Llais y Llan Ebrill 2018

Copi dyddiad ar gyfer rhifyn nesaf – 24th Mai 2018

Beth sy' Mlaen yn y Pentref yn y misoedd nesaf

Clwb Bowlio Llanpumsaint a Nebo pob Nos Llun a pob Nos Iau, 7.30 – 9.30 Neuadd Goffa

Noson Stêc y Rheilfford pob Nos Fercher 01267253643

Noson 'Fitness Fun' Nos Fawrth 6.30 Neuadd Goffa £4

Cadw'n Heini 50+ pob Dydd Iau 2.00 – 3.00 Neuadd Bronwydd

Llyfrgell Deithiol - pob Dydd Gwener, 11.30 – 12.30, Neuadd Goffa Ffôn 01267 224830

Gwasanaeth Swyddfa Bost ar dydd Gwener 11.15 – 12.15 Neuadd Bronwydd

Gwasanaeth Swyddfa Bost ar ddydd Mawrth 2.00 - 4.00 a dydd Gwener 1.00-3.00 Bryn y Wawr

Merched y Wawr Trydydd Nos llun o'r Mis yn y Neuadd Goffa

Ebrill 11 Nos Fercher 6.00 Clwb Swper Tafarn y Rheilffordd Ffôn 253643

Ebrill 15 Dydd Sul Cymdeithas Rhandir Llanpumsaint

Ebrill 17 Nos Fawrth 7.00 Cwis a Chyri £5.00 y pen, Tafarn y Rheilffordd

Ebril 18 Dydd Mercher 11.00 – 4.00 Clinig Traed Neuadd Goffa

Ebrill 18 Nos Fercher 8.00 CCB LCIE Neuadd Goffa

Ebrill 23 Dydd Llun 2.00 Clwbgwili 60+ Neuadd Bronwydd

Ebrill 28 Dydd Sadwrn 10.00 Glanhau a chomopo'r Pentref, Neuadd Goffa

Mai 5 Dydd Sadwrn 10.00 Cerdded Pwllgwaelod

Mai 7 Dydd Llyn Skanda Vale Cerdded

Mai 8 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa

Mai 9 Nos Fercher 6.00 Clwb Swper Tafarn y Rheilffordd Ffôn 253643

Mai 12 Dydd Sadwrn 2.00 "Fun Day"

Mai 15 Nos Fawrth 7.00 Cwis a Chyri £5.00 y pen, Tafarn y Rheilffordd

Village Voice April 2018

Copy Date for next Edition 24th May 2018

Village Voice is published by Llanpumsaint Community Information Exchange
www.llanpumsaint.org.uk email info@llanpumsaint.org.uk. Please send items to info@llanpumsaint.org.uk or post to Bodran Felin, Llanpumsaint SA33 6BY

What's on in the Village – please put these dates in your diary

Every Monday and Thursday from 4 September Short Mat Bowls 7.30 – 9.30 Memorial Hall
Every Tuesday 'Fitness Fun' at the Memorial Hall at 6.30 pm. £4 per 1 hour session.
Every Wednesday Steak Night at the Railway Inn 01267 253643
Every Thursday 2.00 - 3.00 Fitness for 50+ Ladies Bronwydd Hall
Every Friday 11.30 – 12.30 Mobile Library outside Memorial Hall, details 224830
Every Tuesday 2.00 – 4.00 and Friday 1.00 – 3.00 Mobile Post Office, layby Bryn y Wawr
Every Friday 11.15 – 12.15 Post Office Van Bronwydd Village Hall Carpark
Every Third Monday – Merched y Wawr Memorial Hall
April 11 Wednesday 6.00 Supper Club Railway Inn – 253643 to book
April 15 Sunday Allotment tidy-up – all welocme
April 17 Tuesday 7.00 Curry and Quiz £5 per head Railway Inn
April 18 Wednesday 11.00 – 4.00 Foot Clinic Memorial Hall
April 18 Wednesday 8.00 AGM LCIE (Village Voice) in Memorial Hall
April 23 Monday 2.00 Clwbgwili 60+ Club Bronwydd Hall
April 25 Wednesday 8.00 AGM Welfare and Recreation Association, Memorial Hall
April 28 Saturday 10.00 Village Clean Up, meet at Memorial Hall
May 5 Saturday 10.00 Walk Newport Parrog to Pwllgwaelod
May 7 Monday Sponsored Walks Skanda Vale
May 8 Tuesday 8.00 Community Council Agm and Meeting Memorial Hall
May 9 Wednesday 6.00 Supper Club Railway Inn – 253643 to book

May 12 Saturday 2.00 Fun Day in Playing Field, then 7.30 Jerry Allan in the Memorial Hall
May 15 Tuesday 7.00 Curry and Quiz £5 per head Railway Inn
May 28 Monday Cadair Idris walk Skanda Vale
May 30 Wednesday 11.00 – 4.00 Foot Clinic Memorial Hall
June 2 Saturday Sheep dog trial, Llwynbedw Farm
June 2 Saturday Walk Llyn y Fan Fach
June 5 Tuesday 8.00 Community Council Meeting Memorial Hall
June 10 Sunday 12.00 – 4.00 Open Farm Sunday Esgair
June 12 Tuesday 8.00 AGM Memorial Hall Trustees, Memorial Hall
June 13 Wednesday 6.00 Supper Club Railway Inn – 253643 to book
June 19 Tuesday 7.00 Curry and Quiz £5 per head Railway Inn
June 21 Thursday 6.00 Walk to the 5 Pools
September 22 Saturday 10 – 12 Macmillan Coffee Morning
October 13 Saturday Meat Loaf at Memorial Hall

Llanpumsaint and Ffynnonhenry Memorial Hall - To book phone Derick Lock on 253524

Mabli and Taryn – World Scout Jamboree

Canada Geese enjoying a wet Easter Monday!

Llanpumsaint Community Information Exchange – AGM

The group that publish Village Voice every 2 months and run the Village Website www.llanpumsaint.org.uk, will be holding the AGM at 8.00 on Wednesday 18th April in the Village Hall. We are a small committee, and we would welcome some new faces to help us with the production and delivery of Village Voice every 2 months and managing the website. And if you can help with translation that would reduce the workload on our current translators, and be much appreciated. Please come and support us – you will be very welcome.

If you want any more information, please giver me a ring on 01267253308, Carolyn Smethurst, Chair.

Sheep Dog Trial Saturday 2nd June 2018

Spectators welcome to come along and see a Sheep Dog Trial at Llwynbedw Farm, Llanpumsaint. An all day event from 8am. Situated off the Skanda Vale road, just follow the orange signs (SDT). No admission charge. Catering available from Siop Steve Shop. David Hume

Mai 29 Dyyd Llun Cerdded Cadair Idris – Skanda Vale

Mai 30 Dydd Mercher 11.00 – 4.00 Clinig Traed Neuadd Goffa

Mehefin 2 Dydd Sadwrn Treialon Cwn Defaid Llwynbedw

Mehefin 2 Dydd Sadwrn Cerdded Llyn y Fan fach

Mehefin 5 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa

Mehefin 10 Dydd Sul 12.00 – 4.00 Sul y Fferm Agored – Esgair

Mehefin 12 Nos Fawrth 8.00 CCB Ymddiriedolwyr Pwyllgor Neuadd Llanpumsaint a FFynnonhenri

Mehefin 13 Nos Fercher 6.00 Clwb Swper Tafarn y Rheilffordd Ffôn 253643

Mehefin 19 Nos Fawrth 7.00 Cwis a Chyri £5.00 y pen, Tafarn y Rheilffordd

Mehefin 21 Nos Iau 6.00 Cerdded Llanpumsaint

Medi 22 Dydd Sadwrn Macmillan Bore Coffi

Hydref 13 Nod Sadwrn 'Meat Loaf' Neuadd Goffa

I logi'r Neuadd Goffa Llanpumsaint a Ffynnonhenri, ffoniwch Derick Lock 253524

Gwyddau au nWyliau!

Mabil a Taryn - Jambori Scowteid y Byd

Glanhau a chomopo'r Pentref – nawr ar Ebrill 28ain am 10 y.b.

