we look forward to seeing you at the start of the new academic year.**

## Lower Bronwydd

You may recall that the last Village Voice revealed the 1841 Census recording just one house (Typicca) along that whole stretch of now busy roadway down towards the bridge and beyond. So how did it all develop? Travelling south from the Graig junction, Felinfach on the left, now busy with horses again, was then a small farm with a working mill over Nantbrechfa stream near the entrance.

They no doubt supplied the nearby Clothiers Arms (now Hollybrook) with materials.

Worship began at Saint Celynin church in 1894.

All the modern houses along the straight stretch of road appeared after the War, Nanthelyg being the first just after 1950. Then the 1960s and 70s saw Gelli Aur, Bro Celynin and Troedyrynys estates add some 50 more homes. Before that Gelli Aur house (on the right just before Gelli Aur entrance) had been built on the site of a Home Guard hut which later was home to the local Women's Institute. The first house on Troedyrynys estate lies on the site of the Carpenters Arms which served beer till the 1920s. Just before the river bridge Barnsfield (white house) on the left carries the name of the local landed estate centred once at Troedyrhiw farm nearby. The first bridge across the Gwili in the 1740s was the private property of the Barnsfield Estate.

Timberman has witnessed much varied activity, once packed with lorries, then a garage before finally embarking on its current expertise. Here for generations sheep were dipped, swimming across the river with local boys employed to control matters, amidst much fun. White Water was once the first village hall, built in the early 1950s by voluntary villagers, before the current one emerged just across the river, bordering Cnwcyderi field, the home of cricket since 1979.

Believe it or not the next bit of road once held three bakeries, of which the name Dolwar has survived. Further along past numerous new houses a distinctive shape reveals the site of Gwili Lan mill opposite the station, where the local wool was taken in and processed until its closure in 1958.

The railway had arrived in 1860, and the first house by the station entrance became the station master's abode as well as the first Post Office (the final one and shop was housed by Gwili Lan, before its sad closure deprived the village).



Pub gone, shop next. March 1981

The late 19<sup>th</sup> century and into the 20<sup>th</sup> witnessed much building of distinctive style housing along the top road. At the junction, an almost hidden plaque is all that survives to remind one of the once vibrant Bronwydd Arms pub, shop and petrol station, all of which were excitingly popular venues and social centres for villages many around. All that may have slowed you down considerably to impatient hoots behind.

*To learn more of our local history, consult my book on the History of Bronwydd available at Carmarthen Library or borrow from a friend.*

**Arwyn 2023**



# Recipe Corner

## Easy tarte tatin

(Veronique Jones)

You can also make this recipe with apples, pears, apricots or peaches.

### Ingredients:

- 1 sheet of butter puff pastry
- Sugar
- Butter
- Fresh fruits of your choice
- Cinnamon

### Methods:

1. Cover the bottom of the dish with a thin layer of sugar.
2. Add thin slices of butter on the top.



3. Arrange the fruits on the top. Sprinkle a bit of



cinnamon.

4. Place the sheet of pastry on the top. Tuck the edges inside. Pierce the pastry.
5. Bake for 30/40 minutes (180 deg C) until the pastry is done and you see the caramel bubbling.



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

7. Leave to cool then enjoy.  
Taste lovely a bit warm



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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*



# Llais y Llan Awst 2023

Copi dyddiad ar gyfer rhifyn nesaf Medi 26 2023

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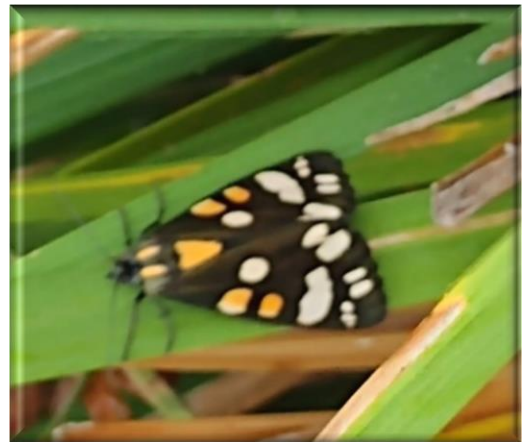
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Mae Cronfa Gymunedol Fferm Wynt Gorllewin Brechfa yn cyfrannu'n arianol at Llais y Llan

## Natur

Gwledd i'r llygaid (Lluniau a dynnwyd yn Llanpumsaint).



# I'ch Dyddiadur

## Digwyddiadau Unigol

- **Sadwrn 19eg Awst – Sioe Garddio Bronwydd** – Neuadd 3 o'r gloch
- **Sadwrn 26ain Awst – Sioe Cynwil Elfed** – 10.30 y bore
- **Mawrth 12 Medi - Cyfarfod Cyngor Cymuned** - 8 o'r gloch Neuadd Goffa
- **Gwener 15fed Medi - Cwis Croeso 'nol** - Neuadd Goffa - Drysau'n agor am 7 i gychwyn am 7.30. £1 yr un a £5 am fwrdd - timau lan hyd 5 person. Dewch a'ch diod a'ch lluniaeth eich hun. Arian parod i'r enillwyr.
- **Iau 21ain Medi – Mudiad Bwydo ein Cymuned** – Sesiwn Cynllunio – 5.30 hyd 7.30 – Neuadd Goffa.
- **Sadwrn 23ain Medi – Helfa Drysor** – Gan Bwyllgor Lles ac Adloniant
- **Sadwrn 23ain Medi - Swper y Cyneuaf** (bwyd - gemau- raffl) Trefnir gan yr Eglwys i gychwyn am 6 o'r gloch. Tocynnau £10 - plant £5.
- **Mercher 4dd Hydref – Pryd o fwyd Elusennol** – trefnir gan Bwyllgor Lles ac Adloniant
- **Gwener 20fed Hydref - Cwis Calan Gaeaf** - drysau ar agor am 7 i gychwyn am 7.30 o'r gloch - £1 y pen Bwrdd £5 - Dewch a'ch lluniaeth - Arian parod i'r enillwyr
- **Sadwrn 21ain Hydref – Noson Teyrnged Elvis** – Neuadd Goffa

