

Llais y Llan Rhagfyr 2014

Copi dyddiad ar gyfer rhifyn nesaf – 25 Ionawr 2015

Cyhoeddwyd gan Llanpumsaint Cyfnewid Gwybodaeth Gymunedol

www.llanpumsaint.org.uk info@llanpumsaint.org.uk

Beth sy' Mlaen yn y Pentref yn y misoedd nesaf

Noson Stêc y Rheilffordd pob Nos Fercher 253643

Bowlio pob Nos Lun a Nos Iau 7.30 – 9.30

Rhagfyr 6 Dydd Sadwrn 11.00 Cerdded Llanpumsaint

Rhagfyr 6 Dydd Sadwrn Ffair Nadolig C Rh A Ysgol Neuadd Goffa

Rhagfyr 7 Dydd Sul 2.00 Darlleniadau ar Charolau Capel Ffynnonhenri

Rhagfyr 9 Dydd Mawrth 7.00 Cyngerdd Yr Ysgol Neuadd Goffa

Rhagfyr 10 Dydd Mercher 12.30 Clwb Cinio Tafarn y Rheilffordd Ffôn 253643

Rhagfyr 14 Nos Sul 6.00 Gwasanaeth Carolau Eglwys Plwyf

Rhagfyr 16 Dydd Mawrth Clwb 60+ Cinio Nadolig ac Adloniant

Rhagfyr 18 Dydd Iau 1.00 Clinig Traed 1.00 Neuadd Goffa

Rhagfyr 24 Dydd Mercher Santa Parêd 1.30 Nant yr Ynys

Rhagfyr 24 Nos Fercher 11.45 'Midnight Mass' Noswyl Nadolig Eglwys Plwyf

Rhadfyr 28 Nos Sul 8.00 Cwis Tafarn Nantcelynen Bronwydd

Rhagfyr 31 Nos Fercher Bwyd Blwyddyn Newydd Tafarn y Rheilffordd Ffôn 253643

Rhagfyr 31 Nos Fercher 7.30 Parti Flwyddyn Newydd Neuadd Goffa

Ionawr 6 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa

Ionawr 14 Dydd Mercher 12.30 Clwb Cinio Tafarn y Rheilffordd Ffôn 253643

Ionawr 20 Nos Fawrth 7.30 Cyfnewidfa Wybodaeth Gymunedol Llanpumsaint Neuadd Goffa

Ionawr 22 Nos Iau 7.00 Cwis a Chyri £5.00 y pen, Tafarn y Rheilffordd

Ionawr 25 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru, Neuadd Bronwydd

Ionawr 26 Dydd Llun 2.00 Clwb 60+ Neuadd Bronwydd

Ionawr 29 Dydd Iau 1.00 Clinig Traed 1.00 Neuadd Goffa

Ionawr 31 Nos Sul 8.00 Cwis Tafarn Nantcelynen Bronwydd

Chwefror 3 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa

Chwefror 11 Dydd Mercher 12.30 Clwb Cinio Tafarn y Rheilffordd Ffôn 253643

Village Voice December 2014

Copy Date for next Edition 25th January 2015

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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 Wednesday Steak Night at the Railway 253643

Every Monday and Thursday 7.30 – 9.30 Bowls at Memorial Hall

December 6 Saturday 11.00 Walk round Llansteffan

December 6 Saturday School PTA Christmas Fayre Memorial Hall – see posters for more details

December 7 Sunday 2.00 Carol Service Ffynnonhenri Chapel

December 9 Tuesday 7.00 Concert by Llanpumsaint School Memorial Hall

December 10 Wednesday 12.30 Christmas Luncheon Club Railway Inn – to book phone 253643

December 14 Sunday 6.00 Christmas Carol Concert Llanpumsaint Church

December 16 Tuesday 60+ Club Christmas Dinner and Entertainment Quins Club Carmarthen

December 18 Thursday 1.00 Foot Care Clinic Memorial Hall

December 24 Wednesday 1.30 Santa Parade from Nant yr Ynys

December 24 Wednesday 11.45 Midnight Mass Llanpumsaint Church

December 28 Sunday 8.00 Quiz Hollybrook Inn Bronwydd

December 31 Wednesday New Years Celebration Meal Railway Inn phone 253643 to book

December 31 Wednesday 7.30 New Years Party Neuadd Goffa

January 6 Tuesday 8.00 Community Council Meeting Memorial Hall

January 14 Wednesday 12.30 Luncheon Club Railway Inn – to book phone 253643

January 20 Tuesday 7.30 AGM Llanpumsaint Community Information Exchange Memorial Hall

January 22 Thursday 7.00 Curry and Quiz £5 per head Railway Inn

January 25 Sunday 1.45 West Wales Dowers Bronwydd Hall

January 26 Monday 2.00 60+ Bronwydd Hall

January 29 Thursday 1.00 Foot Care Clinic Memorial Hall

January 31 Sunday 8.00 Quiz Hollybrook Inn Bronwydd

February 3 Tuesday 8.00 Community Council Meeting Memorial Hall

February 11 Wednesday 12.30 Luncheon Club Railway Inn – to book phone 253643

February 19 Thursday 7.00 Curry and Quiz £5 per head Railway Inn

February 22 Sunday 1.45 West Wales Dowers Bronwydd Hall

February 23 Monday 2.00 60+ Bronwydd Hall

February 28 Sunday 8.00 Quiz Hollybrook Inn Bronwydd

March 3 Tuesday 8.00 Community Council Meeting Memorial Hall

March 12 Thursday 1.00 Foot Care Clinic Memorial Hall

Llanpumsaint and Ffynnon Henry Memorial Hall
To book the hall, phone Arwel Nicholas on 01267 281365

Llanpumsaint and Ffynnonhenry Memorial Hall

Those attending the recent **Remembrance Day Service** saw the unveiling of the new memorial stone for three Great War casualties:

- 1915 - Benjamin Davies Cwmcreigiau Fach
- 1916 - Emrys Morris School House
- 1917 – Henry Howells Penllwynuchel

The purchase and engraving of the memorial was organised by the Hall Trustees, and the cost met by Llanpumsaint Community Council.

A great time was had by all at the extremely well-attended 'Tribute Evening in October. It is hoped to arrange another some time next year.

Another evening with Clive Edwards has been booked for Saturday 28th March next year. Please make a note in your diary and watch out for details nearer the day.

We hope to organise another DVD Evening of Horse racing in colour with commentary from various racecourses in the UK early next year – more details in the next issue of Village Voice.

Congratulations to Gwyn Nicholas who has been nominated by the Community Council to become a new Memorial Hall Trustee.

Llanpumsaint Community Information Exchange

We will be having our AGM on Tuesday 13th January at 7.30pm in the Memorial Hall. We publish the Village Voice every 2 months, and also manage the village Website –

www.llanpumsaint.org.uk.

We are a small but friendly committee, and would welcome some new members to help with producing the Village Voice, and keeping the website up to date. Please come along and meet us, bring your ideas on how we can improve. All welcome! Carolyn Smethurst.

From County Councillor Irfon Jones

Hi everyone, another year has flown by and we are seeing a few of the items coming to fruition, we are also being a bit more successful with the County Council with our requests. Hope you all have a Merry Xmas and a Happy New Year.

