



Village Voice October 2023

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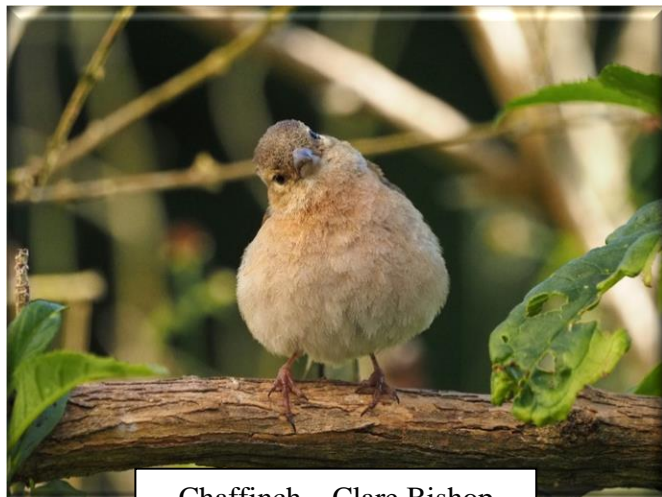
Peacock Butterfly on wood pill by Sarah Moore



Llanpumsaint Biodiversity Facebook



Fungi season – Ann Pettitt



Chaffinch – Clare Bishop

Llanpumsaint Biodiversity

If you are interested in local wildlife, have a look at the new facebook group **Llanpumsaint Biodiversity**. The purpose is to share photos, sightings, stories, etc of wildlife (wild birds, wild animals, wild plants, nature, rivers, trees etc) taken in the Llanpumsaint, Nebo and Ffynnonhenry area.

Dates for your Diary

One-off Events

- **Wednesday 18 October - Llanpumsaint School's Harvest Service** 2 pm Llanpumsaint Church. A warm welcome to all.
- **Saturday 21 October - Elvis Desley Tribute Night**, from 7.30 pm in Village Hall, tickets £15 – contact Mathew Jones 07970030679
- **Tuesday 24 October - Halloween Bingo**, organised by the PTA in the Village Hall, 6 pm.
- **Thursday 26 October - Feeding Our Community Project final design session**, 5.30 - 7.30 pm in Village Hall meeting room, All welcome
- **Friday 27 October - Singalong**, Village Hall, 7 – 9.30 pm. Bring your own drinks, snacks and £2 to cover the cost of Hall hire.
- **Thursday 2 November – Autumn social space mask-making in Village Hall, 10-1**, children with an adult are very welcome.
- **Friday 3 November - Singalong**, Village Hall, 7 – 9.30 pm. Bring your own drinks, snacks and £2 to cover the cost of Hall hire.
- **Sunday 12 November** - Remembrance Service in Village Hall, All welcome
- **Tuesday 14 November - Community Council Ordinary Meeting**, 8 pm in Village Hall
- **Friday 17 November – Fireworks Quiz with a bang**, Village Hall doors open at 7 pm for 7.30 pm start. £1 per person plus £5 per table; teams of up to five. Bring your own drink and glasses. Cash prize for winning team.
- **Saturday 18 November - Twentieth Century Disco night**, Over 18s only, Dancing to the best of sounds from the 60s, 70s, 80s and 90s. Doors open 7pm until midnight. All welcome, £2 per person to cover cost of hall hire. Mathew Squeek's Bar and Steve's Catering. Or bring your own drink and snacks.
- **Friday 24 November - Singalong**, Village Hall, 7 – 9.30 pm. Bring your own drinks, snacks and £2 to cover the cost of Hall hire.

Llanpumsaint Christmas Highlights

- Friday 1 December **Singalong** from 7 pm, Village Hall
- Saturday 2 December **Mince pies and mulled wine** evening, 6-8 pm, Llanpumsaint Church
- Friday 9 December **Christmas tree lights and carols**, 6 pm, Village Hall
- Saturday 10 December **Christmas Fair**, to be confirmed, Village Hall
- Tuesday 12 December **Llanpumsaint School's Christmas Show**, Village Hall
- Thursday 14 December **Christmas singalong at the Social Space 10-1**, Village Hall
- Friday 15 December **Christmas Party Special Quiz**, from 7 pm, Village Hall
- Sunday 24 December **Santa Parade** starting Nant yr Ynys at 1 pm
- Sunday 31 December **See 2K23 out and the New Year in with disco**, 7 pm -1 am, Village Hall

Regular Events

- **Short Mat Bowls**, Village Hall, **Mondays and Thursdays**, 7.30 - 9.30 pm
- **Pop-up Café**, Llanpumsaint Church, **Tuesdays**, 11.30 am – 2.00 pm (last orders)
- **Zumba**, Village Hall, **Wednesdays**, 7 – 8 pm; newcomers always welcome
- **Autumn social space**, Village Hall, **Thursdays**, 10 am – 1 pm; arts, crafts, cards, table tennis and more, followed by homemade lunch.

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 in school term time
- **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: **This service has now been cancelled.**
- 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 (25 October, 15 November, and 6 December)
 - 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)

Defibrillator Locations – Llanpumsaint Heartbeat

- **Outside Village Hall – SA33 6BZ**
- **Outside Railway Inn – SA33 6BU**
- **On barn wall outside Henfryn, FFynnon Henry - SA33 6LD**
- **Outside the Vestry Nebo – SA33 6NH**

For further information about your community defibrillators and how you could help please contact Carolyn Smethurst 01267 253308, carolynsmethurst@btinternet.com

Llanpumsaint Welfare and Recreational Association (Llanpumsaint Park)

It was a pleasure to recently present a cheque for £500 to last year's chosen charity, the **DPJ Foundation**. Annie James, Hafod Farm who works for DPJ was presented with a cheque in Llanpumsaint Park alongside committee members and other park users over the summer.



The warm weather and damp conditions meant we had to take drastic measures to keep on top of grass cutting, thanks for Mathew Jones, Carwyn Davies and Dave Clifford for quick thinking and provision of machinery to get the pitch ready for the new football season.

Our annual Treasure Hunt was held on Saturday 23 September, and was a great success. Thank you very much to Arwel and Donna Thomas for arranging a challenging route, and for Bronwydd Cricket Club for hosting us for food and refreshments to close off the day. Congratulations to Meinir Davies and Sue Butterfield for winning! We look forward to arranging another treasure hunt next year.

The committee also held a Chinese themed **Fundraising Meal** at The Blue Bell Cynwyl Elfed on Wednesday 4 October. It was great to do something different, and the food did not disappoint! Thank you very much to the Blue Bell for allowing us to arrange this meal.

We are starting to plan the **Santa Parade** for this year, so make a note in your diary for Christmas Eve! Starting at 1pm from Nant-yr-Ynys, we will once again be helping the whole village get into the Christmas spirit with carol singing, and a mince pie or two in the Village Hall to finish off.

After the new year, we are organising a **Horse Racing Night** at Llanpumsaint Village Hall on Saturday 27 January. More information to come so please make a note of this in your diary and keep a look out for updates over social media and in the next Village Voice.

We as a committee would welcome anyone who would like to get involved with future fundraising activities and park upkeep. 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.

100 Club

The draws for September, October, November, and the Christmas Draw will be held on 27 November, and results will be in December's Village Voice. Aaronjones86@hotmail.com

John Frongoch (1935-2023)



In September the village lost a member of one of its oldest resident families. John Jones' family have owned Frongoch for seven generations (from the late 1700s). The farm sits mid-way up a lane to the north west of Llanpumsaint.