## Digwyddiadau Wythnosol

- **Bowlio Dan-Do** – Neuadd Goffa – **Llun a Iau** 7.30 hyd 9.30 Ailgychwyn 4 Medi
- **Caffi Bach** – Eglwys Llanpumsaint **Dydd Mawrth** 11.30 hyd 2.00
- **Zumba** - Neuadd Goffa **Mercher** 7 hyd 8 – Croeso i'r newydd o'r 6ed o Fedi
- **Cwtsh Cynnes** - Neuadd Goffa - **Iau** - 10 hyd 1 o'r gloch - Ail gychwyn 14eg Medi - Celf a chreffft, cardiau, tennis bwrdd a mwy gan gynnwys cinio cartref.
- **Codi Can** – Neuadd Goffa – **Gwener** 7 hyd 9.30 – **Medi 1 a 22 – Hydref 6 a 27** – dewch a'ch lluniaeth eich hunan gyda £2 am logi'r Neuadd.

## Digwyddiadau Addoli arferol

- **Eglwys Llanpumsaint** - Boreol Weddi am 9.00 yb bob Sul.
  - **Chwarae gyda Duw** – 3.45 – 4.45 bob prynhawn Dydd Mawrth.
  - **Cylch DOT** - I ieuentid dros 10 oed yn Eglwys Llanpumsaint fel arfer bob Nos Iau 0 5.30 tan 7.30.
- **Llanllawddog / Sant Celynin Bronwydd**: 11yb ar y Sul  
Parch Canon Dr Matthew Hill LMA Deon 01267 46842 [matthewhill@cinw.co.uk](mailto:matthewhill@cinw.co.uk)  
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- **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))  
Drwy apwyntiad yn unig
- Mawrth 2 – 3.45 Fan y **Swyddfa Bost** – Ger y tafarn
- Mercher
  - **Llyfrgell Symudol** (10.45 – 11.15 Neuadd Goffa 11.15 - 11.45 ger Tafarn y Railwe. Noder - yn ymweld bob tair wythnos yn unig (21 Mehefin, 12 Gorffennaf, 2 Awst, 22 Awst)
  - 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

## Cyngor Cymuned Llanpumsaint

Pleser o'r mwya' i'r Cyngor fu croesawu Lyn Thomas fel aelod cyfetholedig i'w gyfarfod cyntaf fis diwethaf. Mae nifer ohonoch yn adnabod Lyn, un a godwyd yn y gymuned ac sydd yn dod a llawer o brofiad i'r swydd, fel gwnaeth ei dad Dorian fu'n gynghorwr Sir am dros ugain mlynedd. Cyn hynny yn Nhachwedd 2022 cyd-etholwyd Felix Merry i'r Pwyllgor, peiriannydd coedwigaeth sy'n gweithio i Adnoddau Naturiol Cymru ac wedi byw yn lleol ers deng mlynedd gyda'i wraig sy'n honni o'r ardal. Golyga hyn fod y Cyngor wedi llenwi pob swydd, hyn sy'n newyddion da.

Er hynny rydym yn dal i chwilio am Clerc Rhan Amser, felly fe'm cyfyngwyd yn yr hyn allwn wneud gyda gwasanaeth gwirfoddol yr hyn all ein Clerc dros dro gyflawni. Dylai'r swydd fod yn ddeniadol i rywun lleol gyda sgiliau gweinyddol, diddordeb yng ngwasanaethu'r gymuned a'r parodrwydd i ddysgu. Bydd hyfforddiant a chefnogaeth ar gael. Gofynnir am ryw 4 awr yr wythnos ar gyflog o £2,210 i £2,440 gan weithio yn bennaf o gartre dan amodau hyblyg. Bydd gallu dwyieithog yn fanteisiol ond nid yn angenrheidiol.

Gall Cyngor Cymuned gref ac effeithiol wneud gwahaniaeth i'r gymuned leol ond i lwyddo rhaid cael Clerc, felly os gwyddoch am rywun a diddordeb cysylltwch â'r Cadeirydd, Cynghorwr Arwel Nickolas ar 01267 281365 neu'r Clerc dros dro Kumi Ariyadasa ar 07799 898002 neu [clerc.llanpumsaint@gmail.com](mailto:clerc.llanpumsaint@gmail.com) am sgwrs fach. Mae'r Cyngor yn dal i weithredu'n gymuned gan ddelio a materion a godir gan aelodau'r ardal, a threfnu gwariant effeithiol ac agored o'r arian wrth law.

Cynhelir y cyfarfod nesaf ar y 12fed o Fedi am wyth o'r gloch yn y | Neuadd. Un o'r materion yw ystyried fydd ceisiadau ariannol sy'n codi bob Mis Mawrth a Medi'n flynyddol. Mae pob cyfarfod yn agored i'r cyhoedd a gellir gweld y munudau ac agenda'r wythnos cyn hynny [www.llanpumsaint.org.uk/communitycouncil/en](http://www.llanpumsaint.org.uk/communitycouncil/en)

**Kumi Ariyadasa, Acting Clerk, Llanpumsaint Community Council, Tel. 07799 898002**

## Neuadd Goffa Llanpumsaint

Yn y Cyfarfod Cyffredinol Blynyddol ym mis Mai gwnaeth y Gadeiryddes Pamela Jones ddiolch i'r Ymddiriedolwyr a'r Cynghorwyr am eu cefnogaeth gydol y flwyddyn wnaeth sicrhau cynnal a chadw dyddiol y Neuadd. Rhoddwyd diolch arbennig i'r unigolion wnaeth ofalu'r ddyddiol am yr holl weithgareddau i gadw'r drysau ar agor, ynghyd a nhw gefnogodd gweithgareddau gydol y flwyddyn. Rhoddwyd sylw diolchgar i Gronfa Elusennol Fferm Wynt Brechfa, am alluogi gwaith na fyddai'n bosib heb eu cefnogaeth.(fel bioler newydd a goleuadau LED). Hefyd am gefnogi'r Cwtsh Cynnes i gadw ein trigolion yn gynnes.

