



Village Voice June 2023

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email info@llanpumsaint.org.uk. Please send items to info@llanpumsaint.org.uk,
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Funday 2023



Dates for your Diary

One-off Events

- Monday 19 June AGM for Llanpumsaint and Ffyonnhenry Memorial Hall Committee, 8 pm in Village Hall – All welcome
- Saturday 1 July Church Tea and Toast, Coffee and Cake morning, 10 – 12 in Village Hall – All welcome
- Tuesday 11 July Community Council Ordinary meeting, 8 pm in Village Hall
- Friday 14 July Quiz in the 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.

Weekly Events

- Short Mat Bowls, Village Hall, Mondays and Thursdays, restarting in September
- Pop-up Café, Llanpumsaint Church, Tuesdays, 11.30 am – 2.00 pm
- Salsa Dancing, Village Hall, Tuesdays restarting in September
- Zumba, Village Hall, Wednesdays, 7 – 8 pm; newcomers always welcome (summer break after 20 July)
- Summer social space, Village Hall, Thursdays, 10 am – 1 pm: 22 June - watercolours, 6 July – illustration, 20 July – forest embroidery (summer break after 20 July)
- Singalong, Village Hall, Fridays (except Quiz nights), 7 pm: June: 16, 23 and 30; July: 7, 21 and 28

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
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)

Llanpumsaint Community Council

The Community Council held its Annual Meeting in May and was pleased to re-elect Cllr Arwel Nicholas as Chair. Many of you will know Arwel, who grew up in the Village and has served steadfastly on the Community Council for the last 35 years and has led the Council as Chair since 2019.

The Council also held an Ordinary meeting in May to discuss other important business, in particular, the new traffic measures installed by the County Highways department at the Graig Junction. There was a large turnout of Llanpumsaint residents who attended the Council meeting to raise their concerns about the safety of the new measures, with reports of several 'near misses' and cancelled deliveries, as larger agricultural vehicles were unable to safely manoeuvre around the new bollards. It was reiterated that the Community Council had not been notified or consulted about this matter and had repeatedly asked for the measures to be removed and for the serious safety concerns raised to be properly considered. The Community Council agreed that it would continue to escalate these concerns on behalf of the residents of Llanpumsaint and arrange a public meeting for the Highways department to explain their position if they remained intransigent.

Ten days after the Council meeting, and after lots of emails, phone calls and meetings, the Community Council was informed by County Councillor Bryan Davies that the Highways department had finally agreed that the bollards should be removed from the Graig Junction as soon as practically possible. At the time of writing, we're still waiting for this to be done, but hope that by the time you're reading this, the Junction will have been reinstated. For a small Community like ours, this is quite a triumph, and we think it shows what we can achieve together!

The Community Council was also delighted to offer a small token gift to each pupil at the Village Primary School to commemorate the King's Coronation. A specially emblazoned mug was commissioned from a local business and presented by our Chair and Cllr Lock.



The Council is still looking for a new part-time

Clerk, 4 hours each week, salary £2,210-£2,440 pa, working mostly from home on a flexible basis. This is a great opportunity for someone local, with good administrative skills and an interest in serving their local community. Bilingual skills are desirable, but not essential. Full training and support will be provided. Further information is available from the Community Council Chair, Cllr Arwel Nicholas on 01267 281365, or the Acting Clerk, Kumi Ariyadasa on 07799 898002 or clerk.llanpumsaint@gmail.com

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

Our next meeting is to be held on 11th July 2023, starting at 8pm – All are welcome!

Singalong

On Friday 26 May a brand-new activity started in the Llanpumsaint Memorial Hall - the Community Singalong! We are happy to report that we have since held a second evening of this fun activity, averaging 30 in attendance.

When planning this event, we discovered it best to avoid the word choir as there already is a very good choir established in the village. What we are is a group of people who love to sing along with our favourite music although we may not have the vocal ability to join a choir. As we sing along, vocals and lyrics are provided on a screen, and we make a joyful and reasonably good sound.

Singing is acknowledged to be good for mental and physical wellbeing and I can assure you that everyone leaves feeling happy. Why not come along and join us on Friday nights at 7 pm; bring your own refreshments and glasses, for a cost of £2 per person (which includes a small raffle) to cover hall hire charges.

Forthcoming dates: June: 2, 16, 23 and 30; July: 7, 21 and 28.

Hope to see you there, Carolyn Atkinson

Clwb Criced Bronwydd Home Fixtures - Season 2023

Date	1st/2nd	Opponents
17 June	1 X1	Maesteg
24 June	2 X1	Skewen
1 July	1 X1	Llangennech
8 July	2 X1	Briton Ferry Steel
15 July	2 X1	Llandeilo
22 July	1 X1	Ynysygerwn
29 July	1 X1	Llanelli
5 August	2 X1	Dunvant
12 August	1 X1	Tata Steel
19 August	2 X1	Swansea Civil Service
26 August	1 X1	Merthyr Tydfil

All matches start at 1 p.m. and are played at Cnwc-y- Deri in Bronwydd.

You may have seen the banner on the fence by the entrance to the Cricket Ground/Bronwydd Hall to attract youngsters (girls and boys) to cricket. The movement is known 'All Stars' which every cricket club offers young children. It is normally an 8 week period and more information can be found by Googling All Stars Cricket. Karl von Weber is in charge of the All Stars at Bronwydd (07769 226695).

Dorian Taylor

West Wales Dowzers

In May the guest speaker was Janice Fry, author of 'Sacred Yews of Wales'. Apparently, the UK has the most Yew trees in the world. Wales has one believed to be 5,500 years old! Speaker, Janis Fry did not disappoint with a wealth of knowledge about Yew trees from all over the world. Some of it seemed mind boggling, and members were relieved to hear that her accounts were backed up by recognisable sources, as detailed in her book.

See <https://www.bbc.co.uk/news/av/uk-wales-60084636>

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 2pm start at Bronwydd Hall:

Sunday 25 June: **Learn to Dowse for £15!** Bring your dowsing rods or pendulums or buy at the event. The afternoon will include the basics of learning to use rods and pendulums to dowse. Practical sessions will include finding an energy line and aura dowsing. There will also be a chance to socialise over a welcome cuppa plus feedback and questions. See opening times above.

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

Allotment Association

Hello, I hope you are all enjoying the sunshine of late.

Just a quick reminder that there are still a few plots going for anyone who is interested in all things green fingered. Just call or message Eirian on 07896 050283 or Sarah on 07811 288104. Membership for the first year is £35 and £25 per year thereafter.

We have had our clear up day at the allotment on 4th June so thank you to everyone that came to help. 😊

Becki

Non-barcoded postage stamps

You have until 31st July 2023 to use up any postage stamps without a barcode. You can swap them for barcoded stamps – details from royalmail.com/barcodedstamps

Clwb Gwili Over 60s

Wednesday 17 May: Members enjoyed a wonderful trip to Aberystwyth for a journey on the Vale of Rheidol railway stopping off at Devil's bridge for refreshments. The weather was lovely and the scenery amazing. On the way home we stopped in Aberaeron for fish and chips.

Thursday 15 June: Trip to Brecon plus afternoon on the Brecon Canal with Dragonfly Ferries SOLD OUT!

Monday 26 June: Bruce Smith – Local Drovers Roads

Monday 24 July: Twely Griffiths – 'Magic Show'

Wednesday 9 August – Mystery Trip

Monday 21 August: Gareth Richards – Summer Sunshine Feast

Wednesday 6 September: Trip to be arranged.

Monday 25 September: Brian Jones – Castell Howell

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

New members welcome! Annual Membership is now £10. £2 entrance fee per person plus one raffle ticket. We meet in Bronwydd Hall at 2pm.