John attended the village school and passed the 11+ to Carmarthen Grammar School, despite hoping to fail. He was probably one of the last pupils who had to lodge in town during the week, travelling in by train on Monday mornings and returning on Friday evenings. Soon after, the Llanpumsaint bus service commenced from Pencader.

He left school at 15 and returned home to work on the family's dairy farm. Their new milking parlour was one of the first in the village and attracted a lot of interest.

From the late 1950s into the 1960s, boys would borrow the family car on a Saturday night. Whilst many drove around on their own, John Frongoch and John Llwyncroes in Nebo were much more generous. John in his famous NOY 94 regularly packed some half a dozen boys (who had money and freedom but no means of transport) into the sagging back seat, and drove off to the Stag and Pheasant pub, town, dances, chips, sometimes the Eisteddfod, and girls.

John belonged to the Young Farmers' Club in the village; there was also a drama club. As a child he took the train with his mother to Aberystwyth from Llanpumsaint for a day out – the journey took several hours with 32 stops en route!

John and Elsie's children, Catrin and Elin, loved helping with the milking, feeding calves and other farm work. They weren't so keen on painting farm gates but John motivated them by paying them 50p per gate. He had a lively sense of fun and loved teasing the children. John thought the world of his grandchildren, Sioned and Alaw, and enjoyed the company of his late son-in-law Andrew.

Following John's retirement, one of his joys was doing up his little gold and grey Fergie tractor. He organised the first tractor road run from Llanpumsaint to raise funds for Singleton Hospital – a grateful thank you for saving his sight.

More recently, John spent almost 10 months in Glangwili hospital, when Elsie visited him twice daily – including all those months when the small bridge was closed. Fortunately John made it home in the end and the family were able to spend many happy hours reminiscing together.

Memories from Elsie, Catrin, Elin and Arwyn

Llanpumsaint and Nebo Short Mat Bowling Club



Rhys, Catrin and Kieran

The Club held it's AGM in the Memorial Hall on 7 September when the following Officers were elected:

Chair: Derick Lock; Secretary: Jill Edwards

Treasurer: Gethin Edwards;

Auditor: Huw Williams; Team Captain: Rhys Williams

Vice Captain: Peter Giles

Club Safeguarding Officers: Derick Lock and Huw Williams

Match Day Refreshments: Jill Edwards.

The Club would like to thank Brechfa Forest West Wind Farm Community Fund for the grant to purchase replacement Club shirts and umpires' measuring kit for the new season. It is so important to the members that the Club, which was founded in 1989, continues to flourish and remains an integral part of village life.

The new season has started on a positive note with a 9-1 win away at Penygroes, followed by another 9-1 win at home to Gelli House, an 8-2 win at home to Llangyndeyrn and a 10-0 away win at Dinefwr Bowling Club. Long may this good fortune continue.

Our congratulations go to Catrin Williams and Jill Edwards who have been selected to represent Wales as part of a 30 strong Ladies squad at the inaugural Ladies British Isles International in Melton Mowbray where they will play teams from Ireland, Scotland and England.

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

Don't forget to check out our website Llanpumsaintsmbc.org.uk and our Facebook page where you will find up to date information on the Club.

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

Llanpumsaint Community Council

The next Community Council meeting will be held on 14 November at 8 pm in the Village Hall. All our meetings are open to the public and the agenda and minutes for all meetings are published in the week before the meeting on the Council's website:

www.llanpumsaint.org.uk/communitycouncil/en

Feeding Our Community Project

The Feeding Our Community Project has been busy this month delivering design sessions at Llanpumsaint Memorial Hall where we explored 'What is Permaculture Design?'. We also started to develop a vision for the design of the green spaces available to us on the field, and conducted site-specific landscape and people surveys. The final design session will be held on **Thursday 26 October 5.30 - 7.30pm** in the meeting room in Llanpumsaint Memorial Hall led by Louise Cartwright and Caz Wyatt. During the session we will be analysing our findings, deciding on design elements, and placing our chosen design elements on the design map. Refreshments will be available - to fuel our creative endeavours. Everyone welcome, no need to book, just turn up!

Louise Cartwright, Project Officer/Swyddog Prosiect.

Visit our website, [Ffeindiwch ni ar Facebook](#) - Find us on Facebook

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:

- **Sunday October 22: Tom Bennet** – Neolithic Pembrokeshire and, if there's time, he will also share his latest passion, researching how the Stonehenge Altar Stone was transported 650 miles from Orkney to Wiltshire.
- **Sunday November 26: Ros Briagha** - Ros is a very experienced dowser and also our Speaker Secretary and member for many years. With regard to the topic for her talk, she likes to keep our last event of the year a secret until nearer the day. Members are well used to this and always look forward to the surprise. This is our last event of the year and, as always, will be accompanied by traditional mince pies and a welcome cuppa.
- **December No Meeting**

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

Clwb Gwili Over 60s

On Monday 25 September, we were pleased to welcome Mr Brian Jones who spoke about leaving school at 16 years old to help on the family farm, to becoming the founder of Wales' leading independent food service provider. Brian regaled us with stories of how he first went into rearing chickens to supply many different outlets, to founding the thriving business which is Castell Howell today. His passion for the business has not waned and he is now working more on the production side of the business. He spoke movingly about his regard for his staff and also how much pride takes in their customer service laying emphasis on his Welsh roots and how it runs through everything he does. Clwb Gwili also wish to record their thanks for his generosity in providing a 'goody bag' of products for every member present on the day.

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

- Monday 23 October: Carmarthenshire Bee Keeping Association
- Monday 6 - 10 November: 'Turkey and Tinsel' trip
- Monday 27 November: Member Eddie Whitehead – 'Uncomfortable Truth
- Wednesday 6 December: Christmas Lunch in The Gwbert Hotel, Ceredigion
- Monday 2 January 2024: AGM

Annual Membership is now £10. £2 entrance fee per person plus one raffle ticket.

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

Are you caring for somebody with dementia or do you have dementia?

- Would you like, or need, advice with regard to claiming appropriate benefits for your condition?
- Can I help you in finding your way through this difficult situation?
- Would you like to be able to talk over your situation with me?
- Do you understand the importance of Lasting Power of Attorney planning?

My name is Charlotte and I have many years of experience working with families, people with dementia and training groups of staff from nursing homes, residential homes and Doctors' surgeries. I also give talks on dementia to groups such as Rotary, The Lions, Over 60s etc.

I live in Llanpumsaint and am happy to travel within a ten mile radius to visit you or you are welcome to meet me at my home.

Please call me on 0781 44 77 861 to discuss any of the above and my fees for training groups.

Disco Nights

- **Saturday 18 November, Twentieth Century Disco night**, Over 18s only: Dancing to the best of sounds from the 60s, 70s, 80s and 90s, organised by Ray and Nikki Squires. Doors open 7 pm until midnight. All welcome. £2 per person entry at the door to cover cost of hire, with profits to the Hall Committee. Mathew Squeek's Bar will be open and fast food culinary delights available from Steve's Catering, or bring your own drink and snacks. *Get on down and bust some moves*

- **Sunday 31 December 2023 - See 2K23 out and the New Year in:** Family and Friends Disco at the Village Hall. All welcome, 7 pm until 1 am dancing to Criminal Records, organised by Ray and Nikki Squires. Fancy dress optional, bring your own drink and snacks, donations on entry to cover hire and any profits to Llanpumsaint School. Thank you very much.

