



# ***Village Voice October 2024***

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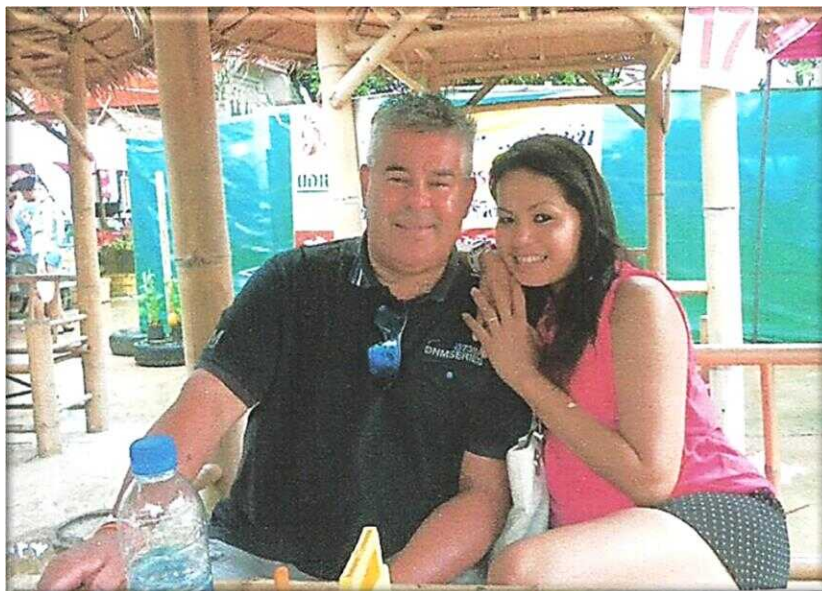
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## **Hi – A message from your Postie Derrick**

I would like to inform all my customers that after 49 years of working for Royal Mail, and 22 years delivering to Llanpumsaint, I shall be retiring on 28<sup>th</sup> of December 2024. It has been a pleasure delivering to you all through good and bad times. This will be my last Xmas delivering the Christmas post to you all.

On my retirement I intend to start a new life in Thailand with my wonderful wife Om and her family and look forward to a relaxing life – palm trees, lovely Thai food and sunshine! I wish you all good health and good luck for hard times ahead in UK, it's not the country it used to be. That's one of the reasons I'm emigrating to Thailand to take the stress out of life.

So best wishes to you all – Regards Derrick and Om



# Dates for your Diary

## One-off events

- **Tuesday 15 October - Halloween Bingo**, organised by the PTA and the Park in the Village Hall, 6 pm.
- **Friday 18 October – Spooktacular Quiz**. Extra spot prizes for fancy dress. Village Hall doors open at 7 pm for 7.30 pm start. £2.50 per person; teams of up to six. Bring your own drink and glasses. Cash prize for winning team.
- **Saturday 19 October – Ed Sheeran Tribute Night**, from 7.30 pm in Village Hall, tickets £15 – contact Mathew Jones 07970030679
- **Tuesday 22 October Llanpumsaint School’s Harvest Service** 2 pm Llanpumsaint Church. A warm welcome to all.
- **Tuesday 5 November Hall committee meeting, 7.30 pm.**
- **Friday 8 November - Singalong**, Village Hall, 7 – 9.30 pm. Bring your own drinks, snacks and £2.50 to cover the cost of Hall hire.
- **Sunday 10 November** - Remembrance Service in Village Hall, All welcome
- **Tuesday 12 November - Community Council Ordinary Meeting**, 8 pm in Village Hall
- **Friday 15 November – Quiz night**, Village Hall doors open at 7 pm for 7.30 pm start. £2.50 per person; teams of up to six. Bring your own drink and glasses. Cash prize for winning team.

## Llanpumsaint Christmas Highlights

- Saturday 23 November – **Christmas Fair** in the Hall, 10-1.
- Friday 6 December - **Christmas tree lights, refreshments, singing and Father Christmas**, 6 pm, Village Hall
- Saturday 7 December, **Mince pies and mulled wine** evening, Llanpumsaint Church
- Tuesday 10 December **Llanpumsaint School’s Christmas Show**, Village Hall from 6 pm
- Friday 13 December – **Christmas Singalong**, Village Hall, 7 – 9.30 pm.
- Friday 20 December **Christmas Party Special Quiz**, from 7 pm, Village Hall
- Tuesday 24 December **Santa Parade** starting Nant yr Ynys at 1 pm

## Regular Weekly Events

- Short Mat Bowls, Village Hall, Mondays and Thursdays, 7.30 - 9.30 pm (re-start on 2 September).
- Pop-up Café, Llanpumsaint Church, Tuesdays, 11.30 am – 2.00 pm (last orders)
- Line Dancing, Village Hall, Tuesdays, 7-8 pm
- Social Space, Village Hall, Thursdays, 10 am – 1 pm; arts, crafts, cards, table tennis and more, followed by homemade lunch. All very welcome
- Circuits Class, Village Hall, Wednesdays 7 – 8 pm and Sundays, 10 – 11 am.
- Art Club, Village Hall, Saturdays, 10-12 noon

## Faith Events – All welcome!

- **Llanpumsaint Church: Holy Eucharist** 9.00 am on Sundays  
**Evening Prayer**, Mondays 5:30 pm  
**Godly Play**, Tuesdays, 3.30 - 5.00 pm Stories, activities and snacks for children and their grown-ups in school term time  
**DOTs Youth Group** for Young People aged 10 plus, Llanpumsaint Church, Thursdays, 6 – 7.30 pm in school term time  
Contact: Father Tim Nelson timnelson@churchinwales.org.uk  
Facebook page: Llanpumsaint Bronwydd and Llanllawddog Churches
- **Caersalem Chapel:** For details of services, please contact Mrs Eleri Morris (Secretary) 01267 253895
- **Ffynnonhenry Chapel:** For details of services, please contact Danny Davies (Treasurer) 01267 253418, Mr Gwyn Nicholas (Secretary) 01267 253686
- **Nebo Chapel Services:** For information, please contact Meinir Jones (Secretary) 253532

## Weekly Village Services

- Tuesday 2 - 3.45 pm **Post Office van** (opposite pub)
- Wednesday **New service!**  
**MiMobile Vet** to visit village (outside village hall) on from 3.30-5.45. Call 01267 220404 to make an appointment.
- Wednesday 11.15 – 12.15 am **Library van** (11.15 – 11.45 Village Hall and 11.45 – 12.15 opposite pub)  
**Note: only visits once every three weeks in the same week as black rubbish bags –**  
**6 November, 27 November, 18 December**
- Wednesday **Baker** household delivery (Tel 07971 740505)
- Thursday **Fruit and veg** household delivery (Tel 07969 047045)
- Friday **Post Office van** 1-3 pm (opposite pub)



## Locations of Defibrillators in Llanpumsaint

- All available 24/7, cabinets are unlocked.
  - **Outside Village Hall** SA33 6BZ
  - **Outside Railway Inn** SA33 6BU
  - **On wall outside Henfryn, Ffynnon Henry** SA33 6LD
  - **Outside the Vestry Nebo** SA33 6HN

## Llanpumsaint Community Council

The next community council meeting will be Tuesday 12th November at 8pm in the village hall. This is an ordinary meeting for which the public are welcome to attend to listen to the discussions.

There is currently a vacancy for a Community Councillor. Should anyone wish to apply for the post, please send your enquiries to [llanpumsaintclerk@btinternet.com](mailto:llanpumsaintclerk@btinternet.com) before 25th October for your application to be discussed at the next meeting. Thank you.

The annual turning on of the **Christmas tree lights** will take place on **Friday 6 December**, starting at 6 pm, followed by singing and refreshments.

Sion Corn will also be visiting!

**Angela Bearman, Clerk to Llanpumsaint Community Council**



## Quantities of Beech and Sycamore slabs for sale

The Beech had been seasoned at the timber yard at Cwmdud before I bought it in 2007 – the owner had about 80 acres of sustainable woodland. It has since been stored indoors. Some of it was used to make our kitchen cupboards and drawer fronts. The before and after can be seen. I've been told that the transformation is incredible.

Beech slabbed sizes approx.

Height	Width	Length	Amount
3"	11 – 13"	78"	13
3"	17"	78	1
4-5"	13"	52	5

The Sycamores were growing in our garden and had to be cut down to make way for the extension in 2006. They were planked and slabbed by the builder and have been stored indoors since then, approximately. The slabs are for sale.

Sycamore slabbed sizes approx.