Bydd y Pwyllgor yn cyfarfod bob yn ail fis i arolygu gweithgareddau'r Neuadd. Golyga hyn sicrhau fod y Neuadd yn cydymffurfio a pholisïau cyfoes megis lechyd a Diogelwch gan sicrhau dilyniant, arolygu gweithgaredd arianir gan Gronfa Elusennol Fferm Wynt Brechfa; adrodd ar ymgyrchoedd codi arian, fel er enghraifft Noson Deyrngar Elvis Desley ym mis Hydref. ***Os am ymuno a ni mae yna ddau safle'n wag ar hyn o bryd.***

**Mae'r Neuadd yn cynnal amrywiaeth o weithgareddau cyson - gweler manylion yn yr adran dyddiadur. Y diweddaraf yw'r dafarn fach.**

Yn dilyn arolwg gan ystyried cymhariaeth a sefydliadau eraill penderfynwyd codi'r taliadau am logi'r Neuadd.

### **Taliadau - pob awr os na nodir yn wahanol**

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Angladdau – Y gegin a'r llestri £40 ar unrhyw ddydd

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Ysgrifenyddes

## Pwyllgor Lles ac Adloniant Llanpumsaint (Maes Chwarae)

Ni wedi nodi rhai digwyddiadau gogyfer a'r flwyddyn felly cadwch lygad ar agor am fwy o wybodaeth yn nes at y dyddiau. Helfa Drysor - 23/9.2023. Gwledd Elusennol - 04/10/2023. Gorymdaith Siôn Corn - 24/12/2023 Rasio Ceffylau - 27/01/2024.

Os ydych yn dymuno defnyddio'r Maes Chwarae at ryw achlysur, yn ddathliad, ryw fath o chwaraeon neu rywbeth arall, yna cysylltwch gan ddefnyddio'r canllawiau isod.

Fel arfer mae'r Pwyllgor yn chwilio am wirfoddolwyr i hybu cynnal y Maes a chodi arian, felly os oes gennych ddiddordeb cysylltwch drwy e-bost [parcllanpumsaintpark@gmail.com](mailto:parcllanpumsaintpark@gmail.com) neu siarad ag Aaron Jones 0781415796 neu unrhyw aelod arall o'r Pwyllgor, am wybodaeth bellach.

## Clwb Cant Llanpumsaint

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August Awst	94 Sandra Powell	27 Sharon Frewin	52 Dexter Penfold

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## Bowlio Dan-Do Llanpumsaint a Nebo

Wedi'r hoi fach haeddiannol yn yr haf edrychwn ymlaen at ein haelodau a rhai newydd yn dychwelid i'r Neuadd wrth i'r bolio ail-gychwyn a'r Nos Lun y 4dd o Fedi. Her o'r newydd fydd cystadlu yn yr Ail Adran yn y tymor newydd, wrth i ni ymweld â chanolfannau ac wynebaw newydd.

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.



## Sesiynau Bwydo ein Cymuned ac Ymweliadau

Pleser i fenter Bwydo ein Cymuned fu cynnal pryd o fwyd cymunedol yn Neuadd Llanpumsaint ar ddydd Iau 15fed o Fehefin. Dosbarthodd ein tîm 38 pryd o lasagnia, salad a chrybl ffrwythau yn ystod y noson, a hefyd cyflwyno prydiau ychwanegol i Wagle Haf Cymdeithasol Llanpumsaint.

Cyrhaeddodd menter DOT egnïol Llanpumsaint yn gynnar i gymorth y gweithgareddau. Cneuwyd byrddau lliwgar i ddangos eu syniad am yr Ardd Ddelfrydol, gan annog eraill i'w hefelychu. Gwnaeth nifer o bobl osod elfennau ar fap eang o'r Cae Chwarae gan ymateb i holiadau oddi wrth aelodau'r Tîm Bwydo.

Diolch yn fawr iawn i drigolion Llanpumsaint wnaeth ymuno yn y fenter. Diolch hefyd i Bwyllgor y Neuadd a'r Pwyllgor Lles ac Adloniant am ganiatáu mynedfa i'r cae er mwyn creu. Fe wnaeth y Tîm Bwydo'r Gymuned hefyd gynnal sesiwn gyda disgyblion Ysgol Llanpumsaint ar Ddydd Llun y 17eg Orffennaf. Cwblhawyd arolwg o'r safle, a phrofion o'r tir er mwyn cyfuno'r syniadau ar nifer o fyrddau gweledol.

Cyfunwyd yr holl sylwadau, nodiadau a'r lluniau i'w cadw erbyn y sesiwn goladu nesaf gynhelir yn y Neuadd ar Ddydd Iau 21ain o Fedi am 5.30 hyd 7.30. Yn yr ystafell gyfarfod nesaf at y gegin. Bryd hynny byddwn yn gweithio ar arolwg o'r dirwedd yn y Cae Chwarae, yna dansoddi'r canlyniadau gan ystyried sut fyddai hyn oll yn effeithio ar ddefnyddwyr y Maes.

Bydd mudiad Bwydo ein Cymuned yn trefnu taith astudiol ar y 5ed o Fedi (yw gadarnhau) i Faes yr Esgob yn Abergwili. Gwahoddir pob ymgyrch gysylltiedig arall i'r daith, sy'n rhoi cyfle i gymharu syniadau gydag eraill. Unwaith cadarnheir y dyddiad hysbysir hyn yn eang.