A new school year for Llanpumsaint School



There have been lots of changes in Llanpumsaint School at the start of the new school year. A warm welcome to Mrs Wendy Smith and Miss Nia Davies to the school. And a warm welcome to our 6 new pupils who have started this term.

A number of exciting events have been held already. A special afternoon was had in the company of Meleri Holistic Heaven showing us how to keep our body and mind healthy through the art of reflexology. Everyone was so relaxed. Thank you Meleri.

A great evening was spent competing in the Carmarthenshire Cross Country Championship. Well done to all that took part. Fantastic! Thank you to the parents and brothers and sisters for the support.



Huge congratulations to Hari and Wil for being selected to play rugby for Welsh Schools for the Carmarthen District for the 2023-24 season. A great achievement!

There is a lot to look forward to as well:

- Llanpumsaint School's **Harvest Service** will be held in Llanpumsaint Church on Wednesday 18 October 18 at 2 o'clock. A warm welcome to all.
- There will be a **Halloween Bingo** night, organised by the PTA in the Village Hall on Tuesday 24 October 24 at 6 pm.
- Llanpumsaint School's **Christmas Show** will be held in the Village Hall on Tuesday 12 December. Keep an eye out for the poster with more information.

Clare Kelly - Head Teacher

Harvest Supper

Llanpumsaint Church would like to say a huge thank you to everybody who came along and supported our Harvest Supper. It was extremely well attended by the local community and neighbouring villages. It was lovely to see so many old and new faces. The community really came together to make the evening a thoroughly memorable and enjoyable event.

A particular mention is reserved for everybody involved in supporting the event by way of baking and making some truly scrumptious desserts and savoury dishes, everybody who donated raffle prizes, and last but not least, everyone who was involved in the planning, preparation and delivery of a superb evening. Many thanks also to Brechfa Forest West Wind Farm Community Development Fund for their support for this event.

We look forward to seeing you all next year.

In addition to weekly church services held on Sunday at 9 am, we have a non-denominational pop-up café on Tuesdays 11.30 am -2.30 pm, Godly play for young children on Tuesdays 3.30 – 5pm, and DOTS youth group on Thursdays 5 – 7 pm with Reverend Kristie.

Future Event:

Please come and join us for a **mince pie and mulled wine** evening on **Saturday 2 December 6-8 pm** at Llanpumsaint Church.

Please look out for poster throughout the village nearer the time.

Llanpumsaint Church Committee

Quiz Night

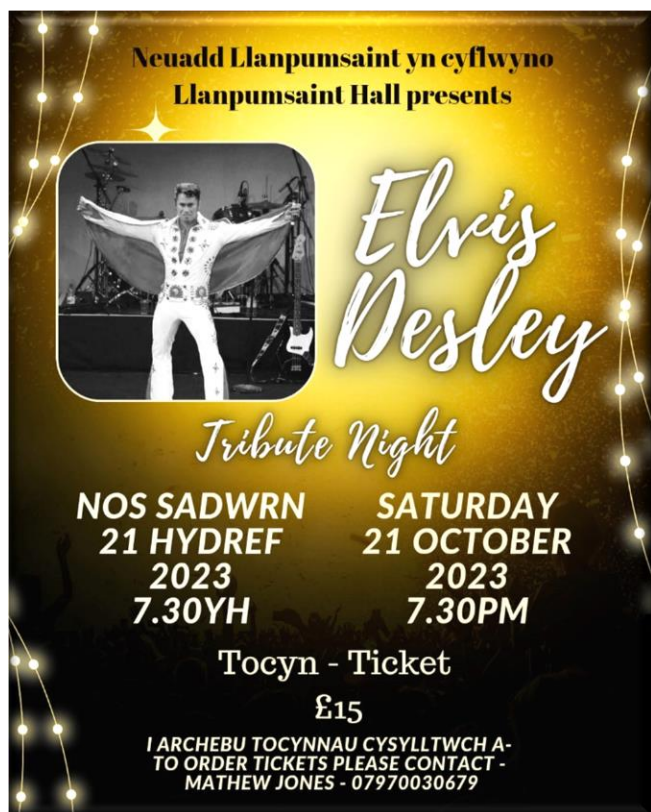
The quiz night at the Memorial Hall continues to attract a good crowd on the third Friday of the month. Thanks to everyone for your continued support.

The Spooktacular Halloween Quiz was brought forward a week to a spooky Friday 13th so that everyone could go to the hall to watch the semi-finals of the Rugby World Cup on Friday 20 October.

The next quiz is on Friday 17 November. On 15 December it will be the **final quiz of the year** - a Christmas Party Special with a seasonal theme, extra spot prizes and the overall winners of the league to be decided. There are currently 8 teams with average scores between 68.9 and 62.5 so everyone is still in with a chance!

Pre-booking, although not essential, is advised as team places do generally fill up quickly and can be done through FB, Messenger or by emailing sara.ward4@btinternet.com Look forward to seeing you all there!

Village Memorial Hall Activities



The hall is in use every day of the week and most weekends as well. The main regular events are listed in the diary: evening activities include **bowls, Zumba, quiz, pop-up pub, and community singalong (27 October, 3 and 24 November, 1 December)**; and the autumn social space meets every Thursday (10 am – 1 pm) for activities and a good chat, followed by homemade soup.

The **County library van** parks outside the hall (and opposite the old post office) every third week in sync with the black bin/glass bin cycle (10.45 – 11.45 am). This is a useful service – books, DVDs and talking books can be ordered online and delivered almost to your door. Indeed the Council provides a doorstep delivery for those who are housebound.

Other hall dates:

- **Elvis Presley Tribute Night**, 21 October, 7.30 pm, Tickets £15
- **Remembrance Service, Sunday 12 November**, 10.45 am - All welcome
- Friday 9 December **Christmas tree lights and carols**, 6 pm, Village Hall
- Saturday 10 December **Christmas Fair**, to be confirmed, Village Hall

Autumn social space

The autumn social space has a full programme until Christmas:

- **Art events supported by Arts Care** and Brechfa Forest West Wind Farm Community Development Fund: wire art (5 Oct), jewellery (19 Oct), masks (2 Nov), lanterns (9 and 16 Nov), papier mache (7 Dec) copper stamping (21 Dec)
- **Arts events by members of our community:** Tawasni making (Sept), pebble art (26 Oct), sketching and crocheting (16 Nov), stick weaving (30 Nov)
- And if **art isn't really your thing**, we have a cards and games session on 12 October, and a Christmas singalong on 14 December.



Please note that the **mask-making session** will be held during **half term (2 November)** and children with an adult are very welcome.