More details Sandy 01267 253547

Llanpumsaint Welfare and Recreational Association (Llanpumsaint Park)

With the fantastic weather in May, the tennis net has now been installed for all budding Andy Murray's or Emma Raducanu's in readiness for Wimbledon! 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.

Our annual AGM was held on Monday 22 May at 8 pm in the Village Hall. The committee roles remain the same as last year: Aaron Jones (Chair), Sarah Moore (Vice Chair), Heledd Jones (Treasurer), Mike Eynon/Simon Davies (Secretary).

The Treasure Hunt has been earmarked for Saturday 23 September; please keep an eye open for further updates on this closer to the date.

Our chosen charity for this year is The Trussel Trust Carmarthen Food Bank, which we will look to raise funds for alongside raising funding to keep the park open and maintained all year-round. As ever, the committee is looking for new volunteers to help with the ongoing maintenance and fundraising for the park. If you would like to help then please get in touch with us via our email parcllanpumsaintpark@gmail.com, or speak to Aaron Jones (07814157946) or any other committee member for more information.

Quiz

With thanks to everyone who has supported it, the monthly quiz in The Memorial Hall has been a great success. Team numbers are fast approaching capacity with more than 60 regular quizzers coming from the village and further afield.

Each team (maximum five players) pit their wits across a range of topics. The music round has themes which change monthly and could be anything from pop to musicals or film scores. There is a picture board, puzzle sheet, clips round and the fiendish 'Who Am I' round. Subject rounds, in which you can use a Joker for double points, are changed each month.

There is a charge of £1 per person and an additional £5 per team to cover the costs and prize money (£20 for the winning team) with all profits going to the Memorial Hall maintenance funds. Players bring their own drinks and snacks leading to an informal picnic-like atmosphere (one team even had pizzas delivered!).

There is still time to join the league as it a team's top five scores that will count when deciding the winners in December. At this early stage the Bijou Belles are just pipping The Choir by 0.8% with Ken's Angels lying a close third.

The next quiz will be on 14 July. Following a break in August, the Quiz will return on 15 September in its new regular spot of the third Friday each month. Look out for the 'Spooktacular Quiz' on 20 October, another session on 17 November and the special Christmas Quiz on 15 December where the league winners will be crowned.

Sara and Darrell

Editor's note: Congratulations to our quiz maestros for their recent win on the TV quiz show 'Pointless'.



7 Llanpumsaint 100 Club Draw

Thank you very much to everyone who has taken part this year, we wish you all the very best of luck!

The March/April/May Draws for the Llanpumsaint 100 Club have now been made, with the results as follows (*1st Prize = £20 | 2nd Prize = £15 | 3rd Prize £10*):

March: 1st = Jill Edwards [68], 2nd = Mike Eynon [64], 3rd = Betty Marshall [115]

April: 1st = Ian Ayers [101], 2nd = Eleri Evans [86], 3rd = Nivinia Davies [55]

May: 1st = Peter Lee [7], 2nd = Paul & Juliet [84], 3rd = Derick Lock [12]

Llanpumsaint and Nebo Short Mat Bowling Club

The 2022-23 season finished with a social evening and the finals of our Inter-Club competitions. Congratulations go to the following members:

2 Wood Pairs – Catrin Lleucu and Niki Day

2 Wood Singles – Jill Edwards

4 Wood Singles – Derick Lock

Alan Dentry Memorial Shield for the Club Member of the Season as voted by the Club Members was awarded to Jill Edwards

The Members are now taking a well earned break over the summer months and will reconvene in September for the challenge of playing new Clubs in Division 2.

Don't forget to check out our website Llanpumsaintsmbc.org.uk where you will find up to date information on the Club. The Club meets in the Hall for practice on Monday and Thursday evenings from 7.30-9.30 pm. 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

Cylch Meithrin Bronwydd



The first half term of the Summer has blessed us with glorious weather, and there have been many opportunities for learning in the outdoors. The children have been looking for small creatures in the garden in this term's bug theme. The children have been learning that many small creatures have homes in the Cylch garden. So far, we have seen worms, woodlice, snails, green shield bugs, cardinal beetles,

millipedes...The children have been constructing a bug hotel in the corner to provide a habitat. Some warm days have also allowed us to explore the riverside, combining water play as well as overturning stones to look for river creatures. We are fortunate to be located in a beautiful area where there are many opportunities for authentic play experiences.

We have spaces available now for children between 2 years old up to primary school age. It has been a pleasure to welcome new children to our Ti a Fi sessions every Friday during term time from 10am until 12.00 noon. This is a session for any child 0-4 years old with their parent or carer.

All enquires to Verona on 07929 431652. Thank you.

DOTS Youth group



On Thursday 11 May at the Church, DOTS welcomed Pam Evans MBE, founder of the Peace Mala organisation. DOTS were presented with the Peace Mala Silver Award. It was an honour to have a visit from Pam. She spoke from the heart as she explained how the Peace Mala organisation had started. Following the 9/11 tragedy, she saw intolerance rising among young people at a school

where she taught Religious Education. She felt a great need to teach people that whatever your faith or non-faith, everyone is called to live with respect for one another with gentleness, compassion, kindness and love. She calls for all teachers within organised religion to remember this.

DOTS members had previously been fortunate in February to visit the Peace Mala Headquarters in Swansea where the organisation is based. This was also an impressive experience to see all the religions of the world being represented at one centre.

The evening of 11 May was also Rev Gaynor's last DOTS session. The members and their families wished her well in her new job and thanked her for all her great work in establishing the youth group, and for providing so many fantastic opportunities for young people within the community.

DOTS will continue every Thursday evening at 5.30pm during term time with Rev Kristie as leader.

Emma

Llanpumsaint Church

During her five years based in Llanpumsaint as a newly ordained vicar, Rev Gaynor created lots of ideas and opportunities for all age groups in the community. Sadly, she has left us for pastures new but has left behind a fantastic legacy. We now have a thriving DOTS group for young adults and Godly play for younger children. Then there is the weekly pop-up café which has brought many of the community together.

The only thing left to say is to thank Gaynor and hope that we can do her legacy justice. All these activities will continue, as well as the 9 o'clock service on Sunday mornings for those wanting a few moments of quiet in this busy world.

Niki Day and the church community

Hospice opens for National Garden Scheme Open Day

Skanda Vale Hospice is opening its stunning gardens to the public on Saturday 15 July as part of the annual National Garden Scheme Open Day. Our gardens are designed, created and maintained by our team of volunteers. As we move into summer, the gardens are alive with life and energy and have become a feast of colours and scents, a haven for wildlife, and a sanctuary of peace and calm for people.



There will also be tea, cake, entertainment and much, much more. Every penny raised at the Open Day will go towards continuing the work of Skanda Vale Hospice to support and care for people with life-limiting illnesses as well as their families and friends. Visitors will also be able to find out more about the work of the hospice, the completely free services we offer, and the many volunteering roles we have available, including with the gardening team.

As you are hopefully aware, Skanda Vale Hospice is staffed almost entirely by volunteers and provides completely free services to people with life-limiting illnesses in Carmarthenshire, Pembrokeshire and Ceredigion, regardless of their beliefs or religion. Our patients and volunteers come from across the three counties.

If you or a loved one could benefit from the free services offered by Skanda Vale Hospice, email hello@skandavalehospice.org or telephone 01559 371222.

If you would like to volunteer at the Hospice – whatever the skills or time you think you can offer – email volunteers@skandavalehospice.org.