Height	Width	Length	Amount
6"	10"	75"	1
4"	14	75"	1
3"	10 – 12"	75"	8
2 – 3"	10 – 12"	??	2

I'd have to take the pile apart to ascertain the length for the 2 -3" units

Best reasonable offer accepted. Contact Dave on 01267 253993 or 07980 271279

## Llanpumsaint and Ffynnonhenry Memorial Hall

The 2024 AGM was held on 26 September. The following were elected as officers: Pamela Jones (Chairperson), Mathew Jones (Vice Chairperson), Ann Rook (Treasurer and Bookings Clerk) and Clare Bishop (Secretary and Minutes Secretary). Elfed Davies stood down from the committee. He was thanked by the Chairperson for his significant support and guidance to the hall committee for over four decades, including a period as the Chairperson.

The Chairperson thanked the trustees and advisors for their support throughout the year to ensure the success and smooth running of the hall. Special thanks to those who look after maintenance and organising tradespeople, as well as those who support and help out at events throughout the year. Thanks also to those individuals who host regular events (circuits, line dancing, art club, social hub, bowls, singalong, quiz night and the bar).

There was special appreciation to Brechfa Forest West Wind Farm Community Benefit Fund for their generous financial support to the hall, including support for the social hub, hall improvements and utilities. We were very pleased to celebrate the first use of the updated kitchen facilities at the Harvest Supper, supported by the Brechfa Farm Fund (£18,000).



As we move forward into 2025, we continue to look forward and to work with the other groups in the village (with Welfare/Parks, PTA and Church) to ensure the future success of the hall – especially important as we approach the hall's centenary year in 2028.

We are actively looking for new trustees to join the committee – especially from those groups who hire the hall on a regular basis, to ensure the hall is supporting all the different interest groups within the community.

We meet once every two months. Much work has been done recently to update our policies and procedures. Over the winter months, there will be opportunities to for the hall committee and others to develop skills in risk assessment, food safety and allergy awareness, and first aid. Dates for the diary:

- **Ed Sheeran Tribute night, Saturday 19 October 2024:** from 7.30 pm in Village Hall, tickets £15 – contact Mathew Jones 07970030679
- **Remembrance Service, Sunday 10 November.** Service will be led by Rev'd Marion Osborne
- **Christmas Fair, Saturday 23 November** from 10-1. Gifts requested for raffle stall.



## Singalong Fridays

The Singalong group are still meeting every second Friday of the month in Llanpumsaint Memorial Hall from 7pm - 9.30pm, where we sing along with our favourite music from the 60s, 70s and 80s. We also hold themed evenings such as Musicals, Country and Western and ABBA nights. We encourage our regulars to compile a music night of their choice and close the evening with well known sea shanties and music that we remember from pub closing time in the good old days. I'm old enough to remember those times and it seems I'm not alone, we usually don't even need the lyrics as they come flying back to us.

Have I sparked your interest enough to give us a try? If so, please come along with your own drinks, snacks and glasses, £2.50 per person and the desire to have a night of fun and memories while we create a pub atmosphere with a sing song that you can join along with, or not, as you please. We're not too bad to just listen to. The forthcoming dates for your diaries are:

- Friday 8th November
- Christmas Singalong on Friday 13th December

**Carolyn Atkinson**

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

Thank you to all who supported the Car Treasure Hunt, it was a great afternoon. A big thank you to Meinir (last year's winner), who organised the route, and congratulations to the Davies family, Cwmwernen for winning. As with all other fundraising events, the money will be distributed between the park (for ongoing upkeep) our chosen charity this year (Carmarthen Food Bank / Trussel Trust).

Upcoming events:

**Halloween Bingo Tuesday 15 October:** There will be a Halloween Bingo night in the hall at 6pm. The proceeds will be shared between the park and the school PTA. Cash prizes are available this year! Come along for a great night.

**Santa Parade Tuesday 24 December:** The Santa Parade on Christmas Eve will be taking the usual route around the village before finishing off in Llanpumsaint Hall. The parade will start at Nant-yr-Ynys estate at 1.30pm, arriving at the hall at approximately 2.30pm onwards. Santa shall be in the hall for anyone who wants to make any last-minute corrections on that all important list. Hot drinks and mince pies will be available at the Hall, and there will also be a raffle draw to round off the afternoon. We look forward to seeing you all there.

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

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

## **Schools Governing Body Invitation**

As you may be aware our two local schools, Llanpumsaint and Cynwyl Elfed are governed under a federated arrangement. The Federation consists of parent governors, teacher governors, community governors and those we would wish to appoint as independent members subject to approval by the local authority.

Both our schools are an invaluable resource in enhancing the vibrancy and future of our local communities. As Chair of the Federation I know how proud our pupils are of living in, and being able to attend their community based schools.

I would welcome your interest in joining our governing body - a role that is very rewarding and not too onerous timewise but an important one in ensuring that the Federation can fulfil its governance objectives and continue to maintain local schools in our communities.

Please contact me to discuss or for further details via

[maria.stedman@llanpumsaint.ysgolccc.cymru](mailto:maria.stedman@llanpumsaint.ysgolccc.cymru)

## Llanpumsaint 100 Club

The Llanpumsaint 100 Club is run by the Llanpumsaint Welfare and Recreational Association, and donates over £500 to the park annually to help with the costs of maintaining the park. Congratulations to winners so far this year....

	1st - £20		2nd - £15		3rd - £10	
March	101	Kevin Mably	107	Sandra Powell	2	Peter Lee
April	85	Ray Davies (Brackla)	117	Stuart James	33	Becky Dufty
May	23	Lyn Henstredge	1	Diane Lee	40	Dewi & Gwen Thomas
June	61	Irene Davies	10	Beth Thomas	58	Alun Stedman
July	78	Elen Davies	72	Ann Wyke	84	Carolyn Atkinson
August	51	Sandy Mather	91	Lesley Hargreaves	57	Maria Stedman
September	88	Mike Eynon	13	Dafydd Jones	119	Rhys a Swyn Roberts

You can still join the 100 club and be entered into the remaining draws. The cost of entering is £12 with monthly draws as well as a bonus draw at Christmas time. If anyone is interested in joining, please contact any of the park committee members or e-mail [llanpumsaint100club@gmail.com](mailto:llanpumsaint100club@gmail.com).

## Clwb Cochion Llanpumsaint

On Thursday September 19th 2024 the AGM for the Clwb Cochion was held at Llanpumsaint Hall. A full report was given by the Chairperson, Secretary also a financial report by the Treasurer.

Thank you all present and on-line. Before ending thank you all who help in running the Club e.g Club staff, school staff, the committee, Brechfa Wind Farm for their valued support also the parents who send their children and all who continue to support the Club.



MAE PWYLLGOR CLWB COCHION EISIAU PENODI  
CLWB COCHION COMMITTEE WOULD LIKE TO APPOINT

**ARWEINYDD CLWB COCHION**  
**CLWB COCHION LEADER**  
@ YSGOL LLANPUMSAINT

ORIAU / HOURS  
**DYDD LLUN, DYDD MAWRTH A DYDD IAU**  
**MONDAY, TUESDAY AND THURSDAY**  
**15:30 - 17:30**

Gydag oriau ychwaengol ar gyfer gweinyddiaeth a pharatoi (i'w drafod)  
With additional hours for admin and prep (to be discussed)

**£12.50 yr awr / per hour**

Byddai Lefel 3 mewn Gwaith Chwarae yn fantais, neu'r gallu i weithio tuag ato.  
NVQ Level 3 in Playwork would be an advantage, or the ability to work towards it.

Am fwy o wybodaeth cysylltwch â  
For more information contact  
**Donna Thomas, donnathomas08@outlook.com**  
Cadeirydd Clwb Cochion / Clwb Cochion Chairperson

BRECHFA FOREST WEST WIND FARM  
Rhif Elusen / Charity No : 1209451

We are still looking for a Club leader also if interested to join the committee or help in the club as a volunteer or occasional worker contact Donna Thomas Club chairperson [donnathomas08@outlook.com](mailto:donnathomas08@outlook.com)



## West Wales Dowsers

Dowsing is a useful and interesting practice almost anyone can learn. It's thought to have originated in Egypt or even earlier. Many companies use the services of experienced dowsers to search for water, minerals, oil, electricity cables etc. Some people dowse the safety of their food, and check for geopathic stress in their surroundings, but this is a personal belief and not yet scientifically proven. Why not come along and find out for yourself? We can usually find time at the end of our meetings to give a short lesson, or better still come on a field trip.

Sunday September 22nd: Sid Howell: Dr William Price, the Welsh Druid: A very big thank you to Sid Howells for his very thorough and at times amusing talk about Dr. William Price, 'The Welsh Druid': A strange but very intelligent man who trained as a Doctor but clearly had his own views about life which he espoused forcefully to anyone who would listen. He believed firmly that the Egypt of the Pharaohs, their Hieroglyphics etc were Welsh and as it was in the 19<sup>th</sup> Century, who could argue with him! In fact, those that tried would be challenged in Court. Clearly, he was a force to be reckoned with! Despite this, he was also a person that local people scratched their head in amusement thinking 'what is he doing now!' It was Price that finally got a law passed allowing cremation to take place. His own cremation at the age of 91 drew 20,000 people to witness the event. If you would like to learn more about his fascinating character of Welsh history, please visit <https://www.egypt.swan.ac.uk/> This is situated on the Swansea University campus, so be advised that Saturday is the best time to visit.