Other groups of interest in the area



Knitting Group:

Meets Tuesday 1pm to 3pm in Bronwydd Village Hall. £2 includes tea and biscuits

All welcome, come and join our friendly group for a knit and natter. Paula Carpenter

We are happy to put information about any club or group –

email carolynsmethurst@btinternet.com

- **New learners and fluent Welsh Speakers:** Coffi a Chlonc is back! Here is an opportunity to chat and socialise over a coffee every Thursday morning at 10.30am on Zoom.
Menter co-organises Paned a Sgwrs sessions at the Atom Café, every Tuesday from 10-11am. Paned a Phapur sessions are held at the Wool Museum, Drefach Felindre on Wednesdays every fortnight. Learners or fluent speakers are welcome to join in these sessions. The new Shwmae a Siarad sessions will take place once a month on Friday mornings at Cwtsh Coffi Café, the former football club, Newcastle Emlyn from 10:30-11:30. The first session will be on the 13.10.23.
For any information about our sessions, please contact ymholiad@msg.cymru.
- **Drama Club:** Menter and Theatr Genedlaethol Cymru are offering two drama clubs for local children, Clwb Joio Drama Club on Wednesdays for years 1-3 from 5-5.45 pm and years 4-6 from 6-7 pm. The clubs are held at the Studio, Lyric Theatre, Carmarthen. An opportunity for children to learn skills, gain confidence and enjoy. To register, please contact betsan@msg.cymru. Thanks to Carmarthenshire Theatres for the warm welcome to the Theatre on a weekly basis.
- **Story Sessions:** Every two weeks, Menter organises a story session in Carmarthen on Mondays at Carmarthen Library at 10:30am. Please contact gwyneth@msg.cymru for registration or for further information.
- **Dished Ddigidol:** Working with the Atom, Menter runs informal digital sessions over a cuppa. Help can be received with tablet, iPad, laptop, mobile phone, apps and how to use the internet. October dates will be the 6th on 20th at 10-12pm. To book a place or for more information, please contact helo@yratom.cymru or ymholiad@msg.cymru.

Recipe Corner

Moroccan Chickpea & Lentil Soup

(by Anji)

Ingredients:

- 2tbsp rapeseed oil
- 1 onion, finely chopped
- 2 cloves garlic, finely chopped
- 1tsp ground cumin
- 3tsp Harissa paste
- 1tsp honey or maple syrup
- 2tbsp fresh chopped thyme
- 150g dried lentils
- 400g can chickpeas, drained
- 400g can chopped tomatoes
- 750ml vegetable stock
- 75g spinach leaves
- Chorizo (optional)

Instructions:

- 1 Heat the oil in a large saucepan and gently cook the onion for about 5 minutes until beginning to soften. Stir in the garlic and cumin and cook for a further minute.
- 2 Stir in the Harissa paste, honey or maple syrup and thyme then cook for another minute.
- 3 Stir in the lentils, chickpeas, tomatoes and stock and cook for 20 minutes until the lentils are fully cooked.
- 4 Finally add the spinach and stir through until wilted. Serve with sourdough toast, drizzled with extra Harissa if desired.

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Based in Llanpumsaint

Gwyrddenterprises@gmail.com



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mels.brown@hotmail.co.uk 07855488660

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Local Business? You can advertise here for £50

Includes an advert in Village Voice for 6 issues, plus a webpage linked to yours on

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

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Llais y Llan Hydref 2023

Copi dyddiad ar gyfer rhifyn nesaf 26 mis Tachwedd 2023

CRONFA GYMUNEDOL FFERM WYNT
CŌD WIG GORLLEWIN BRECHFA



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



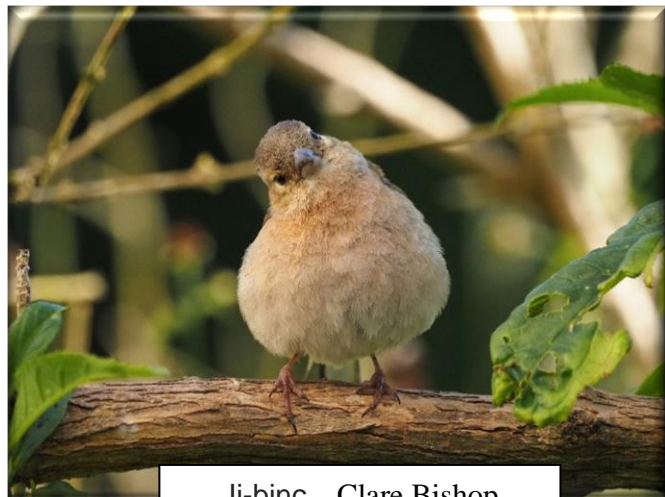
Peacock Butterfly ar bentwr pren gan Sarah Moore



Bioamrywiaeth Llanpumsaint
Facebook



Tymor y Ffyngau – Ann Pettitt



Ji-binc – Clare Bishop

Bioamrywiaeth Llanpumsaint

Os ydych â diddordeb mewn bywyd gwylt lleol sbiwch ar dudalen Facebook newydd bioamrywiaeth Llanpumsaint. Y nod yw rhannu lluniau, cofnodi gweled a storiâu ac yn y blaen o fywyd gwylt (adar ac anifeiliaid gwylt yn ardal Llanpumsaint Nebo a Ffynnonhenri).

I'ch Dyddiadur

Yr Unigol

- **Mercher 18fed Hydref - Gwasanaeth Diolchgarwch Ysgol Llanpumsaint** - 2 o'r gloch - Yn yr Eglwys - Croeso agored i bawb.
- **Sadwrn 21ain Hydref - noson Deyrnged Elvis Desley** - 7'30 - Neuadd. Tocyn £15 drwy gysylltu â Matthew Jones 07970030679
- **Mawrth 24ain Hydref – Bingo Calan Gaeaf** – Trefnir gan Gymdeithas Athrawon a Rhieni – Neuadd 6 o'r gloch
- **Iau 26ain Hydref - Cywaith Bwydo ein Cymuned - Y cynllun terfynol** - 5.30 hyd 7.30 yn Ystafell Gyfarfod y Neuadd. Croeso!
- **Gwener 27ain Hydref – Codi Canu** yn y Neuadd – 7 hyd 9.30. Dewch a'ch lluniaeth eich hunan £2 i dalu am ein lle
- **Iau 2ail Tachwedd Gwneud Masgiau yn digwydd adeg Hanner Tymor, Neuadd, 10-1** - Croeso i'r plant gydag oedolyn!
- **Gwener 3dd Tachwedd – Codi Canu** yn y Neuadd – 7 tan 9.30 – Lluniaeth eich hunan a £2 am ein lle.
- **Sul 12fed Tachwedd. Gwasanaeth y cofio** yn y Neuadd 10.45 croeso
- **Mawrth 14eg Tachwedd cyfarfod y Cyngor Cymuned** - Neuadd 8 o'r gloch
- **Gwener 17eg Tachwedd Cwis Tan Gwyllt gyda bang** - Neuadd - drysau'n agor am 7 i gychwyn am 7.30. £1 y pen + £5 y bwrdd i dimau hyd at 5 person. Dewch a'ch lluniaeth a'ch gwyltrau. Gwobrau arian parod i'r enillwyr.
- **Sadwrn 18fed Tachwedd - Noson Disco'r Ugeinfed Ganrif** - dros 18oed yn unig. Dawnsio i swm cerddoriaeth o'r 60degau i'r 90degau. Drysau'n agor am 7 i barhau hyn ganol nos. Croeso i bawb am £2 y pen i dalu am y Neuadd. Bar Matthew Palu ac Arlwyto Steve ar gael - neu dewch a'ch moddion eich hunan.
- **Gwener 24ain Tachwedd - Codi Canu** yn y Neuadd o 7 tan 9.30 o'r gloch. Dewch a'ch lluniaeth eich hunan gyda £2 i dalu am y Neuadd.

