



# Village Voice August 2024

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Village Voice is published by Llanpumsaint Community Information Exchange [www.llanpumsaint.org.uk](http://www.llanpumsaint.org.uk)  
email [info@llanpumsaint.org.uk](mailto:info@llanpumsaint.org.uk).

Please send items to [info@llanpumsaint.org.uk](mailto:info@llanpumsaint.org.uk), or post to Bodran Felin, Llanpumsaint SA33 6BY.



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



Line dancing class in Village Hall



Garden warbler amongst valerian and thistles (Clare Bishop)

# Dates for your Diary

## One-off events

- **Saturday 17 August** – Carmarthen River Festival, 3-7.30 pm
- **Saturday 24 August** - Cynwyl Elfed YFC Show
- **Saturday 7 September** – Treasure Hunt organised by Llanpumsaint Park
- **Tuesday 10 September** - Community Council Ordinary Meeting, Village Hall, 8 pm
- **Friday 13 September** - Singalong, Village Hall, 7 – 9.30 pm. Bring your own drinks, snacks and £2 to cover the cost of Hall hire
- **Friday 20 September** - 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.
- **Tuesday 24 September** – Hall AGM at 8pm followed by committee meeting
- **Thursday 26 September** – Macmillan Coffee and Cake morning, from 10.30 – noon in Village Hall
- **Thursday 3 – Saturday 5 October** - Carmarthenshire CAMRA Beer & Cider Festival, Saint Peter's Hall, Carmarthen
- **Saturday 5 October** - Harvest Supper organised by Llanpumsaint Church and held in Village Hall, starting at 7 pm. Tickets £12.50 and £6 for under 12s
- **Friday 11 October** - Singalong, Village Hall, 7 – 9.30 pm. Bring your own drinks, snacks and £2 to cover the cost of Hall hire
- **Friday 18 October** - 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 19 October** – Ed Sheeran, A Tribute to Ed Night, fund raising event for Village Hall, starting at 7.30 pm. Tickets £15 from Mathew 07970 030 679
- **Friday 8 November** - Singalong, Village Hall, 7 – 9.30 pm. Bring your own drinks, snacks and £2 to cover the cost of Hall hire
- **Tuesday 12 November** - Community Council Ordinary Meeting, Village Hall, 8 pm
- **Friday 15 November** - 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 (re-start on 2 September).
- Pop-up Café, Llanpumsaint Church, Tuesdays, 11.30 am – 2.00 pm (last orders)
- Line Dancing, Village Hall, Tuesdays, 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 (re-start on 5 September)
- Circuits Class, Village Hall, Wednesdays 7 – 8 pm and Sundays, 10 – 11 am.
- Art Club, Village Hall, Saturdays, 10-12 noon

## Faith Events – All welcome!

- **Llanpumsaint Church: Holy Eucharist** 9.00 am on Sundays  
**Evening Prayer**, Mondays 5:30 pm  
**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, 6 – 7.30 pm in school term time  
Contact: Father Tim Nelson timnelson@churchinwales.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 **New service!**  
**MiMobile Vet** to visit village (outside hall) on from 3.30-5.45. Call 01267 220404 to make an appointment.
- Wednesday 11.15 – 12.15 am **Library van** (11.15 – 11.45 Village Hall and 11.45 – 12.15 opposite pub)  
**Note: only visits once every three weeks in the same week as black rubbish bags –**  
**4 September, 25 September, 16 October, 6 November**
- 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**

## Hedydd – Born to build

Llanpumsaint will no longer see those jovial thumbs up front of that flat cap and roller fag, as Hedydd sped past in his Mazda pick-up, on his way to another building job. Tributes overflowed at Llanpumsaint church and afterwards at the Hall, on the day of his funeral Friday 23<sup>rd</sup> July 2024.

Aged 77, he was the eldest of five children to Mari and Glyn Rees, who'd moved south from Pontsian to take over the Railway and make it into a vibrant local pub in 1969. Their children would also contribute deeply to the local economy: Hedydd the eldest developed into a masterful builder, whilst brother Wil set up an expanding Dyfed Alarms, Twm developed to be our local electrical expert and the youngest daughter Gwen, produced Dafydd a Welsh international rugby star.

In her eulogy his granddaughter Natalie spoke eloquently of Hedydd's dedication to the family and constant care for his wife Morwena's illness during 54 years of marriage. A quiet gentle man, dedicated to hard and meticulous work, he won the respect of all around. Trowel in hand Hedydd always put in his shift and family can always point to some brickwork or building and proudly proclaim "Tadcu built that!". So many locals would also agree with that. Self-taught he had an eye for a stone; whereas others might discard a few before finding the right one, Hedydd just picked the correct one up and in it went. In rare spare time he enjoyed local history.

Though the loss is profound his legacy remains. Next time you descend Graig hill, on the last corner before the junction, cast an eye to the wall on the left. That's Hedydd!

**Arwyn 2024**



## Mystery nest on duck platform

We had been away for about a week to find that when we came back there was a beautiful nest, unused, on the duck platform on the middle of the lake. What bird could have built it but decided not to use it?

So we asked a few eminent bird experts including Prof Chris Perrins from Oxford University. The unanimous answer was a Coot! We haven't heard a coot on the lake, has anyone heard one locally? So where did the coot go who made this intricate nest.

The saddest result was that the wind got up one night, and blew the nest off the platform!

**Carolyn Smethurst**



## **Tribute to the late Dewi Jones**

It is with sadness that we record the passing of Dewi, a man who had lived in the Llanpumsaint district his whole life. He was born during the Second World War on Bettws Farm in Nebo, the son of the late Henry and Mary Jones. He had an older sister, Hannah, and three younger siblings, Dinah, William and Margaret.

Their farm overlooked the railway line, now the famed Gwili Railway line. As with many farms of that era, they grew their own food and were self-sufficient. All the children would pitch in to help; although it was hard work, they did not complain, as they understood the value of their work.

Dewi and his brother and sisters attended Cynwyl Elfed primary school, and got there by walking down a steep, wooded valley - easy downhill in the morning but a tiring climb back to the farm in the afternoon. These were good days for them despite the shadow of the war. Dewi attended the Grange Secondary School in Carmarthen where he stayed until almost 16 years old. After that, his career was destined to be in agriculture, and he started to learn a variety of new skills under his father's guidance. He learnt what hard work was, getting up at first light to get the cows milked so that he could deliver the milk to the stand at the end of the lane by 8am by horse and cart. He would then work a long day on the farm. For the next ten years, he would keep working hard to keep the farm together with the help of his brother and sister.

During that time, he met Florence whom he married at Llanpumsaint Church in 1967. He moved to Fronheulog, where he lived for the next 55 years, farming the land and raising his family.

When he was not farming, he took on another role as the local gravedigger. Along with his brother, William, he would be called upon on a regular basis to dig graves, not only in the local burial grounds, but in the much wider area of Carmarthenshire. With no mechanical digger in sight, the pick and shovel were his trade tools, carefully carving the traditional shape for every grave, with care and respect for the deceased.

He had a deep sense of loyalty to Llanpumsaint church. He was church warden for many years, faithful every Sunday along with his wife Florence who was the church organist.

The area of Llanpumsaint was his "square mile" and was happy living and working in this community. It was appropriate therefore that he was laid to rest here on 22nd June following a service attended by family and friends.

***Verona Clift and Pamela Jones***



## **Llanpumsaint Welfare and Recreational Association (Llanpumsaint Park)**

Hopefully we will have some good weather over the coming weeks for everyone to enjoy using the park!

Thank you to all who supported the Funday, it was a fantastic day for the village, and it was great to have all the committees working together for a very successful day, raising over £540 each for the four committees (park, hall, church and PTA).