Croeso i bawb fynychu'r sesiynau goladu a'r ymweliadau. Cysylltwch ag Louise ar [louise@cwmarian.org.uk](mailto:louise@cwmarian.org.uk) er mwyn iddi sicrhau cyflenwad digonol o fisgedi a lluniaeth i ysbrydoli in hymdrechion.

## Codi Can

Shwmai! Buodd Codi Canu'n cyfarfod yn y Neuadd ers diwedd Mis Mai gyda phawb yn mwyhau mas draw. Penderfynwyd nad i'r breintiedig yn unig ddylai canu fod. Byddai'n werth ymuno ddim ond i glywed lleisiau hapus y rhai sy'n honni nad allant ganu. Bydd y gerddoriaeth a'r lleisiau gwreiddiol yn cael eu trosglwyddo i'r sgrin fawr, a gallwch sefyll, eistedd neu symud wrth ymuno a'r gerddoriaeth.

Os yw hyn oll yn newydd i chi pam na ymunwch i weld shwd mae pethau'n gweithio gyda ni. Adwaith cadarnhaol gawsom fod hyn oll yn codi calon, ac yn ffordd hwylus o wynebu rhyddid y penwythnos. Byddwn yn cyfarfod am saith o'r gloch y Nos Wener gyntaf a'r olaf bob mis. Dewch a'ch diod a'ch lluniaeth eich hunan a £2 at gost y Neuadd. Gan i hyn gynnwys y raffl gallech elwa o hyn hefyd. Wedi ysbaid o ryw ugain munud byddwn yn gorffen am 9.30. Dyddiadau'r dyfodol Medi 1af a 22ain - hydref 6ed a 27ain.

*Gobeithio eich gweld yn ymuno a'r criw lleisiol hapus!*

## Dewinwyr Gorllewin Cymru

Mae dewinio yn arferiad diddorol, a gall unrhyw un ei wneud. Credir iddo ddatblygu o'r Aifft neu hyd yn oed cyn hynny. Bydd nifer o gwmnïoedd yn defnyddio dewinwyr i ganfod dŵr, mwynau, olew neu wifrau trydan. Bydd rhai yn dewinio i ganfod iechyd eu bwydydd, neu olrhain straen geopathi eu hamgylchedd, ond ar hyn o bryd cred bersonol yw hyn heb fendith gwyddonol. Pam na ddewch chi atom i ddysgu mwy? Fel arfer mae gennym amser i siarad ar ddiwedd cyfarfod neu'n well fyth dewch gyda ni ar un o'n teithiau.

Pleser fu gweld cymaint wedi troi lan brofi ein cwrs canfod dŵr ym Mehefin.. Hyfryd hefyd fu i ddwsin o bobl ymuno a ni yn dilyn hynny. Felly diolch i bawb wnaeth ddod i sicrhau llwyddiant y fenter.

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

- Awst – Dim cyfarfodydd – seibiant yr Haf
- Sul 27ain Medi Homeopathi yn ein bywyd bob dydd gyda Petra Wood, RS Hom, LicWSHom. Mae Petra yn arbenigwraig a bydd yn egluro'r therapi a sut i'w ddefnyddio ein hunain.
- Sul 22ain Hydref – Tom Bennet – Sir Benfro Neolithig

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://westwalesdowsers.org.uk> neu ffoniwch Sandy 01267 253547 neu [westwalesdowsers@gmail.com](mailto:westwalesdowsers@gmail.com) <<mailto:westwalesdowsers@gmail.com>>

## Dyddiadau'r Cwis wedi seibiant yr Haf

- 15fed Medi - Cwis Croeso 'nol - amser i ail gynnu'r amenydd
- 20fed Hydref – Cwis Canol Gaeaf – Gyda dirgelion amheus – gwisgo lan a digon o wobrwyo
- 17eg Tachwedd – Cwis Ffrwydrol Tan Gwyllt
- 15fed Rhagfyr - Cwis Nadolig - Terfyn y Gynghrair - Hwyl y dathlu a choroni'r enillwyr.

*Cofiwch logi bord a chyrraedd yn gynnar.*

# Clwb Gwili Chwedeg

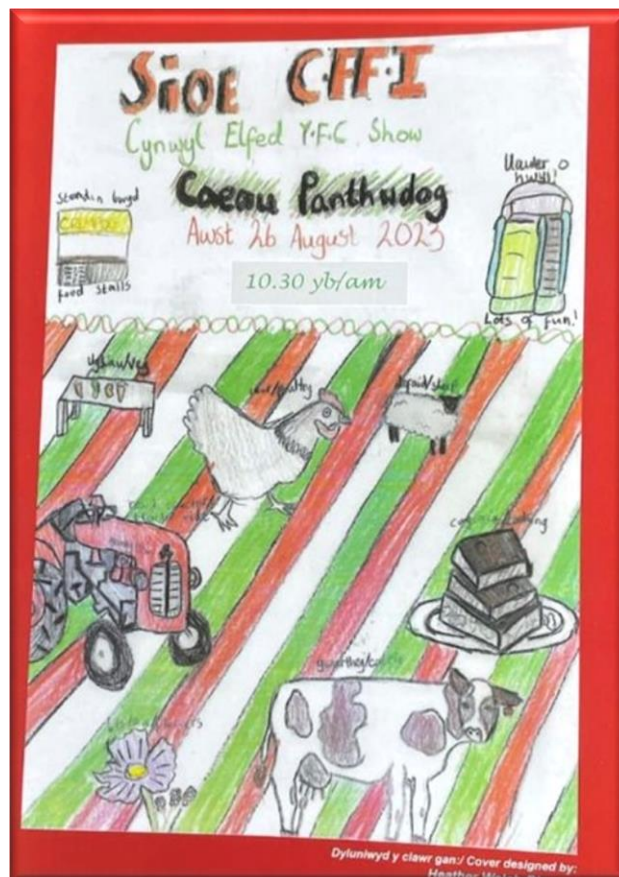
Yn Mehefin cafwyd darlith ddiddorol gan Bruce Smith ar Ffyrdd y Porthmyn a sut wnaethant ddatblygu fel modd i ffermwyr gael eu anifaeliaid i'r farchnad ac yn amal i Loegr. Drwy ddefnyddio ffyrdd cyntefig byddent yn osgoi talu tollau'r ffyrdd dyrpeg ac yn canfod digon o gaeau pori ar y daith. Fel arfer Welsh Blacks oedd y gwartheg ac 'roedd haid eu pedoli cyn cychwyn ar y daith galed. Dangoswyd sleidiau o gyfarpar hynod ddefnyddiwyd wrth bedoli gwartheg, oedd yn llai amyneddgar na cheffylau. Clywsom hefyd i dafarn y White Hart yn Llanymddyfri ddechrau Banc arian o'r newydd gan wasanaethu eu cwsmeriaid. Enillai rhai gomisiwn wrth ddenu rhagor i ymuno a'r fenter wnaeth ehangu'n llwyddiannus. Hynod deall i'r Porthmyn wau sanau ar eu taith hir werth i'r rhai a wisgent dreillio allan ar eu taith hir ar heolydd caled Lloegr.