Chwefror 19 Nos Iau 7.00 Cwis a Chyri £5.00 y pen, Tafarn y Rheilffordd

Chwefror 22 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru, Neuadd Bronwydd

Chwefror 23 Dydd Llun 2.00 Clwb 60+ Neuadd Bronwydd

Chwefror 28 Nos Sul 8.00 Cwis Tafarn Nantcelynen Bronwydd

Mawrth 3 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa

Mawrth 12 Dydd Iau 1.00 Clinig Traed 1.00 Neuadd Goffa

*Neuadd Goffa Llanpumsaint a Ffynnonhenri
I logi'r Neuadd Goffa, ffoniwch Arwel Nicholas ar 01267 281365*

Neuadd Goffa Llanpumsaint a Ffynnonhenri

Yn ystod y Gwasanaeth Coffa diweddaraf dadorchuddiwyd Cofeb o dri milwr lleol arall gollodd eu bywydau yn y Rhyfel Mawr –

1915 Benjamin Davies Cwmcreigiau Fach

1916 Emrys Morris School House

1917 Harry Howells Penllwynuchel

Ymddiriedolwyr Y Neuadd fu'n gyfrifol am y prynu a'r engrafu gyda'r Cyngor Cymuned yn talu am y garreg.

Bu presenoldeb da yn y Noson Deyrnged ym mis Hydref a bwriedir cynnal un arall rywbryd eto.

Bydd Clive Edwards yn dychwelid yma ar Nos Sadwrn yr 28ain o Fawrth yn y flwyddyn newydd. Gwnewch nodyn o'r dyddiad a chadwch lygad am fanylion pellach.

Bwriadwn drefnu noson arall o Rasio Ceffylau mewn lliw gyda sylwebaeth o nifer o ganolfannau rasio. Daw mwy o wybodaeth yn y rhifyn nesaf.

Llongyfarchiadau i Gwyn Nickolas ar ei enwebiad i fod yn Ymddiriedolwr i'r Neuadd gan y Cyngor Cymuned.

Cyfnwidfa Wybodaeth gymunedol Llanpumsaint

Byddwn yn cynnal ein cyfarfod blynyddol ar Nos Fawrth Ionawr 20, 7.30 am hanner awr wedi saith yn y Neuadd Goffa. Cyhoeddir Llais y Llan bob dau fis ac rydym hefyd yn cynnal ein gwefan leol - <http://www.llanpumsaint.org.uk>. Pwyllgor bychan cyfeillgar sydd gennym a byddem yn croesawu gwynebau newydd i'n cymorth gyda Llais y Llan ac hefyd i gadw'r wefan yn gyfoes. Felly dewch a'ch syniadau i'r cyfarfod . Croeso mawr i bawb!

Noson Stêc y Rheilffordd

Bydd Mike, Jayne a Nick yn cynnal Noson Stêc i 2 bob dydd Mercher - 2 x10oz Celtic Pride stêc ffolen gyda sglodion cartref a garnais salad a photel o win tŷ; am £25 y cwprwl. Ffoniwch y Rheilffordd ar 01267 253643 i archebu.

Neges Oddi Wrth Irfon Jones

Hello pawb, blwyddyn arall sydd wedi hedfan heibio ,ond ni wedi cael llawer mwy o sylw gan y Cyngor Sir , mae mwy lawer o'n ceisiau ni wedi cael ei gwneud eleni na erioed . Gobeithio bydd y flwyddyn nesaf yn fwy llwyddiannus .Nadolig Llawen A Blwyddyn Newydd Dda I chi gyd.

Côr Llanpumsaint a'r Cylch

Daeth cynulleidfa luosog iawn ynghyd i Gapel Tabernacl, Caerfyrddin ar gyfer cyngerdd blynyddol y Côr ar Hydref 30 2014. Er bod cyngerdd o'r fath yn ddigwyddiad blynyddol erbyn hyn nid cyngerdd arferol oedd hwn ond yn hytrach cyngerdd i ddynodi carreg filltir bwysig yn hanes y Côr sef dathliad o 35 mlynedd ers ei sefydlu.

Eleni penderfynwyd perfformio yr opera "Blodwen" gan Joseph Parry a'r artistiaid gwadd oedd Jessica Robinson, Sioned Llewellyn, Ffion Haf Jones, Lewis Richards, Meilyr Jones Emyr Wyn Jones a Rhodri Prys Jones. Yr arweinydd fel arfer oedd Gwyn Nicholas a'r organydd am y ddegfed tro oedd Allan Fewster. Cafwyd perfformiadau o safon uchel iawn gan y Côr a'r artistiaid i gyd. Mae yn rhaid dweud mae y cyngerdd hwn oedd un o'r cyngherddau gorau gafwyd ers cychwyn y Côr. Roedd ymateb y gynulleidfa i'r perfformiad cyfan yn wefreiddiol.

Hoffem ddiolch i bawb a'n cefnogodd yn nodddwyr, gwrandawyr a stiwardiaid ac am eu cefnogaeth diflino i ni dros y blynyddoedd.

Ar hyn o bryd mae'r Côr yn cael gwyliau haeddiannol ac yn ail-ddechrau ar Ionawr 8 2015 pan fyddwn yn perfformio "Olivet to Calvary" rhywbryd adeg y Pasg.

Nadolig Llawen a Blwyddyn Newydd Dda i bawb.

Llanpumsaint Cynaliadwy

Bron iddi fod yn benblwydd perffaith I gyfarfod llynedd, wnaeth rhyw ddwrnaid o gefnogwyr byw yn gynaliadwy gyfarfod yn y Neuadd Goffa I adolygu, adrodd ac atgoffa; adolygu yr hyn sydd wedi digwydd oddi ar cyfarfod llynedd, adroddiad ar brysurdeb y rhanddeiliaid dros yr haf, ac I atgofio fod yr angen yn dal, I geisio I fod yn gymuned cynaliadwy. Croesawyd ymwelydd I gyfarfod eleni, sef Louise Cartwright, gweithiwr gyda Ffederasiwn Ffermydd Dinas a Gerddi Cymunedol, a ddaeth I hwyluso trafodaeth ar yr hyn sydd wedi bod yn llwyddiant a'r hyn allai fod yn well!. Roedd pawb yn gytun fod angen gwneud mwy o waith ar safle'r rhanddeiliaid ond bod dyddiaduron pawb yn llawn o alwadau gwaith a theulu. Fe fydd Bob Conyard sydd yn drysorydd ar Gymdeithas y Rhanddeiliaid yn danfon dewis o ddyddiadau o gwmpas, gyda'r bwriad o drefnu gweithlu I dacluso ar ôl tymor o dyfu,ac I baratoi ar gyfer gwanwyn arall. Os oes eraill yn y gymuned sydd â diddordeb mewn garddio neu materion cynaliadwy, cysylltwch gyda Bob Conyard (01267 253119) neu Philip Jones (01267 253512).

Llanpumsaint Welfare and Recreation Association

The recent MacMillan Coffee and Cake Morning raised the grand sum of £450, which has been gratefully acknowledged by the Charity.

Many thanks to all the helpers, to those who donated cakes, and to those who came along for a chat and to support an excellent charity.