Gohiriwyd y casglu sbwriel a drefnwyd am Fawrth 5ed oherwydd yr eira a'r oerni. Byddai'n amhosib gweld dim ac mi fyddem wedi sythu wrthi. Felly adrefnwyd y glanhau a chomopo i ddydd Sadwrn 28ain o Ebrill am 10 o'r gloch. Pawb i gwrdd ym maes parcio'r Neuadd - mwya' i gyd ddaw mwya' i gyd o sbwriel geith eu casglu. Byddwn yn dosbarthu dillad gweladwy, bagiau du a'r ffyn casglu. Cofiwch ddod a menig eich hunan er hynny ac unrhyw offer arall sydd gennych.
Byddwn yn dosbarthu gwirfoddolwyr i wahanol ardaloedd yn ddibynnol a faint ddaw ar y dydd. Gobeithio y byddwn yn gallu cynnwys ardaloedd brwnt fel Rhiw Graig, y ffordd tua Skanda Vale. A'r hewl mas heibio'r Bryn i Benrhewlgam. Ni fydd raid i chi gario'r bagie 'nol i'r Neuadd oherwydd byddwn yn teithio o amgylch i' casglu. Croeso i bob oed ond gofynnwn i blant dan 16 fod yng ngofal oedolyn. Yn y gorffennol amrywiodd yr oed o 3 i 80.
Os nad ydych yn gallu dod ar y dydd ceisiwch lanhau eich ardal o flaen llaw - cysylltwch â mi ac mi gewch eich offer. Mwy o wybodaeth oddi wrth 01267 253308 neu info@gwilimill.com <mailto:info@gwilimill.com> Carolyn Smethurst

Cerddwyr Llanpumsaint
Trefnwyd teithiau arbennig felly dewch i ymuno a ni! Rydym yn griw eitha' cymdeithasol gyda'r sgwrsio a'r golygfeydd mor bwysig â'r cerdded.
Ar y 5ed o Fai cerddwn o Drefdraeth i Bwllgwaelod ar hyd Llwybr Arfordir Sir Benfro. Dal y bws, Poppet Rocket yn Pwllgwaelod, Dinas Cross am 10.16 i Parrog, i gyrraedd yno m 11.16, yna cerdded yn ôl tua Chwm yr Eglwys gyda dewis o fynd yn syth i Bwllgwaelod neu gynnwys golygfeydd godidog Pen Dinas. Bydd y blodau allan ac mi fydd yr adar yn nytho ar y creigiau. Mi allem gael cinio hwyr yn Nhafarn Pwll Gwaelod. Rhowch wybod os am ddod er mwyn i fi drefnu trafnidiaeth. Carolyn 253308 neu info@gwilimill.com <mailto:info@gwilimill.com>
Dydd Sadwrn 2ail o Fehefin bwriadwn gerdded o amgylch Llyn y Fan Fach. Mae'r rhan gyntaf tua 5 cilomedr yn hawdd, a gellwch eistedd ger y Llyn i fwyta a mwynhau sŵn yr ehedydd. Eith ein taith wedyn yn anoddach wrth i ni ddringo uwchben y ddau lyn am tua 12 cilomedr i gyd. Mae'n daith trwy'r dydd! Gellwch edrych ar ein gwefan er mwyn derbyn y trefniadau terfynol.
Dydd Iau 21ain o Fehefin - Ein taith flynyddol, bellach yn draddodiad i Byllau'r Saint yng Nghwm cerwyn Llanpumsaint. Cwrdd ger Maes Parcio'r Neuadd am 6 o'r gloch yr hwyr. Cerddwn dros y Cae Chwarae a lan yr hewl i Cwpers. Gyda chaniatâd y perchennog tir cerddwn lan yr afon Cerwyn, bydd angen wellingtons a ffon arnoch oherwydd y cerrig llithrig. Wrth gyrraedd y rhaeadr ewch heibio'r pyllau sanctaidd lle deiau pawb ar y diwrnod hwn un amser i gael iachâd. Ganrifoedd yn ôl deuai cannoedd yma.

Chwilota/n Ebrill
Dyma'r amser am y garlleg gwyllt a Jac-y gwrych. A lle gore am arlleg gwyllt yw ar y llwybr bach sy'n arwain o Fae Scott ger Llansteffan heibio i Ffynnon Sant Antwn. Man ffrwythlon arall yw'r goedwig ger Green Castle ar ochr yn afon. Torrwch y dail a'r gwreiddiau lan mewn cawl neu lobscows neu eu hychwanegu gyda chig mochyn a ffa, am wledd flasus. I adnabod Jac-y - gwrych rhowch ger eich trwyn i'w arogli. Tyfa'n gyflym iawn i ryw ddwy droedfedd tua diwedd Ebrill, gyda'r dail melyn yn gyferbyniad amlwg i'r blodau gwyn. Mae'r dail yn arogli fel garlleg felly ei enw garlleg -y- gwrych , ac mae eu hychwanegu mewn salad yn cyfoethogi'r blas. Mewn rhai ardaloedd ychwanegwyd dail dant--y - llew i'r salad i gyfoethogi'r Gwanwyn ar ôl y gaeaf noeth. Yn Ffrainc rhoddwyd nhw gyda bacwn mewn dresin, mae'r bacwn yn lleddfu'r blas chwerw.
Os ewch i lan y môr neu'r arfordir yn Ebrill byddwch yng nghwmni Llwylys Cyffredin. Mae ganddo ddail trwchus gwyrdd tywyll ac yn tyfu allan o welydd caregog neu gloddiau. Blaswch e'! Dyma'r' planhigyn wnaeth arbed sawl morwr o'r scyrfi, sef diffyg Fitamin C yn y dyddiau a fu. Ond bydd deilen neu ddwy'n hen ddigon oherwydd mae'n blasu'n gryf fel Jeyes Fluid. Er hynny mae'n llawn h Fitamin C a haearn, ac wedi chwarae'i ran yn hanes mordeithio.
Ann Petitt 28ain Mawrth

Cyfnewidfa Gwybodaeth Llanpumsaint - Cyfarfod Cyffredinol
Bydd y Pwyllgor sy'n rhedeg Llais y Llan ac yn cyfarfod bob yn ail fis, yn cynnal eu Cyfarfod Cyffredinol Blynyddol ar Nos Fercher Ebrill 18fed yn y Neuadd Goffa. Pwyllgor bychan i ni ac mi fyddem yn croesawu wynebau newydd er mwyn cyhoeddi a dosbarthu Llais y Llan bob yn ail fis. Hefyd cynnal y wefan - www.llanpumsaint.org.uk <http://www.llanpumsaint.org.uk>. Os ydych yn gallu cyfieithu byddai hynny'n ysgafnhau'r baich ar ein cyfieithwyr presennol ac yn dderbyniol hefyd. Dewch i gefnogi bydd yna groeso!
Mwy o wybodaeth oddi wrth Carolyn Smethurst - Cadeirydd - 01267 253308

Llanpumsaint 100 Club - The March and April will take place at the Welfare and Recreation Association's Annual General Meeting at 8.00pm on 25th April. There are still numbers available if you have yet to renew Your membership, or if you want to join for the first time. Mermbership costs £12 p.a. Derick Lock Treasurer 253524

Head to Toes Footcare
New clients should contact Gary Robinson any weekday evening between 6 – 8pm on 07789344488, as should any existing client wishing to cancel (at least 24hrs notice, please)

LLANPUMSAINT AND FFYNNONHENRY MEMORIAL HALL TRUSTEES
Please note in your Diary that the Hall AGM is to take place on Tuesday, 12th. June at 8p.m. sharp. All are welcome to attend.

STOP PRESS - NOTE FOR YOUR DIARY
The Hall Trustees are pleased to announce that following popular demand MEATLOAF has been booked for their annual Tribute Night on Saturday, 13th. October. More details later in the year. Derick Lock, Secretary.

WELFARE AND RECREATION ASSOCIATION AGM WEDNESDAY 25th April
The Memorial Hall has been booked for the Association's Annual General Meeting commencing at 8pm sharp. All are welcome to attend.
Any motion for consideration at the A.G.M. must be in writing, properly proposed and seconded, and lodged with the Association's Secretary, Derick Lock, Maes Y Felin, Llanpumsaint SA33 6BY(tel. 01267 253524) no later than Wednesday, 18th April.

Clwbgwili 60+ Club Bronwydd
The Club celebrated St David`s Day on the 26th February with over 80 members present. The Hall was decorated by some of the committee members and the Cawl was made by Mr and Mrs Glyn Evans, Elderado, Bronwydd. Refreshments to follow the "Cawl" was provided by club members. Mr Peter Hughes Griffiths was the speaker for the afternoon and everyone thoroughly enjoyed the afternoon. This month we have Mrs Jane Hanwell talking to us about "Dementia" Our Club meetings are always held on the fourth Monday of every month at 2pm. New members are always welcome. Membership is £5 per year.
Our day trips this year are as follows, all on Wednesdays:
May 2 - Tredegar House followed by afternoon tea at The Celtic Manor
June 13 - Wye Valley Cruise then going on to Monmouth calling at White Hart Llandeilo for evening meal.
July 11 - Dyfed Shire Horse Farm, Eglwyswrw moving on to Nantyffin, Clynderwen for evening meal.
August 22 - The Thomas Shop Museum Penybont, Llandrindod Wells and finishing off at The Metraploe Hotel for afternoon tea before returning home.
Full details of all above trips can be obtained from Val Giles Club Secretary 01267 281194

Open Farm Sunday
Hundreds of farms all over the UK will open their gates for Open Farm Sunday 2018 on 10th June. As the farming industries annual open day, it offers a fantastic chance for people to discover farming first hand and see for themselves how their food is produced. It is also a great way for farmers to shine a light on what they deliver and why supporting British farming matters.
Esgair is taking part in this event again this year. New for this year is a self-guided nature trail. Open between 12noon and 4pm call in to see what we do and how we produce our beef boxes and sausage packs. Entry is free but if you would like to donate to Cancer Research there will be an opportunity to do so. Just follow the signs from the village. A warm welcome and a cuppa awaits. For more info www.farmsunday.org. or Nicky Dickenson, Esgair, Llanpumsaint, SA33 6JU,

Wanted: logs for log-burning stove. Happy to clear any fallen trees or branches - Tel: 01267 253993

World Scout Jamboree

Hi - we are Mabli (age 14) from LLanpumsaint and Taryn (age 15) from Bronwydd. We have both been members of the Scout Association since we were six and have spent over a hundred nights camping. We also took part in planning the Great Get-together in Carmarthen which was a big event that saw people from many different communities, religions and nationalities come together to enjoy a day in each- others company in memory of M.P Jo Cox. We are members of Merlin's Explorer Scout unit Carmarthen, and we have recently been selected to represent Wales at the next World Scout Jamboree which will take place in North America in 2019.