Byddwn yn cyfarfod yn Neuadd Bronwydd am 2 o'r gloch. Fel arfer mae'r maes parcio yn brysur.

- Mercher 9fed Awst – Taith Ddirgel
- Llun 21ain Awst – Gareth Richards - Gwledd Heulog yr Haf
- Marched 6ed Medi – Taith i Gasgliad Ynyshir o Organau Theatr a Pharc Treftadaeth y Rhondda.
- Llun 25ain Medi – Brian Jones Castell Hywel
- Llun 23ain Hydref - Cymdeithas Cadw Gwenyn Sir Gar

Aelodaeth blwyddyn nawr yn £10. Mynediad £2 yn cynnwys y Raffl

*Am fwy o wybodaeth cysylltwch â Val Giles - Ysgrifenyddes - 01267 281194*



## Eglwys Llanpumsaint a'i gweithgareddau

Er nad oes gennym Ficer ar hyn o bryd rydym yn gefnogol i'r rhwydwaith eglwysi lleol, ac mae yna Gymundeb yma am 9 y bore bob Sul. Rydym hefyd yn ffodus o gael Pwyllgor egniol sy'n awyddus i sicrhau fod Eglwys Llanpumsaint yn llewyrchus.

- **DOTS** – Yn cyfarfod bob Nos Iau am 5.30 hyd 7.30. Hwn yn agored i blant dros ddeg oed. Mae rhai ohonynt ar hyn o bryd ar bererindod i Dyddewi am rai dyddiau.
- **Chwarae Duw** - cynhelir bob dydd Mawrth o 3.30 hyd 5.30 ac yn agored i blant dan 10 oed dan warchod oedolyn. Byddant yn ymchwilio straeon o'r Beibl ac yna fe'u hanogir i ymateb yn y modd o'u dewis. Gall hyn fod anniben pan ddaw'r paent mas.
- Bydd y ddau gylch yn ail gychwyn pan ddychwel y plant i'r ysgol ac yn rhedeg amser y tymor.

**Y Caffi Bach** ar Ddydd Mawrth 11.30 hyd 2.30 gan dîm egniol o wirfoddolwyr. Diod yn 50c ond rhagor am ddim, hefyd danteithion i'w prynu. Mae hwn yn ganolfan da i gyd-gwrdd a phobl. Os credoch fod eglwys yn edrych yn draddodiadol yna dewch yma i gael eich synnu.

**Cynhelir Swper y Cyneuaf** ar 23ain o Fis Medi am 6 o'r gloch. Bydd tocynnau ar werth cyn hir - oedolion £10 - plant £5. Bydd y nifer yn gyfyngedig felly cyntaf i'r felin i falu bydd hi. Ymunwch a ni am noson o wleda, gemau a raffl.

Mi fydd yna hefyd **Noson Gymdeithasol** yn yr Eglwys ddechrau Rhagfyr gyda mins peis, gwin cynnes ac ychydig ganu. Gwylwch am newyddion pellach yn nes ymlaen.

*Niki Day*

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

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 Ambiwlans Cymru ddod o hyd iddyn nhw mewn argyfwng. Edrychwch ar eu holau, parchwch nhw, un diwrnod gallent achub eich bywyd.

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

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

## Ymchwil y Cae Mawr

Cywaith y Deyrnas Unedig ac Iwerddon yw Ymchwil y Cae Mawr sy'n cael ei ddatblygu gan Gylch Dolydd Caerfyrddin. Y pwrpas yw cofnodi amrywiaeth planhigion yn ein caeau. Mwyaf i gyd y planhigion blodeuog, iachach yw'r cae, mwy'r amrywiaeth o fywyd yn arbennig y pryfed. Rydym yn son am ieir bach yr haf a'r gwyfyn, ond hefyd pryf hofran, ceiliog y rhedyn, y chwilen, picwns a gwenyn - hyn oll yn fwyd i'r adar. Rydym yn dwli gweld y gwennoliaid yn hedfan a disgyn - mae e' i gyd yn gysylltiedig wrth gwrs. Amrywiaeth o blanhigion - pry - adar!

Mae yna flodau gwyllt cadarnhaol (fel briwydd y gors, carpiog y gors, meillionen goch, a suran y cwn), i gyd ar gynnydd mewn cae rheoledig da. Hyn mewn cymhariaeth i wahanol chwyn anfanteisiol, megys dined a llau'r offeiriaid, neu blanhigion estron wedi dod i mewn ac uno, fel jac y neidr neu ganclwm Japan - rhain y negyddol.

'Nol ym Mis Mehefin gwnaethom arolwg o rai o gaeau Llanpumsaint a dyma 'r canlyniadau. O'r cyfanswm o 60 o flodau gwyllt ar 5 gwahanol safle profodd 15 yn gadarnhaol ond 7 yn negyddol.