Steve Adams – Marketing and Communications Project Manager

Ysgol Llanpumsaint Parents & Teachers Association

(Apologies – this article was omitted from April Edition)

Many thanks to everybody who bought a square for an opportunity to win an Easter Hamper. Here are the lucky winners:

Cath Vimpany, 2. Emma Lacey, 3. Annette Evans, 4. Meinir Jones, 5. Emma Lacey, 6. Mrs Harries
7. Lili Lewis, 8. Elfed Davies, 9. Nia a Tomos Morris, 10. Bet Eldred

Gwyneth Ayers

News from Newyddion Menter Gorllewin Sir Gâr

An organisation which encourages, promotes and supports the development of the Welsh language in the West Carmarthenshire area.

Ras Fach y Wiber Race, Newcastle Emlyn, Tuesday 20 June: Starting at the Rugby Club: 1K, 2.5K and 5K races for children and adults so come along and run together. Register between 5 and 6 pm near the rugby field, before the race starts at 6.15 pm. The Club bar will be open and selling cold drinks on the night.

Gŵyl Fach Newy' festival, Saturday 24 June from 10 am – 1 pm: Newcastle Emlyn's playing fields with fancy dress competition, sports, games, face painting and more.

Menter Gorllewin Sir Gâr
yn cyflwyno | introducing.

GŴYL FACH NEWY'
CASTELL NEWYDD EMLYN | NEWCASTLE EMLYN

GŴYL FACH NEWY'
Gŵyl i deuluoedd yng Nghastell Newydd Emlyn
Newcastle Emlyn family festival

24.6.23 10AM-1PM

**10.15am - Cystadleuaeth Gwisg Ffansi
Fancy Dress Competition**
Thema | Theme: coch, gwyn a gwyrdd | red, white and green
Plant ac oedolion | Children and adults

11am - Mabolgampau | Sports
Plant ac oedolion | Children and adults

12pm - Stori gyda | Story with: Magi Ann

Peintio wynebau a glityr | Face painting and glitter
Gemau Amrywiol | Various games
Dewch â phicnic | Bring a picnic

Noddwyd gan | Sponsored by
Emlyn Circle

Menter Gorllewin Sir Gâr
Mwynhou'r Gymroeg
GŴYL FACH NEWY'
Llywodraeth Cymru
Welsh Government

Gŵyl Canol Dre, Carmarthen Saturday 8 July:

Events and activities from 11 am-8 pm Parc Myrddin fields in Carmarthen. Come and enjoy a variety of performances on both stages:

main stage: groups and artists such as Gwilym, Eden and Yws Gwynedd

performance stage: performances from local schools and shows such as Siani Sionc and Mewn Cymeriad.

Young Sycamore Trees



FREE. Just come and help yourself.
Sometime soon, I'll have to pull/dig them up and throw them away.

Contact Dave on 07980 271279/01267 253993 to arrange. Thanks.

Bronwydd Garden Club



Dave Robinson
Glorious colour

Our Horticultural Show will be on Saturday 19 August and our Show President will be our own Peter Giles as Chairman of the Community Council. There will be a new “Best in Show” Award this year which celebrates the great contributions that Dai and Margaret Evans made to the Club. So if you win a first prize in your class you will be eligible for consideration for this Award. This first year, we hope that Elaine and Dylan (who made a lovely donation on behalf of Dai and Margaret) will choose the winner. **Show schedule available from Margaret Nolan.**

Programme for the rest of 2023

20 June Colin Lawrence – Beekeeping

18 July Louise Austin – Tywi Gateway Project Update

19 August - Annual Horticultural Show

19 September- Gareth Davies – Fuchsias

17 October - Bob and Rannveig Wallis – The Treasures of Tajikistan and Uzbekistan

21 November - Annual General Meeting – Social Hour and refreshments

Sue Harte Chair susan_meade@hotmail.com

No Mow May

We decided to try no mow May and agreed on a 50/50 split of our lawn area (we needed some short grass for the dog!) I have found it to be a lovely experiment and have been utterly amazed by the variety of grasses and flowers that have flourished in the non-mown areas. I’ve found Speedwell, Forget-me-Nots, Cuckoo Flowers, Shining Crane’s Bill among the flowering species. The grasses have been beautiful, especially in the breeze/wind (it tends to be quite windy here at the top of the hill). Among the grasses we have beautiful Yorkshire Fog, Smooth Meadow grass, Meadow Foxtail and Plantain. We are now at 60/40 mown to non-mown and are planning to keep it that way for another few months, excited to see what else will grow.

Debbie at Isfryn



Around the Graig

When The Graig shot into the forefront of local news recently this served to highlight some facts from the past regarding this historic spot. The 1841 Census revealed a sparse Bronwydd, with only one house standing in the lower village, namely Ty Picca (right by the entrance to Gelli Aur estate) and is still there in fact. Yet around the Graig there existed quite a scattered community of about 10 dwellings, served by the Clifford Arms with Awelfa next door housing the horses. Dominating the landscape way above them were the remains of both an Iron Age hillfort and defensive 12th century motte and bailey castle, which are still very visible.

Though the pub never made it beyond the 1920s, it found itself in the news a few times serving beer on forbidden Sundays. One well-oiled customer fell in a gutter and drowned on his way home. Around the first corner the remains of a once busy quarry are visible, though it ceased to operate beyond the 1930s. One story was that blasted stones were hitting nearby Parce's roof, but more likely an increasingly busy roadway made operations too dangerous. Take a torch and see how far you can venture along the little cave!

Two widows of two brothers, Jennie at Awelfa and Maud next door in Clifford House, dominated the junction during the second half of the 20th century. Jennie with her ever open front door knew all the news and gossip from Llanpumsaint to town and beyond. People stopping for updates found they were also in turn being interrogated. Llanpumsaint Council deemed her services so valuable that they provided her with a public seat opposite, where Malcom Howells Pandy sat to hear the latest on his way home from Cynheidre colliery.

Though the best of friends Jennie and Maud jealously maintained their independence, even on Christmas Day, would be on their doorsteps discuss the merits of their individual turkey and pudding. Now both houses are combined into one dwelling.



*Jennie Graig yn datlu ei phenblwydd yn nawdeg - y drws ar agor wrth gwrs.
Jennie on her 90th Birthday, door wide open of course.*

In the 1840s a new road was constructed from Bronwydd to link up with the main Lampeter to Carmarthen emerging at the Stag & Pheasant in Pontarsais. The Turnpyke Trust planned to place a tollgate at the Graig junction to rake in more cash, but the Rebecca Rioters soon put an end to that plan.