Santa Parade – preparations are afoot to welcome Santa in his sleigh on Christmas Eve. As usual, the Parade will start at the top of Nant yr Ynys cul-de-sac at 1.30pm, then following the usual route around the village, arriving back at The Railway Tavern at around 3.00pm. Santa's followers in the Parade are encouraged to wear fancy dress. A cash prize will be awarded after the Parade.

Back at The Railway, Jayne, Mike and Nick will offer complimentary cups of homemade soup to Santa and his supporters: mince pies will also be on offer.

Santa and his helpers will welcome children to his Grotto between 4 and 5 pm.

There will be a raffle held in the Railway, and the money raised from the raffle, the Parade and the bottle on the bar will all go to this year's Charity, Wales Air Ambulance.

New Year's Eve – The Welfare and Recreation Trustees invite you to attend a New Year Party in the Memorial Hall. Tickets will be £5 each, with children under 12 free. The action will start at 7.30pm. There will be a licensed bar, and a disco. You can bring your own nibbles and/or purchase food from Steve's fish and chips van which will be outside.

Everyone is encouraged to come in fancy dress, and prizes for the best child and best adult costumes will be awarded.

Tickets can be obtained from Sadie Henthorn (07960093863), or Cath Vimpany (07960201122) - Come and welcome in 2015 with us!

Llanpumsaint and District Choir

Tabernacle Chapel Carmarthen was the venue this year again for our annual Concert on October 30th 2014. Although a concert is held every year this was not a normal concert but a milestone in the history of the Choir as it was formed 35 years ago. This year it was decided to perform the Welsh opera "Blodwen" by Joseph Parry and the supporting artists were Jessica Robinson, Sioned Llewellyn, Ffion Haf Jones, Lewis Richards, Meilyr Jones, Emyr Wyn Jones and Rhodri Prys Jones. The conductor as usual was Gwyn Nicholas and the organist for the tenth time was Allan Fewster.

Performances of a very high standard were given by the choir and the artists and it must be said that that this concert stands out as one of the best in the history of the choir.

The standing ovation that was given speaks volumes for the whole performance.

May we take this opportunity to thank our sponsors, audience and stewards for their support and also for their continuing support throughout the years.

At the moment the choir are having a well - earned rest and will re-commence on January 8 2015 and will be performing "Olivet to Calvary" during the Easter period.

Merry Christmas and a Prosperous New Year to everybody.

100 Club

At the recent meeting of the Llanpumsaint Welfare and Recreation Association's Trustees, the November and grand Christmas Draws were made, winners as follows:

November:	1 st Prize	£20	No. 6	Vivienne Cook
	2 nd Prize	£10	No. 96	Kate Frost
	3 rd Prize	£5	No. 65	Brian Smethurst
	3 rd Prize	£5	No. 5	Geraldine Armes

Grand Christmas Draw

1 st Prize	£100	No. 41	John Richards
2 nd Prize	£50	No. 13	Bowls Club
3 rd Prize	£25	No. 29	Bryn Jones
3 rd Prize	£25	No. 46	Sarah Moore
4 th Prize	£15	No. 35	Vi Robinson
4 th Prize	£15	No. 48	Hedydd Rees
5 th Prize	£10	No. 80	Paul & Jo Davies
5 th Prize	£10	No. 56	Emma & Lisa Clift
5 th Prize	£10	No. 19	Gordon & Barbara Cable
5 th Prize	£10	No. 73	Dr Richard Gard
5 th Prize	£10	No. 91	John Atkinson
5 th Prize	£10	No. 57	Neville Griffiths
5 th Prize	£10	No. 47	Peter & Elizabeth Webb
5 th Prize	£10	No. 2	Marjorie Dentry
5 th Prize	£10	No. 64	Mathew Jones

A Very happy Christmas and a Happy and Healthy New Year!!!

Derick Lock 100 Club Treasurer 253524.

Can you use your phone when there is a power cut?

We all suffered the multiple power cuts that occurred some weeks ago with the first storm of the winter, with the power intermittent for some hours, then a power cut for several hours.

Now Western Power has sent us a 'glow in the dark' fridge magnet with their telephone number 08006583105 to phone in case of a power cut. Apparently they do need us to phone them to report a power cut – it does not always show on their system!

But if there is a power cut – does your landline phone work? OK if you have a mobile, you can use that. However, if like us the reception for mobile is poor where you live, you will need a landline phone that will work in a power cut – that is a simple phone that gets its power from just being connected to the phone network, no mains electric needed. These cost just a few £'s so it is well worth having one available. We keep one in a drawer that can be used when needed. It is also useful as Western Power will let you know when the power will be back on. And talking of power cuts – it is a good idea to have sensitive equipment like computers, TV's and other devices to be connected to the mains via a surge protector, which will help to prevent damage to the equipment when there are power cuts. The price of these have come down in the past few years, and certainly they are much cheaper than the cost of repairing or replacing any equipment that has been damaged. Carolyn Smethurst

Cymdeithas Daroganwyr Gorllewin Cymru

Digwyddiadau nesaf - Dydd Sul 25ain Ionawr 2015 - Tim

Walton "Mindfulness"

Dydd Sul 22ain Chwefror - yr awdur ac ymchwilydd Robin Heath "A guide to megalithic monuments in West Wales".

Mae darogan yn grefft ddefnyddiol a diddorol gall bron unrhyw un eu dysgu.

Dywed ei bod yn deillio o'r Aifft neu hyd yn oed ynghynt mewn hanes. Mae nifer o gwmnïau yn defnyddio doniau rhai daroganwyr profiadol i chwilio am ddŵr, mwynau, olew, ceblau trydan ayyb. Mae rhai yn gwirio am straen daearegol yn ei amgylchedd; cred bersonol yw hyn sydd heb gael ei brofi yn wyddonol hyd yn hyn.

Pam na ddewch chi ddydd Sul i brofi am eich hun? Dewch i ymuno â ni yn Neuadd Bronwydd am 1.45 yp. Mae mynediad yn £4 y person gan gynnwys paned o de a bisgedi. Does dim offer yn angenrheidiol, dewch a'ch hunan. Am wybodaeth bellach cysylltwch â Sandy: 253547

Clwb Cerdded Llanpumsaint

Dyma dair taith gerdded dda gogyfer a'r gaeaf.

Daw'r cyntaf ar ddydd Sadwrn y 6ed o Ragfyr i Lansteffan i gychwyn am 11 y.b. Y man cyfarfod fydd y maes parcio ger y traeth, a chofiwch ddod a rhywbeth i fwyta oherwydd bydd yna hoe fach ar y ffordd.

Bydd y daith gyntaf yn y flwyddyn newydd ar Sadwrn y trydydd o Ionawr ac yn cychwyn o Dafarn y Railwe. Gan gychwyn tuag Esgair am 10 o'r gloch byddwn yn dychwelyd drwy Ffynnonhenri i orffen am ymborth yn y Railwe. Yno wedyn cynhelir ein cyfarfod blynyddol.

Ar y 7fed o Chwefror cwrddwn ym maes parcio Neuadd Bronwydd am 10.30 y.b. Taith gylch yw hon - dilyn llwybr y Gwili, dros y Rheilffordd tua Cwmdwyfran ac i fyny at y Clwb Golf ac yna 'nol lawr. Gorffen wedyn yn Nhafarn Nantcelynen am ddiod a bwyd.