Uchafbwyntiau Nadolig Llanpumsaint

- Gwener 1af Rhagfyr - **Codi Canu** am 7 o'r gloch yn y Neuadd
- Sadwrn 2ail Rhagfyr Eglwys Llanpumsaint – **Mins peis a gwin** cynnes 0 6 tan 8 o'r gloch
- Gwener 9fed Rhagfyr Goleuo'r **Goeden Nadolig a Charolau** – Neuadd 6 o'r gloch
- Sadwrn 10fed Rhagfyr **Fair Nadolig** – Neuadd (i'w chadarnhau)
- Mawrth 12fed Rhagfyr Neuadd – **Sioe Nadolig Ysgol Llanpumsaint**
- Iau 14eg Rhagfyr Neuadd - **Caneuon Nadolig - Cwtsh Cynnes** – 10 hyd 10 o'r gloch
- Gwener 15fed Rhagfyr - Neuadd - **Cwis Arbennig Parti'r Nadolig** 7 o'r gloch
- Sul 24ain Rhagfyr - **Gorymdaith Sion Corn** - cychwyn o Nantyrnys am 1 o'r gloch
- Sul 31ain Rhagfyr – Neuadd – **Disco ffarwelio a 23 chofleidio'r flwyddyn newydd** – o 7 tan 1 o'r gloch y bore

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 O 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 - **Mae'r gwasanaeth hwn bellach wedi cael ei ganslo.**
- 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 (**25 Hydref, 15 Tachwedd a 6 Rhagfyr**)
 - 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

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

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

I gael rhagor o wybodaeth am eich cyswllt diffibriliwr cymunedol Carolyn Smethurst 01267 253308, carolynsmethurst@btinternet.com

Pwyllgor Lles ac Adloniant (Y Maes Chwarae)

Bu'n bleser yn ddiweddar gyflwyno sicc o £500 i'n helusen ddewisol, sef **Sefydliad DPJ**. Cyflwynwyd hi i Annie James Fferm yr Hafod sy'n gweithio i DPJ ar y Maes Chwarae gan aelodau'r Pwyllgor a rhai defnyddwyr.

Yn sgil y tywydd gwlyb a'r gwres anodd fu i gadw trefn ar y borfa. Felly diolch i Matthew Jones, Carwyn Davies a Dave Clifford am symud yn gyflym gyda pheirannau addas i sicrhau fod y safle'n addas i'r tymor peldroed.

Cynhaliwyd ein Helfa Drysor blynyddol ar Sadwrn y 23ain o Fedi, a bu'n llwyddiant mawr. Diolch yn fawr i Arwel a Donna Thomas am drefnu taith heriol, ac i Glwb Criced Bronwydd am y lluniaeth ddiwedd y dydd. Llongyfarchiadau i Meinir Davies a Sue Butterfield am ennill. Felly edrychwn ymlaen at drefnu Helfa Drysor arall y flwyddyn nesaf.

Gwnaeth y Pwyllgor hefyd gynnal pryd o fwyd Tseiniaidd at godi arian yn y Blue Bell Cynwil Elfed ar nos Sadwrn 4dd o Hydref. Bu'n hyfryd gwneud rhywbeth yn wahanol a'r bwyd yn flasus. Diolchwn i'r gwesty am ein derbyn a gofalu amdanom.

Rydym hefyd yn dechrau paratoi am ein **Taith Siôn Corn** felly rhowch nodyn yn eich dyddiadur am y noswyl Nadolig. Cychwyn eto o Nantyrnys gyda'r bwriad o ysbrydoli'r holl bentref i hwyl y Nadolig gyda chanu carolau ac yna mins pei neu ddwy yn y Neuadd ar y diwedd.

Yn y flwyddyn newydd ar y nos Sadwrn 27ain o Ionawr cynhelir **Noson Rasio Ceffylau** yn y Neuadd. Daw rhagor o fanylion eto ond gwnewch nodyn o'r dyddiad a chadwch lygad agored am fanylion pellach yn y wefan gymdeithasol a Llais y Llan.

Byddem fel Pwyllgor yn estyn croeso i unrhyw un sy'n awyddus i ymuno yn y gweithgareddau codi arian a chynnal y Maes Chwarae. Cysylltwch gyda parcllanpumsaintpark@gmail.com neu siaradwch ag Aaron Jones 07814157946 neu unrhyw aelod o'n Pwyllgor.



Colli John Frongoch



Pan fu John Jones Frongoch farw ar y 31ain o Awst eleni yn 88 oed, collwyd darn arall o'r hen gymdeithas Gymreig sefydlog yn Llanpumsaint. Yn ail o bump o blant (Nansi oedd yr hynaf, yna Mair , Alun ac Emyr) arhosodd John i gynnal y seithfed genhedlaeth i ffermio Frongoch. Wedi llwyddo yn y 11+ yn erbyn ei ewyllys, ef fu'r olaf bron i orfod lletya yn y dref yn wythnosol, cyn i'r gwasanaeth bysiau ddechrau cychwyn drwy Lanpumsaint yn ddyddiol. Gyda ffermio yn ei waed bu'n falch o ffarwelio ag ysgol yn bymtheg oed, i sicrhau i'r Parlwr Godro cyntaf i'r ardal gyrraedd Frongoch.

Pan wnaeth y bechgyn hynaf, mewn oes newydd o ryddid, fenthyg car y teulu ar nos Sadwrn dilynodd y mwyafrif eu trywydd eu hunain. Ond bu nifer ohonom yn ddiolchgar i John (a John Llwyncroes hefyd yn Nebo) am ein tywys i bobman. Gyda lan i hanner dwsin yn rhannu'r sedd gefn o'r NOY94, draw a ni i'r Stag & Ffesant yn Pontarsais, wedyn i'r dre, dawn, sglodion, ac efallai eisteddfod hwyr am ferched. Byddai John yn sicrhau ein bod yn cyrraedd adre ryw bryd cyn y bore.

Cyfarfu ag Elsie, priodi yn 1965, yna ganed dwy ferch iddynt, Catrin ag Elin. Bu teyrnged y ddwy iddo ddydd ei angladd yn dyst o dad arbennig yn llawn cariad a llawenydd. 'Roedd y merched wrth eu bodd yn godro, bwydo lloi a holl weithgarwchy fferm, ond yn llai hapus yn paentio ietau, er bod hanner can ceiniog y tro yn cyrraedd. Meddwl y byd oedd e' hefyd o'r ddwy wyres Sioned ac Alaw gan ddilyn eu hynt yn ofalus.

Wedi ymddeol daeth afiechyd gan orfod wynebu bod yn ddall am gyfnod. Ymateb John am i'r gwasanaeth achub ei olwg fu codi arian iddynt, drwy ddefnyddio ei hoff degan sef ei dractor arbennig y Ffergi Fach ar deithiau amrywiol. Bu rhaid dychwelid i'r Ysbyty am gyfnod hir o tua deg mis, yna dod adre cyn y diwedd. Edmygwyd Elsie yn fawr wrth iddi deithio ato ddwywaith y dydd bryd hynny, er holl gyfyngiadau Cofid ag heolydd caeedig. *Arwyn 2023*

Y Clwb Cant

Tynnir enillwyr misoedd Medi, Hydref a Thachwedd ynghyd a'r un fawr Nadolig ar y 27ain o Dachwedd yn y Neuadd Goffa. Aaronjones86@hotmail.com

Bowlio Dan-Do Llanpumsaint a Nebo



Rhys, Catrin and Kieran

Cynhaliwyd ein Cyfarfod Blynyddol yn y Neuadd Goffa ar y 7fed o Fedi pan etholwyd y swyddogion canlynol.