The park has just received fantastic news that we have been awarded a grant of around £6000 from Brechfa Forest West Wind Farm Community Fund to repair and replace some worn out items, including repairs to the storage shed, a new Birds Nest Swing Basket, and repairs to the football and tennis nets. Thank you once again to the Fund.

**Upcoming event - Treasure Hunt – Saturday 7 September:** The first car will start from Llanpumsaint Hall at 3pm and the last car will start at 4pm. The route will finish back at the hall, and food will be available at the end. The bar will also be open.

Please visit and join our new Llanpumsaint Park Facebook Page for updates on the park, as well as information about activities and events.

As ever, the committee is looking for new volunteers to help with the ongoing maintenance and fundraising for the park. If you would like to help then please get in touch with us via our email [parcllanpumsaintpark@gmail.com](mailto:parcllanpumsaintpark@gmail.com), or speak to Aaron Jones (07814157946) or any other committee member for more information.

## **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 returns to the village hall on Monday, 2<sup>nd</sup> September. Following a very successful season in Division 2 we now return to Division 1 with all the challenges that holds. The first league match of the new season will be held week commencing 9<sup>th</sup> September and a full fixture list will be available by the end of August.

Don't forget to check out our Facebook page **Llanpumsaint and Nebo Short Mat Bowls Club** where you will find up to date information on the Club.

The Club continues to meet 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.*

## 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.

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

### Next meetings:

- **Sunday September 22nd:** Sid Howell: Dr William Price, the Welsh Druid.
- **Sunday October 27th** Tony Ryan: How to make your own ghost!
- **Sunday November 24th** Ros Briagha is back with the Astrology of the Now!

On Sunday 18th July members enjoyed a mainly dry field trip first at the Eistedfodd circle in Lampeter and then moving on to the Neolithic mound in the University grounds. Then they drove on to visit two Holy Wells: Llandre and Llanwnda, the latter dedicated to St. Gwyndaf. Following a lunch at the Riverside café they followed along Sarn Helen, the old Roman road, to an amazing Cairn, Carreg y Bwci or Goblin Stone, with stunning views. Sandy Mather



Carreg y Bwci

## Poultry and other Captive Birds Compulsory Registration

From 1<sup>st</sup> October 2024 it will become a legal requirement in Wales and England to register for a County Parish Holding Number (CPH) and register as a bird/poultry keeper on the GB Poultry Register. This is with the exception of birds that are kept as pets and live solely indoors without any outdoor access.

So if you keep a few chickens/ducks in the garden, you will need ensure that you have registered by 1<sup>st</sup> October this year. You get your CPH by applying to RPW Online – see link [gov.wales/county-parish-holdings-livestock-movements](http://gov.wales/county-parish-holdings-livestock-movements).

For assistance – phone 0300 062 5004

Is this a sledgehammer to crack an egg?

**Carolyn Smethurst**

## 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.

On Monday 22<sup>nd</sup> July, Mr Paul Raven of the popular Tea Traders' Café, 14 Guildhall Square, Carmarthen began his talk with a legend. In 2737 BC, the Chinese emperor Shen Nung was sitting beneath a tree while his servant boiled drinking water, when some leaves from the tree blew into the water. Shen Nung, a renowned herbalist, decided to try the infusion that his servant had accidentally created and liked it. Many years later it was traded with other countries and Great Britain's upper classes loved it apart from the price. The Chinese refused to release their tea plants so 'sneaky' botanists purloined some for their own use and with the assistance of the East India Trading Company tea was successfully planted in India. In the meeting we had our own 'tea tasting and tea brewing guide' with 4 flavours: White, Green, Oolong and Black. Each one had its specific brewing time and served without milk apart from Black Tea which is the basis for many of our favourite brands today.

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

- **Wednesday 4<sup>th</sup> September:** Trip to Macarthur Glen Shopping Centre then on to Porthcawl with free time to visit the seafront, shops and have fish and chips before home.
- **Monday 23<sup>rd</sup> September:** Ms Deborah John – Saints and Sinners.
- **Monday 28<sup>th</sup> October:** Mr David Evans – Talk about the Courts

Annual Membership is £10. £2 entrance fee per person plus one raffle ticket. For further information call the Secretary Val Giles on 01267 281194

## Art Club

Are you looking for a relaxing, judgement-free space to explore your creative side? Art Club could be the perfect place for you! This isn't a class: there are no formal lessons, no expectations, no critiques, and no pressure. Our aim is to provide a little escapism and a chance to relax while exploring your creative side. Bring your own materials and create whatever you want—whether it's drawing, painting, calligraphy, needlework, knitting, scrapbooking, or even colouring in. The choice is endless and completely yours.

Our club is for everyone, regardless of their experience or creative interest. We're a friendly, casual group that chats, eats cake, and enjoys each other's company while working on our own projects. So come join us and let your imagination flow!

Every Saturday, Llanpumsaint Hall, 10-12 noon, £5 a session, for ages 18 and up.

**Emily Bearman**





## Llanpumsaint and Ffynnonhenry Memorial Hall

The Hall is becoming a well-used resource in the community. There are two new regular events: the Art Club (Saturday mornings) and Line Dancing (Tuesday evenings).

**Line Dancing** got off to a flying start in July with over 20 participants. It has many health and wellbeing benefits for people of all ages and abilities, from improving your memory (especially when you can't see the dance instructor), balance and coordination (if only!), all the stomping improves bone health, the faster routines strengthen our hearts, and doing a fun activity with fellow villagers boosts our mood. Feel free to come along and give it a try. *Yeehaw!*

The **Social Hub** will meet up again on Thursday mornings from 5 September at 10 am. There will be an interesting fortnightly programme of craft sessions with visiting artists from Arts Care supported by funds through the Brechfa Forest West Wind Farm Community Fund. On alternate weeks, either members of the hub share their own craft skills or it's free time. The Social Hub is a wonderful way for old and new friends to connect around the village. So if you are free on a Thursday morning, why not pop along, have a chat and enjoy some refreshments.

On Thursday 26 September, the Social Hub will host a fund-raising **Macmillan Coffee and Cake Morning**, as part of their national fund-raising effort. This charity provides information, and practical and emotional support to people living with cancer and their families. The event will be open to anyone and everyone; please feel welcome to drop in any time from 10.30 – noon.

## Hall AGM: Looking for new trustees and a volunteer for role of 'Company Secretary'

The Hall AGM will be held on **Tuesday 24 September** (please note change of date) and we will be looking for some new trustees and/or advisors. We are specifically looking for someone with 'Company Secretary' skills to keep on top of and updating policies and procedures for the Hall (this role will not include take minutes of meetings). This person would not necessarily have to be a trustee.

If you would like to join this vibrant committee, please contact the Secretary, Clare Bishop ([clarebish@yahoo.co.uk](mailto:clarebish@yahoo.co.uk)).

## Llanpumsaint Church

**Saturday 31<sup>st</sup> August** - Father Tim invites people to join a trip to Llansteffan with him and the people from St. Peter's Church. Please contact Nigel Evans, St Peter's Church Warden (07969 448659), if you would like to join them.

The Harvest Supper will be held in the Village Hall on Saturday 5 October, from 7 pm. Tickets are £12.50 and £6 for under 12s.

## Quiz night

After 7 months the quiz is taking a short break during August for everyone, not least the quiz masters, to recharge their brains ready for their return in September.

We would like to thank everyone who has supported the quiz so far this year, whether you have only been able to come once or have attended every quiz. Thanks to you all we have raised well over £200 for the Hall so far and are on course to exceed last year's total with your continued support.