Rhowch wybod i Carolyn Smethurst os ydych yn bwriadu dod ar un o rain - 253308

Clinig Gofal Traed

Y newyddion day w bod ein ciropodydd rheolaidd Gary Robinson yn masnachu fel 'Head to Toes' ac am ymweld â Llanpumsaint fel o'r blaen.

Dylai unrhyw gwsmeriaid newydd gysylltu â Gary ar unrhyw noson rhwng 6-8 y.h. ar 07789344488, a hefyd yn gwsmeriaid presennol sydd eisiau siarad gydag ef.

Bydd y clinig nesaf ar ddydd Iau y 18fed o Dachwedd yn y Neuadd Goffa am 1 y.h. Yna dydd Iau 29fed o Ionawr, 12fed o Mawrth.

Cyngor Bro Llanpumsaint

Phillip Jones, Clerc, 01267 253512, neu philkto@yahoo.co.uk
www.llanpumsaint.org.uk/llanpumsaintcommunitycouncil

Ethol Cynghorwr Cymuned

Ar ddydd Iau 13eg o Dachwedd cynhaliwyd etholiad y cyntaf i'r Cyngor Cymuned ers ugain mlynedd. Etholwyd Mike Poston gyda 147 pleidlais yn erbyn 99 dros Lynne Thomas. Gwnaeth 42% ddefnyddio eu pleidlais.

Cyngor Cymuned Llanpumsaint

Dros y misoedd diwethaf yma bu'r Cyngor yn trafod gor-yrru dry'r pentref. Canlyniad yr arolwg pan osodwyd gwifrau ar lawr rai blynyddoedd yn ôl oedd fel a ganlyn -- aeth 467 o gerbydau dros y cyfyngder 30 milltir yr awr (hynny oedd yn 75%) yn ystod y saith diwrnod dan sylw. Nodwyd i 11 cerbyd gyrraedd cyflymdra rhwng 51 56 milltir yr awr. Mewn cyfarfod rhwng y Cyngorwyr lleol, Irfon Jones, a swyddogion y Cyngor Sir ar y 21ain o Dachwedd penderfynwyd cynnal arolwg. Ystyrir ymestyn yr arwyddion 30 Milltir tua chyfeiriad Caerfyrddin, ychwanegu arwyddion bwydo gwybodaeth i yrwyr drwy'r pentref ac elfen o hunan reoli ar y cyrion. Bydd y cynllun hefyd yn ystyried pa gamau a ellir eu cymerid ar yr heol tua'r Neuadd, y cae chwarae a'r siop. Er mwyn sicrhau'r wybodaeth ddiweddaraf bydd y gwifrau yn cael eu hail osod i asesu'r sefyllfa ar hyn o bryd.

Wedi'r i'r cynlluniau gael eu paratoi a'u trafod yn y Cyngor Cymuned daw cyfle i'r cyhoedd leisio barn ar y mater.

Defnyddio'r ffon pan fod y golau'n mynd mas

Rydym i gyd wedi diodde'r profiad o doriad yn y cyflenwad trydan pan fod y gwasanaeth yn methu. Digwyddodd hynny adeg y storom beth amser yn ôl gyda'r pŵer yn mynd a dod ac yna yn torri am rai oriau. Bellach mae cwmni Western Power wedi cyflwyno gloyun o fagnet gellir ei weld yn y tywyllwch gyda'i rhif ffôn arno - 08006583105 - arno. Mae'n debyg fod angen rhoi gwybod iddynt pan fod yna doriad yn y cyflenwad, oherwydd nad ydynt yn ymwybodol bob tro.

A ellir defnyddio ffon y tŷ pan fod y trydan yn methu? Efallai fod gennych ffon symudol ond beth os yw'r batri'n fflat neu'r derbynnydd yn ddiffygiol? Wel mae yna ffon fechan ar gael sydd yn gallu gweithio ar ychydig o drydan ac mi fyddai'n handi cadw un yn gyfleus gerllaw mewn argyfwng.

Byddai hefyd yn fanteisiol prynu amddiffynnydd ymchwyddo at eich cyfrifiadur ac offer trydanol arall gogyfer ac argyfwng pan fod y pŵer yn methu. Maent yn weddol rad y dyddiau hyn ac yn bendant yn well na gorfod gwario arian ar atgyweirio offer drud.

Clwbgwili 60+ Club Bronwydd

The Club held its Annual General Meeting at the end of September with members rejoining their membership for another year. The Chairman Mr Peter Giles congratulated the Committee and thanked them for their hard work.

The club members have recently been on a Turkey and Tinsel weekend to Torquay. It was a most enjoyable weekend at a beautiful hotel. The food was excellent with entertainment laid on every evening. Thanks must be given to the Club treasurer Mr Glyn Evans for arranging it all and members are already looking forward to next year for another Turkey and Tinsel weekend.

The children from Peniel School came to entertain us at our November meeting. The members thoroughly enjoyed it and hope this can become a regular event.

Plans are now being made for our annual Christmas Dinner which is being held at the Quins Club Carmarthen this year on the 16th December. More details available from the Club Secretary Mrs Val Giles. There will be no club meeting in December.

The Club will start the New Year with a talk by Mr Jeremy John on Monday 26th January at Bronwydd hall at 2pm. He will talk on "A Country House Murder"

Mr Arwyn Thomas will be with us on Monday 23rd February talking on "Rebecca Riots" This will be followed by Cawl etc. celebrating St David's Day. Members are asked to bring their own bowl and spoon.

On behalf of the Committee we wish all the members and readers a Merry Christmas and a Happy New Year. New members are welcome, the Club meets on the fourth Monday of every month. Membership is £5 per year. More details from the Club Secretary Val Giles Tel no 01267 281194

Tips to protect you against Scams

We hear almost daily about people falling for scams, particularly losing money from their account because they have been persuaded to give out information over the phone or by email to scammers. Be aware if anyone phones or emails you wanting your personal information, they are likely to be scammers. Banks and building societies will not do this. Today I received 2 emails from HM Revenue and Customs saying that I have a refund due, and please can I send them details of my bank account! Much as I love to have refunds from HMRC, these are just not genuine, so they were deleted without opening.

Make sure that you have different passwords for different accounts, to make it more difficult for the scammers if your computer does get hacked. And change them regularly.

Also shred or burn envelopes and other documents that you are throwing away that have your address on, customer numbers or other personal information.

With your computer, if you get a call from Microsoft saying there is a problem with your computer – ignore it – they want you to let them take over your computer, so that they can access your data. They may also ask for payment to sort out your non-existing problem!

Here are some handy tips from Santander which may help to prevent you getting scammed and keep your information **SAFER!**

Security details – never give these out in full – your bank will never ask for these in full

Always check that a caller is genuine – hang up, wait until you get a dialing tone, then call a known person, then call your bank's number.

Funds: Never transfer money out of your account when asked to do so on the phone or on line 'for security reasons'

Emails - never reply to these with your personal or security information

Remember – let you bank know when your contact details change

Llanpumsaint Community Council

Phillip Jones, Clerk 01267 253512, or email philkto@yahoo.co.uk. See our new website llanpumsaint.org.uk/community-council to see details of meetings, minutes, and details of Councillors

Election for new Community Councillor

Thursday November 13th saw the first election for at least 20 years for a Community Councillor for Llanpumsaint. Mike Poston was duly elected with 147 votes, against the 99 votes for Lynn Thomas. There was a turnout of 42% which shows how hotly fought this election was – the recent parliamentary election for Rochester had a turnout of 50% - even with all the national coverage for days before that election.