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

- Sunday 27 October Tony Ryan: How to make your own ghost!
- Sunday 24 November Ros Briagha is back with the Astrology of the Now
- No Meetings in December

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

## New noticeboards

The Community Council and the Hall have joined forces to buy a new outdoor noticeboard. One side is open access. To make best use of the space, please use A4 portrait or A5-sized posters and please include any bilingual text on one poster (rather than in two separate ones).



# Llanpumsaint & Nebo Short Mat Bowling Club

The Club held it's AGM in the Memorial Hall on 5th 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: Huw Williams;
- Club Safeguarding Officers: Derick Lock and Huw Williams;
- Match Day Refreshments: Jill Edwards.

The new season in Division 1 started on a positive note with a 10-0 win at home against Llangyndeyrn, this was followed by a loss to the current Division 1 League Champions away in Pontargothi.

Our congratulations go to Catrin Williams and Jill Edwards who have been selected to represent Wales as part of a 30 strong squad at the Ladies British Isles Championships, which this year will be held at the Bro Myrddin Indoor Bowls Centre in Carmarthen where they will play teams from Ireland, Scotland and England.

We would also like to welcome two new members Helen Dufty and Theresa Evans to the Club. The Club would also like to wish a speedy recovery to a number of our members, past and present, as they recuperate following illness.

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

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

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

## Clwb Gwili Over 60s

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

Members thoroughly enjoyed their trip to Macarthur Glen Shopping Centre on Wednesday 4<sup>th</sup> September. Being a weekday, shops weren't too busy and many a bargain was to be had with the Sales and generous offers. It was nice to keep out of the chilly breeze by indulging in delicious coffee and cakes in the many different cafes on the site. Porthcawl was enjoyable and quiet but this made one of the popular local pubs easily accessible. Some braved the cool breeze to walk on the beach and take in the views.

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

- Monday 28<sup>th</sup> October: Mr David Evans – Talk about the Courts.
- Monday 25<sup>th</sup> November: Mr Peter Hughes Griffiths – 'More About My Life'
- Wednesday 11<sup>th</sup> December: Christmas Lunch in the Ivy Bush Hotel in Carmarthen
- Monday 27<sup>th</sup> January 2025: AGM

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

## The Quiz

The quiz has returned after the summer break. There are now only three more quiz nights before the new year. The October Quiz will be the spooktacular with lots of Halloween related questions as well as a 'monster' music round and the usual clips, puzzle and picture rounds along with the main quiz. Fancy dress is encouraged but not compulsory and spot prizes will be given for the best individual and team costumes (although I think that last year's efforts may be difficult to beat)!

From this quiz to the end of the year **teams of up to 6 players will be welcomed** as many of you will have visitors etc in the build up to the festive season. We would be grateful if you could book in advance, if possible, for 'catering' purposes. (Yes, there will be some additional foodie surprises)!

The November Quiz has a first for the clips round and a picture round that will please the botanists amongst you. This will build up to the December Christmas Quiz which will mark the return of the dancing Santas and the announcement of league winners and top overall single quiz score winners.

Currently less than 2% points separate the teams in 1<sup>st</sup> and 3<sup>rd</sup> places in the league, so it is still anybody's to win.

In the Best Single Quiz race (teams not currently in the top 3 of the league) the leaders are the Swallows team with their score from last February, very closely followed by three other teams with a tie for 3rd place. There will also be a spot prize for the best Christmas Jumper!

We look forward to welcoming as many of you as possible to the quizzes. It is only with the support of the teams and players that the quiz can continue.

Dates for your diaries: -

- October 18<sup>th</sup> – Spooktacular Quiz. Extra spot prizes for fancy dress
- November 15<sup>th</sup>
- December 20<sup>th</sup> – Christmas Party Quiz with the League and Individual Quiz winners announced.

***Sara and Darrell***

## Dog policy for the Church

A recent decision has been made by the Church committee to ask dog owners not to bring their dogs to the Church – in particular the pop-up café - for the following reasons:

- a) Health and hygiene- food and drink present
- b) Safety to prevent slipping on floors
- c) Fear of dogs by some people attending the café
- d) Some people choosing not to attend due to the noise

It is hoped that the community will understand and support this decision. While everyone is warmly invited to attend Church events, they will no longer be able to bring their dogs.



## Llanpumsaint Church

Here we are again, time is travelling fast as ever, the summer holidays have finished, and the children are back in school. The church community is still here and going strong.

The Cafe is open on Tuesdays from 11:30am until 2:30pm with last orders at 2:00pm and kindly run by the fabulous Christine Jameson.

Godly play is on Tuesdays 3:30pm until 5:00pm. Open to all children of primary school age and also anyone blessed to be younger. Run by Niki Day with the help of grandparents, parents and guardians.

DOTS for secondary school age children is currently on Thursdays 6:00:to 7:00pm but finish time can be pushed on a little if the children would benefit. Run by the father Tim and supported by Niki Day.

There are services every Sunday at 9:00 with the last Sunday of the month being a family service> for more details see the Cafe or noticeboard.

There is evening prayer on every Monday at 5:30pm taken by Niki Day.

A very successful Harvest Supper was attended by about 70 people and raised £1,100 for the Church and Food Bank. Many thanks to the 'catering' team, the delicious food, the generous Raffle prizes and all other contributions.



Soon there will also be the mulled wine and mince pie evening on Saturday 7 December.

Christine Jameson is the Vicar's Warden and Niki Day is the People's Warden. If you have any questions or wish to feed something back please speak to one of the wardens. Niki Day is now a commissioned worship leader and is leading morning prayer for some services.

There is so much happening in church and everyone is most welcome. Try it out, no experience necessary and we are a friendly bunch, it may just be what you are looking for and need.

## Electric car charging point outside the hall is up and running



## Thursday Social Hub

The Llanpumsaint Village Thursday Social Hub is back for the Autumn, with sessions running from 10-1pm right through until Thursday 19<sup>th</sup> December. We are all very glad to be back to our coffee and cake and craft making. We have had a brilliant start to the Autumn programme, with our cherished regulars and some very welcome new faces. We have decided to charge a £2.50 subscription that covers some of the hall hire and goes towards funding materials in the future. However, we want everyone to have the opportunity to take part so please speak confidentially to Pauline or Debbie if payment is an issue.

We have a visiting artist/crafter every fortnight and, so far, we have ventured into flower ink paintings and moonscapes. Upcoming activities include jewellery making, macrame, pottery and a talk on food allergens. On the weeks in between visiting artists we either have a group member leading a craft session (see photo of button art), an informative talk or we bring along our own craft work. You can of course just pop in for a coffee and a natter; we get that crafting isn't for everyone. We are very lucky to have an amazing group of volunteer hosts who make soup and cakes, and on some weeks, we bring along a packed lunch.

***Look out for Pauline's weekly post on Facebook advertising the upcoming session and lunch option. We are a very sociable group and welcome all to join us, so please do come along for a free taster session.***



## MacMillan Coffee morning



MacMillan Coffee morning was very well-supported and raised £545

## 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 Delyth Evans who will be starting in the school soon.

A warm welcome to our 1 new pupil who has started this term.

A number of exciting events have been held already. A great day was had in the company of Rhys Padarn from Orioldol creating our new mural. The mural will be displayed outside the school soon. Thank you, Rhys.

Gwili class enjoyed listening to Carmarthenshire Music Service Orchestra on Friday September 27<sup>th</sup> along with their friends from Ysgol Cynwyl Elfed.



There is a lot to look forward to as well:

- Llanpumsaint School's Harvest Service will be held in Llanpumsaint Church on Wednesday October 22nd at 2 o'clock. A warm welcome to all.
- **Llanpumsaint School's Christmas Show**, will be held on Tuesday 10 December in the Village Hall from 6 pm

## Llanpumsaint Biodiversity

A really informative evening with Danny the batman by a lake in Llanpumsaint identified four bat species:

- common and soprano pipistrelles: The two species were first distinguished on the basis of the different frequency of their echolocation calls. The common pipistrelle uses a call of 45 kHz, while the soprano pipistrelle echolocates at 55 kHz. The soprano pipistrelle is most numerous bat in the UK, followed by the common pipistrelle. The pipistrelle is very small – about the size of the end of a thumb and weighs the same as a £1 coin – and eats 3000 mozzies a night!
- common noctule: The species forages with a rapid flying speed of 12–25 mph, sometimes up to 37 mph. The females migrate north – as far as the Baltic - to give birth in the summer.
- brown long-eared bat: this bat has relatively large eyes and ears; they use sight and hearing to locate their prey, not echolocation. Their hearing is sensitive enough to hear a moth in flight. This hunting strategy evolved because certain moth species evolved the ability to hear the echolocation and take evading action.