The event will see over forty thousand young people aged 14-17 from around the world meet together to develop friendships and to further international understanding and co-operation. This is a unique international adventure where we hope to develop personally, and to help to develop cross cultural and international understanding in our communities on our return.

In order to attend this event we need to raise £3,495 each, part of this fee will be used to enable scouts from underdeveloped countries to go to the jamboree.

Some of you will have seen Mabli when she went round Bronwydd and Llanpumsaint on New Year's Day collecting Calennig money to help her to get to the jamboree. A huge thank you to everyone who donated. You will probably see us doing many more fund-raising activities in the villages in the next few months; any support you could give us or ideas for further fundraising will be greatly appreciated.

You can contact us at j_gaynor@hotmail.com Mabli and Taryn

CLWB CRICED BRONWYDD CRICKET CLUB

We are looking for people to join our scoring team. We score the majority of our matches using laptops equipped with the latest cricket scoring programs. Full training will be given.

Give me a call to answer any questions you may have.

John Homer, 01267237082, johnbhomer@btopenworld.com

Village Clean-up now on 28th April 10.00am

The litter pick arranged for March 5th was cancelled – snow on the ground hiding the litter and it was very cold. We would just not have been able to see the rubbish!

The clean-up will now be done on Saturday 28th April from 10.00am. Meet at the Village Hall carpark – the more who join us the more areas we can clear. We will provide hi-viz vests, black bags and the rings to hold the bags, and litter pickers. Please bring your own gloves, and any of the above equipment if you have them. We welcome all ages, but children under 16 need to be accompanied by an adult – in the past we have had ages from 3 – 80!

We will allocate areas to litter pick depending on how many arrive to clean up on the day. Hopefully we will include the real black spots like the Graig, the roads up to Skanda Vale, and the roads from the A485. And you don't have to carry the black bags back to the hall – we will drive round to collect them as you fill them. If you can't make it on the day, please clean-up in your area before the day – let me know and I will let you have the equipment so that you can do your bit.

Carolyn Smethurst

If you want any more information, please contact me on 01267 253308, or info@gwilimill.com.

Police News - I am available on 101 or via email martin.dickenson@dyfed-powys-.pnn.police.uk

GWYNFRYN - House for Sale in Llanpumsaint. Four/ five bed house, two bathrooms, ample parking and very close to the pub. Please contact Louise on 07810 254853 or 01267 253105

Clwb Chwedeg Gwili
Daeth dros bedwar ugain aelod i ddathlu Gŵyl Dewi ar y 26ain o Chwefror. Addurnwyd y Neuadd gan aelodau, ac fel arfer Glyn a Maureen Ifans Eldorado fu'n gyfrifol am y cawl, gyda aelodau eraill yn trefnu lluniaeth ychwanegol. Mwynhaodd pawb ein siaradwr gwadd, sef Mr Peter Hughes Griffiths. Bydd Mrs Jane Hanwell yn dod i siarad â ni am Ddementia'r mis hwn. Cynhelir ein cyfarfodydd ar y pedwerydd Dydd Llun bob mis am 2' o'r gloch yn Neuadd Bronwydd. £5 y flwyddyn yw'r Aelodaeth.

Tripiau un dydd eleni -
Dydd Mercher 2ail Mai - Tŷ Tredegar ac yna Te yn y Celtic Manor
Dydd Mercher 13eg Mehefin - Taith ar yr Afon Gwy ac yna i Dref Mynyw i orffen gyda swper yn yr Hudd Gwyn Llandeilo.
Dydd Mercher 13eg Gorffennaf - Fferm Geffylau Sirol yn Eglwyswrw ac yna ymlaen i Nantyffin Clunderwen am swper.
Dydd Mercher 22ain Awst - Amgueddfa'R Siop Thomas , Pen-y-bont Llandrindod. Yna ymlaen i Westy'r Metropole am De cyn dychwelyd.
Gellir cael gwybodaeth bellach am y teithiau yma oddi wrth Val Giles 01267 281194.

Cymdeithas Rhandir Llanpumsaint
Mae garddio'n gallu bod yn boenus! Yn union wrth i'r tymor hau gyrraedd dyma'r tywydd yn troi'n hynod o oer, felly bu raid rhoi'r holl hadau yn ôl ar y sil ffenest.
Mi soniais o'r blaen am bobol enwog oedd yn arddwyr brwdfrydig. Er na allaf dyngu hynny dywedwyd wrthyf am Syr Walter Scott ysgrifenni llyfr ar arddio. Drwy anffawd ei gyhoeddwyr daeth mas fel Ivanhoe yn lle I've a Hoe. Mi gychwynnodd Geiriadur Amgen Y Garddwr i ddehongli enwau - megis - Cyclamen - Ffrancwyr ar gefn beic; Elderberry - Het yr henoed.
Rhaid pwysleisio fan hyn i ran fwyaf o'r aelodau fod yn bobol gall, wnaeth fynychu ein Cyfarfod Blynyddol ar y 25ain o Chwefror. Ffarweliwyd a rhai a chroesawyd eraill. Diolchwyd hefyd i'r rhai wnaeth lanhau a chomopo'r lle'r llynedd, a hefyd am ddatblygu ein cyflenwad dwr er mwyn ein gwneud yn llai dibynnol ar ffynhonnell y Bwrdd Dwr.
Bydd yna sesiwn o lanhau a chomopo eleni eto ar Ddydd Sul 15fed o Ebrill am hanner awr wedi deg y bore. Felly dyma eich cyfle i ymweld â ni, felly croeso!
Lleoliad y Rhandir yw hen safle'r Orsaf Drenau a'r Co-op gerllaw Tafarn y Railwe. Ymholiadau i Keith 253375 neu Ray 253157.

Treialon Cwn Defaid – Sadwrn 2ail Mehefin 2018
Croeso i ymwelwyr i Fferm Llwynbedw am y Treialon. Byddwn yn cychwyn am wyth o'r gloch y bore i barhau am y dydd. Heibio Fferm Y Felin tua Skanda Vale a dilynwch yr arwyddion oren (STD). Dim tal mynediad a lluniaeth ar gael gan Siop Steve. David Hume

Sul Y Fferm Agored
Bydd cannoedd o ffermydd ledled y wlad yn agor eu gate ar Ddydd Sul Y Fferm Agored, sef 10fed Mehefin 2018. Dyma'r diwrnod blynyddol i bobl ymweld er mwyn dysgu am y byd amaethyddol. Mae'n gyfle hefyd i'r ffermwr arddangos pwysigrwydd estyn cymorth i'r diwydiant. Mae Fferm yr Esgair yn cymerid rhan unwaith eto eleni. Bydd yno lwybr natur newydd gellir ei ddilyn rhwng canol dydd a phedwar o'r gloch y prynhawn, a bydd yno bacedi cig a selsig ar werth. Mynediad am ddim ond os dewiswch gyfrannu at Elusen Cancr yna gore gyd. Dilynwch yr arwyddion o'r pentref er mwyn cyrraedd y cwpaned a'r croeso. Gwybodaeth bellach o www.farmsunday.org <http://www.farmsunday.Org> neu Nicky Dickenson, Esgair,Llanpumsaint sa336hj 07866311740.

Clwb Bowlio Dan-Do Llanpumsaint a Nebo
Gyda'r tymor yn prysur ddod i ben dwy gêm gynghrair sydd bellach ar ôl, sef erbyn Llangennech a Llandyfaelog B. Cawsom fuddugoliaeth arbennig o dda erbyn Alma, 8-0 ar ein tir ein hunain. Yna wedi'r Pasg edrychwn ymlaen yn awchus i'r ddwy gêm erbyn Bronwydd, am Gwpan Coffa Roy Bowen.
Llongyfarchwn Aled Edwards, ddewiswyd yn un o Sgwad Ugain Cymru, fydd yn teithio i Swaden am Gystadleuaeth Bowlio Dan-Do y Byd ym mis Mawrth. Croeso cynnes hefyd i Huw Williams, newydd ymuno a ni, sy'n argoeli i fod yn chwaraewr o safon. Croeso hefyd i unrhyw un arall sydd am brofi gem hynod o gymdeithasol, lle mae hyfforddwyr profiadol ar gael i hybu eich diddordeb. Daw manylion pellach oddi wrth ein Cadeirydd, Alan Dentry 01267 253549 ne'r Ysgrifenyddes Jill Edwards 01267 253474.