Cadeirydd - Derick Lock. Ysgrifenyddes - Jill Edwards

Trysorydd - Gethin Edwards. Archwilydd - Huw Williams

Capten - Rhys Williams

Is-gapten - Peter Giles

Swyddogion Diogelwch y Clwb - Derick Lock a Huw Williams

Lluniaeth adeg Chwarae - Jill Edwards.

Dymuna'r Clwb ddiolch i Gronfa Elusennol Fferm Wynt Brechfa am ariannu crysau newydd chwarae a hefyd offer mesur i'r Dyfarnu, hyn oll gogyfer a'r tymor newydd. Mae'n holl bwysig i'r gymuned fod y Clwb sylfaenwyd yn 1989 yn parhau i ffynnu ym mywyd y pentref.

Cychwynnodd y tymor newydd ar nodyn cadarnhaol gyda buddugoliaeth 9-1 ym Mhenygroes ac un arall 9-1 adre' erbyn Gelli House. Yna 8-2 adre' eto erbyn Llangyndeyrn a 10-0 lawr yng nghlwb Bowlio Dinefwr. Hir oes i'r fath fuddugoliaethau!

Llongyfarchwn Catrin Williams a Jill Edwards ar gael eu dewis i Gymru, fel rhan o sgwad o dri deg o ferched i'r Gystadleuaeth Brydeinig gyntaf. Byddant yn cystadlu erbyn merched Iwerddon, Yr Alban a Lloegr yn Melton Mowbray.

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 hyfforddwy 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.

Cynllun Bwydo ein Cymuned

Buom yn brysur y mis hwn yn cyflwyno sesiynau dylunio yn Neuadd Llanpumsaint gan ymchwilio Beth yw Dylunio para maethu?. Archwiliwyd hefyd ein gweledigaeth o'r ardaloedd gwyrdd sy'n bodoli yn y Cae Chwarae gan edrych ar leoliadau a phobl. Cynhelir y sesiwn dylunio terfynol ar **Nos Iau 26ain o Hydref** rhwng 5.30 a 7.30yh yn Ystafell Gyfarfod y Neuadd, dan arweiniad Louise Cartwright a Caz Wyatt. Bryd hynny byddwn yn dadansoddi ein casgliadau gan osod ein dyluniadau dewisol ar fap. Bydd lluniaeth ar gael i'n hysbrydoli. Croeso i bawb - dim angen bwcio ymlaen llaw jyst dewch!

Louise Cartwright - Swyddog Project - Ffeindiwch ni ar Facebook

Dewinwyr Gorllewin Cymru

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

Cynhelir cyfarfodydd ar ddydd Sul am 1.45 pm ar gyfer 2 pm cychwyn yn Neuadd Bronwydd:

- Sul 22ain Hydref - Tom Bennet - Sir Benfro Neolithig - ac os fydd amser hoffai rannu ei angerdd diweddaraf - sef sut symudwyd Carreg Allor Côr y Cewri 650 o filltiroedd o ynysoedd yr Orcni i'w safle presennol.
- Sul 26ain Tachwedd - Ross Briagga - Mae'n ddewin wraig brofiadol a hi yw ein Hysgrifenyddes Siaradwyr ac yn aelod hir dymor. Mae'n awyddus i gadw pennawd ola'r tymor yn gyfrinachol hyd yn agos i'r dyddiad, i'n cadw yn y tywyllwch. Bydd hwn ein cyfarfod olaf o'r flwyddyn yn gweld y mins peis traddodiadol yn ochr y paned o de.
- Rhagfyr – Dim cyfarfod

Oherwydd y chwyddiant ariannol codir yr aelodaeth i £20 y flwyddyn. Pris mynediad fydd £6 i gynnwys y raffl os nad ydych yn aelod, £10 am yr ail dro - yna disgwylir i chi ymuno. Dim angen cyfarpar jyst dewch!

Facebook – gwefan <http://wetwalesdowers.org.uk> neu ffoniwch Sandy 01267 253547 hefyd westwalesdowsera@gmail.com

Clwb Gwili Chwedeg

Bu'n bleser croesawu Brian Jones ar ddydd Llun 25ain o Fedi. Soniodd iddo adael ysgol yn 16eg oed i weithio ar y fferm adre', ond datblygodd i fod yn un o brif gwmnïau gwasanaethu cyflenwi bwyd. Cawsom storiâu difyr amdano'n cadw ffowls i fasnachu'n lleol cyn yn y diwedd sefydlu cwmni wnaeth dyfi i fod y Castell Hywel enwog erbyn hyn. Mae ei angerdd am y byd busnes yn dal mor gryf ag erioed, ond erbyn hyn yn canolbwyntio ar yr ochr gynhyrchu o'r fenter. Siaradodd yn deyrngar am ei staff, ei ymrwymiad i wasanaethu'r cwsmer, a'i wreiddiau Cymreig sy'n rhedeg drwy'r holl beth. Mae Clwb Gwili hefyd yn diolch iddo am y rhodd hael o ddanteithion wnaeth pob aelod dderbyn ar y dydd.

Rydym yn cyfarfod yn Neuadd Bronwydd am 2o'r gloch ac mae'r maes parcio yn aml brysur.

- Llun 23ain Hydref - Cymdeithas Cadw Gwenyn Sir Gar
- Llun 6 - 10fed Tachwedd - Taith Twrci a Thinsel
- Llun 27ain Tachwedd – Yr aelod Eddie Whitehead – Gwirionedd Anghyfleus
- Mercher 6ed Rhagfyr - Cinio Nadolig yn y Gwbert Ceredigion
- Llun 2ail Ionawr 2024 - Cyfarfod Cyffredinol Blynnyddol

Aelodaeth bellach yn £10 – Mynediad £2 yn cynnwys tocyn raffl.

Gwybodaeth bellach gan yr Ysgrifenyddes Val Giles 01267 281194

Cyngor Cymuned Llanpumsaint

Cynhelir y cyfarfod nesaf o Gyngor Cymuned Llanpumsaint ar y 14eg Tachwedd yn y Neuadd Goffa. Mae ein cyfarfodydd oll yn agored i'r cyhoedd a chyhoeddir yr agenda a munudau'r Cyngor ar ein gwefan wythnos cyn y cyfarfod - www.llanpumsaint.org.uk/communitycouncil/en

A ydych yn gofalu am rywun gyda Dementia (Gorddryswch) neu yn dioddef ohono.

- A fydddech angen cyngor er mwyn ceisio am fudd-daliadau oherwydd yr anhwylder?
- A allaf eich cymorth drwy' sefyllfa anodd yma?
- A fydddech yn awyddus i drafod y sefyllfa gyda mi?
- A ydych yn sylweddoli pwysigrwydd Atwrneiaeth Arhosol?