Speeding in the Village

Over the past years the Community Councillors have been consulting with Police and Carmarthenshire County Council about the problems with vehicles speeding through the village. The monitoring sensors put in the village a few years ago showed that approximately 467 vehicles (75%) exceeded the 30mph limit in 7 days, with 11 vehicles monitored at 51 - 56 mph. However, Llanpumsaint is just one of many villages within Carmarthenshire that suffers with speeding along its roads, and there is a limited amount of money available within the County Council for works to be done.

At a meeting on 21st November with the traffic manager from Carmarthenshire County Council, Irfon Jones, the County Councillor and 2 Community Councillors, it was agreed that Carmarthen County Council will arrange an Engineering Study looking at extending the 30mph limit towards Carmarthen, with driver feedback signs along the main road through the village, and self regulating measures at each end of the village. The plan will also consider what measures can be put in place on the road to the hall/shop and playing field to reduce speed, and improve the safety of pedestrians and children in that area..

To ensure that we have up to date figures on traffic through the village, monitoring sensors will again be laid in the village.

When the plan has been drawn up it will be discussed at the Community Council, and after that there will be an opportunity for Llanpumsaint Residents to comment on the plans.

Planning Applications - No New planning Applications in the past 2 months.

Application Number W/29788 Land at Clyttie Cochion, Llanpumsaint – Change of use of an agricultural field to create a campsite. Granted

West Wales Dowsers Society – Future Events

Sunday, January 25th, Tim Walton, ‘Mindfulness’

Sunday, February 22nd, Author and Researcher, Robin Heath, ‘A Guide to Megalithic Monuments in West Wales’.

Sunday, March 22nd, AGM

Dowsing is a useful and interesting practice that 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 on Sunday to find out for yourself? Bronwydd Village Hall, 1.45 pm. Entrance is £4 per person including a welcome cuppa and a biscuit in the break. No equipment is necessary, just bring yourselves. Further Information: Sandy 01267 253547 Ring for details.

Arbed scams

Bob dydd mae rhywun rhywle yn colli arian oherwydd iddynt ddatgelu gwybodaeth bersonol dros y We. Byddwch yn wylidwrus o *fois y scams* yn gofyn am wybodaeth gyfrinachol, cofiwch bob amser nad yw'r banciau na'r cymdeithasau adeiladu byth yn gwneud hyn.

Mae'n fanteisiol cadw gwahanol gyfrineiriau i bob cyfri sydd gennych. Mae hyn yn ei gwneud yn anoddach i *fois y Scams*. Cofiwch hefyd newid eich cyfrineiriau yn aml. Mae'n werth llosgi hen amlenni a dogfenni sydd yn cario gwybodaeth bersonol rhag ofn.

Os daw galwad honedig o Microsoft yn datgan fod yna broblem gyda'ch cyfrifiadur anghofiwch e'! Ei hunig fwriad yw rheoli eich peiriant a gofyn am daliad arian. Lladron!

Rhai argymhellion oddi wrth Santander

Gwybodaeth gyfrinachol - Peidiwch byth rhoi'r rhain allan yn llawn - ni fydd y Banc byth angen yr holl wybodaeth

A yw'r alwad ffôn yn un ddilys? Rhowch y derbynnydd i lawr a ffoniwch rif cywir eich banc.

Arian - Peidiwch ildio i drosglwyddo arian dros y ffon neu ar y We heblaw eich bod yn sicr o'ch pethau.

E-bost - Peidiwch byth datgelu gwybodaeth gyfrinachol mewn ymateb
Cofiwch roi gwybod i'ch banc am unrhyw newid yn eich amgylchiadau.

Cymdeithas Lles ac Adloniant Llanpumsaint

Trosglwyddwyd y swm o £450 i Elusen McMillan sef elw'r achlysur Bore Coffi a Chacen. Diolch i'r cefnogwyr oll ddaeth yno am baned a sgwrs a hefyd i bawb wnaeth gyfrannu cacennau.

Gorymdaith Siôn Corn

Mae'r trefniadau ar droed i groesawi Siôn Corn ar ei Gar Llusg. Yn ôl yr arfer bydd yr orymdaith yn cychwyn o fynedfa Nantyrnys am hanner awr wedi Un, i ddilyn y llwybr arferol o amgylch y pentref cyn dychwelid i Dafarn y Railwe tua thri o'r gloch.

Anogir pobl i wisgo lan ac fel arfer fe fydd yna wobrwyo wedyn.

Yn y dafarn bydd Mic, Nic a Jayne yn cynnig cawl rhad a mins peis i bawb. Bydd yna raffl i ddilyn gyda'r elw ohoni a chynnwys y Botel ar y Bar yn mynd i Ambiwylans Awyr Cymru.

Nos cyn Calan Ymddiriedolwyr Neuadd Goffa Llanpumsaint a Ffynnonhenri

Gwahoddiad i Barti Nos cyn Calan yn y Neuadd Goffa - Tocynnau £5, Plant dan 12oed yn rhad

Dechrau am hanner awr wedi Saith --- gyda Bar trwyddedig

Dewch a rhywbeth i fwyta gyda chi. Gwnewch ymdrech i wisgo lan oherwydd bydd yna wobrau i'r plentyn a'r oedolyn gorau.

Clwb 100 Llanpumsaint - Dyma enillwyr diweddaraf

Mis Tachwedd 1af - £20 Rhif 6 Vivienne Cook
2ail - £10 Rhif 96 Kate Frost
3dd - £5 Rhif 65 Brian Smethurst
3dd - £5 Rhif 5 Geraldine Armes

Gwobrau mawr Nadolig

1af - £100 Rhif 41 John Richards
2ail - £50 Rhif 13 Clwb Bowlio
3dd - £25 Rhif 29 Bryn Jones
3dd - £25 Rhif 46 Sarah Moore
4dd - £15 Rhif 35 Vi Robinson
4dd - £15 Rhif 48 Hedydd Rees
5ed - £10 Rhif 80 Paul a Jo Davies
5ed - £10 Rhif 56 Emma a Lisa Clift
5ed - £10 Rhif 19 Gordon a Barbara Cable
5ed - £10 Rhif 73 Dr. Richard Gard
5ed - £10 Rhif 91 John Atkinson
5ed -- £10 Rhif 57 Neville Griffiths
5ed -- £10 Rhif 47 Peter ac Elizabeth Webb
5ed - £10 Rhif 2 Marjorie Dentry
5ed - £10 Rhif 64 Mathew Jones

Nadolig llawen iawn a Blwyddyn Newydd Dda iachus i bawb!

Os ydych yn fodlon cefnogi cysylltwch gyda naill ai Pam Jones ein Cadeirydd ar 253257, neu'n Ysgrifennydd Derick Lock ar 253524.

Ysgol Llanpumsaint

Llongyfarchiadau i Mrs Meinir Davies ar enedigaeth Efa Fflur, chwaer fach i Anest Mai. Pob hwyl oddi wrth y staff a'r disgyblion.