In the league, the top three places have constantly changed from one quiz to the next. As it currently stands the team in first position has scored an average of 68.9, second place is on 68.7 and third 68 so it really couldn't be closer! Indeed, there are only 6 points separating the teams from 4<sup>th</sup> to 9<sup>th</sup> places currently, so it really is still all up for grabs! In fact there are also three teams who have only been once who score in the Top 10 results overall.

With this in mind, as well as the overall winning league team we have decided to make additional awards to the teams with the best single quiz scores in the year at the Christmas Quiz so your team could still win a prize even if you haven't been before!

Dates for your diaries

Friday 20<sup>th</sup> September – Celebrate the return of the Quiz with us

Friday 18<sup>th</sup> October – Halloween(ish) Spooktacular with prizes for Best Individual and Team Fancy-dress

Friday 15<sup>th</sup> November – The penultimate Quiz of the Season

Friday 20<sup>th</sup> December – Christmas Party Quiz with extra spot prizes and the final winners

We hope to see you there!

*Sara & Darrell*

## Llanpumsaint Community Council

The June Council meeting approved the 2022-23 Annual Report. This report, together with the minutes of all meetings since 2010, may be found at the Community Council's webpage <https://llanpumsaint.org.uk/communitycouncil/en/>

The next community council meeting will be Tuesday 10th September at 8pm in the village hall. Should anyone want to request an item to be put on the agenda, subject to the Chair's approval, this should be received before 5pm Friday 30th August. Email at [llanpumsaintclerk@btinternet.com](mailto:llanpumsaintclerk@btinternet.com) Alternatively a note can be dropped in the post box at the entrance of Pantycelyn. Thank you. Angela Berman Clerk

## Cylch Meithrin Bronwydd

This term, the children have spent a lot of time in the garden playing in the mud kitchen and playhouse. They also planted potatoes before half term and were harvesting them during the last week before the summer holidays. They were surprised to see so many of them, and they were sold to parents at our end of term party.

On the 14th of June, we had our annual trip to the Botanic Garden in Llanarthne for the Dewin and Doti festival with special guest Martyn Geraint. The entertainment was great and, as usual, Martyn Geraint entertained us well by singing, reciting stories and a puppet show. The song “Mae siarad Cymraeg fel magic” stayed in the children’s memory.

We were promoting the Cylch in the community on 29th June at the Llanpumsaint Fun Day. Thank you to Euros Davies for sponsoring the stall. The winners for the “Name the octopus” and “Name the starfish” competition were drawn at our end of term party. The winner of the octopus named “Orla”, was Lleucu Evans, and the winner of the starfish, named “Scarlet”, was Dyfan Davies.

We were happy to welcome Hefin, Edryd and Aled from “Llaeth Derlwyn” to our end of term party. The Cylch children enjoyed tasting different milkshakes.

The new term starts on Tuesday, September 3rd, with the next Ti a Fi session on Friday September 6th.

There are spaces available for 2- and 3-year-olds. *Please contact Verona for further information on 07929 431652*

## Bronwydd & District Gardening CluClwb Garddio Bronwydd a’r Cylch

The club meets once a month, everyone welcome. Start at 7.30pm, so arrive 7.00 – 7.30, visitors are charged a small fee.

The next meetings are:

**Tuesday 17<sup>th</sup> September – Abel Pearson – Glasbren:** Glasbren, the [Welsh language word for ‘Sapling’](#), a young tree, is a non-profit social enterprise, working to reimagine our local food systems, rewild the way we eat, live and grow, and regenerate our communities, the people who live in them and the land we depend on. In 2023, an opportunity came up that we simply couldn’t ignore - to become the new long-term steward of 134 acres of coastal National Trust land just a few miles south in Llansteffan, [Parc yr Arglwydd | Lords Park farm.](#) We believe that growing food together is a powerful way for us to breathe new life into our relationship with the living world. Food binds us to our soil, seed and our local land. We are fired-up, passionate and driven to do what we can to create a island of peace and biodiversity, a thriving, supportive community of practice and a regenerative, productive, highly diversified people-facing farm.

**Tuesday 15<sup>th</sup> October – Stephanie Hafferty- No Dig Gardening**

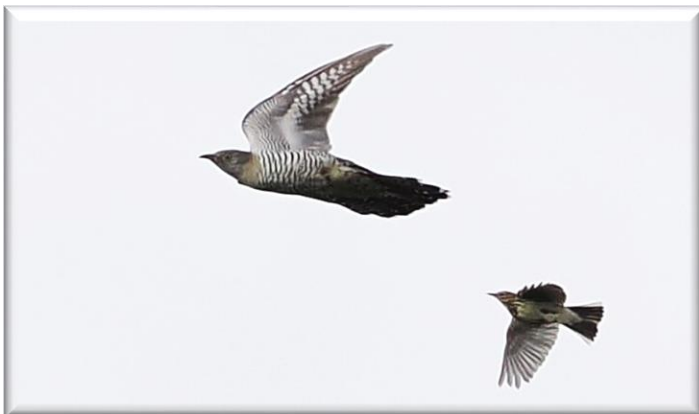
## Migratory birds in Llanpumsaint

As part of the Funday celebrations, the Community Council and Llanpumsaint Biodiversity organised a bird quiz. Special attention was given to migratory birds and the distances they fly to reach our village. Visitors we have seen in the village in the spring/summer this include chiffchaffs, warblers and blackcaps which fly about 2500 miles from North and West Africa; cuckoos, spotted flycatchers, tree pipits, nightjars and house martins flying about 5000 miles from Central Africa; and swifts and swallows flying 6000-7000 miles from South East Africa. These feats of migration are all the more remarkable given that many of these birds weigh around 20g and have to navigate deserts and overcome habitat loss and climate change on their journeys.

Let's give them a warm welcome and encourage them to come back to our village next year, to the same nest, eaves, woodland or hedgerow. And they can return for many years; whilst many small birds live for only 2-4 years, the oldest swift found living in the wild was 21 years old, house martin - 15 years old, and a swallow - 11 years old.

There are regular updates about local wildlife on facebook at <https://www.facebook.com/groups/262032303472937>

House martin



Cuckoo being chased away by a meadow pipit – Blaen Duad (Clare Bishop)

## 20mph – Carmarthenshire County Council want your views

The County Council are requesting residents to give their opinions on which roads should be returned to 30mph. You have until end of August to respond to the survey on Council website - find it under Council Services.

If you support 20mph limit on a road near where you live, CCC also want to hear from you – email [20mphspeedlimits@carmarthenshire.gov.uk](mailto:20mphspeedlimits@carmarthenshire.gov.uk)

## Annual meadow survey

The biodiversity team from the Community Council recently submitted results from six meadow areas in Llanpumsaint to the Big Meadow Search. This nationwide study was initiated by Carmarthenshire Meadows Group to raise awareness and interest in grasslands and to record plant species.

A new addition to the village survey was an area of ungrazed meadow with 29 different plant species. At the beginning of July this meadow were a treasure trove and food bank for birds (garden warblers, chiffchaffs, blackcaps, goldfinches, stonechats), bumblebees, insects, moths and butterflies.

A second new site produced surprising results. This was a strip of grass in the north west corner of the park which is now being left unmown as part of the Cwm Arian project. It was



surprising to see the species growing in a small area which now have a chance to enrich the local environment. A total of 17 plants were identified of which five are positive indicator species for lowland grasslands, including creeping buttercup, daisies, greater and lesser stitchwort, and red clover.

## Himalayan Balsam

A small group started tackling the Himalayan Balsam in the park which has a firm grip along the banks of the river and nestled in the hedgerows. This is an invasive species which smothers local plants – as we have seen this summer along the road to Carmarthen.

We have a chance in Llanpumsaint to keep it 'under control', so please feel free to pull out this plant (it is very easy) before the seed pods pop and lie it on the ground to dry and die.