Arwyn 2023

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Tyluno / Aromatherapy Massage

Indian Head Massage

Thermal-auricular (Ear candling)

Reiki

Meleri Brown MAR

mels.brown@hotmail.co.uk 07855488660

Therapy Cyflenwol – Complementary Therapist

Penllwynuchel, Nebo, Llanpumsaint, Caerfyrddin,

SA33 6LT

Gwalia Garage

Peniel Road Rhydargaeau

MOT, servicing, tyres, repairs

Tel: (01267) 253599

JRB & K Thomas

Peniel Road Carms SA32 7DR

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Contact Carolyn Smethurst 01267 253308 or email info@llanpumsaint.org.uk

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Llanpumsaint 100 Club 2022/23

Income

£ 676.71

Expenditure

	Income	Expenditure
Bank Opening Balance @ 01.02.2022		
119 members @ £12	£ 1,428.00	£ 770.00
Donation	£ 1.00	£ 550.00
		£ 20.00
		£ -
	£ 1,429.00	£ 1,340.00

2022/23 Cheques Unpresented @ 01.02.23

2022/23 Unpresented Cheque (505)
2022/23 Unpresented Cheque (532)

2021/22 Cheques Presented in 2022/23

2021/22 Prize Cheque (410)
2021/22 Unpresented Cheque (419)

£ 20.00
£ 15.00
£ 35.00

£ 765.71

Bank Closing Balance @ 01.02.23

Balance Check £ 2,140.71
Balance Check £ 2,140.71

Balance Check £ 765.71
2022/2023 Profit £ 89.00

Prepared by Heledd Jones (Treasurer)

Checked by Huw Williams

Dated 29.01.2023

Llanpumsaint 100 Club 2023/24 - Members
Clwb 100 Llanpumsaint 2023/24 - Aelodau

Number / Rhif	Name / Enw
001	John Richards
002	Lewis Richards
003	Eirlys Lloyd
004	Andy Williams
005	Lisa Williams
006	Diane Lee
007	Peter Lee
008	Beth Thomas
009	David Icke
010	Sarah Moore
011	William Fitzsimon
012	Derick Lock
013	Bowls Club
014	Valerie Lock
015	Delyth Brown
016	Dafydd Jones
017	Becka Dufty
018	Hazel Thomas
019	David Thomas
020	Heledd Jones
021	Mathew Jones
022	Lesley Hargreaves
023	Ray Davies (Delfryn)
024	Luned a Dewi Davies
025	Dion Davies
026	Rosie Frewin
027	Sharon Frewin
028	Darrell Ward
029	Megan Eldred
030	Rhys Eldred
031	Peter Ody
032	Brian Smethurst
033	Carolyn Smethurst
034	Dewi & Gwen Thomas
035	Becky Dufty
036	Helen Dufty
037	Sandy Mather
038	Cath Vimpany
039	Ann Jones
040	Lyn Henstredge
041	Nick Henstredge
042	Dafydd Charles
043	Delyth Charles
044	Bob Jameson
045	Mo Jameson
046	Mathew Jameson
047	Edward Davies
048	Sylvia Davies
049	Peter Giles
050	David Hume
051	Barbara Cable
052	Dexter Penfold
053	Ollie Penfold
054	Grant Davies
055	Nivinia Davies
056	Dylan Jones
057	Meinir Jones
058	Rhodri Jones
059	Angharad Harding
060	Lesley Hargreaves

Number / Rhif	Name / Enw
061	Eifion Saer
062	Kevin Mably
063	Lee Davies
064	Mike Eynon
065	Marlene Wareham
066	Dorrien & Mair Thomas
067	Lyn & Neris Thomas
068	Jill Edwards
069	Huw Williams
070	Cathy Williams
071	Clare Bishop
072	Sally James
073	Stuart James
074	Pamela Jones
075	Dewi Jones
076	Emma Clift
077	Lisa Clifft
078	Steve & Wayne Goman
079	Dee Tozer
080	Keith Tozer
081	Ray Davies (Brackla)
082	Shirley Davies
083	Gary & Tanya Isitt
084	Paul & Juliet
085	Chris Morley
086	Eleri Evans
087	Rhianydd Jones-Evans
088	Alun Stedman
089	Maria Stedman
090	Dave Robinson
091	Vi Robinson
092	Elsie Jones
093	Eirian Powell
094	Sandra Powell
095	Ann Wyke
096	Irene Davies
097	Moishe Merry
098	Felix Merry
099	Eli Merry
100	Gwyneth Ayers
101	Ian Ayers
102	Bryan Davies
103	Marged Davies
104	Jonny Evans
105	Lyn Evans
106	Eirian Williams
107	Aaron Jones
108	Lisa Jones
109	Sally & Bruce
110	Rhys a Swyn Roberts
111	Roz Evans
112	Patrick Thacker
113	Llew Thomas
114	Dewi & Luned Davies
115	Betty Marshall

If you would like to join, it's not too late, please e-mail:
llanpumsaint100club@gmail.com

Os hoffech ymuno, nid yw'n rhy hwyr, anfonwch e-bost
at: **llanpumsaint100club@gmail.com**



Llais y Llan Mehefin 2023

Copi dyddiad ar gyfer rhifyn nesaf 26 mis Gorffennaf 2023

CRONFA GYMUNEDOL FFERM WYNT
COEDWIG GORLLEWIN BRECHFA



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

Diwrnod Hwyl 2023



I'ch Dyddiadur

Digwyddiadau Unigol

- **Nos Lun 19 Mehefin** - Cyfarfod Blynyddol Pwyllgor Neuadd Goffa Llanpumsaint a Ffynnonhenry. am 8 o'r gloch yn y Neuadd. Croeso i bawb.
- **Dydd Sadwrn 1 Gorffennaf** – Bore Te a Thost, Coffi a Chacen, 10-12 yn Neuadd y Pentref. Croeso i bawb.
- **Dydd Mawrth 11 Gorffennaf** - Cyngor Cymuned Llanpumsaint, 8 o'r gloch yn y Neuadd.
- **Nos Wener 14 Gorffennaf** - Cwis yn y Neuadd. Drysau ar agor am 7yh i gychwyn am 7.30. £1 y pen a £5 i gystadlu mewn timau o 5. Dewch a'ch diod a'ch gwydrau eich hunan. Gwobr ariannol i'r enillwyr.

Digwyddiadau Wythnosol

- **Bowlio Dan-do** yn y Neuadd Goffa – bob Nos Lun a Nos Iau – 7.30 - 9.30 (ailgychwyn ym mis Medi)
- **Caffi Bach** yr Eglwys bob Dydd Mawrth o 11.30 - 2.30; archebion olaf 2 o'r gloch
- **Dawnsio Salsa** yn y Neuadd Goffa ar Nos Fawrth (ailgychwyn ym mis Medi)
- **Zumba** yn y Neuadd Goffa ar Nos Fercher o 7 – 8; croeso i rai newydd ar unrhyw achlysur (gwyliau haf ar ôl 20 Gorffennaf)
- **Cwtsh Cynnes yr Haf** - Neuadd fore Iau 10 hyd 1 o'r gloch: 22 Mehefin – dyfrlliwiau, 6 Gorffennaf – darluniad, 20 Gorffennaf- brodwaith coedwig (gwyliau haf ar ôl 20 Gorffennaf)
- **Codi Canu** yn y Neuadd Goffa, Nos Wener (ac eithrio nosweithiau cwis) am 7yh (Mehefin 2 - 16 - 23 - 30 & Gorffennaf- 7 - 21 – 28)

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 ieuencid 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
Tudalen Facebook: Llanpumsaint Bronwyddand Llanllawddog Churches
- **Capel Caersalem** Cysylltydd Gwasanaethau Eleri Morris (Ysgrifenyddes) 01267 253895
- **Capel Ffynnonhenri** Cysylltydd Gwasanaethau Danny Davies (Trysorydd) 01267 253418 – Gwyn Nickolas (Ysgrifennydd) 01267 253686
- **Capel Nebo** Cysylltydd Meinir Jones (Ysgrifenyddes) 01267 253532

Gwasanaethau plwyfol wythnosol

- Llun 10.15 – 12.15 Y **Fet Symudol** Neuadd Goffa (Tel [01267 220404](tel:01267220404))
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

Ail etholwyd y Cynghorwr Arwel Nickolas i'r Gadair yn y cyfarfod blynyddol ym Mis Mai. Mi wyddoch lawer ohonoch fod Arwel, a godwyd yn y gymuned, wedi ein cynrychioli ar y Cyngor am 35 blwyddyn ac wedi bod yn Gadeirydd ers 2019.