Fy enw yw Charlotte ac mae gennyf flynyddoedd o brofiad gweithio gyda theuluoedd dioddefwyr gorddryswch, a hyfforddi staff i Gartrefi Gofal, Gofal Preswyl a Meddygfeydd. Byddaf hefyd yn trafod gorddryswch gyda mudiadau fel Rotary, Lions a chanolfannau dros chwedeg.

'Rwy'n byw yn Llanpumsaint ac yn hapus i deithio rhywle o fewn deg milltir neu groesawu rhywun yma i'm cartref.

Galwch fi ar 07814477861 i drafod ymweliad neu ystyried y tal am hyfforddi grŵp.

Swper y Cynheuf

Dymuna Eglwys Llanpumsaint ddiolch i bawb ddaeth i gefnogi Swper y Cynhaeaf. Daeth y gymuned leol a phentrefi cyfagos allan yn gryf ar y noson ac mor braf oedd cyd-gyfarfod ac wynebaw cyfarwydd â newydd. Bu ymateb pawb yn hwb i noson gofiadwy o bleserus.

Rhaid cydnabod yn arbennig y rhai a fu mor gefnogol yn coginio, gwneud pwddin a danteithion, rhoi gwobrau raffl ac yn ola'pawb a fu'n cynllunio a threfnu noson mor hwylus. Diolch hefyd i Gronfa Elusennol Fferm Wynt Brechfa am gefnogi'r fenter. *Edrychwn ymlaen at eich gweld chi oll y flwyddyn nesaf.*

Yn ychwanegol i'r gwasanaethau arferol ar fore Sul am 9 o'r gloch, mae gennym y **Caffi Bach** di-enwadol ar ddydd Mawrth o 11.30yb hyd 2.30yp, **Chwaraeon Duwiol** i'r plant o 3.30 tan 5 o'r gloch. Mae **Cylch DOTS** yn cyfarfod ar ddydd Iau o bump hyd 7 o'r gloch dan arweiniad y Parch Christie.

Digwyddiad i'r dyfodol. Ymunwch a ni am **mins peis a gwin cynnes ar nos Sadwrn Zail o Ragfyr** o 6 tan wyth o'r gloch yn yr Eglwys. Gwyliwch am bosteri yn y pentref yn nes ymlaen.

Pwyllgor Eglwys Llanpumsaint

Blwyddyn Ysgol newydd – Ysgol Llanpumsaint



Bu nifer o newidiadau i'r ysgol ar ddechrau'r tymor. Croeso cynnes i Mrs Wendy Smith a Miss Nia Davies i'r ysgol. Croeso hefyd i'r 6 disgybl newydd sydd wedi dechrau gyda ni yn yr ysgol.

Cynhaliwyd nifer o ddiwyddiadau cyffrous yn barod. Cafwyd prynhawn arbennig yng nghwmni Meleri yn dangos i ni sut mae cadw'r corff a'r meddwl yn iach drwy gyfrwng adweitheg. Roedd pawb wedi ymlacio'n llwyr. Diolch i ti Meleri.

Noson wych o gystadlu ym Mhencampwriaeth Traws Gwlad Sir Gaerfyrddin. Da iawn i bawb a gymerodd rhan. Ffantastig! Diolch i'r rhieni a'r brodyr a chwiorydd am gefnogi.



Llongyfarchiadau enfawr i Hari a Wil am gael eu dewis i chwarae rygbi i dîm Ysgolion Cymru yn ardal Caerfyrddin yn ystod y tymor 2023-24. Am lwyddiant!


Mae yna dipyn i edrych ymlaen at hefyd:

- **Bydd Cwrdd Diolchgarwch** Ysgol Llanpumsaint yn eglwys Llanpumsaint ar ddydd Mercher Hydref 18fed am 2 o'r gloch. Croeso cynnes i bawb.
- **Bydd noson Bingo Calan Gaeaf** wedi ei drefnu gan y GRhA yn Neuadd y Pentref ar nos Fawrth Hydref 24ain am 6 o'r gloch.
- **Bydd sioe Nadolig** Ysgol Llanpumsaint yn Neuadd y Pentref Nos Fawrth Rhagfyr 12fed. Cadwch lygaid allan am y posteri am fwy o wybodaeth.

Clare Kelly - Headteacher

Gweithgareddau Neuadd Llanpumsaint

Neuadd Llanpumsaint yn cyflwyno
Llanpumsaint Hall presents



*Elvis
Presley*

Tribute Night

NOS SADWRN	SATURDAY
21 HYDREF	21 OCTOBER
2023	2023
7.30YH	7.30PM

Tocyn - Ticket
£15

I ARCHEBU TOCYNNAU CYSYLLTWCH A-
TO ORDER TICKETS PLEASE CONTACT -
MATHEW JONES - 07970030679

Defnyddir y Neuadd bob dydd gan gynnwys y penwythnosau hefyd. Cofnodir y prif ddigwyddiadau yn y Dyddiadur. Mae'r nosweithiau yn cynnwys **Bowlio Dan-do, Zumba, Cwis, Tafarn Bach, a Chodi Can (27ain Hydref, 3dd a 24ain Tachwedd, 1af Rhagfyr). Cyfarfu'r Cwtsh Cynnes** bob dydd lau o 10yb tan 1 yp, am weithgareddau amrywiol, clonc a chawl cartref.

Gwelir cerbyd y Llyfrgell y tu allan (a hefyd ger yr hen Swyddfa Bost) unwaith bob tair wythnos, (ynghyd ar wasanaeth casglu poteli a bagiau du 10.45 - 11.45). Dyma wasanaeth buddiol - gellir archebu llyfrau. DVDs a llyfrau llafar ymlaen llaw ar y We, cyn cael eu derbyn yma. Bydd y Cyngor yn cynnig dod a nhw i'r drws i'r analluog i'w casglu.

Dyddiadau eraill i'r Neuadd:

- **Noson Deyrnged Elvis Desley** – 21ain Hydref – 7.30 tocynnau £15
- **Gwasanaeth Sul y Cofio** - Sul 12fed Tachwedd 10.45yb - Croeso i bawb.
- Nos Wener 9fed Rhagfyr **Coeden Nadolig a Charolau** - 6 o'r gloch
- Sadwrn 10fed Rhagfyr – **Ffair Nadolig** – I'w gadarnhau gyda'r Pwyllgor.

Nosweithiau Disco

- **Nos Sadwrn 18fed Tachwedd - Noson Disco'r Ugeinfed Ganrif.** Dros 18 oed yn unig. - Dawnsio i gerddoriaeth gorau'r 60 - 70 - 80 - 90degau dan reolaeth Ray a Nikki Squires. Drysau'n agored am 7 i barhau tan hanner nos. Croeso i bawb - mynediad £2 wrth y drws - i dalu am fenthyg y Neuadd gydag unrhyw elw iddi hefyd. Bydd Bar Matthew Palu ar gael a lluniaeth bellach gan Arlwygo Steve - neu dewch a'ch lluniaeth eich hunan. Ewch amdani!!!
- **Sul 31ain Rhagfyr - Gweld yr hen flwyddyn 2023 allan a chroesawu'r newydd gyda theulu a chyfeillion yn sŵn y Disco.** Croeso i bawb o 7 o'r gloch tan 1 y bore yn swm Criminal Records. Trefnir gan Ray a Nikki Squires. Gwisgo lan yn ddewisol. Dewch a'ch lluniaeth eich hunan, gyda'r mynediad i dalu am y Neuadd a'r elw i Ysgol Llanpumsaint. Diolch yn fawr!