***Take care if you doing are doing this on roadside verges and hedges.***



## Singalong

The Singalong group will recommence after the summer break on Friday 13th September in the Llanpumsaint Memorial Hall at 7pm until 9.30pm. We will then continue on the second Friday of each month of this year: Friday 11th October, Friday 8th November and Friday 13th December.

The times are from 7pm - 9.30pm and we ask that you bring your own drinks, snacks and glasses. We will be singing along with songs from the 60s, 70s and 80s that were at the top of the charts at that time. All are welcome to join us and experience the joy of either listening or joining in with some great music.

***Carolyn Atkinson***

**NEUADD LLANPUMSAINT  
LLANPUMSAINT HALL**

**TRIBUTE NIGHT**



**NOS SADWRN / SATURDAY  
19/10/2024 @ 19:30**

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Waun Wern, Llanpumsaint, Carmarthen,  
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**Hollybrook Country Inn and  
Restaurant**

Open 7 days a week with food served every day  
Monday – Friday 5 – 8pm, Sat 3 – 8pm  
Traditional Sunday lunch 12 – 2, booking advisable.  
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free entry  
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e-mail: johnworkshop@hotmail.co.uk

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# Llais y Llan Awst 2024

**Copi dyddiad ar gyfer rhifyn nesaf Medi 26 2024**

Cyhoeddwyd gan Llanpumsaint Cyfnewid Gwybodaeth Gymunedol

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



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



Dawnsio Llinell



Telor yr ardd ymysg triaglog coch ag ysgall (Clare Bishop)

# Dyddiadau i'ch dyddiadur

## Digwyddiadau un Tro

- **Sadwrn Awst 17eg - Gŵyl yr Afon - Caerfyrddin** - 0 3 0 tan 7.30
- **Sadwrn Awst 24ain - Sioe Ffermwyr Ifanc Cynwil Elfed**
- **Sadwrn Medi 7fed - Helfa Drysor Pwyllgor y Cae**
- **Nos Fawrth Medi 7fed - Cyngor Cymuned** – Neuadd 8 o’r gloch
- **Nos Wener Medi 13eg - Codi Canu** Neuadd 7 hyd 9.30 – Dewch a lluniaeth a diodydd + £2 at gost llogi’r Neuadd
- **Nos Wener Medi 20fed - Noson Cwis** - drysau’r Neuadd ar agor am 7 i gychwyn am 7.30. - £2.50 y person - timau o 5 - Dewch a diod a lluniaeth. Gwobrwyo mewn arian parod.
- **Nos Fawrth Medi 24ain - Cyfarfod Cyffredinol** y Neuadd gyda Phwyllgor i ddilyn.
- **Dydd Iau Medi 26ain - Bore Coffi a Chacen Macmillan** - Neuadd 10.30 hyd ganol dydd.
- **Dydd Iau 3dd hyd Sadwrn 5ed Hydref - Gŵyl Cwrw a Seidr CAMRA** - Neuadd San Pedr Caerfyrddin.
- **Nos Sadwrn Hydref 5ed - Swper y Cynhaeaf gyda’r Eglwys** yn y Neuadd, o 7 pm. Pris y tocynnau yw £12.50 a £6 i blant dan 12 oed.
- **Nos Wener Hydref 11eg - Codi Canu** Neuadd 7 hyd 9.30 – Dewch a lluniaeth a diodydd + £2 at gost llogi’r Neuadd
- **Nos Wener Hydref 18fed - Noson Cwis** - drysau’r Neuadd ar agor am 7 i gychwyn am 7.30. - £2.50 y person - timau o 5 - Dewch a diod a lluniaeth. Gwobrwyo mewn arian parod.
- **Nos Sadwrn Hydref 19eg - El Sheeran, Noson Teyrnged i Ed**, digwyddiad codi arian ar gyfer Neuadd y Pentref, yn dechrau am 7.30 pm. Tocynnau £15 oddi wrth Mathew 07970 030 679
- **Nos Wener Tachwedd 8fed - - Codi Canu** Neuadd 7 hyd 9.30 – Dewch a lluniaeth a diodydd + £2 at gost llogi’r Neuadd
- **Nos Fawrth Tachwedd 12fed – Cyfarfod arferol y Cyngor Cymuned** – Neuadd 8 o’r gloch.
- **Nos Wener Tachwedd 15fed - Noson Cwis** - drysau’r Neuadd ar agor am 7 i gychwyn am 7.30. - £2.50 y person - timau o 5 - Dewch a diod a lluniaeth. Gwobrwyo mewn arian parod.

## Digwyddiadau wythnosol

- **Bowlio Dan-Do** - Neuadd – Nos Lun a Nos Iau – 7.30 hyd 9.30 (ail-gychwyn Medi 2ail)
- **Caffi Bach** - Eglwys Llanpumsaint - **Dydd Mawrth** 11.30 gorffen gweini 2.00
- **Dawnsio Llinell** – Neuadd – **Nos Fawrth** 7 o’r gloch.
- **Cwtsh Cynnes** – Neuadd - Dydd Iau 10 tan 1 o’r gloch – celf, crefftau, cardiau, tennis bwrdd, a mwy i’w dilyn gan de cartref. Croeso i bawb ac ail-ddechrau ar y 5ed o Fedi.
- **Dosbarth Cylich Redeg** – Neuadd – **Mercher** o 7 hyd 8 a **Sul** o 10 hyd 11yb
- **Cylch Celf** - Neuadd - **Sadwrn** 10 hyd 12 canol dydd.

## Gwasanaethau Crefyddol

- **Eglwys Llanpumsaint - Ewcharist Sanctaidd** am 9 o'r gloch fore Sul
  - **Hwylol Weddi** – Nos Lun 5.30
  - **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 6 tan 7.30 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 – **Gwasanaeth newydd** – Milfeddyg MiMobile yn ymweld tu allan i'r Neuadd o 3.30 hyd 5.45. Am apwyntiad galwch 01267 220404
- Dydd Mercher – **Cerbyd y Llyfrgell** 11.15 hyd 11.45 ger y Neuadd - 11.45 hyd 12.15 ger y tafarn – [ymweliadau unwaith bob tair wythnos – 4 Medi, 25 Medi, 16 Hydref, 6 Tachwedd](#)
- 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

## Hedydd - Adeiladwr heb eu ail!

Ni welir mwyach yn Llanpumsaint y bys bawd siriol o flaen y cap a'r fag, wrth i gerbyd Mazda wibio heibio gyda Hedydd ar ei ffordd i jobyn arall. Llifo gwnaeth y teyrngedau iddo ddydd ei angladd ar ddydd Gwener 22ain o Orffennaf yn Eglwys Llanpumsaint, lle claddwyd ef, ac yn y Neuadd wedyn.

Yn 77 oed ef oedd yr hynaf o blant Glyn a Mari Rees, wnaeth symud lawr 'ma i redeg tafarn y Railwe yn 1969, a'i droi 'n ganolfan gymdeithasol lewyrchus. Cafodd eu plant ddylanwad sylweddol hefyd ar fywyd yr ardal. Datblygodd Hedydd yr hynaf yn adeiladwr o fri, sefydlodd Wil Dyfed Alarms aeth o nerth i nerth, tra gwelwyd Twm yn tyfu i fod ein prif drydanwr lleol, a bu Gwen yn fam i Dafydd y peldroediwr rhyngwladol.