There are 18 species of bats resident in the UK. Bat population levels and health are an indicator of the balance of nature. Lots of healthy bats, mean lots of invertebrates which rely on healthy vegetation and hence a healthy ecosystem. Bats can live up to 30 years. The Woodland Trust notes several reasons for the decline in their population: suffering from a loss of feeding habitats and flightlines; loss of insects to feed on as a result of habitat loss and pesticides; climate change; loss of roost sites; and artificial light illuminating roosts and delaying the emergence of bats at night, leading to shorter windows for the mammals to hunt.

***More bat events will be held in 2025. Watch out on Llanpumsaint Biodiversity facebook page***

## Items for sale

- TGA off road mobility scooter with battery charger. Nearly new vehicle in excellent condition. Silver. Carry compartments, wing mirrors, new tyres. £500
- Folding, ultra lightweight (14kgs) mobility scooter. Plug in charger, lithium battery. New. £500



Llanpumsaint area. Collection only. Tel 01267 253148

## Delving into Dolau

By now there can be few houses in Llanpumsaint to have remained in the same family hands for over a century. Dolau, some half a mile west on the Ffynnonhenri road, is one, carrying a varied and interesting history.

Though brought up in Cwmffrwd by Dilwyn and Gwenda, Aled was drawn back to his grandparents, Agnes and Jack's home, to maintain the family tradition. Somewhere between 1901 and 1905 Samuel and Sarah Davies (his great grandparents) moved from crowded rooms in Woodcock Lodge in Pentre Morgan to the secluded calm of Dolau. When they'd married in Llanpumsaint church in 1892, Sarah must have recorded one of the shortest walks ever by a bride-to-be; she just crossed the road from her home at Gwili Vale shop just opposite. They arrived at Dolau with two children already in tow: Annie (Frances Pantygof's mother) and Tom (my father). Four more would be born at Dolau – Jack, became a Forester at Penlleger Swansea; David Mansel, known as Dai Dolau or Dai Benzole, who became Leader of Carmarthenshire County Council and a J.P; Hannah who married Luther a miner; Agnes the youngest would be the one to stay at Dolau. She'd be destined to provide much support for poor Sarah when news came through that Samuel had been killed on the Railway, and that was just months short of his retirement on the longest day of the year.

Agnes married another Jack and they had three sons. Gwynfor went into the electrical world; Robert became a Porter at Glangwili Hospital, whilst Dilwyn branched out to establish his own School of Motoring and marrying Gwenda the Hairdresser. Following Agnes' days, Aled returned to repair and enhance Dolau. Interestingly Aled now has a son, another Jack, perhaps to pursue the tradition.

*Arwyn.*

---

Painted lady – migratory butterfly from West Africa – Sally Chitty



Night skies above Llanpumsaint on 10 October –  
Lochlann Nelson



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# Llais y Llan Hydref 2024

**Copi dyddiad ar gyfer rhifyn nesaf 26 mis Tachwedd 2024**

Cyhoeddwyd gan Llanpumsaint Cyfnewid Gwybodaeth Gymunedol

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

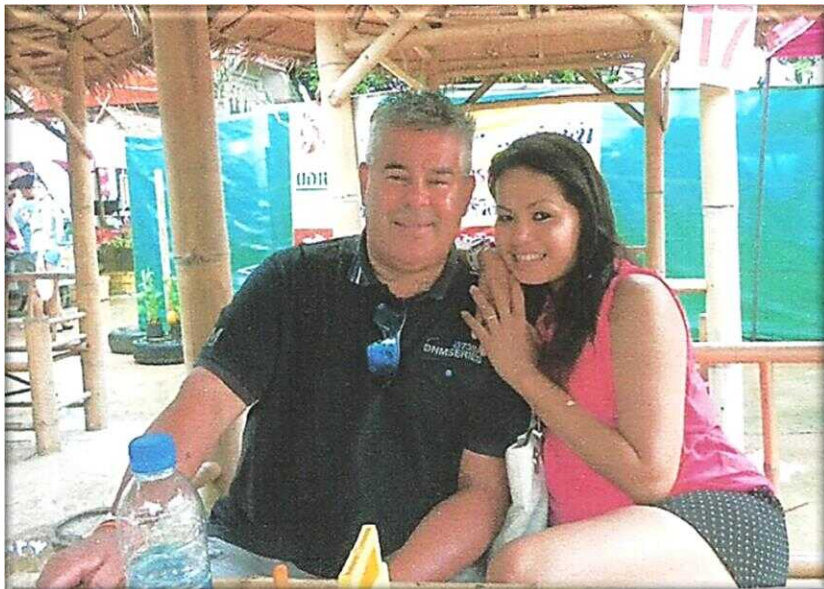


Diolchwn Gronfa Gymunedol Fferm Wynt Brechfa am gefnogi Llais y Llan a [www.llanpumsaint.org.uk](http://www.llanpumsaint.org.uk) drwy roi £3,000 y flwyddyn am ddegawd – felly cyfanswm o £30,000

## Neges oddi wrth Derrick Dyn y Post

Wedi 49 mlynedd o weithio i'r Swyddfa Bost a 22 ohonynt yn gwasanaethu Llanpumsaint, hoffwn roi gwybod i'm holl gwsmeriaid fy mod ymddeol ar yr 28ain o Dachwedd 2024. Bu'n bleser dod yma drwy'r dyddiau da a'r rhai anodd. Hwn felly fydd y tro olaf i mi ddod a holl bost y Nadolig i chi.

Wedi ymddeol bwriadaf gychwyn bywyd newydd yn Thailand gyda'm gwraig ryfeddol Om a'i theulu - cyfle i ymlacio gyda'r coed palmwydd, y bwyd Thai a'r heulwen. Dymunaf iechyd a'r gorau i chwi oll yn y dyddiau anodd sy'n wynebu Prydain. Nid yw'r wlad cystal ag y bu, a dyna un rheswm am ymfudo i Thailand am fywyd mwy hamddenol. Felly dymuniadau gorau i chwi gyd - Derrick a Om



# Dyddiadau i'ch dyddiadur

## Digwyddiadau Unigol

- Dydd Mawrth Hydref 15fed - Bingo Calan Gaeaf 6yh - Trefnwyd gan ysgol a'r Cae Chwarae
- Nos Wener Hydref 8fed - Cwis Canol Gaeaf -Gwobrau am wisgo lan - Agor am 7 i gychwyn am7.30 - £2.50 y person - timau hyd at 6 - Dewch a'ch lluniaeth - gwobrau arian
- Sadwrn Hydref 19eg - Teyrnged Ed Sheeran - Neuadd 7.30 - Tocyn £15 cysylltwch â Matthew Jones 07970030679.
- Dydd Mawrth Hydref 22ain - Gwasanaeth Cynheuaf Ysgol Llanpumsaint 2yp Eglwys Llanpumsaint - croeso i bawb.
- Nos Fawrth Tachwedd 5ed –7.30 Pwyllgor y Neuadd
- Nos Wener Tachwedd 8fed – 7 tan 9.30 – Codi Canu Dewch a'ch lluniaeth a £2.50 at y Neuadd.
- Sul Tachwedd 10fed Gwasanaeth y Cofio - Neuadd Croeso i bawb
- Nos Fawrth Tachwedd 12fed – Cyngor Cymuned – Neuadd 8 o'r gloch
- Nos Wener Tachwedd 15fed – Cwis Agor am 7 i gychwyn am7.30 - £2.50 y person – timau hyd at 6 – Dewch a'ch lluniaeth – gwobrau arian

## Uchelfannau'r Nadolig yn Llanpumsaint

- Sadwrn Tachwedd 23ain – Ffair Nadolig yn y Neuadd – 10yb tan 1yp
- Nos Wener Rhagfyr 6ed – goleuo'r Goeden Nadolig – lluniaeth- canu- Sion Corn - 6 o'r gloch yn y Neuadd.
- Nos Sadwrn Rhagfyr 7fed – Gwin cynnes a mins peis – Eglwys Llanpumsaint
- Nos Fawrth Rhagfyr 10fed – Sioe Nadolig yr Ysgol – Neuadd 6 o'r gloch
- Nos Wener Rhagfyr 13eg – Codi Canu – Neuadd – 7 tan 9.30
- Nos Wener Rhagfyr 20fed - Cwis a Pharti - Neuadd - o 7 o'r gloch ymlaen
- Dydd Mawrth Rhagfyr 24ain – Gorymdaith Sion Corn –Nantyrnys 1 o'r gloch