Cynhaliwyd cyfarfod arferol hefyd ym Mis Mai i drafod materion pwysig ac yn arbennig y trefniadau trafndiaeth newydd osodwyd ger y Graig gan Adran Trafndiaeth y Cyngor Sir. Daeth cynulleidfa niferus o drigolion Llanpumsaint ynghyd i nodi eu pryderon ynghlyn a diogelwch y drefn newydd. Nodwyd y bu sawl bron-ddamwain, trosglwyddo nwyddau'n cael eu dileu gyda pheiriannau mawr amaethyddol yn methu llywio'n ddiogel heibio'r postion newydd. Cyhoeddwyd eto nad oedd y Cyngor Cymuned wedi eu cysylltu ynghlun a'r mater a'u bod wedi gofyn droeon i'r pyst gael eu symud ac i'r holl bryderon diogelwch gael eu hystyried.. Penderfynodd y Cyngor i barhau i ganlyn y materion yma er lles y gymuned ac i drefnu cyfarfod a'r Adran Drafnidiaeth i fynd a'r maen i'r wal.

Deg diwrnod yn ddiweddarach yn dilyn sawl E-bost, galwadau ffôn a chyfarfodydd, cyhoeddodd y Cynghorwr Sir Brian Davies fod yr Adran Drafnidiaeth yn barod i symud y polion ger cyffordd y Graig cyn gynted â phosib. Ar hyn o bryd aros i ni o hyd yn y gobaith iddo gael ei gyflawni cyn eich bod yn darllen hwn, gan ail osod y gyffordd fel y bu. I gymuned fach fechan fel i ni mae hyn yn dipyn o fuddugoliaeth ac yn dangos yr hyn ellir ei gyflawni drwy gyd-weithio.



Gwnaeth y Cyngor hefyd gyflwyno rhodd i bob disgybl ysgol i gofnodi coroni'r brenin Lloegr. Bu hyn a'r ffurf cwpanau wnaed yn lleol a'u cyflwyni gan y Cadeirydd a'r cynghorydd Lack.

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

Bydd y Cyngor yn dal i gyfarfod bob yn ail fis yn y Neuadd. Mae pob cyfarfod yn agored i'r cyhoedd a chyhoeddir yr agenda a'r munudau ar ei gwefan

www.llanpumsaint.org.uk/communitycouncil/en

Cyfarfod nesaf - Gorffennaf 11eg 2023 am 8 o'r gloch - Croeso!

Codi Canu

Ar ddydd Gwener 26ain o Fai daeth datblygiad newydd i'r Neuadd - sef Codi Canu Cyhoeddus. Da nodi i ni wedyn gynnal ail noson gyda thua 30 yn bresennol. Wrth drefnu'r gweithgaredd penderfynwyd osgoi defnyddio'r term Côt oherwydd bod yna un hynod lwyddiannus yma'n barod. Nifer fach i'n ni sy'n hoff o ganu ein ffefrynnau er nad ydym ddigon da i ymaelodi mewn côr. Tra i ni wrthi gwelir y caneuon ar sgrin er mwyn galluogi sŵn derbyniol. Cydnabyddir fod canu yn fuddiol yn feddyliol a chorfforol, a gallaf eich sicrhau i bawb adael mewn hwyliau da. Felly ymunwch a ni ar Nos Wener erbyn 7 o'r gloch. Dewch a'ch gwydrau a'ch diod ac am £2 cewch ymuno yn y raffl hefyd.

Dyddiadau - Mehefin 2 - 16 - 23 -- 30 -- Gorffennaf- 7 - 21 - 28.

Gan obeithio eich gweld yno – Carolyn Atkinson

Cymdeithas y Rhandir

Shwmai! Gobeithio eich bod yn mwynhau'r heulwen. Nodyn i'ch atgoffa fod yna rhandiroedd gwag yma o hyd os oes yna rywun brwdfrydig a bysedd gwyrdd am un. Gallwch alw Eirian 07896 288104 neu Sarah 07811 288104. Aelodaeth y flwyddyn gyntaf yn £35 ac yna £25 yn flynyddol. Cafwyd ein diwrnod o gymhenni ar y 4dd o Fehefin felly diolch i bawb wnaeth gyfrannu. 😊

Becki

Pwyllgor Lles ac Adloniant Llanpumsaint

Yn dilyn tywydd godidog Mis Mai daeth y gwaith ar y cwrt tennis i ben. Felly gall unrhyw Andy Murray neu Emma Raducanu ymbaratoi am Wmbleton. Felly os am ddefnyddio'r maes am unrhyw achlysur, boed yn ddathliad neu gystadleuaeth, cysylltwch fel yr awgrymu'r isod.

Cynhaliwyd ein Cyfarfod Cyffredinol Blynnyddol am wyth o'r gloch ar Nos Lun 22ain o Fai yn y Neuadd. Mae'r trefniadau'r un peth a llynedd - Aaron Jones (Cadeirydd) - Sarah Moore (Is- gadeirydd) - Heledd Jones (Trysorydd) - Mike Eynon / Simon Davies) (Ysgrifennydd).

Clustnodwyd yr Helfa Drysor i'r Sadwrn 23ain o Fedi, felly cadwch lygad agored am fanylion pellach yn nesaf at y dyddiad.

Ein Helusen Ddewisol eleni yw'r Ymddiriedolaeth Trussel Banc Bwyd Caerfyrddin. Edrychwn ymlaen at godi arian iddynt ar y cyd a chasglu at gynnal a chadw'r Maes Chwarae.

Fel arfer mae'r Pwyllgor yn chwilio am wirfoddolwyr newydd i gynnal a chadw codi arian i'r maes chwarae. Felly os am gynnig help llaw cysylltwch â ni fel a ganlyn.

Drwy E-bost parcllanpumsaintpark@gmail.com neu siarad ag Aaron Jones 07814 157946 neu unrhyw aelod arall o'r Pwyllgor.

Dewinwyr Gorllewin Cymru

Ein siaradwraig Mis Mai oedd Janice Fry awdures "Sacred Yews of Wales". Mae'n debyg fod mwy o goed ywen ym Mhrydain nag un wlad arall yn y byd a honnir fod un yng Nghymru ers 5,500 o flynyddoedd. Bu Janice yn llawn gwybodaeth am goed ywen ar draws y byd. Anodd credu rhai o'r ffeithiau ond 'roedd ganddi dystiolaeth gefndirol i'r hyn oedd yn ddweud ac mi welwch hyn holl yn ei llyfr. [https:// www.bbc.co.uk/news/av/uk-wales-60084636](https://www.bbc.co.uk/news/av/uk-wales-60084636).

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.

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

- Dydd Sul Gorffennaf 25ain; **Dysgu Dewinio am £15**. Dewch a'ch rhoden a 'ch pendil eich hunan, neu gellir eu prynu yma. Yn y prynhawn dysgir elfennau sylfaenol o sut i ddefnyddio rhoden a phendil er mwyn dewinio. Bydd sesiynau ymarferol i ganfod llinellau egni dewinio. Hefyd mi fydd yna gyfle i gael sgwrs fach dros banded ac ymuno mewn cyfnod o gwestiwn ac ateb. I gychwyn am 1.45 erbyn 2 o'r gloch fel arfer.

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

Clwb Gwili Chwedeg

Dydd Mercher Mai 17eg. Mwyhawyd taith bleserus i Aberystwyth i deithio ar Reilffordd y Rheidol gan sefyll ym Mhontarfynach am luniaeth. 'Roedd yr olygfa'n ogoneddus mewn tywydd bendigedig. Wedyn stopio yn Aberaeron am bysgod a sglodion.