Clafdy Skanda Vale
Eleni penderfynwyd bod ychydig yn wahanol. Bydd mwy o awch i'r teithiau cerdded noddedig y Pasg pan awn am dair taith unigol ger y môr, ac yna un fynyddig yng ngogledd Cymru. Ar 7fed o Fai cynhelir tair Taith Gerdded, un o 3 milltir, a dwy yn 8 milltir gydag un ohonynt yn galetach na'r llall. Dewiswch yr un sy'n eich siwtio -
Taith 1 – Yn weddol hawdd ar y cyfan – cychwyn yn Pwllgwaelod i ddilyn Llwybr yr Arfordir o amgylch Pen Dinas.
Taith 2 -- 8 milltir galetach - Llwybr yr Arfordir eto o Drefdraeth i Geibwr.
Taith 3 -- Weddol galed - O Bwllgwaelod amgylchynu Pen Dinas ac ymlaen i orffen yn Nhrefdraeth.
28ain o Fai - Mynydd Cader Idris - Taith gylch o 6 awr i'r rhai sydd am fentro. Ar hyd Llwybr Minffordd i fwynhau golygfeydd godidog ym Mharc Cenedlaethol Eryri. Byddwn yn cynnig trafnidiaeth i bawb o Skanda Vale neu'r Clafdy, yr holl ffordd yno ac yn ôl, gyda chinio hefyd. Mae'n dipyn o her felly gofynnwn i bobl anelu at godi tua £250.
Mwy o wybodaeth am y teithiau, cofrestri a noddi oddi wrth sister.ally@skandavale.org <mailto:sister.ally@skandavale.org> neu drwy alw 01559 371222

Diwrnod Hwyl y Pentref – Sadwrn 12 Mai
Bydd y gweithgareddau'n dechrau gyda thwrnamaint pêl droed i'r plant wedi ei drefnu gan Banthers Peniel am 2 o'r gloch. O hanner awr wedi dau ymlaen bydd y Pwyllgor Lles yn Rhostio'r Mochyn gyda'r holl gymadawe, Yr Eglwys yn cynnig Te a Chymdeithas Rhieni ac Athrawon yr Ysgol yn paratoi Cwn Poeth a diodydd. Dyle neb starfo!
Os am brynu hwyaden cyn i'r Ras Capel Nebo gychwyn am 3 o'r gloch cysylltwch â Meinir Jones ar 253532. Gobeithio hefyd fydd y Gymdeithas Rhandir yn gallu gwerthu llysiau. O hanner awr wedi saith yr hwyr mae Ymddiriedolwyr y Neuadd wedi bwcio cerddoriaeth gan Jerry Allen a bydd Steve yno i'ch bwydo. Tocynnau yn £6 y pen, ond £1 yn unig i'r rhai dan ddeunaw oed, i'w cael oddiwrth Derek Lock 253524 ar ôl Ebrill 12fed
Nodyn Gwybodaeth - Mae Ymddiriedolwyr y Neuadd wedi gofyn caniataid y Cyngor Sir i gau'r heol o ganol dydd hyd 7 yr hwyr. Bydd hyn yn effeithiol o Bantycelyn heibio'r Ficerdy, Tŷ Coeden Ywen, Dolwerdd a'r Neuadd ei hunan.

Grwp Cerdded Llanpumsaint Walkers Group

We have arranged some spectacular walks for you – please come and join us. We are a very sociable group, and the conversation and the views are as important as the walking.

On May 5th May, we will walk from Newport Parrog to Pwllgwaelod along the Pembrokeshire Coast Path, catching the bus Poppit Rocket at Pwllgwaelod, Dinas Cross at 10.16, to Parrog, getting there at 11.16, to walk back along the coast path to Cwm y Eglwys, and either going straight on through the valley to Pwllgqwaelod, or for the more active, they can include the spectacular Dinas Head. There will be the lovely cliffside flowers, and lots of birds nesting on the cliffs. We could have a late lunch at the Old Sailor when we get back to Pwllgwaelod. Let me know if you intend coming, and we can share transport – Carolyn 01267253308 or info@gwilimill.com

For Saturday 2nd June – we are planning to walk around Llyn y Fan Fach – the first part of the walk is suitable for all, about 5 km, then you can sit by the lake to have lunch and listen to the skylarks. The walk then becomes more strenuous as we climb up to the ridge overlooking the 2 lakes, about 12 km in total and will take all day. Final arrangements will be on our facebook site – just look for Llanpumsaint Walkers.

June 21st, Thursday – our walk to the 5 pools in Llanpumsaint, a walk that is becoming a tradition. We will meet at the Village Hall carpark at 6.00pm, walk across the playing field then up the main road to Coopers. We then walk through private land with the kind agreement of the landowner, and walk up the River Cerwyn – you will need your wellies and a stick as the stones in the river bed can be slippery. As we reach the waterfall, you find the 5 pools where it is said the 5 saints from which the Village gets its name used to bathe. Over the past centuries many pilgrims used to come to Llanpumsaint to walk up the river for its healing properties!

April Foraging

The big stories are wild garlic and Jack-by-the-hedge. Wild garlic, best place I know is Llansteffan, the lane up past St. Anthony's well Scotts Bay (the pink house to you and me), (or Green Castle Woods, estuary side). Leaves, bulbs, chopped up in soup, cawl, stew, belly pork, lentils, beans, everything. Big flavour. How to recognise its emerald, broad strappy leaves? Just smell.

Jack -by-the-hedge. He jumps up like his name in late April, all along the banks. He's two foot tall in no time, with big, slightly floppy, heart-shaped leaves in a gorgeous shade of the freshest spring green. These make a stunning contrast to the creamy white fine flower clusters, borne on side stalks and with a neat dainty cluster at the top. The big crinkly leaves have a delicate, but distinct, taste of garlic - hence another of many names, "hedge garlic". Add them to give spice, lift and a touch of the wild, to your packaged salad leaves.

And also wood sorrel. This lovely woodland beauty has bright green 3 cornered leaves, like a small clover, and a delicate small nodding white flower. The leaves taste of sharp lemon.

Dandelion leaves have been eaten as a salad in rural areas for as long as people have looked around for them in spring, to welcome fresh green things after the long winter. In France they rather cleverly combine them with crispy bits of bacon, and a sharp lemon or vinegar dressing. They are bitter, but the bacon helps!

If you are out along the coast in April you'll never be far from scurvy-grass. Not like grass at all, the plant which bustles out of the walls and banks along any coast path, has thick fleshy round deep green leaves, the size of a 1p. coin. It can't be mistaken for anything else, so give it a try, just for the experience. This is the stuff that saved our poor press-ganged teenage sailor lads in the days of Nelson, from dying of vitamin C deficiency (scurvy). You would have to be in dire straits to munch more than a leaf or two as it tastes like I imagine Jeyes fluid might. But it is packed with vitamin C and iron. And naval history. Ann Pettitt, 28 March.

Llanpumsaint Allotment Association

The joys of gardening. Just when the sowing season is upon us (and I don't mean darning the holes in your socks!) the weather threw a curved ball in March and the seedlings end back inside on the window sill.

In previous articles I have alluded that some well known individuals were keen gardeners and it has now come to my attention, although unverified, that Sir Walter Scott also wrote a gardening book that was unfortunately lost due to his publisher erroneously affording its title in 1820 to one of his historical romance novels - "I've an hoe" - or Ivanhoe as they misspelt it. It is also thought he started a Gardeners Alternative Dictionary that gave a whole new slant on plant names/ meanings, such as Cyclamen meaning French blokes on bicycles, or Elderberry meaning a senior citizen's hat.

I must emphasise at this point that the vast majority of Association members are sane, many of which attended the AGM on 25th February when we sadly bade farewell to some members but also welcomed others. Thanks were also given to those members who last year helped tidy up the site and to those who worked throughout the last year to greatly enhance our rainwater storage capability and so reducing our dependence on mains water.

A site tidy up day is to be held again this year at 10.30am on Sunday 15th April and any one who wishes to come to have a look around the allotment site then will be more than welcome (we will not put you to work!). We are located in the old station yard opposite the Railway Inn and any enquiries can be directed to Keith (tel: 253375) or Ray (tel: 253157) .

LLANPUMSAINT & NEBO SHORT MAT BOWLING CLUB

We are now approaching the last few weeks of our bowling season with 2 league matches against Llangennech and Llandyfaelog B left to play. Our last match was an excellent 8-0 win against Alma at home. The Club will also play Bronwydd home and away after Easter for the Roy Bowen Memorial Cup, matches that both Clubs look forward to every season.

Our congratulations go to Aled Edwards who was chosen as part of a 20 strong Welsh Team to take part in the World Short Mat Bowls Championships in Sweden in March.