## Digwyddiadau wythnosol

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

## Gwasanaethau Crefyddol

- **Eglwys Llanpumsaint - Ewcharist Sanctaidd** am 9 o'r gloch fore Sul
  - **Hwylol Weddi** – Nos Lun 5.30
  - **Chwarae gyda Duw** – dydd Mawrth 3.30 tan 5.00 – stori, gweithgaredd a rhywbeth i fwyta i blant gyda'u rhieni adeg y tymor.
  - **Cylch DOT** - Plant dros 10 oed - Eglwys Dydd Iau 6 tan 7.30 adeg y tymor ysgol.
- Llanllawddog a Celynin Bronwydd 11 bore bob Sul  
Cysylltydd – Tad Tim Nelson 07368 496917 timnelson@cinw.org.uk  
Tudalen Facebook: Llanpumsaint Bronwyddand Llanllawddog Churches
- **Capel Caersalem** Am wybodaeth y gwasanaethau cysylltwch ag Eleri Morris 01267 253895.
- **Capel Ffynnonhenri** - Am wybodaeth y gwasanaethau cysylltwch â Danny Davies (Trysorydd) 01267 253418 neu Gwyn Nicholas (Ysgrifennydd) 01267 253686
- **Capel Nebo** - Gwybodaeth am wasanaethau oddi wrth Meinir Jones (Ysgrifennyddes) 01267 253532

## Gwasanaethau wythnosol y pentref

- Dydd Mawrth - **Cerbyd y Swyddfa Bost** - 2 hyd 3.45 o'r gloch – Gyferbyn a'r tafarn
- Dydd Mercher – **Gwasanaeth newydd** – Milfeddyg MiMobile yn ymweld tu allan i'r Neuadd o 3.30 hyd 5.45. Am apwyntiad galwch 01267 220404
- Dydd Mercher – **Cerbyd y Llyfrgell** 11.15 hyd 11.45 ger y Neuadd - 11.45 hyd 12.15 ger y tafarn – [ymweliadau unwaith bob tair wythnos – 6 Tachwedd, 27 Tachwedd, 18 Rhagfyr](#)
- Dydd Mercher - **Cogydd Bara** - gwasanaeth i'r tŷ - 07971 740505
- Dydd Iau - **Ffrwythau a llysiau** - gwasanaeth i'r tŷ - 07969 047045
- Dydd Gwener – **Cerbyd y Swyddfa Bost** - 1 hyd 3 o'r gloch – Gerllaw'r Tafarn.



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

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

## Neuadd Goffa Llanpumsaint a Ffynonhenri

Cynhaliwyd y Cyfarfod Blynnyddol Cyffredinol ar y 26aino Fedi gan ethol y swyddogion canlynol: Pamela Jones Cadeirydd - Matthew Jones Is-gadeirydd - Ann Rook Trysorydd a Chlerc Llogi - Clare Bishop Ysgrifenyddes a Chofnodion. Gwnaeth Elfed Davies ymddeol o'r Pwyllgor. Diolchwyd iddo gan y Cadeirydd am ei gefnogaeth arbennig gydol y flwyddyn. Diolch hefyd i'r unigolion fu'n gyson gynnal gweithgareddau (cylchdeithiau, llinell ddawnsio, clwb celf, cwtsh cynnes, bowlio, codi canu, y cwis a'r Bar).

Talwyd cydnabyddiaeth arbennig i Gronfa Elusennol Fferm Wynt Brechfa am eu cefnogaeth hael i'r Neuadd, gan gynnwys y Cwtsh Cynnes, gwelliannau i'r Neuadd a'r cyfleusterau. Buom yn hapus iawn i ddefnyddio'r gwelliannau i'r gegin adeg Swper y Cynhaef diolch i Brechfa (£18,000).



Edrychwn ymlaen yn hyderus at 2025 gan gyd-weithio'n hyderus gyda mudiadau eraill yn y gymuned (megis Y Cae Chwarae, Cymdeithas Athrawon a Rhieni, a'r Eglwys) i sicrhau llewyrch y Neuadd - hyn yn bwysig wrth i ni edrych ymlaen at ei chanmlwyddiant yn 2028.

Rydym yn chwilio am Ymddiriedolwyr newydd i ymuno a'r Pwyllgor - ac yn arbennig o gyfeiriad y mudiadau sy'n llogi'r Neuadd yn gyson er mwyn cynnal safbwyntiau amrywiol yn y gymuned. Byddwn yn cyfarfod bob yn ail fis. Gwnaethpwyd llawer o waith yn ddiweddar i ddiweddarau ein polisïau a'n trefniadau. Dros gyfnod y gaeaf daw cyfleoedd i'r Pwyllgor ddatblygu sgiliau asesu risg, diogelwch bwyd, ymwybyddiaeth alergedd a chymorth cyntaf.,  
Dyddiadau i'w cofio

- Nos Sadwrn Hydref 19eg – Noson Deyrnged – Ed Sheeran Tocyn £15
- Sul y Cofio Tachwedd 10fed – Gwasanaeth i'w arwain gan y Parch Marion Osborne
- Sadwrn Rhagfyr 23ain Ffair Nadolig 10yb hyd 1yp – Angen rhoddion i'r Raffl



**NEUADD LLANPUMSAINT  
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**+ = ÷ X**  
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## Hysbysfwrdd newydd

Mae pwyllgorau'r Cyngor Cymuned a'r Neuadd wedi cyd-fynd i brynu hysbysfwrdd allanol newydd. Bydd un ochr yn agored i'r cyhoedd. I wneud y defnydd gorau ohono defnyddiwyd bosteri maint A4 neu A5 gan gynnwys y ddwy iaith ar yr un poster yn hytrach nag ar ddwy.





## Cyngor Cymuned Llanpumsaint

Cynhelir cyfarfod nesaf o'r Cyngor ar nos Fawrth y 12fed o Dachwedd am 8 o'r gloch yn y Neuadd. Cyfarfod cyffredin fydd hwn gyda chyfle i'r cyhoedd ddod i wrando ar y drafodaeth.

Rydym un cynghorwr yn brin ar hyn o bryd, felly os oes gan rywun ddiddordeb ymholwch i [llanpumsaintclerk@btinternet.com](mailto:llanpumsaintclerk@btinternet.com) cyn Hydref y 25ain er galluogi trafod eich cais yn y cyfarfod nesaf. Diolch!

Bydd y **Goleuadau Nadolig** yn cael cynnu ar **Nos Wener 6ed o Ragfyr am 6 o'r gloch**, i'w ddilyn gan gannu carolau a danteithion. Bydd **Siôn Corn** yn talu ymweliad hefyd.

**Angela Bearman, Clerc y Cyngor**



## fnogaeth dda i Fore Coffi MacMillan y codi £545



## Gwahoddiad - Corff Llywodraethol Ysgolion Lleol

Efallai y gwyddoch, mae ysgolion Cynwyl Elfed a Llanpumsaint dan ofal un corff llywodraethol, sy'n cynnwys aelodaeth o rieni a staff y ddwy ysgol gyda chynrychiolwyr o'n cymunedau ag unigolion anibynnol eraill apwyntiwyd drwy ganiatad y llywodraeth lleol.

Mae'r ddwy ysgol yn cynnig gwasanaeth amrhysiadwy i sicrhau addysg lleol a dyfodol i'n cymunedau. Fel Cadeirydd y Ffederasiwn, rwy'n ymwybodol bod ein plant yn ymfalchio byw yn, a medru mynychu ysgol o fewn eu cymuned lleol.

Hoffwn felly, ymestyn gwahoddiad i chi ymuno a'n corff llywodraethol a chynrychioli eich cymuned. Ni fydd eich cyfraniad yn gofyn am llawer o'ch amser ond fydd yn hynod hunan-werthfawr. Bydd eich aelodaeth yn helpu sicrhau fod y Ffederasiwn yn cyflawni ei holl obligiadau gan gynnwys addysg lleol sy'n glwm i'n cymunedau.

Cysylltwch am rhagor o fanylion, neu i drafod ymhellach drwy

[maria.stedman@llanpumsaint.ysgolccc.cymru](mailto:maria.stedman@llanpumsaint.ysgolccc.cymru)

## Safle gwefr drydanol tu allan i'r Neuadd yn weithredol



## Ar Werth

- Sgwter bant o'r hewl TGA gydag offer cyflenwi. Peiriant bron yn newydd mewn cyflwr da iawn. adran cario arian, adain ddrych, olwynion newydd. £500.
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Ardal Llanpumsaint - Casglu yn unig 01267 253148.