- Dydd Iau Mehefin 15fed - Taith i Frycheiniog a gwario prynhawn ar y gamlas. Wedi Gwerthu Allan!
- Llun Mehefin 26ain Bruce Smith – Ffyrdd lleol y Porthmyn
- Llun Gorffennaf 24ain Twely Griffiths Sioe Hudol
- Mercher Awst 9fed Taith Ddirgel
- Llun Awst 21ain Gareth Richards Gwledd Hafaidd
- Mercher Medi 6ed – Taith yw threfni
- Llun Medi 25ain Brian Jones Castell Hywel

Am fwy o wybodaeth cysylltwch â Val Giles Ysgrifenyddes 01267 281194. - Croeso i aelodau newydd. Aelodaeth nawr yn £10 gyda thal mynediad yn £2 i gynnwys y raffl. Cwrdd yn Neuadd Bronwydd am 2 o'r gloch.

Sandy 01267 253547

Clwb Cant Llanpumsaint

Diolch i bawb wnaeth gyfrannu at y flwyddyn eleni, a phob lwc i chi gyd. Gwnaed dynnu enillwyr Mawrth, Ebrill a Mai gyda'r gwobrwyo fel a ganlyn – (1af - £20; Ail - £15; 3dd £10)

- Mawrth -1af Jill Edwards (68) Ail Mike Eynon (64) 3dd Betty Marshall (115)
- Ebrill – 1af Ian Ayers (101) Ail Eleri Evans (86) 3dd Nivinia Davies (55)
- Mai -1af Peter Lee (7) Ail Paul & Juliet (84) 3dd Derick Lock (12)

A Y Cwis

Gyda'r diolch i bawb wnaeth gefnogi'r Cwis Misol yn y Neuadd Goffa, bu'n llwyddiant mawr. Gyda'r rhifau timoedd yn brysur lanw gwelir hyd at 60 yn mynychu'r cystadlu, rhai o bant hefyd. Bydd pob Tîm (uchafswm o 5) yn dyfalu ar draws amrywiaeth eang o bynciau. Newidir thema'r gystadleuaeth gerddorol yn fisol gan amrywio o'r pop ac yn cynnwys ffilmiau. Mae yna fwrdd lluniau, pos dudalen. Clipiau o amgylch y dirgel "Pwy yw Fi?" Mewn rowndiau eraill gellir defnyddio'r cellweiriwr i ddyblu eich pwyntiau, gyda rhain yn newid pob mis. Codir tal o £1 am bob person a £5 am y Tîm i gynnal y costau a'r wobr (£20 i'r enillwyr), gyda'r holl elw wedyn yn mynd at gronfa cynnal y Neuadd. Dewch a'ch diod a'ch bwyd eich hunain er mwyn cynnal picnic cymdeithasol (cyrhaeddodd pizza yma i un Tîm).

Nid yw'n rhy hwyr i ymuno oherwydd y 5 scor uchaf fydd yn cyfri pan ddaw'r amser i weld pwy fydd yr enillwyr yn Rhagfyr. Hyd yn hyn mae Bijou Belles drwch blewyn ar y blaen o 0,8 i'r Choir gyda Ken's Angels wrth eu sodlau. Gorffennaf 14eg yw dyddiad y Cwis nesaf. Yna wedi hoe fach yn Fis Awst 'nol a ni ar Fedi'r 15fed, sef y drydedd Nos Wener y mis arferol. Felly cofiwch am y Cwis Spooktacular ar yr 20fedo Hydref, yna 17eg o Dachwedd cyn y Cwis Nadolig arbennig ar Ragfyr y 15fed pan goronir enillwyr yr holl gystadleuaeth.

Sara a Darrell

Llongyfarchiadau i'r ddau ar eu llwyddiant ar Pointless – y gystadleuaeth Cwis teledu.



Clwb Bowlio DanDo Llanpumsaint a Nebo

Gorffennwyd y tymor gyda Noson Gymdeithasol ynghyd a rowndiau terfynol cystadlaethau'r Clwb.

Felly llongyfarchiadau i'r enillwyr canlynol.

- Parau Pren Dau - Catrin Lleucu a Niki Day
- Parau Pren Unigol - Jill Edwards
- Parau Pedwar Unigol - Derick Lock

Pleidleisiodd yr aelodau dros Jill Edards (Aelod gorau'r Clwb) fel enillydd Tarian Goffa Alan Deentry.

Daw'n amser i'r aelodau fwynhau hamdden dros gyfnod yr Haf cyn dychwelid ym Mis Medi i wynebu'r her o gystadlu yn yr Ail Adran.

Felly cofiwch gysylltu â'n gwefan am y wybodaeth ddiweddaraf. Bydd y Clwb yn cyfarfod i ymarfer bob nos Lun a Nos Iau yn y Neuadd o 7.30yh tan 9.30, tan ddiwedd Ebrill. Mae yna groeso i bob chwaraewr newydd o 16 oed hyd 99, ac mae yna hyfforddwyr trwyddedig wrth law i'ch cymorth a'ch ysbrydoli.

Ceir mwy o wybodaeth drwy ffonio Derick Lock ar 253524 neu ein Hysgrifenyddes Jill Edwards ar 253474.

Clwb Garddio Bronwydd



Lliwiau godidog (Dave Robinson)

Cynhelir ein Sioe Arddwriaeth ar Sadwrn yr 19eg o Fedi, a Peter Giles Cadeirydd Y Cyngor Cymuned fydd ein Llywydd am y dydd. Mi fydd yna adran newydd eleni sef, Y Gorau yn y Sioe, i ddathlu holl gyfraniad Dai a Margaret Ifans i'r Clwb. Felly os ddewch ar y brig yn eich Adran byddwch yn cael eich ystyried am y wobr newydd hon. Gobeithiwn y gwnaeth Elaine a Dylan (gwnaethant gyfraniad hael ar ran Dai a Margaret) ddewis yr enillydd cyntaf. Ceir Rhaglen y Sioe odd wrth Elaine Nolan.

Rhaglen am weddill 2023

- Mehefin 29ain - Colin Lawrence - Cadw Gwenyn
- Gorffennaf 18fed - Louis Austin - Cynllun Porth Tywi - y diweddaraf
 - Awst 19eg - Sioe Flynyddol Garddwriaeth
 - Medi 19eg - Gareth Davies - Fuchsias
- Hydref 17eg - Bob a Rannveig Wallis - Trysorau Tajikistan ac Uzbekistan
- Tachwedd 21ain - Cyfarfod Cyffredinol Blynyddol + awr o gymdeithasu a lluniaeth

Sue Harte Chair susan_meade@hotmail.com

Grwp Ieuenctid DOTS



Ar Nos Iau, 11fed o Fai yn yr Eglwys, roedd DOTS yn estyn croeso i Pam Evans, MBE, sylfaenydd sefydliad Peace Mala. Roedd DOTS wedi llwyddo i ennill Gwobr Arian Peace Mala. Roedd yn anrhydedd i dderbyn ymweliad wrth Pam. Yn egluro sut dechreuiwyd y sefydliad, roedd yn son am anoddefgarwch crefyddol ymhlith pobl ifanc yn yr ysgol ble yr oedd yn dysgu

Addysg Grefyddol, hyn yn dilyn trasiadi 9/11. Teimlodd angen mawr i ddysgu pobl, beth bynnag eich ffydd neu ddi-ffydd, gelwir pawb i fyw gyda pharch tuag at eraill gydag addfwynder, tosturi, caredigrwydd a chariad. Galwodd ar athrawon o fewn crefydd gyfundrefnol i gofio hyn.