The Club would like to extend a warm welcome to Huw Williams who has joined the Club and has already proved that he has the potential to be a very good player. Anyone else who wishes to try this very sociable sport for themselves are very welcome; we have qualified coaches on hand to support and encourage players. For further information please phone our Chair Alan Dentry (01267) 253549 or our Secretary Jill Edwards on (01267) 253474

VILLAGE FUN DAY - SATURDAY 12th MAY

The afternoon will start off at 2p.m. with a Junior Football Tournament organised by Peniel Panthers F.C.

From 2.30p.m. Welfare will be running a Hog Roast with all the trimmings, the Church will be serving hot drinks and the School P.T.A. hot dogs and cold drinks.

At 3p.m. the Nebo Chapel Duck Race will start, to buy a Duck contact Meinir Jones on 253532.

It is also hoped that the Allotment Society will have a Stand selling home grown small veg plants for you to plant.

In the evening from 7.30p.m. the Hall Trustees have booked Jerry Allan and his music to entertain us and Steve Evans will be there with his hot food. Tickets for the evening are £6 for adults and £1 for under 18's. A Bar will also be available.

Tickets will be available from the 10th. April from Derick Lock on 253524 - a good time for all is guaranteed.

Information note to All - The Hall Trustees have applied to Carmarthenshire County Council for a Temporary Road Closure Order to take effect from Noon until 7p.m. on Saturday, 12th. May, the Village Fun Day. The road will be closed between Pantycelyn, past the New Vicarage, Ty Coeden Ywen,

Clwb Cant Llanpumsaint

Tynnir enillwyr Mawrth ag Ebrill yng nghyfarfod Blynyddol y Pwyllgor Lles ac Adloniant ar 25 ain o Ebrill. Os am ymuno eleni mae yna gyfleoedd ar ôl o hyd am £12 oddiwrth Derek Lock

Pwyllgor Lles ac Adloniant

Bydd y Cyfarfod Blynyddol yn cychwyn yn brydlon am 8 o'r gloch gyda chroeso i bawb. Dylai unrhyw Gynnig i'w osod ger bron fod yn nwylo'r Ysgrifennydd erbyn 18fed o Ebrill gydag enwau'r priodol. Derek Lock Maes y Felin sa336by 01267 253524.

Ymddiriedolwyr Pwyllgor Neuadd Llanpumsaint a Ffynnonhenri

Nodwch ddyddiad y Cyfarfod Cyffredinol Blynyddol - Nos Fawrth 12fed o Fehefin am 8 o'r gloch yn brydlon. Croeso!

Canolfan Ailgylchu'r Neuadd Goffa

Fel yr eglurwyd eisoes mae yna gytundeb rhwng yr Ymddiriedolwyr a'r Cyngor Sir i gynnal gwasanaeth ailgylchu papur, gwydr a chaniau ar safle'r Neuadd. Rhaid i ni gadw golwg ar gyflwr y biniau, ysbwriel, fandaliaeth a thipio anghyfreithlon. Dylai unrhyw flerwch ddod i sylw Derek Lock yr Ysgrifennydd 253524

Goleuadau Traffig ar yr A484 ger Pante

Isod ceir datganiad gan Gyngor Sir Caerfyrddin ar y mater. Mae'n debygol y bydd y goleuadau yno am beth amser tra eu bod yn ystyried y ffordd orau ymlaen. Hefyd pan eir ati i'w hatgyweirio bydd yn rhaid cau'r ffordd, felly rhaid cynllunio ffyrdd osgoi orau. Pen tost!

(Crynodeb o'r Datganiad) ....*gosodwyd y Goleuadau ar 4dd o Ebrill 2017 yn dilyn tirlithriad o'r wal gynhaliol......mae'r broblem llawer mwy na hynny ac yn ymestyn am200 medr.......Mae'r Cyngor yn ystyried gwelliannau ond yn gwneud arolwg llawn o'r holl ardal....Yn wreiddiol bu'n fwriad i greu darn newydd o heol ond wedi derbyn canlyniadau arolwg deallir y byddai hynny'n golygu cau'r A484 am gyfnod hir.......ar hyn o bryd edrychir ar ddewis arall sef creu darn newydd i ffwrdd o'r rhan sy'n ddiffygiol.......Mae yna lawer o waith ymchwiliol i'w wneud eto ynghyd ac amcangyfri' holl gostau'r fenter... Felly amhosib rhoi amcan am ba hyd fydd y Goleuadau yno.....*

Eglwysi Llanpumsaint, Llanllawddog a Chelynin, Bronwydd.
Diolch am eich cefnogaeth. Rwy'n siŵr eich bod yn ymwybodol fod yr Eglwys yn cynnig cymorth i'r holl gymuned ac yn cenhadu i arwain pobl at Grist. Ceisiwn fod yn adnodd i bawb boed yn Gristionogion neu beidio.
Er bod yr eglwys yn fwy nag sefydliad, mae gennym dri adeilad sy'n annwyl i nifer. Maent yn annwyl oherwydd i chi gael eich priodi yno efallai, neu i'ch teulu fod yn gorwedd yn y fynwent. Gobeithio hefyd y teimlwch i'r gymuned Gristnogol yn groesawgar.
Mae gan y tair eglwys raglen lawn o weithgareddau. Maent yn amrywio o grwpiau trafod y Beibl a digwyddiadau cymdeithasol ar wahân i'r gwasanaethau Sul. Ceisiwn gyrraedd y gymuned drwy fentrau fel y gwasanaeth Holocaust ac ymweliadau a'r Ysgol leol. Er bod y niferoedd ar y Sul yn mynd yn llai mae ein gweinidogaeth yn ffynnu. Mae hyn oll yn costio rhaid i mi dynnu sylw at hynny.
Fe gostia tua £33 y dydd i gadw drysau'n heglwysi ar agor, ac nid yw cyfraniadau ar blât na gweithgareddau codi arian yn ddigonol. Felly bydd cynnal yr adeiladau a'r weinidogaeth yn gofyn am fwy. Gwn i nifer ohonoch roi'n hael o'ch amser ac yn ariannol ac rydym yn ddiolchgar am hynny. Os nad ydych yn mynychu'r gwasanaethau a fyddech yn barod i gyfrannu'n rheolaidd drwy wneud Archeb Banc, ac mae modd osgoi'r dreth ar hynny hefyd.
Gweddïwch dros ein heglwysi a chofiwch eiriau'r 2 Corinthaidd 9:7
"Pob un megis y mae yn rhagarfaethu yn ei galon, felly rhodded; nid yn \athrist, neu trwy gymell: canys rhiddwr llawen y mae Duw yn ei garu."
Yr eiddoch – Y Parch Gaynor 01267 253158 i_gaynor@hotmail.com
Dilynwch ni ar Facebook - Eglwysi Llanpumsaint, Llanllawddog, Bronwydd
Cysylltwch â'r Parch Gaynor am wybodaeth gwasanaethau a digwyddiadau.

Jambori Scowteid y Byd
Shwmai! Ni yw Mabli o Lanpumsaint (14 oed) a Taryn o Fronwydd (15 oed). Buom yn aelodau gyda'r Sgowtiaid ers yn 6 oed ac wedi treillio dros gant o nosweithiau yn gwersylla. Buom yn rhan o'r cynllunio Ymgyrch Gyd-gwrdd fawr yng Nghaerfyrddin, wnaeth ddenu pobl o wahanol gymunedau, crefyddau a chefndir, i fwynhau cyfeillachu er cof am yr Aelod Seneddol Jo Cox. Rydym yn aelodau o Sgowtiaid Fforiwyr Merlin, ac fe'n dewiswyd i gynrychioli Cymru yn y Jambori Sgowtiaid y Byd yng ngogledd America yn 2019.
Bydd dros ddeugain mil o ieuenctid rhwng 14 a 17 o bob rhan o'r byd yno i gyd-gwrdd a chyfeillachu er mwyn hybu dealltwriaeth ryngwladol. Dyma antur unigryw ryngwladol fydd o gymorth i ni ddatblygu ein dealltwriaeth o'r byd amrywiol ac elwa o'r profiad yn y dyfodol. Er mwyn mynd rhaid i ni godi £3,495 yr un, a bydd rhan o'r swm at noddi sgowtiaid i fynd yno o wledydd tlawd.
Mi gwrddodd Mabli a rhai ohonoch pan fu mas yn casglu calennig ar Ddydd Calan at yr achos. Diolch i bawb wnaeth gyfrannu. Tebyg iawn y gwelwch ni'n ymgyrchu eto i godi arian yn ystod y misoedd nesaf yma. Felly byddwn yn ddiolchgar am unrhyw gefnogaeth neu syniadau er mwyn cyrraedd y nod.
Gellir cysylltu ar i_gaynor@hotmail.com

Skanda Vale Hospice

This year we have something a little bit different...

At Skanda Vale Hospice we have decided to spice up our bank holiday sponsored walks. We have changed our coastal path routes; we now have 3 beautiful walks by the sea in Pembrokeshire and one giant trek up a beautiful mountain in North Wales

7th May: Our 3 walks by the sea include a 3 mile walk and two 8 mile walks, one medium and one hard. There are three routes to choose from depending on your level of fitness:

Walk 1 (Easy to moderate with some challenging parts)– 3m Coastal walk starting at Pwllgwaelod, following the coastal path around Dinas Head.