## Pwyllgor Lles ac Adloniant Llanpumsaint (Y Cae Chwarae)

Diolch i bawb wnaeth gefnogi'r Helfa Drysor, bu'n brynhawn arbennig. Diolch yn arbennig i Meinir (enillydd llynedd) am drefni'r daith, a llongyfarchiadau i deulu Cwmwernen am ennill. Fel ag o'r blaen rhannu'r yr arian rhwng y Cae (er mwyn cynnal a chadw) a'r Elusen ddewisol (Banc Bwyd Caerfyrddin / Ymddiriedolaeth Trussel).

Digwyddiadau ar droed

- Bingo Calan Gaeaf - Nos Fawrth Hydref 15fed - Neuadd 6 o'r gloch. Rhennir yr elw rhwng y Cae Chwarae a'r Ysgol. Gwobrau arian ar gael eleni. Dewch yma am noson hwylus.
- Dydd Mawrth Rhagfyr 24ain - Gorymdaith Sion Corn ar noswyl Nadolig yn dilyn y drefn arferol o amgylch y pentref gan orffen yn y Neuadd. Dechrau ger Ystâd Nantyrnys am 1.30yp, i gyrraedd y Neuadd rywbryd wedi 2.30yp. Bydd Sion Corn yn y Neuadd os oes rhywun am newid eu hanghenion. Bydd diodydd cynnes a mins peis ar gael yn y Neuadd ynghyd a Raffl i orffen y prynhawn. Edrych ymlaen at eich gweld yno.

Cofiwch edrych am ein Facebook newydd am y newyddion diweddaraf am y Cae Chwarae, ynghyd a newyddion am weithgareddau eraill. Fel arfer mae'r Pwyllgor yn chwilio am wirfoddolwyr newydd i roi hwb i'r cynnal a chadw a chodi arian i'r Cae. Os am gynnig yna cysylltwch â ni drwy e-bost [parcllanpumsaintpark@gmail.com](mailto:parcllanpumsaintpark@gmail.com) neu siaradwch ag Aaron Jones 07814157946 neu aelod arall o'r Pwyllgor.

## Clwb Cant Llanpumsaint

Rhedir hwn gan y Pwyllgor Lles ac Adloniant gan roi dros £500 y flwyddyn i'r Cae Chwarae at gynnal a chadw.

Llongyfarchiadau i enillwyr eleni.

	1st - £20		2nd - £15		3rd - £10	
March	101	Kevin Mably	107	Sandra Powell	2	Peter Lee
April	85	Ray Davies (Brackla)	117	Stuart James	33	Becky Dufty
May	23	Lyn Henstredge	1	Diane Lee	40	Dewi & Gwen Thomas
June	61	Irene Davies	10	Beth Thomas	58	Alun Stedman
July	78	Elen Davies	72	Ann Wyke	84	Carolyn Atkinson
August	51	Sandy Mather	91	Lesley Hargreaves	57	Maria Stedman
September	88	Mike Eynon	13	Dafydd Jones	119	Rhys a Swyn Roberts

Gellir ymuno o hyd yn y Clwb Cant i fod yn rhan o'r cystadlu gan gynnwys yr un fawr Nadolig. Gallwch gysylltu ag aelod o'r Pwyllgor neu e-bost [llanpumsaint100club@gmail.com](mailto:llanpumsaint100club@gmail.com)

## **Codi Canu Nos Wener**

Mae Codi Canu yn dal i gyfarfod bob yn ail nos Wener o'r mis. Yn y Neuadd o 7 tan 9.30, lle byddwn yn cyd-ganu ffefrynnau'r 60degau, 70degau a'r 80degau. Rydym hefyd yn cynnal nosweithiau thema gerddorol megys Country a Western ac ABBA. Rydym yn annog ein haelodau i ffurfio nosweithiau o'u dewis gan gloi'r noson gyda sianti'r môr a rhai o hoff ganeuon tafarnau'r gorffennol cyn cau. 'Rwyf digon hen i gofio'r dyddiau euraidd hynny, gyda llawer i un arall hefyd. Daw'r geiriau 'nol yn rhwydd iawn.

Felly a wnes eich diddori ddigon i ymuno a ni? Felly dewch atom gyda'ch diod a lluniaeth am £2.50 y noson, am noson o hwyl mewn awyrgylch tafarndy. Gallwch ymuno yn y canu neu wrando fel y dymunwch; so ni'n swnio'n rhy wael! Dyma rai dyddiadau -

- Nos Wener Tachwedd 8fed
- Nos Wener Rhagfyr 13eg – Caneuon Nadolig

***Carolyn Atkinson***

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

Cynhaliwyd y Cyfarfod Blynyddol yn y Neuadd ar y 5ed o Fedi gan ethol y swyddogion canlynol;

- Cadeirydd Derick Lock; Ysgrifenyddes Jill Edwards; Trysorydd Gethin Edwards; Archwilydd Huw Williams; Capten y Tîm Rhys Williams; Is - Gaptin Huw Williams; Swyddogion Diogelwch y Clwb Derick Lock a Huw Williams; Lluniaeth adeg gemau Jill Edwards.

Cychwynwyd y tymor newydd yn yr Adran Gyntaf yn gadarn gyda buddugoliaeth 10 - 0 adre erbyn Llangyndeyrn, ond dilynwyd hwn gan golli erbyn pencampwyr y gynghrair i ffwrdd ym Mhontargothi. Llongyfarchwn Catrin Williams a Jill Edwards am gael eu dewis dros Gymru fel rhan o sgwad o 30 ar gyfer cystadleuaeth Gwragedd Ynysoedd Prydain. Cynhelir hwn eleni yng nghanolfan Bowlio Dan - Do Bro Myrddin yng Nghaerfyrddin. Byddant yn wynebu timoedd o Loegr, Yr Alban ac Iwerddon.

Hoffwn hefyd groesawu dau aelod newydd, Helen Duffy a Theresa Ifans i'r Clwb. Dymuniadau gorau hefyd i'r aelodau hynny sy ar wellhad wedi salwch.

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

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

## Y Cwis

Dychwelodd y Cwis wedi toriad yr haf. Tair noson sydd gennym ddiwedd y flwyddyn. Bydd Cwis Hydref yn llawn cyfeiriadau at Galan Gaeaf ynghyd a llawer o holiadau cerddorol, clipiau, posau, lluniau a'r prif holiadau. Anogir gwisgo lan ond nid yw'n orfodol. Er hynny fe wobrwyr yr unigolyn a'r Tîm gorau (Anodd fydd hi i drechi oreuon llynedd).

Hyd ddiwedd y flwyddyn croesewir timoedd hyd at 6, oherwydd gall fod yna nifer o ymwelwyr yma adeg y Nadolig. Os allwch fwcio ymlaen llaw fydd hyn yn gymorth i'r bwydo. (Ie fe fydd yna ddanteithion ychwanegol hefyd).



Bydd Cwis Tachwedd yn cynnwys clipiau ac fe blesir y botanegwyr gan rownd y lluniau. Yna daw Cwis Nadolig Rhagfyr i arddangos y dawnswyr Siôn Corn, a datgelu enillwyr y gynghrair a phwy gafodd y sgôr unigol gorau. Ar hyn o bryd ond 2% sydd rhwng y tri cyntaf, felly pwy a wŷr pwy ddaw ar frig.

Yn y Cwis Unigol (rhain sydd tu fas y tri safle uchaf y gynghrair) Tîm y Swallows sy'n arwain gyda'i sgôr ym Mis Chwefror, ond gyda thri arall yn dun wrth ei gwt.

Hefyd gwobr arbennig am y siwmpwr orau. Felly edrychwn ymlaen at groesawu cymaint gallwn i'r Cwisiau, oherwydd mae ein llwyddiant yn ddibynnol ar gefnogaeth y timoedd a'r unigolion.

Dyddiadau

- Hydref 18fed – Cwis Calan Gaeaf Gwobrau am wisgo lan.
- Tachwedd 15ed
- Rhagfyr 20fed -- Cwis Parti Nadolig gan ddatgelu enillwyr y Gynghrair a'r cwisiau Unigol

**Sara and Darrell**

## Polisi Cwn yr Eglwys

Penderfynodd Pwyllgor yr Eglwys yn ddiweddar i ofyn i bobl beidio dod a chwn i'r Eglwys - yn arbennig i'r Caffi Bach - am y rhesymau canlynol.

- a) – Iechyd a Glendid – bwyd a diod yn bresennol
- b) – Diogelwch – i atal cwmpo ar y llawr
- c) – Ofnau rhai pobl sy'n mynychu'r Caffi Bach
- d) - Rhai'n cadw draw oherwydd y sŵn

Gobeithio bydd y gymuned yn deall a chefnogi'r penderfyniad. Er i'r gwahoddiad i fynychu gweithgareddau'r Eglwys yn parhau ni ellir bellach dod a chwn yno.