Roedd DOTS eisoes wedi bod yn ffodus ym mis Chwefror i ymweld a phencadlys Peace Mala yn Abertawe lle mae yn seiliedig. Roedd hyn hefyd yn brofiad trawiadol i weld holl grefyddau'r byd yn cael eu cynrychioli mewn un canolfan.

Roedd noson yr 11fed o Fai hefyd yn sesiwn olaf i'r Parch Gaynor, a bu'r aelodau a'u teuluoedd yn ei dymuno yn dda yn ei swydd newydd, a rhoi diolch iddi am ei gwaith gwych yn sefydlu'r grwp ieuenctid a darparu cyfleoedd ffantastig i bobl ifanc o fewn y gymuned.

Bydd DOTS yn parhau bob Nos Iau am 5.30yh adeg amser tymor gyda'r Parch Kristie fel arweinydd.

Emma

Atal Torri Porfa Mis Mai



Penderfynom ymuno ag ymgyrch atal torri porfa ym Mis Mai gan neilltuo hanner ein lawnt yn wyllt (oherwydd bod angen peth porfa ar ein ci). Bu'n arbrawf dymunol dros ben ac fe'm synnwyd gan yr amrywiaeth o borfeydd a blodau wnaeth ffynnu yn y rhan adawyd yn wyllt. Gwelais rwyddlwyn y maes, sgorpionllys, llaeth y gaseg, a phyg yr aran y weirglodd ymysg y blodau. Bu'r porfeydd yn hynod brydferth yn enwedig yn y gwynt (mae'n eithaf gwyntog yma ar ben y bryn). Ymysg y porfeydd gwelwyd yma maswellt penwyn, gweunwellt, erwain a llydan y ffordd. Rydym nawr ar 60/40 ddim yn torri porfa, ac yn bwriadu cadw pethau felna am rai misoedd er mwyn canfod beth arall all dyfu.

Debbie yn Isfryn

Cylch Meithrin Bronwydd



Roedd hanner tymor cyntaf yr Haf wedi ein bendithio a thywydd gogoneddus, a mae nifer o gyfloedd i ddysgu yn yr awyr agored. Mae'r plant wedi bod yn chwilio am greaduriaid bach yn yr ardd, fel rhan o'n thema ar drychfilod. Dysgodd y plant bod nifer o greaduriaid bach yn gwneud eu cartrefi yng ngardd y Cylch. Hyd yn hyn rydym wedi gweld mwydon, moch coed, malwod, chwilod gwyrddlas a chwilod cardinal, miltroed...

Mae'r plant wedi bod yn adeiladu gwesty

trychfilod yn y cornel i greu cynefin. Mae rhai o'r diwrnodau twym wedi ein galluogi i archwilio glan yr afon, i gyfuno chwarae dwr, yn ogystal a throï cerrig i ganfod trychfilod bach yr afon. Rydym yn ffodus ein bod wedi ein lleoli mewn ardal brydferth lle ceir nifer o gyfleoedd ar gyfer profiadau chwarae dilys.

Mae llefydd ar gael ar hyn o bryd ar gyfer plant rhwng 2 oed i fyny i oed ysgol gynradd.

Mae wedi bod yn bleser i groesawu plant newydd i ein sesiynau Ti a Fi bob Dydd Gwener adeg amser tymor o 10yb tan 12.00 hanner dydd. Sesiwn yw hwn ar gyfer unrhyw blentyn 0-4 oed gyda eu rhiant neu gofalwr.

Pob ymholiad i Verona ar 07929 431652. Diolch.

Yr Eglwys

Yn ystod ei pum mlynedd fel Ficer yn Llanpumsaint mi greodd y Parch Gaynor nifer o syniadau a chyfleoedd i bob oed yn y gymuned. Er iddi ymadael am sefyllfaoedd newydd gadawodd ei hol yn amlwg yma. Mae gennym nawr Gylch DOT gweithgar ymysg yr ieuentid a mudiad addolgar i'r plant ifancaf. Yna cawsom y Caffi Bach yn yr Eglwys wnaeth dynnu'r gymuned at ei gilydd.

Wrth ddiolch i Gaynor gobeithio y gallwn gynnal ei hetifeddiaeth. Bydd y gwasanaethau oll yn parhau ynghyd a'r Gwasanaeth 9 o'r gloch fore Sul i'r rhai sy'n dymuno llonyddwch yn y byd gwyllt yma.

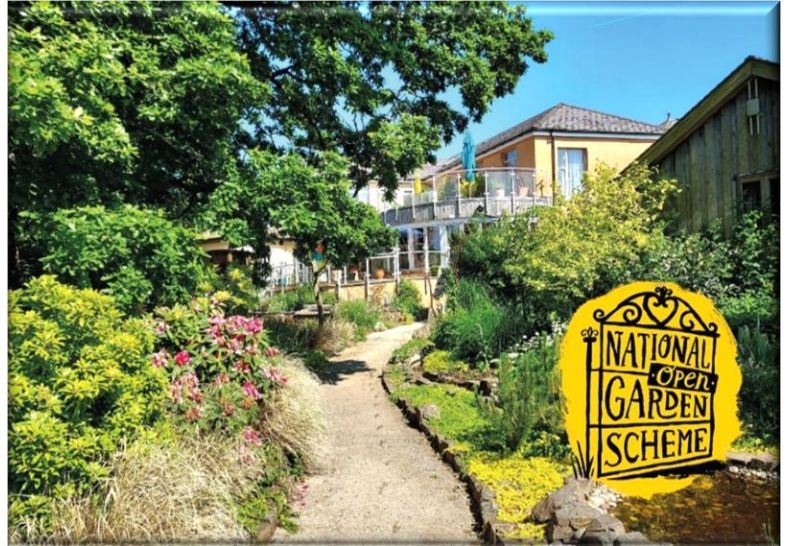
Niki Day a'r gymuned Eglwys

Stampiau Post heb y cod bar

Mae gennych hyd ddiwedd Gorffennaf i'w defnyddio neu eu newid am y rhai gyda'r cod bar - manylion o royalmail.com/barcoedstamp

Y Clafdy ar agor i Ddydd Agored Cynllun y Gerddi Cenedlaethol

Bydd Skanda Vale yn agor ei gerddi godidog i'r cyhoedd ar Sadwrn 15fed o Orffennaf fel rhan o'r cynllun uchod. Lluniwyd, crëwyd a chynhelir ein gerddi gan ein gwirfoddolwyr. Gyda'r haf ar y trothwy mae'r gerddi yn fyw o fywyd ac egni, yn wledd o lywiau a phersawr, yn warchodfa i fywyd gwyllt ac yn warchodfa o heddwch a thawelwch i bobl.



Mi fydd yna baned cacen a lluniaeth a llawer iawn mwy yno hefyd. Bydd pob ceiniog a godir ar y dydd yn mynd at waith Clafdy Skanda Vale yn cynnal cleifion a'u teuluoedd. Caiff ymwelwyr hefyd gyfle i ddysgu mwy am waith y Clafdy, y gwasanaethau rhad a chyfleoedd i wirfoddolwyr gan gynnwys gweithio yn yr ardd. Fel y gwyddoch gwirfoddolwyr yw rhan helaeth o staff Skanda Vale gan gynnig gwasanaeth rhad i ddiodefwrwr Sir Gar, Ceredigion a Sir Benfro beth bynnag fo eu crefydd. Felly daw ein cleifion a'n gwirfoddolwyr o'r tair sir.