Dyma brofiad Nicky Dickenson o Gylch y Dolydd.-

*"Gwnaethom arolwg o blanhigion mewn un o'n caeau fel rhan o ymchwil 2023 Cylch y Dolydd. Bu'n brofiad hudol ond siomedig ar y cychwyn wrth i ni orfod gadael un cae gwair heb ei dorri pan wrthi'n cynhaefu, er mwyn yr arolwg. Syndod o'i ganfod mewn cyflwr da er gwaethaf y defnydd ohono drwy'r flwyddyn cynt. Allan o gyfanswm o 24 o flodau gwyllt canfuwyd 8 i'r dosbarth cadarnhaol. Byddwn yn argymhell cymerid rhan yn yr arolwg, hyd yn oed os nad ydych yn disgwyl llawer neu'n analluog i adnabod y gwahanol rai. Gallwch gysylltu drwy Google i'ch helpi i adnabod".*



## Hufen Ia Fferm y Felin ar werth.

Rydym nawr unwaith eto'n gwerthu Hufen Ia blasus Joes yn Fferm y Felin. Yn ein Siop Fferm ceir hefyd ein mel rhyfeddol gyda wyau ffresh o'r nyth. *Anne Ryder Owen*

# Cylch Meithrin Bronwydd



Roedd Tymor yr Haf yn un prysur yn y Cylch, a roedd llawer o gyfleoedd i'r plant i archwilio'r awyr agored, yn enwedig gan fod y tywydd mor braf. Ar ddechrau'r tymor, bu'r plant yn brysur yn plannu hadau blodau haul, ac yn dysgu beth sydd angen i hadau i dyfu. Erbyn hanner tymor roedd coesau a dail y blodau yn barod i'w plannu allan yn yr ardd, ac er y tywydd twym, a cheisio bod yn ofalus gyda'r defnydd o ddwr, tyfodd y blodau yn dal, a fe welwyd blodau haul melyn tal erbyn diwedd mis Mehefin a oedd yn wledd i'r gwenyn.

Roedd y plant wedi mwynhau llenwi a gwagio potiau o gompost ac yn dysgu cysyniadau mathemategol fel llawn a gwag. Bu'r plant hefyd yn mwynhau taflu brigau a dail i mewn i'r afon ac yn dysgu geiriau croes fel arnofio/suddo ac araf/cyflym a phell/agos. Buon hefyd yn chwilio am greaduriaid bach yn yr afon yn ogystal ac yn yr ardd. Syndod oedd faint o wahanol drychfilod a oedd yn byw yn ein gardd.

Ar fore Gwener ym mis Mehefin, bu rai o blant y Meithrin a Thi a Fi yn ymweld a'r Ardd Fotaneg ar gyfer Sioe Flynyddol Dewin a Doti a drefnir gan Mudiad Meithrin. Roedd Siani Sionc yn arwain y Sioe.

Bu'r plant yn cymryd rhan ym Mabolgampau'r Mudiad ar 18fed o Orffennaf. Ail oedd ein safle eleni, er mai dim ond 3 phwynt oedd rhyngom a'r ennillwyr. Llongyfarchiadau gwresog i Feithrinfa Gwtsh y Clos ar ennill y darian, a da iawn i bob plentyn wnaeth gymryd rhan.

Rydym ar gau nawr tan y 5ed o Fedi, ac yn edrych mlaen i weld y plant nol pryd hynny, a chroesawu rhai wynebau newydd i'r Cylch. Tan hynny mwynhewch yr Haf.

Os hoffech fwy o fanylion ar y Cylch, cysylltwch plis a Verona ar 07929 431652 neu [cylchmeithrinbronwydd@gmail.com](mailto:cylchmeithrinbronwydd@gmail.com).

## Cyfyngder 20 milltir yr awr 17/9/2023

Bydd yr 20mya yn weithredol i bob heol gyda goleuadau stryd fu cynt yn 30mya ar draws Cymru. Mae'r gwaith o baratoi at y newid einioes ar droed, felly cadwch lygad agored am newidiadau.

## Fy nghymydog anghyffredin



Gwybedog mannog - Clare Bishop

Gwybio a phlymio yn yr awyr - ife aderyn y to oedd hwnna'n hedfan heibio? Nage wir! Arhoswch! Pa aderyn yw hwnna, yr un bach llwyd sy'n anelu lan at ei nyth dan y to? Mae'n nyth fawr siâp wy luniais beth amser 'nol, llan o laid a sement er mwyn denu gwennol y tŷ - ond nid y nhw sydd yma eleni. Mae rhywun arall yno gyda thri o adar bach. Gwybedog mannog sydd yma. Mowredd! Mae hwn ar y Rhestr Goch - dan fygythiad. Cyn hir byddant yn ein gadael ac aneli am y de, i hedfan 7 mil cilomedr i aeafu'n Namibia..

Teimlaf mor ddiolchgar iddynt ddewis fy nyth fach i!

**Ann Pettitt**

## Gwahoddiad: Loteri Genedlaethol – Cyngor i Grwpiau Cymunedol

Mae Cefin Campbell, Aelod o'r Senedd dros Ganolbarth a Gorllewin Cymru yn eich gwahodd i ddigwyddiad gan y Loteri Genedlaethol. Mi fyddant yn darparu gwybodaeth a chyngor ar sut i baratoi a chyflwyno cais llwyddiannus am arian loteri ar gyfer prosiectau cymunedol.