## Eglwys Llanpumsaint

Dyma ni unwaith eto, mae amser yn hedfan; gwyliau'r Haf wedi mynd a'r plant 'nol yn yr ysgol. Mae cymuned yr eglwys yma o hyd ac yn llewyrchus.

Bydd y Caffi Bach ar agor ar ddydd Mawrth o 11.30yb tan 2.30yp, gyda'r archeb olaf am ddau o'r gloch, dan arweiniad arbennig Christine Jameson.

Gwelir Chwarae Duw ar ddydd Mawrth o 3.30yp tan 5o'r gloch. Yn agored i blant o oed cynradd a llai. Rhedir hwn gan Niki Day gyda chymorth taid a nain, rhieni a gwarchodwyr.

Mae DOT i blant eilradd yn parhau ar hyn o bryd ar nos lau o 6 tan 7 o'r gloch, ond gallai barhau'n hirach yn ôl y dymuniad. Rhedir ef gan y Parch Tim gyda chymorth Niki Day.

Mae yna wasanaethau bob Sul am 9 o'r gloch gyda'r Sul olaf o'r mis yn Wasanaeth Teuluol. Am wybodaeth bellach ewch i'r Caffi neu'r hysbysfwrdd.

Mae gweddi gyda'r hwyr bob dydd Llun am 5:30pm a gymerir erbyn Niki Day.

Bu Swper y Cynhaeaf yn llwyddiant mawr gyda thua 70 wedi dod gan godi £1,100 i'r Eglwys a'r Banc Bwyd. Diolch yn fawr i'r cogwyr yn y gegin am y bwyd blasus, gwobrwyau hael y Raffl a phob cyfraniad arall.



Cyn hir daw'r amser i win cynnes a mins peis ar ddydd Sadwrn 7 Rhagfyr.

Christine Jameson yw Warden y Ficer a Niki Day yw Warden y Bobl. Felly os oes gennych ymholiad neu awgrym dyma'r ddwy i gysylltu â nhw. Erbyn hyn mae Niki yn Arweinydd Addoli Cydnabyddedig, ac yn arwain gweddiâu mewn rhai gwasanaethau.

Mae cymaint yn digwydd yn yr Eglwys a chroesewir pawb. Rhowch gynnig arni, 'does dim angen profiad, ac rydym yn griw cyfeillgar. Efallai dyma beth i chi'n chwilio amdano neu angen.

## Cwtsh Cynnes Dydd Iau

Mae'r Cwtsh Cynnes yn ôl am yr Hydref ac yn cwrdd o 10yb tan 1 o'r gloch bob dydd iau hyd at Ragfyr 19eg. Rydym i gyd yn falch o ddychwelid at ein coffi a'n cacennau a'r crefftwaith. Cawsom gychwyn gwych u'r tymor gyda'm hen wynebâu a rhai newydd hefyd. Penderfynwyd codi £2.50 am aelodaeth fydd yn gymorth i gynnal y Neuadd a thalu am ddefnyddiau i'r dyfodol. Beth bynnag rydym yn awyddus i estyn cyfle i bawb, felly os yw'r gost i weld yn fynydd siaradwch a Pauline neu Debbie.



Daw crefftwr/arlunydd atom bob pythefnos a hyd yn hyn anturiom i fyd paentio blodau inc, a lleuad ddelweddu. Ar y rhaglen i ddod bydd gwneud gemau, mwcrum, crochenwaith a darlith ar alergedd bwyd. Yn yr wythnosau eraill heb ymwelwyr naill a'i bydd aelod o'r Cwtsh yn arwain sesiwn grefft (gweler llun o gelf botwm), ymgom ddiddorol neu ddod yno a'n crefftwaith personol. Mi allwch hefyd ddod yma am goffi a chlonc yn unig, deallwn nad yw crefftwaith yn apelio at bawb. Rydym yn ffodus dros ben i'n gwirfoddolwyr hynaws am weini'r ymborth i ni, boed yn gawl neu gacennau. Ambell dro down a'n cinio pecyn. Cadwch lygad am gyfraniad Pauline i Facebook i weld beth fydd ymlaen a beth fydd i fwyta.

*Rydym yn llw bach cyfeillgar estyn llaw i bawb newydd, felly rhowch gynnig arni.*

## Dewinwyr Gorllewin Cymru

Mae dewinio'n ymarfer defnyddiol a diddorol ac yn hawdd i'w ddysgu. Credir iddo gychwyn yn yr Aifft neu hyd yn oed yn gynharach. Gwelir cwmnïau'n defnyddio dewinwyr profiadol i ganfod dŵr, mwynau, olew, gwifrau trydan ac yn y blaen. Gwelir rhai yn dewinio iechyd eu bwyd, neu ganfod straen geopathig yn yr amgylchfyd, ond cred bersonol yw hyn heb gadarnhad gwyddonol hyd yn hyn. Pam na ymunwch a ni i ganfod pethau dros eich hunan. Fel arfer down o hyd i amser ar ddiwedd ein cyfarfodydd i roi gwers fer, neu'n well fyth dowch ar un o'n hymweliadau Sul Medi 22ain. Sid Howell - Dr William Price - Y Derwydd Cymreig. Diolch yn fawr iawn i Sid Howell am ei araith fanwl a doniol ar adegau. Dyn unigryw a deallus iawn wnaeth hyfforddi fel meddyg ond gydag agwedd bersonol am fywyd ac yn barod i'w rhannu gydag unrhyw un fyddai'n barod i wrando arno. Credai'n gryf iawn i Aifft y Ffaros a'u Hieroglyff fod o dras Gymreig. A phwy alle anghydfynd ag e yn y 19eg ganrif, ag efallai gorfod wynebu llys barn? Dyn dylanwadol iawn! Ar ben hyn gwelwyd nifer o'i gymdogion yn crafu pen a dyfalu beth nesaf! Price fu'n gyfrifol am gyfreithloni amlogi. Daeth dros 20 mil i weld ei amlogiad ei hun yn 91 oed. Os am wybod mwy am gymeriad unigryw hwn yn hanes Cymru ewch i <https://www.egypt.swan.ac.uk/> Lleolir hwn ar gampws Prifysgol Abertawe, felly dydd Sadwrn yw'r amser gorau amdani.

Cyfarfodydd ar ddydd Sul am 1.45 i gychwyn am 2 o'r gloch yn Neuadd Bronwydd

- Sul Hydref 27ain Tony Ryan – Sut i wneud Bwgan eich hunan
- Sul Tachwedd 24ain Ros Briagha yn dychwelid gyda Sêr - Ddewiniaeth Gyfoes
- Dim Cyfarfod yn Rhagfyr
- 

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](mailto:westwalesdowers@gmail.com)



## Clwb Gwili Chwedeg

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

Gwnaeth ein haelodau fwynhau ein hymweliad a chanolfan siopa Macarthur ar ddydd Mercher 4dd o Fedi. Ganol wythnos nid oedd y siop yn rhy brysur, ac elwodd nifer ar fargenion rhad. Da o beth oedd hi i fod allan o'r oerfel yn mwynhau'r coffi a'r cacennau mewn nifer o gaffis bach oedd yno. Tawel ond pleserus oedd Porthcawl gyda digon o le yn y tafarnau, ac aeth rhai mwy mentrus i fwynhau awel y môr a'r golygfeydd.

Rydym yn cyfarfod yn Neuadd Bronwydd am 2 o'r gloch ger y maes parcio prysur. Rhaglen y misoedd nesaf –

- Llun Hydref 28ain – David Evans Yn siarad am y Llysoedd
- Llun Tachwedd 25ain – Peter Hughes Griffiths Mwy am fy mywyd.
- Mercher Rhagfyr 11eg – Cinio Nadolig yn y Llwyn Iorwg Caerfyrddin
- Llun Ionawr 27ain 2025 - Cyfarfod Cyffredinol

*Aelodaeth am flwyddyn £10. £2 mynediad yn cynnwys tocyn raffl. Gwybodaeth bellach gan Val Giles Ysgrifenyddes 01267 281194.*

## Clwb Cochion Llanpumsaint

Ar nos Iau Medi 19eg 2024 cynhaliwyd Cyfarfod Blynyddol y Clwb Cochion yn neuadd Llanpumsaint. Cafwyd adroddiad llawn gan y Cadeirydd, Ysgrifenydd ac hefyd adroddiad ariannol gan y Trysorydd.