Cynhaliwyd 'Bore Bacwn' ar Dachwedd 12fed yn yr ysgol. Codwyd £200 i Blant Mewn Angen. Diolch yn fawr iawn am eich cefnogaeth.

Pob lwc i ddisgyblion blwyddyn 4, 5 a 6 a fydd yn cystadlu mewn twrnament pêl droed yr Urdd ar ddydd Mercher, Rhagfyr 3ydd.

Fe fydd Ffair Aeaf yr ysgol yn Neuadd y Pentref ar ddydd Sadwrn, Rhagfyr 6ed, 11y.b. tan 2y.p. Mae'r GRhA wedi bod yn brysur iawn yn paratoi ar gyfer yr achlysur. Croeso cynnes i bawb.

Mi fydd ein cyflwyniad Nadolig yn cael ei gynnal yn ôl yr arfer yn neuadd y pentref ar nos Fwarth, Rhagfyr 9fed. Mae'r disgyblion yn brysur yn paratoi ac yn edrych ymlaen i berfformio

Fel y gwyddoch erbyn hyn, mae Mr Aled Davies, ein Pennaeth, yn ein gadael ar ddiwedd y tymor i ddechrau ei swydd newydd fel Pennaeth Ysgol Llangynnwr. Diolch yn fawr iddo am ei waith caled a'i ymroddiad dros y blynyddoedd diwethaf. Fe fydd pawb yn gweld ei eisiau, yn cynnwys y disgyblion, rhieni, ffrindiau'r ysgol, ac o bosib, y staff!!! Pob lwc i chi Mr Davies ym mis Ionawr.

Clwb Cerdded Llanpumsaint Walkers Club

Three good walks for the winter months – the first one will be on Saturday 6th December in Llansteffan, starting at 11.00am. Meet in the carpark by the beach, and bring a picnic – we will stop for a break along the route.

Our first walk in 2015 will be on Saturday 3rd January, starting from the Railway Pub at 10.00am, walking to Esgair and returning via Ffynnonhenri. We will finish at the Railway for refreshments and our AGM.

On Saturday 7th February, we will be doing a circular walk in Bronwydd, starting from Bronwydd Hall carpark at 10.30, walking up the river, crossing over the Railway, then up towards Golf Club, and the carpark, and then Hollybrook for refreshments.

Please let me know if you will be coming on these walks, Carolyn Smethurst 253308

We are a very social group of walkers – come and join us on one of these walks. For more information contact Carolyn on 01267253308, info@gwilimill.co.uk

Llanpumsaint & Nebo Short Mat Bowling Club

After a delayed start to our league season, due to our first three matches being postponed by our opponents, we are in second place in the First Division. Having played six games so far, we have won four, drawn one and lost one.

Our most recent home match was a friendly against our neighbours Bronwydd in the first leg for the annual Roy Bowen Memorial Trophy, which resulted in an exciting 4 – 4 draw. The second leg will be played in Bronwydd later in the season.

Finally, we are very pleased to welcome three new Junior members to the club, Rosalin Day, Daniel Swift, and Catrin Williams.

For further information, please contact the Secretary Derick Lock on 01267 253524.

We are a friendly bunch and any new recruit will receive a warm welcome.

Ffynnonhenri Chapel

Details of services for the month of December 2014 and the months of January & February 2015.

December 7 2014	Nine Lessons and Carols at 2.00 p.m.	Tea to follow
January 11 2015	Communion at 2.00p.m.	Rev. Roger Thomas
January 18 2015	Service at 2.00p.m.	Mr Arwyn Pearce
February 8 2015	Communion at 2.00p.m.	Further details to follow
February 22 2015	Service at 2.00p.m.	Mr Gwyn Elfyn (Densil, Pobl y Cwm)

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

Caersalem Baptist Chapel Llanpumsaint

“We proclaim Jesus Christ as Saviour and Lord

Sunday 10.00am Adult Sunday School (Welsh)

2.00pm Preaching Service (Welsh) Last Sunday each month – English Service

Tuesday 1.00pm Bilingual Bible Study at sister Church Penuel Carmarthen

Thursday 2.00pm Prayer Meeting

Contact Mrs Eleri Morris (Secretary) 01267 253895

Nebo - For more information, please contact Mrs Meinir Jones 253532

Llanpumsaint Church

Christmas Carol Service Sunday 14th December at 6pm

Midnight Mass Christmas Eve Wed 24th Dec 11.30pm

Family Communion Christmas Day Thurs 25th Dec

Other services will be shown on the notice board at the church.

Llanpumsaint Sunday school meets on Sundays at 11am in the Memorial Hall. St

Celynin Sunday Club meets in St Celynin vestry at 10am in term time.

Morning prayer will be said in Llanpumsaint Vicarage at 9.30am on Monday, Wednesday and Friday morning. All are welcome to join your Parish Priest at this short service.

A Message from Your Parish Priest

Ruth and I would like to thank all those who sent messages of condolence and sympathy on the passing of Ruth's mother on 31st October. We do grieve but not as those who have no hope. She was a strong believer in the Lord, and because God is faithful to His word, we know she is now at home in Heaven with her Saviour.

At Christmas we recall God's faithfulness and love in sending His only Son Jesus to be born for us. This is cause for great celebration because it shows that on our little planet, God loved us enough to come to us in human flesh, to die for our sins and to be raised from the dead to show God is real. We are no accident. Each one of us was loved by God even before we were born. This message of God's reality and love for us is what we celebrate at Christmas. Christmas is a good time to invite people who don't normally come to church to come to any of our churches to hear the Good news of God's saving love in Christ Jesus. I wish you all a blessed Christmas. God bless you.

Peter

Railway Steak Nights

Mike Jayne and Nick will be hosting Steak Nights for 2 every Wednesday – 2x10oz Celtic Pride rump steaks with homemade chips and salad garnish plus a bottle of house wine for £25 per couple – please phone Railway on 01267 253643 to book.

Foot Care Clinic

Our regular chiropodist, Gary Robinson, trading as 'Head to Toes' will still be visiting Llanpumsaint as before. Any new client should contact Gary any weekday evening between 6 – 8pm on 077893444488, as should any existing client who wishes to speak to him

The next clinic will be on Thursday 18th December in the Memorial Hall at 1.00pm, then 29th January, and 12th March.

Clwb Gwili 60+Bronwydd

Cynhaliwyd ein cyfarfod blynyddol ym mis Medi gyda phawb yn ail ymuno am flwyddyn arall. Diolchodd y Cadeirydd Peter Giles i aelodau'r pwyllgor gan eu llongyfarch am eu gwaith da.

Bu'r Clwb ar wibdaith i Torquay am benwythnos Twrci a Thinsel i fwynhau gwesty moethus a bwyd blasus a thipyn o ddifyrrwch i'r fargen. Rhaid diolch yn fawr i'n Trysorydd Glyn Ifans am yr holl drefniadau, ac mae'r aelodau yn barod yn edrych ymlaen at achlysur tebyg y flwyddyn nesaf.

Daeth plant Ysgol Peniel i'n diddori i gyfarfod mis Tachwedd. Cafwyd mwynhad mawr a gobeithir y gall hyn fod yn achlysur blynyddol.