Walk 2 (Hard)– 8m Cliff top walk – starting at Newport Sands and finishing at Ceibwr Bay near Moylegrove.

Walk 3 (Moderate-hard)- Coastal Walk starting at Pwllgwaelod, taking in Dinas Head and finishing at The Parrog, Newport.

May 28 Cadair Idris mountain trek. This is a 6 hour circular trek (not for the faint-hearted but well worth it!)

A beautiful but difficult and challenging trek up to the summit of Cadair Idris along the Minfford Path in Snowdonia National Park. We will transport people from Skanda Vale or Skanda Vale Hospice to the start of the walk and back again, lunch provided. We ask people to try and raise £250 as this is a big challenge.

For more information on any of the walks, registration and/or sponsorship please contact sister.ally@skandavale.org or call 01559 371 222

LLANPUMSAINT MEMORIAL HALL RECYCLING CENTRE

As mentioned in previous issues of Village Voice, the Hall Trustees have a Partnership Agreement with Carmarthenshire County Council in respect of the recycling bins for paper, glass and cans to the side of the Memorial Hall. Under the terms of the Agreement, I am required as Hall Secretary to send in a monthly report on :-

1 - the condition of the bins
2 - any litter on site
3 - any vandalism
4 - any fly tipping.

It would be of great assistance to me if anyone witnessing any problems on site report them to me immediately so that I can pass the matter on to the County Council to deal with.

It is in the interest of all in our community to ensure that the site is fit for purpose.

Derick Lock - Hall Secretary - (01267) 253524.

Llanpumsaint Community Council

March 2018 undoubtedly made a lion-like entrance and the Councillors were grateful for the warmth in the rear room of the Memorial Hall for the meeting held on Tuesday the 6th. The proceedings began with an address from Jamie Horton of CAVS, who shared with the Councillors their work and the ambitions that they have to increase the number of people that have opportunities to volunteer as sometimes it is lack of training that prevents individuals from lending a hand somewhere and for others, not knowing what opportunities are out there is what is hindering their involvement in some worthy cause.

The Council meeting blew hot and cold; at times, it was vanilla but then following a snippet of news it became a vindaloo and there was much resentment to the rise simply because of an article that appeared in the Western Mail in late February, stating that the Chief Executive of the County Council earned some £20,000 more than Theresa May! No wonder it was necessary to raise taxes, the Cabinet Members are creaming it off in iniquitous salaries. The Councillor most offended by mention of the tax hike had just had to repair a broken spring on his van after hitting a crater of a pothole; how can a Council increase an already inflated wage when there are so many other services that are crying out for cash?

A plea from the Community Council to those health conscious individuals within the community that either take a 'constitutional' or a beloved pet for a walk after dark; please, please please, wear reflective clothing as it can be so difficult for motorists to spot pedestrians camouflaged wearing dark clothes indulging in night time walking! Phil Jones Clerk, 01267 253512, or email clerk@llanpumsaint.org.uk/communitycouncil

Traffic lights on A484

Just to keep you up to date with the work on the A484, below is information from Carmarthenshire County Council. It looks like that this set of lights will be there for some time, as they evaluate the best solution to the repair of this road. It is also likely that when they have decided on a suitable scheme, that the road will be closed for the works to take place, and that there will need to be a suitable diversion to allow the works to be completed.

With reference to the traffic lights near the Bronwydd junction, these were installed on 4 April 2017 following the collapse of a masonry wall that afforded support to the A484. The extent of the support problem is not only confined to the collapsed section of wall but for some distance either side of the collapsed area – approximately 200 metre length in total. The Council is developing a remedial scheme at the location and topographical survey, ground investigation survey and an environmental survey have been undertaken at the location. Initially the intention was to construct a new highway retaining structure along the affected length of carriageway, however the results of the ground investigation work has concluded that this engineering option will prove difficult in view that the A484 will have to be closed for a significant time period to facilitate the construction work. An alternative option is currently being looked at to divert the highway away from the affected area – this will entail having to excavate and remove the ground adjacent to the existing road to facilitate its realignment. A topographical survey of this area has been undertaken and quotations have recently been received regarding additional ground investigation works – these are currently being reviewed prior to awarding the work. Until such time that a remedial scheme is developed only then will it be possible to establish engineering cost estimates for undertaking construction works and funding source will then have to be secured. In this respect, it is not possible at the present time to say how long the lights will remain in position, however they have been installed to ensure public safety is maintained and will have to remain in place until such time that funding is secured to facilitate a remedial scheme.

Nebo Chapel Services

May 20	Rev Geraint Jenkins	2.00pm
June 3	Rev Goronwy Evans	10.30am
June 10	Mrs Dwynwen Teifi	2.00pm
June 17	Mr Lyndon Lloyd	10.30am
July 1	Mr Peter Harris	10.30am
July 15	Rev John Gwilym Jones	2.00pm
July 29	Rev Wyn Maskell	2.00pm

For more information, please contact Chapel Secretary, Meinir Jones on 253532

Ffynnonhenri Chapel

For further information please contact Danny Davies, Treasurer on 01267 253418 or Gwyn Nicholas on 01267 253686

Caersalem, Llanpumsaint

The Lord is good, a stronghold in the day of trouble; and He knoweth them that trust Him.
Nahum 1:7

Welsh service at 2pm or 2.30pm every Sunday afternoon except the last Sunday of the month when the service is in English.

Prayer meeting on Thursday afternoon and Sunday School for adults on Sunday morning

A warm welcome to all - For more details, please contact Eleri Morris on 01267 253895

Gofynnwch! Alle fe fod yn Sepsis?

Pan welodd y Doctor Ron Daniels dad ifanc, Jem, yn marw'r ddi- angen o Sepsis penderfynodd mai digon oedd digon. Tra'n gweithio fel arbenigwr Gofal Dwys yn Ysbyty Good Hope ger Sutton Colefield, daeth Ron ar draws llu o achosion Sepsis allai fod wedi eu trin. Bu farw Jem yn dilyn methiant meddygon i adnabod yr arwyddion, ac mae 44,000 yn marw o'r cyflwr bob blwyddyn ym Mhrydain. Bu raid i Ron dorri newydd i Karen gwraig Jem, gan wybod y byddai hithau'n gorfod dweud wrth y ddwy ferch, a phrofodd hyn i fod yn foment dyngedfennol ym mywyd Ron. Yn dilyn marwolaeth Jem yn 2005 sefydlodd Ron Yr Ymddiriedolaeth Sepsis Prydain (UKST)., gyda'r bwriad o arbed bywydau a gwella gobeithion y dioddefwyr sy'n goroesi'r cyflwr. Golyga hyn hybu ymateb gwleidyddol, addysgu arbenigwyr iechyd, codi ymwybyddiaeth y cyhoedd, a chynnig cefnogaeth i'r dioddefwyr.

Mae Sepsis neu wenwyn gwaed yn digwydd wrthi'r corff or--ymateb i haint gan ymosod ar organau a meinwe. Os nad yw'r cyflwr yn cael ei adnabod yn fuan gall arwain at fethiant organau a marwolaeth. Mae'n ymosodwr di-wahan, yn gallu effeithio ar yr hen yr ifanc a phobl heini. Yn digwydd yn amlach na thrawiadau'r galon ac yn lladd mwy na chancr y coluddyn, y fron neu'r ymledol, a damweiniau'r heolydd, i gyd gydau gilydd. Gyda 250.000 o achosion mewn blwyddyn gall Sepsis gostio tua £15.6 biliwn y flwyddyn i'r wlad, oherwydd bod 40,000 y dioddef niwed parhaol. Dros y byd achosa Sepsis 6 miliwn o farwolaethau gyda 30 miliwn o achosion bob blwyddyn. Dyma'r perygl mwyaf i wragedd beichiog a phlant mewn gwledydd cymharol dlawd. Er hyn i gyd a'r holl ffeithiau brawychus isel iawn yw'r ymwybyddiaeth o Sepsis

Pan fod Sepsis yn arwain at farwolaeth neu achosi niwed parhaol mae'n rhy hwyr oherwydd anwybodaeth o berygl y cyflwr. Os ei gwelir o fewn yr awr dyngedfennol gyntaf, gall gweithiwr iechyd hyfforddedig ddefnyddio offer gall ddyblu'r cyfle i oroesi. Digon o ocsigen, triniaeth wrthfiotig, hylif mewnwythiennol , i gyd ar gael ym mhob Adran A&E. Mae angen buddsoddi er mwyn addysgu'r cyhoedd a'r gweithwyr iechyd i alluogi adnabod y cyflwr ynghynt a chynnig triniaeth ar fyrder. Gallai hyn arbed 14,000 o farwolaethau ac arbed 400,000 o ddyddiau mewn Ysbyty i gleifion, bob blwyddyn. Yn wir mae'r Sefydliad Cenedlaethol am Iechyd a Gofal Rhagorol (NiCE) guidline on Sepsis yn argymell y dylid trin Sepsis fel achos brys 'run fath a thrawiad y galon. Yn 2017 derbyniodd y Sefydliad Iechyd y Byd (WHO) Gynnig ar Sepsis, i'w wneud yn flaenoriaeth fydol i'r Awdurdodau Polisïau ac Iechyd. Felly bydd WHO yn llunio Cynllun Gweithredu Byd eang ar Sepsis a'i nodi fel cyflwr difrifol i wledydd ei ystyried.