Cwtsh Cynnes yr Hydref

- **Digwyddiad Celfyddydol** gefnogwyd gan Gofal Celf a Chronfa Gymunedol Fferm Wynt Brechfa - Celf Wifren (5ed Hydref) - Gemau (19eg Hydref).
- **Gweithgareddau celf gan ein haelodau.** - Creu Tawasni (Hydref) - Celf Caregan (26ain - Hydref)) - Braslunio a Chrosietti (16eg Tachwedd) - Gwialen Wau (30ain Tachwedd)
- Ac os nad ydych â diddordeb yn y celfyddydol gellwch chwarae gemau neu droi at y cardiau ar y 12fed o Hydref neu ymuno a'r caneuon Nadoligaidd ar y 12fed O Ragfyr.

Nodwch fod y gweithgaredd **Gwneud Masgiau yn digwydd adeg Hanner Tymor** (2ail Tachwedd) - **Croeso i'r plant gydag oedolyn!**



Noson Cwis

Daw cynulleidfa dda o hyd i'r nosweithiau Cwis yn y Neuadd ar y drydedd Nos Wener o'r mis. Diolch pawb am gynnal eu cefnogaeth. Symudwyd y Cwis Anhygoel Calan Gaeaf i'r Nos Wener Bwci 13ain, hyn er mwyn gadael pobl i wylïo'r rygbi Cwpan y Byd ar yr 20fed o Hydref.

Daw'r Cwis nesaf wedyn ar y 17eg o Dachwedd. Yna cwis ola'r flwyddyn ar y 15fed o Ragfyr - dyma achlysur arbennig y Nadolig gyda thema dymhorol, gwobrau ychwanegol, a datgelu enillwyr yr holl fenter. Ar hyn o bryd mae yna wyth Tîm gyda chyfartaledd rhwng 68.9 a 62.5, felly cyfle iddynt oll gyrraedd y brig.

Nid o reidrwydd ond gellir bwcio ymlaen llaw i sicrhau'r lle, oherwydd gall y seddau lenwi'n gyflym. Bydd E-bost i sara.ward4@btinternet.com yn ddigonol. Edrychwn ymlaen at eich gweld!

Cylchoedd eraill o ddiddordeb yn yr ardal

Cylch Gwynio - cyfarfod yn Neuadd Bronwydd ar ddydd Mawrth o 1 o'r gloch tan 3. £2 i gynnwys paned a bisgedi. Croeso atom am wau a chlonc. Paula Carpenter

Rydym yn hapus i gyhoeddi manylion am unrhyw gylch neu fudiad perthnasol
carolynsmethurst@btinternet.com



- **Siaradwyr Newydd:** Mae Coffi a Chlonc yn ôl! Dyma gyfle i ddod ynghyd i sgwrsio a chymdeithasu dros baned bob bore dydd lau am 10.30yb ar Zoom. Mae'r weithgaredd yma yn addas ar gyfer dysgwyr neu siaradwyr rhugl. I dderbyn y linc cysylltwch gyda ymholiad@mgsg.cymru. Mae'r Fenter yn cyd-drefnu sesiynau Paned a Sgwrs yng Nghaffi'r Atom, bob dydd Mawrth o 10-11yb. Cyfle i sgwrsio a chymdeithasu dros baned. Croeso i siaradwyr newydd a siaradwyr rhugl i ymuno. Cynhelir sesiynau Paned a Phapur yn yr Amgueddfa Wlân, Drefach Felindre ar ddydd Mercher bob pythefnos. Croeso i siaradwyr newydd a siaradwyr rhugl i ymuno yn y sesiynau hwylus yma. Bydd sesiynau newydd Shwmae a Siarad yn cael eu cynnal unwaith y mis ar fore Gwener yng Nghaffi Cwtsh Coffi, yr hen glwb pêl-droed, Castell Newydd Emlyn rhwng 10:30-11:30. Fydd y sesiwn gyntaf ar y 13.10.23. Edrych ymlaen i'ch gweld yno.
Am unrhyw wybodaeth am ein sesiynau, cysylltwch gyda ymholiad@mgsg.cymru.
- **Clybiau Drama:** Mae'r Fenter a Theatr Genedlaethol Cymru yn cynnig dau glwb drama i blant yr ardal, Clwb Joio Drama ar gyfer blynyddoedd 1-3 ar nos Fercher o 5-5.45pm ac i flynyddoedd 4-6 o 6-7pm. Mae'r clybiau yn cael eu cynnal yn y Stiwdio, Theatr y Lyric, Caerfyrddin. Cyfle i blant dysgu sgiliau, magu hyder a mwynhau. I gofrestru, cysylltwch gydag betsan@mgsg.cymru. Diolch i Theatrau Sir Gâr am y croeso cynnes i'r theatr yn wythnosol.
- **Sesiynau stori:** Mae ein sesiynau stori yn ôl ar ôl saib yr Haf. Bob pythefnos, fydd sesiwn stori yng Nghaerfyrddin ar ddydd Llun yn Llyfrgell Caerfyrddin am 10:30am. Yn San Clêr, fydd sesiwn stori ar ddydd lau yn Llyfrgell San Clêr, Y Gât am 1:30pm. Ymunwch â ni yn y sesiynau stori yma. Cysylltwch gyda gwyneth@mgsg.cymru i gofrestru neu am wybodaeth pellach.
- **Dished Ddigidol:** Wrth gyd-weithio gyda'r Atom, mae Menter Gorllewin Sir Gâr yn cynnal sesiynau digidol anffurfiol dros ddished. Gellir dderbyn cymorth gyda thabled, iPad, gliniadur, ffôn symudol, apiau a sut i ddefnyddio'r wê. Dyddiadau mis Hydref fydd y 6ed ar 20fed am 10-12pm. I archebu lle neu am fwy o wybodaeth, cysylltwch â helo@yratom.cymru neu ymholiad@mgsg.cymru.

Cornel Resait

Cawl Moroco a cywpis (by Anji)

Cynhwysion

- 2 lwy ford olew Hadrep
- 1 winwnsyn wedi ei fan dorri
- 2 ddarn o arlleg wedi ei fan dorri
- 1 llwyed o cwmin
- 3 llwyed o bast Harrisa
- 1 llwyed o fel neu syrrip
- 2 llwyed o deyrn wedi ei fan dorri
- 150 gram o bysen felen
- 400 gram o cywpis sych
- 400 gram o domatos tin
- 750ml o isgell llysieuog
- 75 gram o ddail pigoglys
- Chorizo (yn ddewisol)

Cyfarwyddiadau

1. Cynheswch yr olew mewn sosban gan goginio'r winwnsyn yn raddol am ryw bum munud nes iddo feddalu. Ychwanegwch y garlleg a'r cumin i goginio am funud ychwanegol. Cymysgwch y past Harrisa, y mêl gyda'r syrrip a'r teyrn, gan goginio eto am funud arall.
2. Ychwanegwch gan gymysgu'r bysen felen, y cywpis, tomatos a'r isgell lyseiog. Coginio am 20 munud nes i'r bysen felen fod yn barod.
3. Yna'n derfynol ychwanegwch y dail pigoglys a'i droi nes iddo wywo. Wedyn i'r ford fwyta gyda bara tost toes sur, a gallwch ychwanegu mwy o Harrisa os dymunir