Mae trefniadau ar droed am ein Cinio Nadolig fydd eleni'n cael ei gynnal yng Nghlwb y Cwins Caerfyrddin ar yr 16eg o Ragfyr. Ceir mwy o wybodaeth oddi wrth ein Hysgrifenyddes Val Giles. Nodwch na fydd yna gyfarfod o'r Clwb ym Mis Rhagfyr.

Byddwn yn cychwyn y flwyddyn newydd gyda darlith gan Jeremy John ar y 26ain o Ionawr yn y Neuadd am 2 o'r gloch. Ei destun fydd "A Country House Murder".

Bydd Arwyn Thomas gyda ni ar Ddydd Llun y 23ain o Chwefror yn siarad am Derfysg Becca. Dilynrir hyn gan ein Cawl arferol i ddathlu Dydd Gŵyl Dewi. Felly dowch a'ch basin a'ch llwy gyda'ch chil!

Ar ran y Pwyllgor hoffwn ddyuno Nadolig Llawen iawn a Blwyddyn Newydd Dda i'n holl aelodau a'r darllenwyr.

Mae pob croeso i aelodau newydd, rydym yn cyfarfod ar y pedwerydd dydd Llun bob mis. Mae aelodaeth yn £5 y flwyddyn. Am fwy o wybodaeth cysylltwch ag ysgrifennydd y clwb Val Giles a 01267 281194

Eglwys Llanpumsaint

Gwasanaeth Carolau gydag Ysgol Llanpumsaint ar ddydd Sul y 14eg o Ragfyr am 6yh 'midnight mass' Noswyl Nadolig nos Fercher 24ain o Ragfyr am 11.30 yh

Cymun Teuluol Dydd Nadolig Iau'r 25ain o Ragfyr

Bydd gwasanaethau eraill wedi'i arddangos ar hysbysfwrdd yn yr eglwys

Mae Ysgol Sul Llanpumsaint yn cyfarfod am 11 yb ar ddydd Sul yn y Neuadd Goffa. Mae Clwb Sul San Celynin yn cwrdd yn festri San Celynin am 10 yb adeg tymor ysgol.

Neges wrth y Ficer

Hoffwn i a Ruth ddiolch i bawb wnaeth gydymdeimlo a ni ar achlysur marwolaeth Mam Ruth ar y 31ain o Hydref. Rydym yn galari ond fel rhywun heb obaith. Yr oedd hi'n credu'n gryf yn Nuw ac oherwydd hynny fod Duw yn cadw at ei air gwyddom ei bod hi bellach yn y Nefoedd. Adeg y Nadolig cofiwn i Dduw anfon ei unig anedig i'n hachub. Felly gwirfoddolwn fod Duw wedi dewis presenoli ei hun a'n hachub o'n pechodau a marw drosom. Nid damwain fu hyn oherwydd yr oedd Duw yn ein caru cyn i ni gael ein geni. Felly dyma wirionedd mawr y Neges Nadolig. Mae'r Nadolig hefyd yn gyfle gwych i wahodd i'n heglwysi'r rhai hynny nad ydynt yn addolwyr cyson er mwyn iddynt glywed y neges. Neges cariad Duw drwy gariad Iesu Grist. Bendith i chi'r Nadolig hwn. Bendith! - Peter.

Mae manylion unrhyw wasanaethau arall ar hybysfwrdd yr eglwys.

www.llanpumsaintparish.org , 01267 253205 neu E-bost:- vicar@llanpumsaintparish.org

Capel Nebo

Am fwy o wybodaeth cysylltwch efo Mrs Meinir Jones 253532

Capel y Bedyddwyr Caersalem, Llanpumsaint

“Cyhoeddwn Iesu Grist yn Waredwr ac yn Arglwydd”

Dydd Sul: 10.00am Ysgol Sul I Oedolion (Cymraeg)
2.00pm Oedfa Bregethu (Cymraeg) Sul ofa'r mis - Oedfa Saesneg
Dydd Mawrth 1.00pm Dosbarth Beiblaidd Dwyieithog yn ein chwaer Eglwys Penuel
Dydd Iau 2.00pm Cwrdd Gweddi
Rhifau Cyswllt Mrs Eleri Morris 01267 253895

Capel Ffynnonhenri

Dyma fanylion y gwasanaethau am fis Rhagfyr 2014 a misoedd Ionawr a Chwefror 2015.

Rhagfyr 7 2014	Naw Llith a Charol am 2.00 o'r gloch	Te i ddilyn.
Ionawr 11 2015	Cymundeb am 2.00 y prynhawn	Parch Roger Thomas
Ionawr 18 2015	Gwasanaeth am 2.00 y prynhawn	Mr. Arwyn Pearce
Chwefror 8 2015	Cymundeb am 2.00 y prynhawn	Manylion i ddilyn
Chwefror 22 2015	Gwasanaeth am 2.00 y prynhaqwn	Mr. Gwyn Elfyn. (Densil, Pobl y Cwm)

Os am rhagor o fanylion cysylltwch a Danny Davies (Trysorydd) 01267 253418 neu Gwyn Nicholas (Ysgrifennydd) 01267 253686

Heddlu

Âr tywydd oer wedi'n cyrraedd, dyma neges i'ch atgoffa am sicrhau fod eich olew'n ddiogel. Gwiriwch lefelau'r olew'n gyson, ceisiwch guddio'r tanc a'i gwneud hi'n anoddach cael mynediad, a siaradwch â'ch cyflenwr ynglŷn â derbyn cyflenwadau bach ac aml.

Wrth i'r nosweithiau dywyllu'n gynt, mae angen imi'ch atgoffa ynglŷn â bod yn amlwg pan fyddwch allan yn cerdded o gwmpas y pentref, ac os fyddwch chi'n teithio ymhellach, sicrhewch eich bod chi a'ch cerbyd yn barod ar gyfer tywydd drwg.

Rydyn ni'n ymwybodol o broblemau goryrru yn y pentref, a byddwn ni'n cynnal gwiriadau ar hap pan fo galwadau ac ymrwymadau'n caniatáu.

Os oes gennych unrhyw bryderon, anfonwch e-bost ataf ar mar-tin.dickenson@dyfed-powys.pnn.police.uk

Swyddog Cymorth Cymunedol / Police Community Support

Heddlu Dyfed Powys Police/Gorsaf Yr Heddlu / Carmarthen Police Station
101/Ex 25344 / 25343

Police news

With the cold weather making its long awaited appearance a quick reminder regarding the secure storage of your winter fuel. Keep regular checks on the levels, try to hide the tank and make it difficult to access and only order smaller amounts of fuel if you are unlucky enough to be a victim of fuel a fuel theft.

As the evenings are again getting dark earlier I need to remind you about the use of hi-viz when out walking in the village, and if travelling further afield ensure that you and your vehicle are well prepared in the event of bad weather.

We are aware of the issues of speeding in the village and will again be conducting ad hoc checks when calls and commitments allow.

If you have any concerns please email me on martin.dickenson@dyfed-powys.pnn.police.uk

Swyddog Cymorth Cymunedol / Police Community Support

Heddlu Dyfed Powys Police, Gorsaf Yr Heddlu / Carmarthen Police Station

101 Ex 25344 / 25343

Is your car ready for winter?