Shwt ma' adnabod Sepsis?

Gall Sepsis ddilyn unrhyw haint

Ewch am gyngor meddygol ar unwaith os gwelwch y canlynol

Siarad yn dew ac ymateb yn ddryslyd

Crynu'n ormodol a chyhyrau poenus

Dim pisho am ddiwrnod cyfan

Mas o anal yn ofnadwy

Teimlo fel se chi ar farw

Y croen yn britho a newid ei liw.

Mae yna raglen o hyfforddiant yn rhad ac am ddim i weithwyr Iechyd ar sut i adnabod a thrin Sepsis ar uk.Sepsis TrustEducational Resource.

Mwy o wybodaeth wedyn ar www.sepsistrust.org neu 08003896255

Cyngor Bro Llanpumsaint

Yn ddi-os, daeth Mawrth mewn fel llew ac roedd y Cynghorwyr yn falch dros ben o wres a chysgod ystafell gefn y Neuadd Goffa wrth gynnal cyfarfod misol y Cyngor ar Nos Fawrth y 6ed. Jamie Horton, gwraig sydd yn gweithio gyda CAVS wnaeth agor y cyfarfod, a rhannu gwybodaeth gyda'r Cynghorwyr ynglyn a 'u gweithgareddau ac uchelgeision; bwriad CAVS yw recriwtio 200 o bobl, ac yna cynnig hyfforddiant iddynt fydd yn eu galluogi I fod o gymorth I nifer dda o elusennau a grwpiau allai gyflawni llawer mwy pe bai ganddynt nifer helaethach o wirfoddolwyr. Cyfarfod o gontrasts oedd hi, yn newid o glaear I grasboeth pan soniodd y Clerc fod Cyngor Sir Gâr yn cynnyddu Treth y Cyngor tua 4%. Lleisiwyd cryn annifyrwch ynglyn a dyrchafiad cyflog y Prif Weithredwr sydd eisioes yn derbyn cynnhaliaeth o rhyw £20,000 y flwyddyn yn fwy na'r hyn a delir I'r Prif Weinidog, Theresa May; 'nid rhyfedd fod angen codi trethu os ydi aelodau'r Cabinet yn tynnu'r fath gyflogau' oedd y gwyn. Roedd y Cynghorydd wnaeth gwyno fwya wedi gorfod trwsio spring van y gwaith a oedd wedi torri wrth yrru dros wyneb garw heolydd y Plwyf; sut mae cyfiawnhau rhoi mwy fyth o arain I Uwch Swyddogion sydd eisioes yn tynnu crocbrys o gyflog, a gwir angen arian ar llawer o wasanaethau arall ?

Ymbil a wna y Cyngor ar I gerddwyr y gymuned wisgo dillad llachar wrth ymestyn coes yn yr hwyrddydd; anodd iawn yw dirnad dyn a gwisg tywyll ar ôl machlud yr haul….!

Heddlu

Rydw i ar gael ar 101 neu drwy e-bost ar martin.dickenson@dyfed-powys.pnn.police.uk os oes gennych unrhyw bryderon.

CLWB CRICED BRONWYDD - ANGEN CYMORTH I GADW CYFRI

Rydym yn chwilio am bobl i ymuno a'n Tim Scorio. Belllach mae'r gwaith yn llawer mwy syml oherwydd ein bod yn defnyddio'r rhaglenni diweddaraf ar y cyfrifiadur.

Byddwn yn trefnu hyfforddiant llawn os ydych am wirfoddoli. Cysylltwch a mi John Homer os am fwy o wybodaeth, 01278 237082, johnbhomer@ btopenworld.com

Gofal Traed

Dylai cleifion newydd gysylltu a Gary Robinson yn ystod yr wythnos rhwng 6 a 8 y.h. ar 07789 344488 fel y dylai cleifion cyfredol sydd yn dymuno canslo eu hapwynytiadau. (gofynnir am rybudd o leiaf 24 awr, plis).

Churches – Benefice of Llanpumsaint with Llanllawddog including St Celynin Bronwydd
Thank you for your continued support of our Churches. As I'm sure you are aware our church aims to be a resource for the whole community, a church engaged in mission so that we may help others find their way to Christ. We seek to be a resource for everyone regardless of whether or not they would call themselves Christian.

A Church is of course more than a building, but we are blessed to have three beautiful buildings which are held dear by many. You may have special memories of the buildings because you were married there or because you have a loved one buried in the church yard. I hope that you also find the church community a place where you are always welcomed and valued.

Our Churches have a full programme of events and activities. Ranging from Bible discussion groups to social events as well as our Sunday services and we are reaching out to the wider community with initiatives such as the recent Holocaust Memorial service and visits to Ysgol Llanpumsaint.

Despite declining attendance at Sunday services, in many ways our church is thriving. However ministry and mission come at financial cost and it is my duty to make you aware of that.

It costs approximately £33 a day to keep each church running, it is clear that giving in 'collection' at services and support of church fundraising events need to increase if we are to continue to keep our church buildings open and to offer mission and ministry in our community. I know many of you already give generously of your money and time and we are continuously grateful for that. If you are unable to attend church on a regular basis or if it would make life easier for you please consider setting up a standing order to the church, if you give to the church and are a UK tax payer please also ensure that you have completed a gift aid form .

Please pray for our church and consider how best you might continue to support it remembering the words of 2 Corinthians 9:7. 'let each one give thoughtfully and with purpose just as they have decided in their heart ,not grudgingly or under compulsion, for God loves a cheerful giver.

Yours Rev'd Gaynor, Tel 01267 253158, j_gaynor@hotmail.com

Follow us on Facebook Llanpumsaint Bronwydd and Llanllawddog churches.

Please contact Revd Gaynor for further details of services and events.

For Sale – Contact Catherine 07812671648 Mama's & Papa's 3 in 1 Pram £200
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JUST ASK: could it be sepsis?

When Dr Ron Daniels watched a young father, Jem, die needlessly from sepsis, he decided enough was enough. Ron was working as an Intensive Care specialist at Good Hope Hospital in Sutton Coldfield, and was confronted with an endless stream of preventable sepsis cases. Jem died after doctors failed to diagnose the condition that kills at least 44,000 people every year in the UK. Ron was forced to break the news to Jem's wife, Karen, and knew that she would have to do the same to their two young children. It was a moment that changed Ron's life. Following Jem's death in 2005, Ron founded the UK Sepsis Trust (UKST) which has a mission to save lives and improve outcomes for survivors of sepsis by instigating political change, educating healthcare professionals, raising public awareness, and providing support for those affected.

Sepsis, or blood poisoning, occurs when the body overacts to an infection and attacks its own organs and tissues. If not spotted and treated quickly, it can rapidly lead to organ failure and death. It's an indiscriminate killer, claiming young and old lives alike and affecting the previously fit and healthy. It's more common than heart attacks and kills more people than bowel, breast and prostate cancer and road accidents combined. At a rate of 250,000 cases a year, sepsis could be costing the UK economy up to £15.6 billion annually, with 40,000 people suffering permanent, life-changing after-effects. Globally, sepsis leads to six million deaths among almost 30 million cases yearly, and is the biggest cause of death in pregnant women and children in low and middle income countries. But despite the statistics and the condition's devastating impacts, awareness of sepsis is astonishingly low.

When sepsis leads to death or does lasting damage, it's too often because the people involved weren't aware of the condition or how dangerous it is. If caught within the first hour, a junior healthcare professional using just basic healthcare equipment can double a patient's chances of survival. High-flow oxygen, broad-spectrum antibiotics and intravenous fluids are required and are commonplace in all UK A&Es. Investing in resources to tell the public and the healthcare community about sepsis would mean earlier identification and treatment, which in the UK could save 14,000 lives and result in 400,000 fewer days in hospital for patients every year. In fact, the National Institute for Health and Care Excellence (NICE) guideline on sepsis recommends sepsis is treated with the same urgency as a possibly heart attack. In 2017, the World Health Organisation (WHO) adopted a resolution on sepsis which makes the condition a global priority for policy makers and healthcare authorities. WHO will now formulate a global action plan on Sepsis, and include it as a critical condition for countries to address.

How do I spot sepsis?

Sepsis could occur as the result of any infection.

Seek medical help urgently if you develop any of the following:

- Slurred speech or confusion
- Extreme shivering or muscle pain
- Passing no urine (in a day)
- Severe breathlessness
- It feels like you're going to die
- Skin mottled or discoloured

A full training programme on how to diagnose and treat sepsis is available for all healthcare professionals free of charge via the UK Sepsis Trust Educational Resource page.