Rydym dal yn chwilio am Arweinydd neu os oes gennych ddiddordeb ymuno a'r pwyllgor neu helpu yn y clwb fel gwirfoddolwr neu weithiwr achlysurol cysylltwch a Donna Thomas, Cadeirydd y Clwb [donnathomas08@outlook.com](mailto:donnathomas08@outlook.com)

MAE PWYLLGOR CLWB COCHION EISIAU PENODI  
CLWB COCHION COMMITTEE WOULD LIKE TO APPOINT

**ARWEINYDD CLWB COCHION**  
**CLWB COCHION LEADER**  
@ YSGOL LLANPUMSAINT

ORIAU / HOURS  
DYDD LLUN, DYDD MAWRTH A DYDD IAU  
MONDAY, TUESDAY AND THURSDAY  
15:30 - 17:30

Gydag oriau ychwaengol ar gyfer gweinyddiaeth a pharatoi (i'w drafod)  
With additional hours for admin and prep (to be discussed)

**£12.50 yr awr / per hour**

Byddai Lefel 3 mewn Gwaith Chwarae yn fantais, neu'r gallu i weithio tuag ato.  
NVQ Level 3 in Playwork would be an advantage, or the ability to work towards it.

Am fwy o wybodaeth cysylltwch â  
For more information contact  
**Donna Thomas, donnathomas08@outlook.com**  
Cadeirydd Clwb Cochion / Clwb Cochion Chairperson

BRECHFA FOREST WEST WIND FARM  
1999/2000 LTD. 01267 281194

Rhif Elusen / Charity No: 1209451

Diolch i bawb oedd yn bresennol ac ar-lein. Cyn terfynnu diolch i bawb sy'n helpu i gynnal y Clwb h.y Staff y Clwb, staff yr Ysgol, y Pwyllgor, Fferm Wynt Brechfa am eu cefnogaeth diflino, y rhieni am ddanfôn eu plant a'r ardal gyfan sy'n para i gefnogi'r Clwb.

## Blwyddyn Ysgol newydd – Ysgol Llanpumsaint

Bu nifer o newidiadau i'r ysgol ar ddechrau'r tymor. Croeso cynnes i Mrs Delyth Evans bydd yn dechrau yn yr ysgol yn fuan.

Creoso hefyd i'r 1 disgybl newydd sydd wedi dechrau gyda ni yn yr ysgol.

Cynhaliwyd nifer o ddigwyddiadau cyffrous yn barod. Cafwyd diwrnod arbennig yng nghwmni Rhys Padarn o Orielodl yn creu ein murlun newydd. Bydd y murlun yn arddangos tu allan i'r ysgol cyn bo hir! Diolch i ti Rhys.



Roedd Dosbarth Gwili wedi joio mas draw yn gwrando ar gerddorfa'r Gwasanaeth Cerdd Sir Gâr ar ddydd Gwener Medi 27ain gyda'i ffrindiau o Ysgol Cynwyl Elfed.

Mae yna dipyn i edrych ymlaen at hefyd:

- Bydd Cwrdd Diolchgarwch Ysgol Llanpumsaint yn eglwys Llanpumsaint ar ddydd Mawrth Hydref 22ain 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 15fed am 6 o'r gloch.

## Bioamrywiaeth Llanpumsaint

Mewn noson hynod o ddiddorol ger y llyn gyda Danny Dyn yr Ystlumod cafwyd 4 gwahanol fath ohonynt.

Ystlum Lleiaf- 2 gwahanol fath adweinir gan fynychder eu galwadau - un yn defnyddio galwad o 45 kHz a'r llall y soprano ar 55 kHz - yr ail yw'r un mwyaf niferus ym Mhrydain gyda'r cyntaf yn ail. Bychan yw'r Ystlum Lleiaf ofaint bys bawd gan bwysu cymaint â darn £1ond yn bwyta 3000 gwybedyn y nos.

Ystlum Mawr - hwn yn hela ar gyflymdra o 12 i 25 m.y.a. a hyd yn oed gallu cyrraedd 37 m.y.a.. Bydd y benywaidd yn ymfudo tua'r gogledd mor bell â'r Baltic am enedigaeth yn yr haf.

Ystlum hir glust - mae ganddo lygaid a chlustiau mawr er mwyn defnyddio gweld a chlyw i hela. Bydd eu clyw yn ddigon da i glywed gwyfyn yn hedfan. Datblygwyd hwn er mwyn goresgyn dawn rhai gwyfynod i ganfod y lleoliad adlais ac yna osgoi cael eu dal.

Ceir 18 gwahanol fath o ystlumod ym Mrhydain, ac mae'r nifer a'u hiechyd yn arwydd o ansawdd natur yma. Golyga llawer o ystlumod fod nifer yr anifeiliaid di-asgwrn cefn yn iachus. Gall ystum fyw hyd at 30 mlynedd. Mae'r Ymddiriedolaeth Coetir yn rhestri nifer o resymau oherwydd eu dirywiad - llai o lefydd bwyta ac ehedeg, llai o bryfed oherwydd colli cynefin a'r defnydd o'r plaladdwr, newid hinsawdd a'r safleoedd clwydo a goleuadau yn disgleirio i'r manau hynny, felly llai o gartrefi dros nos.

Bydd mwy am yr ystlumod yn 2025 felly cadwch lygad ar safle Bioamrywiaeth Llanpumsaint.

## Darnau o ffawydden a sycamorwydden ar werth

Mae'r ffawydden wedi ei sychu yn iard goed Cwmdudad cyni mi eu prynu yn 2007- 'roedd gan y perchennog tua 80 erw dir gallt. Yn dilyn hynny cedwid ef dan do. Defnyddiwyd peth ohono i wneud cypyrddau cegin a droriau. Gellir gweld yr holl waith, ac mae'r canlyniad yn wefreiddiol

### Maint y slabiau ffawydden

Uchder	Lled	Hyd	Nifer
3"	11 – 13"	78"	13
3"	17"	78	1
4-5"	13"	52	5

Tyfodd y sycamorwydden yn ein gardd ond torrwyd hi lawr yn 2006 oherwydd yr estyniad. Torrwyd hi lan gan yr adeiladwr i fod dan do ers hynny. Mae'r slabiau ar werth.

### Maint y slabiau Sycamor - amcan

Uchder	Lled	Hyd	Nifer
6"	10"	75"	1
4"	14	75"	1
3"	10 – 12"	75"	8
2 – 3"	10 – 12"	??	2

Byddai'n rhaid rhyddhau popeth er mwyn canfod hyd y 2 -3"

Derbyn y cynnig mwyaf rhesymol - Cysylltwch â Dave 01267 253993 neu 07980 271279.

## Dilyn ‘nol ar Aled y Dole

Erbyn hyn nifer fychan iawn o gartrefi Llanpumsaint sydd wedi aros yn yr un teulu am dros ganrif o flynyddoedd. Mae'r Dolau, ger Glannant, ar heol Ffynnonhenri, yn un ohonynt, ac yn datgelu hanesion diddorol ac amrywiol.

Er i Aled gael eu godi yn Cwmffrwd gan Dilwyn a Gwenda gwnaeth ddychwelid i gartref Jac ac Agnes eu dadcu a mamgu, i gynnal y traddodiad teuluol. Rywbryd rhwng 1901 a 1905 symudodd Samuel a Sarah Davies (eu hen dadcu a mamgu ) o ystafelloedd cyfyng Woodcock Lodge yn Pentre Morgan i lonyddwch y Dolau. Pan briododd y ddau yn Eglwys Llanpumsaint yn 1892 rhaid fod Sarah wedi teithio llai nag un priodas ferch arall – croesi'r heol yn unig o'i chartref yn siop Gwili Vale. O gyrraedd y Dolau yr oedd ganddynt ddau o blant yn barod, sef Annie (mam Frances Pantygof) a Tom (fy nhad), Ganed pedwar arall iddynt yn y Dolau; Jack ,aeth yn goedwigwr i Benllegaer ger Abertawe; Dai Dolau neu Dai Benzole ddaeth yn arweinydd Cyngor Sir Caerfyrddin ac yn Ystus Heddwch: Hannah briododd Luther y glowr: Agnes oedd yr olaf a hi wnaeth aros yn y Dolau. Rhaid fod angen tipyn o gefnogaeth ar Sarah druan pan laddwyd Sam ei gwr ar y rheilffordd, ar y diwrnod hiraf y flwyddyn ac o fewn misoedd i'w ymddeoliad yn 1934. Wedi priodi Jac arall daeth Agnes yn fam i dri bachgen: Gwynfor aeth i'r byd trydannol, Robert yn Borter i Ysbyty Glangwili, a Dilwyn i ddatblygu ei gwmni dysgu Gyrru a phriodi Gwenda Trin Gwallt. Wedi dyddiau Agnes dychwelodd Aled i'r Dolau gan adnewyddu llawer arno. Diddorol sylwi fod bellach ganddo yntai fab, Jac- i barhau'r traddodiad efallai.

**Arwyn**

Pili-pala – Sally Chitty



Awyr nos uwchben Llanpumsaint ar 10 Hydref – Lochlann Nelson