Yn ei theyrnged yn yr Eglwys cadarnhaodd Natalie ei wyres, cymaint fu dyled y teulu i Hedydd am eu holl ofal drostynt ac am ei deyrngarwch cyson i Morwena yn ei hafiechyd dros 54 blwyddyn o fywyd priodasol. Dyn tawel oedd e', yn weithiwr manwl a chaled wrth ei shift, gyda diddordeb mewn hanes pan oedd cyfle. Gall y teulu bwyntio bys at ryw waith cerrig yn rhywle a dweud gyda balchder "Tadcu wnaeth hwnna!" Gall eraill hefyd ymfalchïo yn ei waith carreg gelfydd. Yn hunan-ddysgedig 'roedd ganddo lygad arbennig am garreg. Tra byddai eraill yn pigo lan a gwrthod - rhy fawr - rhy fach - siâp anghywir - dewis yr un iawn bob tro wnâi Hedydd.

Er y golled erys ei waith yn deyrnged iddo. Tro nesa' ewch chi lawr Rhyw Graig, ar y tro olaf edrychwch ar y wal ar y chwith. Dyna Hedydd i chi!

**Arwyn 2024**



## Eglwys Llanpumsaint

Sadwrn Awst 31ain - Mae'r Parch Tîm yn estyn gwahoddiad i ymuno ag aelodau San Pedr ar daith i Lansteffan. Cysylltwch â Nigel Ifans warden Eglwys San Pedr 07969 448659 os am ymuno.

Swper y Cynhaeaf yn y Neuadd Bentref ar ddydd Sadwrn 5 Hydref, o 7 pm. Pris y tocynnau yw £12.50 a £6 i blant dan 12 oed.

## Teyrnged i'r diweddar Dewi Jones

Gyda thristwch, cofnodwn farwolaeth Dewi Jones, brodor o ardal Llanpumsaint a fu yn byw yma ei holl fywyd. Ganwyd adeg yr Ail Ryfel Byd ar Fferm y Bettws, ardal Nebo, mab y diweddar Henry a Mary Jones. Roedd ganddo dair chwaer a brawd- Hannah, Dinah, William a Margaret.

Lleolir y fferm ar wylfan uwch llinell y rheilffordd, sydd nawr yn enwog fel Rheilffordd y Gwili. Fel pob fferm yr adeg hynny, roeddent yn tyfu eu bwyd eu hunain, yn hunan-gynhaliol, â'r plant yn gweithio'n ddyfal i helpu. Er yn waith caled, ni fyddai'r plant yn cwyno, gan iddynt ddeall gwerth y gwaith. Bu Dewi a'i frawd a'u chwiorydd yn mynychu Ysgol Gynradd Cynwyl Elfed, a thaith gerdded dyddiol ydoedd i'r ysgol- lawr drwy ddyffryn coediog, serth - lawr y llethri yn rhwydd yn y bore, ond blinedig oedd dringo nôl adre yn y prynhawn. Dyddiau da oedd rhain, serch bod cwmwl rhyfel yn gysgod arnynt.

Wedi'r ysgol gynradd, aeth Dewi ymlaen i Ysgol Uwchradd y Grange yng Nghaerfyrddin ble bu tan bron yn 16 mlwydd oed.. Wedi hynny, roedd ei yrfa wedi ei dynghedu mewn amaethyddiaeth, a dechreuodd ddysgu sgiliau newydd dan adain ei dad. Dysgodd amrywiaeth o sgiliau, a dysgodd wir ystyr gwaith caled, codi gyda'r wawr i odro'r gwartheg, fel ei fod yn gallu sicrhau bod y llaeth ar ben yr heol ar y stand laeth cyn 8 o'r gloch y bore. Ceffyl a cart oedd y modd i wneud hyn. Wedi hynny, roedd diwrnod hir o waith ar y fferm iddo.

Dros y ddeng mlynedd nesaf, byddai yn parhau i weithio'n galed i gynnal y fferm gyda chymorth ei frawd a'i chwaer.

Yn ystod yr amser hyn, bu gwrrd â Florence, a fe briodwyd y ddau ym 1967 yn Eglwys Llanpumsaint. Symudodd i Fronheulog, ble bu yn byw am 55 mlynedd yn ffermio'r tir a magu ei deulu..

Pan nad oedd yn ffermio, ymgymrodd â rôl arall fel y torrwr beddau lleol. Gyda ei frawd, William, byddai'r ddau yn cael eu galw yn rheolaidd i dorri beddau, nid yn unig yn y mynwentydd lleol, ond mewn ardal ehangach ar draws Sir Gaerfyrddin. Heb geibiwr mecanyddol o gwbl, y gaib a'r rhaw oedd eu

teclynnau gwaith, yn cerfio pob bedd yn ofalus yn y siap draddodiadol, gyda gofal a pharch i'r meirw.

Roedd ganddo deyrngarwch dwfn tuag at Eglwys Llanpumsaint, ble bu yn warden am nifer o flynyddoedd, yn fyddlon bob Dydd Sul gyda Florence, a oedd yn organyddes yn yr Eglwys.

Ardal Llanpumsaint oedd ei filltir sgwar, a roedd yn hapus yn byw ac yn gweithio yn y gymuned hon.

Addas oedd, felly, ei fod wedi ei osod i orffwys yma ar yr 22ain o Fehefin yn dilyn gwasanaeth parchus â fynychwyd gan deulu a ffrindiau.

**Verona Clift a Pamela Jones**



## **Pwyllgor Lles ac Adloniant Llanpumsaint**

Gobeithiwn am dywydd hafaidd dros yr wythnosau nesaf er mwyn i bawb fwynhau defnyddio'r Cae Chwarae.

Diolch i bawb wnaeth gefnogi'r Dydd Hwyl - bu'n ddiwrnod arbennig i'r pentref, a hyfryd gweld yr holl bwyllgorau'n cyd-dynnu i alluogi codi £540 i bob un o'r 4 pwyllgor. Daeth newyddion rhyfeddol fod Cronfa Gymunedol Fferm Wynt Brechfa wedi neilltuo £6000 at gynnal a chadw - cywiro ac ymwneud nifer o bethau - megis atgyweirio'r sied storfa, basged newydd siglo i'r adar, ac atgyweirio'r rhwydi peldroed a thenis. Diolch unwaith eto am y rhodd.

**Digwyddiad nesaf – Helfa Drysor – Sadwrn 7fed Hydref.** Bydd y car cyntaf yn gadael y Neuadd am 3 o'r gloch a'r olaf am 4. Bydd y daith hefyd yn gorffen yn y Neuadd gyda bwyd i ddilyn a'r Bar ar agor. Ymunwch a thudalen newydd Facebook er mwyn gwybod am y gweithgareddau nesaf.

Fel arfer rydym yn chwilio am wirfoddolwyr newydd at gynnal a chadw a chodi arian i'r Cae, felly os am roi cynnig arni cysylltwch drwy E-bost [parcllanpumsaintpark@gmail.com](mailto:parcllanpumsaintpark@gmail.com) neu siarad ag Aaron Jones (07814157946) neu aelod o'r Pwyllgor.

## **Cyngor Cymuned Llanpumsaint**

Cadarnhaodd y Cyngor Adroddiad Blynyddol 2022 – 3. Gellir dod o hyd iddo gyda'r Munudau am bob cyfarfod ers 2010 ar wefan y Cyngor.

<https://llanpumsaint.org.uk/communitycouncil/en/>

Cynhelir y cyfarfod nesaf ar Nos Fawrth Medi'r 10fed am 8 o'r gloch yn y Neuadd. Os am gynnig pwnc trafod i'r agenda, gyda cyniatad y Cadeirydd, dylid ei dderbyn erbyn 31 Awst. E-bost i [llanpumsaintclerc@btinternet.com](mailto:llanpumsaintclerc@btinternet.com), neu nodyn i flwch post ger mynedfa Pantycelyn.