Os allech chi neu berthynas elwa o wasanaeth Skanda Vale gellwch e-bostio hello@skandavalehospice.org neu ffonio 01559 371222. Os am wirfoddoli beth bynnag yw eich arbenigrwydd e-bostiwch volunteers@skandavalehospice.org
Steve Adams Rheolwr Marchnata a Chyfathrebu

Cymdeithas Rhieini ac Athrawon Ysgol Llanpumsaint

Diolch yn fawr iawn i bawb brynodd sgwariau ar gyfer cyfle i ennill Hamper Pasg. Dyma'r enillwyr Iwcus:

1. Cath Vimpany, 2. Emma Lacey, 3. Annette Evans, 4. Meinir Jones, 5. Emma Lacey, 6. Mrs Harries
7. Lili Lewis, 8. Elfed Davies, 9. Nia a Tomos Morris, 10. Bet Eldred

Gwyneth Ayers

E Newyddion o Fenter Gorllewin Sir Gar

(Mudiad sy'n annog a hyrwyddo datblygiad y Gymraeg yn ardal gorllewin Sir Gar)

- **Ras Fach y Wiber** - Castell Newydd Emlyn Dydd Mawrth 20fed o Fehefin.
- Dechrau yn y Clwb Rygbi; 1K < 2.5K, a 5K – cyfle i blant ac oedolion gyd-redeg. Cofrestrï rhwng 5 a 6 o'r gloch yn y Clwb Rygbi, cyn cychwyn am 6.15. Bydd y Bar yn gwerthu diodydd ar y noson.
- **Gŵyl fach Newy'** - Sadwrn 24ain - O 10 y bore hyd 1 o'r gloch Maes Chwarae Clwb Rygbi Castell Newydd - Gwisg Ffansi - Gemau a Chwaraeon - Paentio Gwynebau a mwy
- **Gwyl Canol Dre** - Caerfyrddin Gorffennaf 8fed - Digwyddiadau a Gweithgareddau o 10 y bore hyd 8 y nos - Caeau Parc Myrddin. Dewch i fwyhau amrywiaeth o berfformiadau ar y ddau lwyfan:
 - Prif Lwyfan – Grwpiau ac artistiaid fel Gwilym, Eden ac Yws Gwynedd
 - Llwyfan Perfformio – cyfraniadau Ysgolion Lleol a sioeau fel Sian/Sionc ac Mewn Cymeriad.

Menter Gorllewin Sir Gar
yn cyflwyno | introducing.

GŴYL FACH NEWY'
CASTELL NEWYDD EMLYN | NEWCASTLE EMLYN

GŴYL FACH NEWY'
Gŵyl i deuluoedd yng Nghastell Newydd Emlyn
Newcastle Emlyn family festival

24.6.23 10AM-1PM

**10.15am - Cystadleuaeth Gwisg Ffansi
Fancy Dress Competition**
Thema | Theme: coch, gwyn a gwyrdd | red, white and green
Plant ac oedolion | Children and adults

11am - Mabolgampau | Sports
Plant ac oedolion | Children and adults

12pm - Stori gyda | Story with: Magi Ann

Peintio wynebau a glityr | Face painting and glitter
Gemau Amrywiol | Various games
Dewch â phicnic | Bring a picnic

Noddwyd gan | Sponsored by
Emlyn Circle

Clwb Criced Bronwydd Home Fixtures - Season 2023

Date	1st/2nd	Opponents
Mehefin 17eg	1 X1	Maesteg
Mehefin 24 awn	2 X1	Sgiwen
Gorffennaf 1af	1 X1	Llangennech
Gorffennaf 8fed	2 X1	Briton Ferry Steel
Gorffennaf 15fed	2 X1	Llandeilo
Gorffennaf 22ain	1 X1	Ynysygerwn
Gorffennaf 29ain	1 X1	Llanelli
Awst 5ed	2 X1	Dunvant
Awst 12fed	1 X1	Tata Steel
Awst 19eg	2 X1	Swansea Civil Service
Awst 26ain	1 X1	Merthyr Tydfil

Bydd pob gem yn cychwyn am 1 o'r gloch ar gae Cnwcyderi Bronwydd

Fe welwch hysbysfwrdd ger y fynedfa i'r Maes Chwarae yn croesawu bechgyn a merched i ymuno i chwarae criced. Enw'r mudiad yw All Stars sy'n annog y plant yma. Bydd y gwasanaeth fel arfer yn parhau am 8 wythnos a gellir dysgu mwy drwy fynd i All Stars Cricket ar y We. Karl von Webber sy'n rhedeg y gwasanaeth y Cnwcyderi - 07769 226695.

Dorian Taylor

Planhigion Coed Sycamorwydden

Yn rhad ac am ddim! Dewch yma i'w casglu cyn i mi eu ceibo lan a'u taflu.

Dave 07980 271279 neu 01267 253993



O Amgylch ardal y Graig

Wrth i'r ardal fach yma ddringo i fig y newyddion lleol yn ddiweddar, daeth cyfle i ddwyn i gof peth o hanes yr ardal fach hanesyddol yma. Mae Cyfrifiad 1841 yn cofnodi ond un tŷ ym mhentref gwealod Bronwydd bryd hynny, sef Tŷ Picca (ger mynedfa Gelli Aur) ac mae yno o hyd. Ond yn ardal y Graig 'roedd hyd at ddeg o gartrefi, o Bantglas a Parce, tua'r Wern a Chwmynys, ac i gyd o amgylch tafarn y Clifford Arms ac Awelfa drws nesaf lle cedwid y ceffylau. Fry uwchben mewn safle amddiffynnol gwych mae olion caer o Oes yr Haearn a chastell pren o'r 12fed ganrif, yn weladwy iawn.

Caewyd y tafarn yn y 1920au wedi iddo fod yn y newyddion sawl gwaith am werthi cwrw ar y Sul. Wedi yfed llond bola cwmpodd un dyn bach i'r gwter ar i ffordd adre ac mi foddodd. Wrth y tro cynta' yn yr heol mi welwch olion cwar cerrig fu unwaith yn brysur. Dywed un stori iddo orfod taweli yn y 1930au oherwydd bod cerrig yn glanio ar dy Parce, ond mae'n debyg mae prysurdeb cynyddol yr hewl fawr achosodd iddo derfynu. Ewch a thorj i'r ogof fach i weld pa mor bell yr ewch!



Gweddw dau frawd oedd Jennie yn Awelfa a Maud drws nesaf yn y Clifford, y ddwy yn rheoli cyffordd y Graig drwy gydol ail hanner y ddeunawfed ganrif. Gyda'i drws agored haf a gaeaf gydol oriau'r dydd, Jennie oedd ffynhonnell holl newyddion a chlonc yr ardal o Lanpumsaint bob cam i'r dre. Os am wybod rhywbeth byddai pawb yn stopio a'i holi ac mi fyddai hi'n eich holi 'nol hefyd. Penderfynodd Cyngor Llanpumsaint fod ei gwasanaeth ddigon gwerthfawr i osod sedd ochr draw'r heol i hwyluso pethe. A dyna le

bydde Malcolm Panddy yn eistedd i glywed y newyddion diweddaraf ar ei ffordd adre o lofa Cynheidre. Er i Jennie a Maud fod yn ffrindiau mawr cadwent eu hannibyniaeth, hyd yn oed ar Ddydd Nadolig, gan gyd-gwrdd ar stepen drws i drafod ansawdd eu twrci a phwddin annibynnol. Erbyn hyn unwyd y ddau dy yn un.

Yn ystod y 1840degau agorwyd hewl newydd i gysylltu Bronwydd a'r briffordd ger y Stag & Ffesant yn Pontarsais. Bwriad y Turnpyke Trust oedd gosod iet ar gyffordd Y Graig er mwyn casglu rhagor o arian, ond buan iawn wnaeth Merched Becca eu perswadio i anghofio'r syniad.