More Information from Sepsis Trust, www.sepsistrust.org or 08003896255

Capel Nebo

Mai 20	Parch Geraint Jenkins	2.00
Mehefin 3	Parch Goronwy Evans	10.30
Mehefin 10	Mrs Dwynwen Teifi	2.00
Mehefin 17	Mr Lyndon Lloyd	10.30
Gorfennaf 1	Mr Peter Harris	10.30
Gorfennaf 15	Parch John Gwilym Jones	2.00
Gorfennaf 29	Parch Wyn Maskell	2.00

Am fwy o wybodaeth am yr uchod, gellir cysylltu a Meinir Jones, ysgrifenyddes y Capel ar 253532.

Capel Ffynnonhenri

Os am fanylion pellach cysylltwch a Danny Davies, Trysorydd ar 01267 253418 neu Gwyn Nicholas Ysgrifennydd ar 01267 253686

Caersalem, Llanpumsaint

Daionus yw yr Arglwydd, amddiffynfa yn nydd blinder; ac efe a edwyn y rhai a ymddiriedant ynddo. Nahum 1:7

Gwasanaeth Cymraeg pob prynhawn Sul am 2pm neu 2.30pm ar wahan i Sul ola'r mis pan mae'r oedfa yn Saesneg.

Cwrdd gweddi bob prynhawn dydd Iau ac Ysgol Sul i oedolion ar fore Sul

Croeso i bawb. Am fwy o fanylion ffoniwch Eleri Morris ar 01267 253895

Chwedlau a Gwirionedd?

Er na fu'n gyfaill tua'r Gymraeg, rhaid cytuno fod y diweddar lenor Gwyn Thomas yn gallu adrodd stori dda. Soniodd am bentref bach ym Mro Morgannwg, lle yn ôl pob son, yr oedd yna lyn ofnadwy o ddwfwn. Mor beryglus o ddwfwn fel na wnaeth neb erioed fentro ymhellach iddo na'r ymyl. Dywedwyd i'r dyfroedd tywyll ymestyn lawr i'r byd tanddaearol, a chodai'r llyn cymaint o ofn fel nad ai bechgyn dewr yr ardal iddo, hyd yn oed yng ngwres tanbaid yr Haf. Yna un dydd cyrhaeddodd dyn dierth yn benderfynol o roi terfyn a'r fath ffwlbri. Rhwyfodd ei gwch i ganol y llyn cyn lluchio polyn i'r gwaelod., Ond pum llath o ddyfnder oedd yna! Adroddodd Gwyn mae dyna'r union bellter hefyd, rhwng y dyn bach gwybodus a'r fintai o bentrefwyr wrth iddynt ei gwrso mas o ma' am byth!

Mae gennym ein siâr o storïau lleol hefyd1 Wrth i chi sefyll ger y golau coch islaw Bronwydd ger Pante ar eich ffordd i'r dre,, taflwch olwg at Blasty Cwmgwili draw ar y bryncyn de. O'r pum ffenest llofft sylwch ar y pedwerydd tua'r dre, sydd yn ôl pob son yn cuddio cyfrinach drist. Y stori yw bod yna fachgen wedi mynd i ryfel a chael ei ladd, ac ymateb y teulu galarus oedd bricio'r ffenest lan a chadw'r ystafell yn union fel ei gadawyd gan y mab. Cofeb weladwy i'r colledig am byth!

Pan yn fachgen bach des ar draws hen gopi o'r cylchgrawn Y Cyfaill Eglwysig am 1937, ac ynddo erthygl am blwyf Llanpumsaint, yn datgelu cyfrinach fawr. Gwyddwn am Dwll y Mwyn, rhyw damed o ogof islaw Pantglas yn y cwar ar waelod Rhiw Graig. Yn ôl yr erthygl, ar wahân i fod yn fynedfa i dwnel dihangfa o'r castell uwchben, yr oedd y twnel yn ymestyn bob cam dros allt Troedyrhiw i'r hen Heol Rufeinig. Pellter o filltir tan ddaear! Anhygoel! Byddwn yn gallu dargan-fod trysorau, aur ac arian ac esgyrn efalle. Felly ar brynhawn o haf dyma fentro iddi mewn trwser hir benthyg a golau yn fy llaw, yn barod i wynebu'r daith hir i'r dirgelwch mawr.......

Bu croesffordd Pantybwci ger Pontarsais yn codi ofn ar genedlaethau o bobl leol. Tystiodd Hywel, Gwynfryn Bronwydd 'slawer dydd , ei fod yn osgoi'r lle yn y tywyllwch. Wrth gerdded gatre wedi bod mas yn caru hyd oriau man y bore, byddai'n gwneud detour mawr i gadw draw o'r lle. Ar wahân i'r bwci, dyma le byddai hwch mewn cadwynau'n crwydro'n fygythiol, anifail a chysylltiad peryglus a'r byd tanddaearol. Adroddodd Rachel Hannah Blaencors hefyd, fod Pantybwci yn codi arswyd ar y boblogaeth leol. Os fentrwch chi draw na, peidiwch fynd mewn car gyda'i oleuadau llachar. Cerddwch yno yn nhywyllwch canol nos pan fod y gwynt yn chwiban drwy'r coed yn y pant unig. Falle wedyn y byddwch yn cyd-fynd ag Hywel.

Er y perygl o gael fy nghwrso mas o'r ardal, fel y boi bach call ym Morgannwg, mentraf ryddhau rhai ffeithiau ychwanegol. Beth am y ffenest na ym Mhlasty Cwmgwili? Wel yn ôl y perchennog presennol, Griffie Philipps, ni chollwyd mab mewn rhyfel. Caewyd y ffenest gan ei dad, Syr Grismond, er mwyn creu lle tan 'na. Ar ol ei ddydd, penderfynnodd Griffie wneud i ffwrdd a'r grat , agor lan, a rhoi dwy ffenest 'na. Llai o ddrama wedi'r cwbl! A beth am fy ymgyrch ddewr i'r ogof di- ben- draw ger y Graig? Ar ôl taith hir flinedig o dair llath, daeth yr antur fawr i ben. Craig solid o'm blaen! O na fe! Falle dyle dyn jyst gredu'r chwedl a byw'r freuddwyd.

Arwyn 2018

Myths – Leave them alone!

Gwyn Thomas, the late Anglo-Welsh author and raconteur, told a tale of a Glamorganshire village's deep pond. So dangerously deep that no local had ever ventured further than the shore's edge. The dark waters apparently reached down into the mysterious underworld, and the fear of drowning kept even summertime boy swimmers away. Then one day an inquisitive stranger arrived. Bent on debunking this silly myth he rowed a boat right out to the middle, to stick his oar all of five feet into the bottom. Gwyn in his unique style concluded by saying, that this was also the exact distance between the fleeing interloper and the pursuing village posse, as he was promptly run out of town.

We have a few local tales as well. On your interrupted way to Carmarthen at the red light just below Bronwydd, look far left at Cwmgwili mansion. The 4th out of the five upstairs first floor windows apparently held a sad secret. Locals passed down the tragic story of a boy who went to war and was killed. So the grieving family bricked up the window to keep the room exactly as he'd left it. A visible memorial to commemorate a war victim!

When a young boy I made a stupendous discovery on reading an old copy of the church magazine Y Cyfaill Eglwysig (The Church Friend) for 1937. There, in an article on Llanpumsaint parish, it revealed a massive secret. At the base of the old quarry, on that last downward bend on Rhiw Graig. lay the opening to a hidden tunnel. Not only was it a secret escape route from Pantglas castle above, but ran all the way along the forest to Troedyrhiw fields, to link up with the Roman Road, a whole mile away. Bois bach! What a discovery! Could there be treasure, skeletons or coins hidden away there? One afternoon, after gulping one last lung full of fresh summer air, I switched on my borrowed torch, hoping the battery would last, bent double and crawled in through the narrow cave entrance, into the great unknown........

Locals avoided Pantybwci in the dark, particularly on windy winter nights. Roughly translated Pantybwci means the goblin's hollow, but worse than that the sow in chains rose from the underworld there at Halloween and other dark nights. For Hywel, who once lived at Gwynfryn Bronwydd, a stout fearless countryman, it was a place to avoid. Walking homewards from his courting trips around 1900, he'd make a huge detour to avoid Pantybwi, he'd rather not risk tangling with the forces of the other world. Rachel Hannah, brought up at nearby Blaencors, confirmed this fear and apprehension amongst locals. So where is Pantybwci? It is that first road junction, south of Pontarsais on the B4301 towards Bronwydd. Do not drive there on full headlights, but rather walk to it in winter darkness, on a night when the wind howls through the trees of this eerie hollow. You may then appreciate Hywel's apprehension.

At the risk of being run out of the area I venture to reveal more. That sad window at Cwmgwili mansion? Mr Griffie Philipps, the current Lord of the Manor, tells me that no boy got killed in war. A mundane explanation revealed that the window had been bricked up by his father, Sir Grismond Philipps, in order to install a fireplace there. After his time Griffie decided to open it all up and place two small glass windows. And what of my great voyage of discovery under Rhiw Graig? After three timeless yards my torch revealed a solid stone rock face, to end all hope and expectation. Perhaps one should just live with one's dreams!! *Arwyn 2018*

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