**Angela Bearman – Clerc Cyngor Cymuned Llanpumsaint**

## **Bowlio Dan-Do Llanpumsaint a Nebo**

Yn dilyn hoe fach haeddiannol edrychwn ymlaen ar groesawi'r hen a'r newydd ar Nos Lun Medi'r Ail. I ddilyn tymor llwyddiannus yn yr AIL Adran dychwelwn i'r Cyntaf i wynebu her newydd. Daw gem gyntaf y Gynghrair ar Fedi'r 9fed, yna bydd y rhestr lawn yn cyrraedd erbyn diwedd Awst.

Mae'r Clwb yn parhau i gyfarfod yn y Neuadd i ymarfer bob nos Lun a nos Iau o 7.30 tan 9.30 o fis Medi tan ddiwedd Ebrill. Mae croeso i chwaraewyr newydd 0 11 oed tan 99. Mae yna hyfforddwy trwyddedig yma i annog a chymorth.

*Am wybodaeth bellach ffoniwch ein Cadeirydd Derick Lock ar 01267 253524 neu ein hysgrifenyddes Jill Edwards - 01267 2534.*

## 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 gwers 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 Medi 22ain; - Sid Howell – Dr William Price, The Welsh Druid
- Sul Hydref 27ain.- Tony Ryan – Sut i wneud Bwgan
- Sul Tachwedd 24ain - Bydd Ros Briagha yn ôl gyda sêr-ddewiniaeth gyfoes

Ar Sul y 18fed o Orffennaf elwodd yr aelodau ar dywydd sych ar daith i weld cylch Eisteddfodol Llanbedr ac yna at domen neolithig ar dir y Coleg. Ymlaen wedyn i ymweld â dwy ffynnon sanctaidd - Llandre a Llanwrda - yr ail yn gysegredig i Sant Gwyndaf. Yn dilyn cinio gwesty ger yr afon ymlaen wedyn ar hyd yr heol Rufeinig Sarn Helen a chyrraedd y carn hynod Carreg y Bwci gan fwynhau'r golygfeydd syfrdanol. *Sandy Mather*



Carreg y Bwci



## Clwb Gwili Chwedeg

Mae hwn yn fudiad llewyrchus sy'n cynnal gweithgareddau mewnol bob mis ynghyd ag amrywiaeth o deithiau drwy'r flwyddyn, gan gynnwys y Twrci a Thinsel 4 Diwrnod yn Nhachwedd. Dros y blynyddoedd buom yng Nghernyw, Dyfnaint a Gwlad yr Haf.

Ar ddydd Llun 22ain o Orffennaf daeth Paul Raven o'r Tea Traders Cafe yn y Clos Mawr Caerfyrddin i siarad. Cychwynnodd drwy son am chwedl - yn 2737 c.c eisteddai'r Ymerawdwr Tseiniaidd Shen Nung dan goeden wrth i un o'i weision ferwi dŵr yfed pan chwythodd rhai o'r dail i mewn i'r dŵr. Penderfynodd Shen Nung, oedd yn llysieuydd enwog, flasu'r dŵr gan ei fwynhau. Oesoedd wedyn masnachwyd y cynnyrch gyda nifer o wledydd eraill gan gynnwys Prydain lle daeth y boneddigion yn hoff iawn ohono ar wahân i'r pris. Nid oedd y Tseiniaid yn awyddus o rannu'r coed hyn ond fe lwyddodd botanegwyr i gipio rhai a chyda cymorth yr East India Trading Company llwyddo i'w plannu a thyfu yn India. Yn ein cyfarfod cawsom flasu 4 math - gwyn, gwyrdd, oolong a du. 'Roedd gan bob un amser gwahanol i fragu, a'i yfed heb laeth ar wahân i'r un du. Dyma sail cymaint o'n hoff fathau o de heddiw.

**Cyfarfodydd nesaf** i'w cynnal yn Neuadd Bronwydd am 2 o'r gloch – Maes Parcio'n brysur.

- Mercher Medi 4dd - Taith i ganolfan siopa Macarthur Glen ac yna i Borthcawl gyda chyfle i grwydro tua lan y môr a'r siopa a mwynhau sglodion a physgod cyn dychwelid.
- Llun Medi 23ain - Debora John - Seintiau a Phechaduriaid
- Llun Hydref 28ain - David Evans - Siarad am y Llysoedd.

Aelodaeth blwyddyn £10 - Tal mynediad £2 i gynnwys tocyn raffl. Rhagor o wybodaeth oddi wrth yr ysgrifenyddes Val Giles 01267 281194.

## Neuadd Goffa Llanpumsaint a Ffynnonhenri

Mae'r Neuadd yn datblygu i fod yn sefydliad defnyddiol dros ben i'r gymuned. Mae yna ddau fudiad cyson newydd; Y Cylch Celf (Bore Sadwrn) a Dawnsio Llinell (Nos Fawrth).

Dechreuodd y **Dawnsio Llinell** yn gryf yng Ngorffennaf gyda 20 aelod. Mae'n cynnig llawer sy'n iachus i bob oed a gallu; megis cryfhau'r cof (yn enwedig pan na allwch weld yr arweinydd), cydbwysedd a chydymud (pe gallwn), yr holl daro traed yn cryfhau'r esgyrn, symudiadau cyflym yn dda i'r galon, a chydymud gydag eraill yn fuddiol i'r tymer. Felly rhwydd hynt i chi ddod i roi cynnig arni. *lahw*

**Bydd y Cwtsh Cynnes** yn ail gydio ynddi ar fore lau am ddeg o Fedi'r 5ed ymlaen. Bob pythefnos cynhelir sesiynau crefft dan law Gofal Crefft gyda chefnogaeth Cronfa Fferm Wynt Brechfa. Ar yr wythnosau eraill bydd aelodau yn cymerid y llyw neu bawb at y peth a fo. Mae'r Cwtsh yn ffordd ddelfrydol i gwrdd â hen gyfeillion neu rhai newydd o amgylch y pentref. Felly os ydych ar gael ar fore lau trowch i mewn am glonc fach a phaned.

Ar **Ddydd lau Medi'r 26ain** Bydd y Cwtsh Cynnes yn cynnal bore codi arian i **Macmillan gyda choffi a chacen**, fel rhan o ymgyrch genedlaethol. Mae'r elusen hon yn cynnig gwybodaeth ynghyd a chefnogaeth ymarferol ac emosiynol i'r rhai'n dioddef o gancr a'u teuluoedd. Bydd y digwyddiad yn hollol agored i bawb, felly croeso i droi i mewn rhywbryd rhwng 10 y bore a chanol dydd.

## Clwb Celf

Odi chi'n edrych am safle hamddenol anfeirniadol er mwyn ymarfer eich doniau creadigol? Felly gallai'r Clwb Celf yn ateb perffaith i chi. Nid dosbarth yw hwn- 'does 'dim gwersi ffurfiol, na disgwyliadau na beirniadaeth na phwysedd. Ein bwriad yw cynnig dihangfa, a chyfle i ymlacio wrth ymchwilio i'ch ochr greadigol. Dewch a'ch defnyddiau celf eich hunan i ddewis beth bynnag ydych am greu - gall fod yn ddarlun, neu baentio, caligraffeg, gwniadwaith, gwynio, llyfr sgrap neu liwio. Mae'r dewis yn hollol agored a lan i chi.

Mae'r Clwb i bawb beth bynnag fo eu profiad neu eu diddordeb creadigol. Rydym yn griw cyfeillgar, yn barod i gloncian a chael cacen wrth greu ein cynllun. Felly dewch i ymuno a rhwydd hynt i'ch dychymig.