Mi fydd y digwyddiad yn cael ei chynnal ar

**DYDD GWENER, 20 HYDREF 2023 yn Neuadd Tymbl, Y Tymbl, SA14 6HR.**

Mi fydd y drysau yn agor am 9.30 y bore, ac rydym yn bwriadu cychwyn am 10.15 y bore. Mi fydd yna gyflwyniad gan swyddog o'r Loteri yn gyntaf, ac yna fydd cyfle i chi cael gair pellach gyda'r swyddog ariannu ar ôl hynny os oes gennych unrhyw pwynt penodol iw drafod. (*Noder efallai fydd yna beth aros i wneud hyn yn ddibynnol ar faint o bobl fydd yn dod i'r digwyddiad.*)

Os oes gennych ddiddordeb mewn mynychu'r digwyddiad yma a fyddech mor garedig a rhoi gwybod i ni erbyn y 1af o Hydref, 2023.

Danfonwch eich ymateb at: [jonathan.evershed@senedd.cymru](mailto:jonathan.evershed@senedd.cymru)

## Rhybydd Scam

Derbyniais E-bost yn honedig o Adran gyfrifon BT. Felly byddwch yn effro! Daeth y neges i mi ac i Heddlu Gorllewin Mercia, felly'r rhybudd. 'Roedd yr E-bost yn cynnwys logo BT gyda bocs mawr a'r neges - Debit Declined, chyswllt Get Started. Dyma adroddiad Heddlu Mercia

Mae yna Ebost Scam ar droed yn honedig o BT sy'n edrych yn iawn ond mae yna nifer o arwyddion bach sy'n amheus. Un amlwg i ni oedd iddo gael ai anfon i'n cyfeiriad team Police.

Mae'n gofyn i chi beidio ag ateb ond i glicio ar y cyswllt ( hyn i'ch arwain i ddatgelu eich manylion personol. Daw'r E-bost o no [reply@mail.com](mailto:reply@mail.com) <<mailto:reply@mail.com>> - dim son am BT ynddo. Mae ychydig ymchwil ar y lein yn datgelu i'r rhif ffôn ar waelod yr Ebost(0800-800-150) yn gysylltiedig â scam bandeang - rhif BT go iawn mae'r scamwyr wedi copïo neu glonio.

Pe na fyddai digon yn eich cyfri i dalu debyd uniongyrchol byddai'r Banc wedi rhoi gwybod i chi. Ac mi fyddech chi'n ymwybodol o unrhyw newid yn eich cyfrifon banc allai fod wedi achosi nam. Pe bae gost wedi newid mi fyddai BT gallwch fentro wedi cysylltu â chi. Torri rhywun bant a cholli cwsmer fydda'r peth diwethaf fyddai BT yn ystyried. Dyw debyd uniongyrchol byth yn marw.

*Byddwch ar ddihun - eich cyfaill PC phethau amheus - Dave*

## Methiant Mawr BT

Os nad ydych yn defnyddio BT gynnal eich Gwe yna nid oes angen i chi ddarllen y canlynol. Gyda llaw gweithio i'r wraig ydw i ac nid i Bt.

Rhwng 14eh a'r 17eg o Orffennaf bu Methiant eang BT wnaeth effeithio'n sylweddol ar yr ardal. Felly nid oedd y We ar BT ar gael. Felly 'doedd yna ddim E-bost na gwasanaeth ar y we nac unrhyw weithgaredd cymdeithasol yn bosib. Os oedd Llais Digidol gennych yna collwyd hynny oll hefyd oherwydd bod eich ffon bellach wedi cysylltu fel hyn .Felly dim cysylltiad i fewn nac allan. Yn waeth fyth bu rai oedd yn gysylltiedig heb ddefnydd ei ffon symudol hefyd.

'Roeddwn eisoes wedi uwchraddio dull Halo3+ gyda BT - daeth gyda ffeil wrth gefn wedi ei gysylltu'n uniongyrchol a BT pe bae'r gwasanaeth yn methu. Felly cysylltwyd ni a EE ar gyflymder o 14mbps - derbyniol!. Gall BT dargyfeirio'r ffon gartref i'r symudol pan fyddwch i ffwrdd - hyn ar ôl ateb sawl cwestiwn diogelwch. Mae yna App elwir yn My BT - gall hwn ddweud am ba hyd fydd y gwasanaeth lawr a hefyd dargyfeirio galwadau.

Er mwyn ail-gysylltu bu'n rhaid diffodd y White Openreach ac ail gychwyn wedi 10 munud. Gobeithio gall hyn oll fod o gymorth pe bae yna drafferthion yn y dyfodol.

**Dave**



## Tymor yr Haf prysur iawn i Ysgol Llanpumsaint



Cymryd rhan yng nghystadleuaeth pêl-droed 5 bob ochr Cenedlaethol yng Ngŵyl Cynradd yr Urdd yn Aberystwyth.

Noson hyfryd yn nhwrnament pêl droed Saron, Llandysul ar Fehefin 12fed. Ennillwyr y timoedd cymysg - Da iawn chi blant!



Am brofiad i Cadi, cymryd rhan yng nghynhyrchiad agoriadol Eisteddfod yr Urdd eleni, sef 'Chwilio'r Chwedl'



Noson lwyddiannus eto yn nhwrnament pêl droed Llanfihangel ar Arth i flwyddyn 4,5 a 6 ar Fehefin 13eg. Da iawn i Cadi am ennill chwaraewraig y noson ~ hollol haeddiannol.

Tro blwyddyn 1, 2 a 3 ar Fehefin 14eg yn nhwrnament pêl droed Llanfihangel ar Arth! ENNILLWYR y twrnament!





Gwobr Platinwm Eco 'Sgolion wedi ei adnewyddu a baner werdd ychwanegol wedi ei hennill i Ysgol Llanpumsaint. Da iawn i'r disgyblion am eu gwaith drwy gydol y flwyddyn ac i Bethan Evans-Phillips am ei hanogaeth a'i chymorth ar hyd y daith.



Da iawn blant am ganu'n arbennig yng Ngwyl Canol Dre ar Orffennaf 8fed gyda'n ffrindiau o Ysgol Cynwyl Elfed.

Diolch Mrs Davies am eu harwain a Gwyneth Ayers am gyfeilio. Diolch i'r rhieni am ein cefnogi unwaith eto.