Bob Dydd Sadwrn – Neuadd Llanpumsaint –  
10 – 12 o'r gloch - £5 y tro - Oed 18 lan

**Emily Bearman**



## Cyfarfod Cyffredinol y Neuadd - Chwilio am ymddiriedolwyr a gwirfoddolwr i weithredu fel Ysgrifennydd Cwmni.

Nodwch fod y Cyfarfod Cyffredinol wedi ei newid i Fedi 24ain ac rydym yn chwilio am ymddiriedolwyr newydd a/neu gynghorwyr. Rydym yn chwilio am rywun gyda phrofiad o sgiliau rhedeg cwmni, i gadw'r Neuadd yn weithredol gyfoes. Ni fydd angen i'r person gymerid munudau mewn cyfarfodydd, ac nid o reidrwydd iddo fod yn ymddiriedolwr.

Os am ymuno a'r pwyllgor bywiog yma cysylltwch â'r ysgrifenyddes [clarebish@yahoo.co.uk](mailto:clarebish@yahoo.co.uk)

## Codi Canu

Bydd y codwyr canu yn ail ymgynnull wedi egwyl yr haf ar Nos Wener Medi'r 13eg yn Neuadd Llanpumsaint o 7 tan 9.30 o'r gloch. Wedi hynny byddwn yn cwrdd ar yr ail Nos Wener bob mis - Gwener Hydref 11eg - Gwener Tachwedd 8fed - Gwener Rhagfyr 13eg.

Yr amseroedd yw 7pm - 9.30pm a gofynnwn i chi ddod â'ch diodydd a'ch byrbrydau eich hun. Byddwn yn cyd-ganu â chaneuon o'r 60au, 70au ac 80au a oedd ar frig y siartiau bryd hynny. Mae croeso i bawb ymuno â ni a phrofi'r llawenydd o wrando neu ymuno â cherddoriaeth wych.

**Carolyn Atkinson**

## Noson Cwis

Ar ôl 7 mis cafwyd hoe fach i bawb ym mis Awst, a chyfle i feistri'r cwis gael cyfle i ail gydio ynddi cyn mis Medi. Hoffwn ddiolch i bawb wnaeth ein cefnogi hyd yma, ta sawl tro wnaethoch ddod. Oherwydd y gefnogaeth llwyddom i godi dros £200 i'r Neuadd, a chyda'ch presenoldeb rydym yn hyderus y gallwn wella eto ar y swm yna eleni.

Yn y gynghrair mae'r tri cheffyl blaen wedi newid safle bob tro hyd yma. Ar hyn o bryd mae'r tîm ar y brig wedi llwyddo cael cyfartaledd o 68.9, yr ail gyda 68.7 a'r trydydd ar 68 - mae'n wirioneddol agos! Hefyd ond 6 pwynt sydd rhwng y 4dd a'r 9fed safle, felly pwy a wŷr beth nesaf. Hefyd mae yna 3 tîm sydd ond wedi bod yma unwaith wedi llwyddo cyrraedd y 10 uchaf.

O ystyried hyn oll, ar wahân gwobrwyo'r goreuon penderfynwyd gwobrwyo'r timau gyda'r sgôr uchaf yn ystod y flwyddyn, felly mae'n agored iawn o hyd.

I'r Dyddiadur:

- Nos Wener Medi 20fed - Dathlu ailgydio yn y Cwis
- Nos Wener Hydref 18fed Noson Calan Gaeaf – Gwisgo lan gan wobrwyo'r goreuon.
- Nos Wener Tachwedd 15fed – Y cwis olaf ond un
- Nos Wener Rhagfyr 20fed - Cwis Parti Nadolig gyda gwobrwyo ychwanegol a chyhoeddi'r enillwyr terfynol.

Gobeithio eich gweld yma!

**Sara & Darrell**

## Clwb Garddio Bronwydd a'r Cylch

Mae'r clwb yn cyfarfod unwaith y mis, croeso i bawb. Dechrau am 7.30pm, felly cyrhaeddwch 7.00 – 7.30, codir ffi fechan ar ymwelwyr.

Y cyfarfodydd nesaf yw:

- **Dydd Mawrth Medi 17eg - Abel Pearson - Glasbren** - mudiad cymdeithasol gwirfoddol i ddiwygio ein ffordd o fyw, bwyta a thyfu. Ail-fywiogi ein cymunedau, y bobl sy'n byw ynddynt a'r tir rydym yn dibynnu arno. Daeth cyfle unigryw yn 2023 i stiwardio dros dymor hir 134 erw o dir yr Ymddiriedolaeth Genedlaethol, ychydig filltiroedd i'r de o Llansteffan - Parc yr Arglwydd. Credwn fod tyfu cnydau gyda'n gilydd yn ffordd bwerus i'n hysbrydoli at gysylltiad newydd a'n byd. Mae bwyd yn ein clymu i'r ddaear, ein hadau a'n tirwedd. Rydym wedi ein hysbrydol ac yn angerddol i wneud yr hyn allwn i greu ynys o heddwch a bioamrywiaeth, cymuned sy'n ffynnu a chynnal, sy'n gynhyrchiol a ffrwythlon gyda phobl amrywiol yn cynnal y tir.
- **Nos Fawrth Hydref 15fed - Stephanie Hafferty - Garddio heb Geibio**

## **Cylch Meithrin Bronwydd**

Y tymor hwn, bu'r plant yn treulio llawer o amser yn ein gardd yn chwarae yn y tŷ bach twt a'r gegin fwd. Buont hefyd yn plannu tatws cyn yr hanner tymor ac yn eu tynnu yr wythnos olaf cyn gwyliau'r haf. Roeddent yn synnu gweld cymaint o datws, a fe'u gwerthwyd i'r rhieni yn ein parti diwedd tymor.

Ar y 14eg o Fehefin, cafwyd ein trip blynyddol i'r Ardd Fotaneg yn Llanarthne i wyllo Sioe Feithrin Dewin a Doti gyda gwestai arbennig - Martyn Geraint. Braf oedd yr adloniant a roedd Martyn Geraint yn arbennig fel arfer yn canu, diddanu'r plant â'i storiâu difyr a sioe bypedau. Roedd ei gân "Mae siarad Cymraeg fel magic" yn aros yng nghôf y plant.

Buom yn hybu'r Cylch yn y gymuned ar 29ain o Fehefin drwy ymuno â Diwrnod Hwyl Llanpumsaint. Diolch yn fawr i Euros Davies am noddi ein stondin. Tynnwyd ennillwyr ein cystadleuaeth "Enwi'r octopws" ac "Enwi'r seren fôr" yn ein parti diwedd tymor. Ennillydd yr octopws oedd Lleucu Evans gyda'r enw "Orla" ac ennillydd y seren fôr oedd Dyfan Davies gyda'r enw "Scarlet".

Braf oedd croesawu Hefin, Edryd ac Aled o "Llaeth Derlwyn" i ein parti diwedd tymor. Roedd plant y Cylch yn mwynhau dewis gwahanol flasau o ysgytlaeth .

Bydd y tymor nesaf yn dechrau ar Ddydd Mawrth, 3ydd o Fedi, a'r sesiwn Ti a Fi nesaf ar Ddydd Gwener y 6ed o Fedi. Mae llefydd ar gael yn y Cylch ar gyfer plant 2 a 3 oed - *cysylltwch â Verona ar 07929 431652 am fwy o wybodaeth os gwelwch yn dda.*

## **Cofrestri Gorfodol Ieir ac Adar Dof eraill**

Wedi'r 1af o Hydref 2024 bydd yn gyfraith yn Lloegr a Chymru i gofrestri am Rif Eiddo'r Plwyf ac felly cofrestri am gadw ieir ar Gofrestr Ffowls, ac eithrio'r rhai a gedwir yn anwes ac yn byw dan-do heb gyfle i fynd allan.