**Diolch unwaith eto i chi gyd am eich cydweithrediad a'ch cefnogaeth dros y flwyddyn a fu. Gobeithio y cewch chi haf hyfryd ac edrychwn ymlaen i'ch gweld ar ddechrau'r flwyddyn academaidd nesaf.**

## **Newyddion Menter Gorllewin Sir Gâr**

Mae Menter Gorllewin Sir Gâr yn brysur iawn yn paratoi prosiectau a digwyddiadau newydd ac amrywiol ar gyfer mis Medi a thu hwnt.

Os ydych eisiau gweld beth sydd gennym ar y gweill, ewch i'n cyfryngau cymdeithasol.

- Facebook - Menter Gorllewin Sir Gar
- Trydar - @MenterGSG
- Instagram - @MenterGSG
- E-bost - [ymholiad@mgsg.cymru](mailto:ymholiad@mgsg.cymru)
- Am fwy o wybodaeth ar sut i gyrraedd y platfformau yma cysylltwch â ni ar y ffôn: 01239 712934.



## Datblygiad gwaelod Pentref Bronwydd

Efallai i chi gofio i mi son yn y rhifyn diwethaf o'r Llais fod Cyfrifiad 1841 yn nodi un tŷ yn unig yng ngwaelod Bronwydd sef Typicca. Felly sut ddatblygodd pethau i'r sefyllfa brysur bresennol? I lawr o'r Graig fferm fach dawel oedd Felinfach, (tra gwahanol i'r prysurdeb ceffyllog presennol) gyda melin islaw'r fynedfa wrth ben Nant Brechfa. Oddi yno aeth y brethyn lawr i dafarn Clothiers (Hollybrook erbyn hyn).

Rhaid aros hyd 1894 cyn gweld addoli yn Sant Celynin. Yn gynnar yn y 1950degau adeiladwyd Nant Helyg y cyntaf o res o dai ar hyd y darn hir yma o hewl. Wedyn yn y 70degau a'r 80degau ychwanegodd ystadau Gelli Aur, Bro Celynin a Troedryrnys dros hanner cant o gartrefi. Ugain mlynedd cyn hynny adeiladwyd tŷ Gelli Aur ar safle sied yr Home Guard ddaeth wedyn yn gartref i sefydliad y merched, y W.I. Saif y tŷ cyntaf ar y dde yn Troedryrnys ar safle'r Carpenters Arms fu'n gwerthu cwrw hyd y 1920degau. Ar y dde cyn y bont mae tŷ gwyn Barnsfield, yr enw'n adlewyrchu un o'r ystadau mawr cynt oedd a'i chanolfan yn fferm Troedryhyw gerllaw. Y nhw oedd yn berchnogion ar y bont gynta' dros y Gwili yma tua 1740. Amrywiol fu cefndir safle Timberman, unwaith yn gartref i lorïau, yna'n garej cyn cyrraedd ei wasanaeth presennol, a dyma hefyd hyd y 1960edau lle deuai'r ffermwyr lleol i dipo defaid. Lot o sbri yn enwedig i'r bechgyn lleol wrth geisio cadw trefn ar bethau.

Cyn White Water dyma leoliad neuadd gyntaf Bronwydd, adeiladwyd wedi'r Ail Ryfel Byd gan wirfoddolwyr, wedyn adeiladwyd yr un bresennol gerllaw Cae Cnwcyderi, cartref y criced ers 1979. Credwch neu beidio ond ar hyd y darn nesaf o heol bu unwaith dri phopty, ac mae'r enw Dolwar yn dyst i un o hyd. Gerllaw'r orsaf drenau mae'r bensaerniaeth yn datgelu safle ffatri Gwili Lan fu'n hel gwllân hyd ei chau yn 1958. 'Roedd y rheilffordd wedi cyrraedd yma yn 1860 a daeth Brynhyfryd ger y fynedfa'n gartref i'r Orsaf Feistr ac wedyn y Swyddfa Bost gynta' (symudwyd hon wedyn ddrws nesaf i Gwili Lan cyn iddi hi a'r siop gael eu cau, fu'n ergyd farwol i'r ardal. Gwelwyd nifer o dai yn ymddangos ar hyd yr heol ucha' dros droad y ganrif.



*Dim ond y siop ar ol. 1981*

Wrth gyrraedd yr hewl fawr mi welwch gofeb bron yn guddiedig gyferbyn yn cofio am Dafarn Y Bronwydd, Siop Lett a pwmps petrol, hyn oll fu unwaith yn ganolfan prysur a chymdeithasol i'r holl ardal o amgylch.

Os ydy'r ceir tu ôl i chi canu corn erbyn hyn, gallwch ddysgu mwy o ddarllen fy llyfr ar Hanes Bronwydd o'r Llyfrgell neu drwy fenthyg.

**Arwyn 2023**

# Cornel Resait

## Tarte Tartin Hawdd

(Veronique Jones)

Gellir gwneud y resait hyn hefyd gydag afalau, peren, bricyllen neu eirinen wlang.

### Cynhwysion

- 1 dalen o grwst puff menyyn
- Siwgr
- Menyyn
- Ffrwythau ffres o'ch dewis
- **Synamon**

### Dull

- 1 Gosod haenen o siwgr dros waelod y ddisgl
- 2 Ychwanegu tafell denau o fenyn drosto



3. Ychwnegu'r ffrwythau wrth ben gan daenu cinnamon drosto



4. Rhowch y toes dros hyn oll gan gau'r ochrau cyn eu dyllu.
5. Coginiwch am 30 i 40 munud ar dymheredd o 180 c nes i'r toes grwsto a berwi.



6. Gosodwch ddisgl fwy arall wrth ben a gyda gofal trowch y darten wyneb i waered. Dylai nawr ddisgyn

7. Wedi iddo oeri mwyhewch y wledd flasus sy'n ychydig yn gynnes