Felly os oes gennych rhai ffowls neu hwyaid tua'r ardd bydd rhaid eu cofrestri erbyn y 1af o Hydref eleni. Cewch Rif Eiddo'r Plwyf drwy fynd ar RPW ar y we neu ffonio 0300 062 5004. Oes angen bwyell i gracio wy?

***Carolyn Smethurst***

## Y Balsam Himaleuaidd

Dechreuodd nifer fach ohonom ymosod ar y balsam melltgedig yma yn y Cae Chware sydd wedi cymerid drosodd ar hyd arfordir yr afon a'r cloddiau. Dyma elyn sy'n tagu'r tyfiant lleol, fel y gwelwn ar yr heol fawr tua'r dre.

Yn Llanpumsaint mae gennym gyfle i'w gadw dan reolaeth, felly ewch ati i'w dynnu o'r gwraidd (mae'n weddol haws) cyn i'r hadau ddsbarthu. Rhowch ef ar y llawr i sychu a gwywo. ***Ond byddwch yn ofalus ar ochr yr heolydd.***



## Hwyaden Ddirgel ar llwyfan y llyn

Wedi bod i ffwrdd am ryw wythnos gwelsom wedi dychwelid nyth hardd heb ei defnyddio ar y llwyfan ganol y llyn. Pa aderyn luniodd hwn heb ei defnyddio wedyn?

Felly holwyd nifer o arbenigwyr adar gan gynnwys yr Athro Chris Perrins yn Rhydychen. Y farn bendant fu oedd mai Cwtiar fu yma. Nid ydym wedi clywed un ar y llyn, felly oes yna rywun wedi clywed un yn lleol? Felly ble aeth y gwtiar hon wnaeth lunio'r fath nyth gymhleth? Ond y peth tristaf fu i'r gwynt godi un nos i chwythu'r nyth odd iar y llwyfan llyn.

*Carolyn Smethurst*



## Adar Ymfudo yn Llanpumsaint

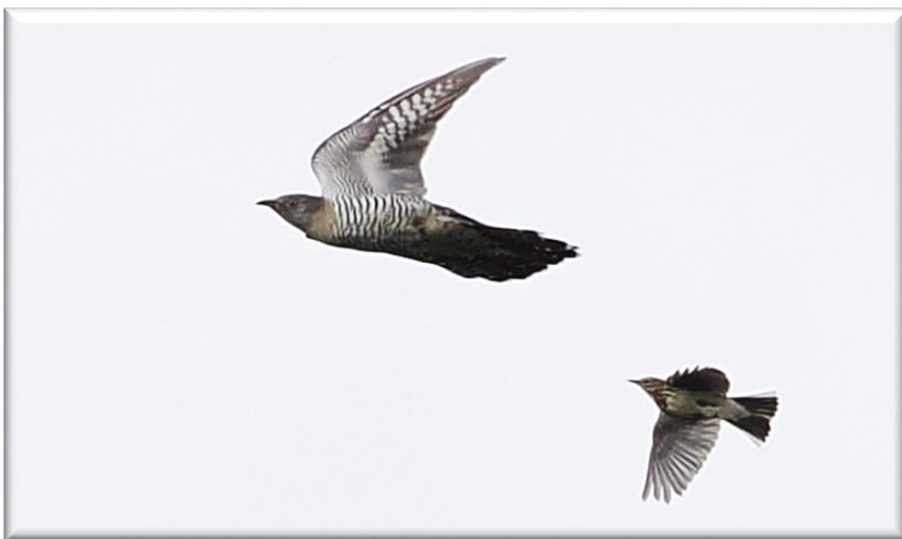
Fel rhan o weithgaredd y Dydd Hwyl trefnodd y Cyngor Cymuned a Bioamrywiaeth Llanpumsaint cwis adar. Rhoddwyd sylw arbennig i adar sy'n ymfudo a'r pellteroedd maent yn hedfan i gyrraedd Llanpumsaint. Ymysg yr ymwelwyr a welwyd yma adeg y gwanwyn a'r haf oedd - Sif-saf, Telor yr helyg a'r Capan du - rhain wedi hedfan 2500 milltir o ogledd a gorllewin Affrica. Yna'r gwcw, Gwybedog mannog, Corhedydd y coed, Troellwr mawr a Gwennol y bondo wedi teithio dros 5000 milltir o ganol yr Affrig, ond y Wennol ddu a'r gwennoliaid wedi gwneud rhwng 6000 a 7000 o dde ddwyrain Affrica.

Mae'r gamp ymfudo hyn yn fwy hynod fyth o ystyried mae rhyw 20 gram yw eu faint bod wedi hedfan dros anialwch, goresgyn colli safleoedd nythu a holl gymhlethdodau'r newid hinsawdd.

Felly estynnwn groeso twym galon iddynt i'w denu yn ôl yma flwyddyn nesa i'r un nyth, bondo, gallt neu glawdd. Fe gadwan ddod am flynyddoedd. Rhwng 2 a 4 blwyddyn yw oes arferol aderyn bach, ond cofnodir i un wennol oedd yn byw'n wyllt gyrraedd 21 blwyddyn, gwennol y bondo 15 a gwennol 11 blwyddyn.

Mae yna ddiweddarau ynghyn a bywyd gwyllt ar Facebook - <https://www.facebook.com/groups/262032303472937>

Gwennol y bondo



Y gwcw'n cael ei herlid gan gorhedydd y waun – Blaen Duad (Clare Bishop)

## Arolwg Blynyddol y Ddol

Gwnaeth y Tîm Bioamrywiaeth y Cyngor gyflwyno canlyniadau o 6 cae yn Llanpumsaint i Ymchwiliad y Ddol Farw. Chwynwyd yr arolwg gan Gylch Dolydd Sir Gar, er mwyn codi ymwybyddiaeth a diddordeb o dir glas a chofnodi amrywiaeth porfeydd.

Ychwanegwyd cae nas porwyd i'r rhestr oedd yn cynnwys 29 math o blanhigion. Ar gychwyn mis Gorffennaf bu'r cae hwn yn drysorfa o fwyd i'r adar; megys Telor yr ardd, , Sif - Saf, Telor yr helyg, Capan du, Nico, Clochdar y cerrig, Cacynen. Glöyn, Gwynfyn a'r Glöyn.

Datgelwyd canlyniadau annisgwyl gan safle newydd arall. Darn o borfa oedd hon yng nghornel gogledd dwyreiniol y Cae Chwarae sydd nawr wedi ei adael heb dorri fel rhan o gynllun Cwm Arian. Diddorol fu gweld cymaint o amrywiaeth yn tyfu mewn ardal mor fychan, gyda'r cyfle nawr i gyfoethogi'r amgylchfyd lleol. Gwelwyd cyfanswm o 17 planhigyn, gyda 5 ohonynt yn nodweddiadol o ardaloedd porfa: gan gynnwys Y Blodyn melyn, Llygad y dydd, Serenllys bach a Meillionen goch.

Corryn yn gwyllo ei phraidd yn y Cae Chwarae



## Ugain Milltir yr awr

Mae'r Cyngor Sir yn gwahodd preswylwyr i gynnig eu barn ar ba heolydd a ddylid dychwelid i 30 milltir yr awr. Mae gennych hyd at ddiwedd Awst i ymateb ar wefan y Cyngor - bydd dan Wasanaethau'r Cyngor.

Os ydych yn cefnogi 20 milltir yr awr yn eich ardal mae'r Cyngor hefyd yn awyddus i glywed wrthoch – e-bost i [20mphspeedlimits@carmarthenshire.gov.uk](mailto:20mphspeedlimits@carmarthenshire.gov.uk)

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