MID and West Wales Fire and Rescue Service is urging motorists to check out their top 10 driving tips to make sure people stay safe on Carmarthenshire's roads this winter:

Always carry a survival pack in the car, including food, water and a blanket. This should include extra warm clothes.

Ensure your phone battery is fully charged and you have an in-car charger.

Put a shovel in your boot – in case you need to dig yourself out of trouble.

Consider fitting winter tyres, or ensure your tyres have no less than 3mm tread.

Check your battery. Batteries have to work extra hard in the cold and are more likely to fail.

Make sure your windscreen washer fluid is topped up with the correct concentration of screen wash. Windscreens get particularly dirty in the winter months and screen wash will help prevent the liquid from freezing.

Check your coolant and ensure an adequate level of antifreeze. This protects your engine against low temperatures.

Service your air-con system. An effective air-con system will demist windscreens quicker and aid visibility.

Adjust your driving style to the conditions – be sensible in the rain, snow and ice.

Above all, in bad weather conditions, consider whether your journey is really necessary.

The value of Place Names

Trying to interpret the meaning of place names is very often a difficult and complex study. Nevertheless it can often prove to be vital to understanding and untangling our past history. On a local level it can deepen our knowledge and enhance our understanding of what happened long ago. There are contradictions, misconceptions and the unexplainable, but one must always persevere. That's part of the challenge!

A word of advice to those newcomers in our midst, never cast aside an old Welsh place name in favour of the simple or easily pronounced, for you may be burying vital historical evidence. So many clues can be lost in this way, echoes which went back way before written evidence existed or survived. Place names can be a rare link to what went on centuries ago. The Ogham Stone at the front of Llanpumsaint churchyard remains our earliest visible connection to the arrival of Christianity in the area. The inscriptions are in Latin and Ogham, the later being an ancient Irish script taking us back to the 5th and 6th centuries. Here lies the proof that the Irish had settled in this part of West Wales at that time. This fact can be confirmed by the evidence of place names. Midway between Bronwydd and Llanpumsaint the road for Nebo turns off left, and the old name for this junction was Cnwc-y-pistyll. At the other end of the parish there used to be a dwelling in the Ffynnonhenri area called Pencnwc, and there is still a farm in Abergwili parish also named Pencnwc. Cnwc comes from the Irish word Cnoc which means a hillock, (how many of you have flown to Knock airport in Ireland?) So cnwcpistyll means the water spout on the hillock, still an apt description for that road junction. Similarly Pencnwc means the head or apex of the hillock.

Back now to the 8th century when Prince Caredig conquered a large piece of Wales which still bears his name –Ceredigion. Then in 730 his followers extended their conquest much further south as far as the river Tywi. Princes and armies came and went over the centuries as tales of the conflicts melted into oblivion, but place names stayed to divulge vital clues. Alltgaredig (Caredig's wood) Farm in Llanpumsaint. Glyncaredig (Caredig's dingle) Farm in Rhydargaeau and even the village of Nantgaredig (Caredig's stream) way down by the Tywi, all bear witness that once upon a time they belonged to Prince Caredig. So the Irish and the Cardis have been to Llanpumsaint before!
Arwyn Thomas

Request for Information

Have you had a satisfactory installation of solar panels recently?

If so, could you share the name of the installer so that we can call for a quote please. Thanks in anticipation. Vi and Dave – 253993

Clwb Bowlio Llanpumsaint a Nebo

Er i'r tymor fod yn hwyr yn dechrau oherwydd anallu tri o'n gwrthwynebwyd rydym yn dal yn y trydydd safle yn y gynghrair. O'r chwe gem chwaraewyd enillom bedair, colli un a'r llall yn gyfartal. Bu ein gem ddiweddaraf yn erbyn Bronwydd, y cymal cyntaf o ddwy gêm am Dlws Coffa Roy Bowen a chanlyniad cyffroes o 4-4. Chwaraeir yr ail gymal yn nes ymlaen i lawr ym Mronwydd. Bu'n bleser mawr croesawu tri aelod newydd i'r Ieuentid, sef Rosalin Day, Daniel Swift a Catrin Williams.

A yw eich car chi'n barod ar gyfer y gaeaf?

Cymerwch olwg ar ein deg o gynghorion gorau ar yrru, i sicrhau eich bod yn aros yn ddiogel ar ffyrdd Sir Gaerfyrddin y gaeaf hwn:

- Cadwch becyn goroesi yn y car, yn cynnwys bwyd, dŵr a blanced. Dylai gynnwys dillad cynnes iawn.
- Gofalwch fod batri eich ffôn symudol yn llawn a bod gennych wefrydd ar gyfer y car.
- Rhowch raw ym môt y car - rhag ofn bydd angen i chi rofio eich ffordd allan o drafferthion.
- Ystyriwch osod teiars arbennig ar gyfer y gaeaf, neu sicrhewch fod gafael o nid llai na 3mm ar eich teiars.
- Gwiriwch eich batri. Mae batris yn gorfod gweithio'n galetach yn y tywydd oer ac maent yn fwy tebygol o fethu.
- Gofalwch fod eich cynhwysydd hylif golchi sgrin wynt yn llawn o'r crynodiad cywir o hylif golchi sgrin wynt. Mae sgriniau gwynt yn trochi'n hawdd yn ystod misoedd y gaeaf a bydd hylif golchi sgrin wynt yn rhwystro'r hylif rhag rhewi.
- Gwiriwch eich oerydd a gofalwch fod gennych lefel ddigonol o wrthrewydd. Mae hyn yn diogelu eich motor rhag tymereddau isel.
- Mynnwch serfis ar gyfer eich system aerdymheru. Bydd system aerdymheru effeithiol yn dadanweddu sgriniau gwynt yn gyflymach ac yn eich helpu chi i weld allan.
- Addaswch eich arddull gyrru at yr amodau – byddwch yn synhwyrol yn y glaw, yr eira a'r rhew.
- Yn fwy na dim, os yw amodau'r tywydd yn wael, ystyriwch p'un ai bod eich siwrnai'n gwbl angenrheidiol.

Arwyddocâd Enwau Lleoedd

Dyma faes hynod o gymhleth ac weithiau'n eithaf anodd ei faestrol, ond eto i gyd gall fod yn allweddol i ddeall ein cefndir hanesyddol. Ar lefel lleol gall ddyfnhau ein gwybodaeth, ein dealltwriaeth a'n dehongliad o'r gorffennol. Weithiau daw dyn yn erbyn wal a'r wal yn ennill ond er hynny mae'n ddyletswydd i wynebu'r her.

Neges bwysig hefyd i newydd ddyfodiad i'r ardal - ddylech chi byth luchio hen enw Cymreig o'r neilltu am ryw enw bach twt Seisnig, haws ei ynganu. O wneud hynny byddwch yn euog o lofruddio hanes a diwylliant. Mae rhai o'r hen enwau yma yn ymestyn yn ôl ymhell cyn unrhyw dystiolaeth ysgrifenedig. Maent wedi goroesa i gynnal ein hunig gyswllt a digwyddiadau sydd wedi hen ddiplannu. Ym mynwent Eglwys Llanpumsaint yr hen Garreg Ogham yw ein cysylltiad cynharaf a Christionogaeth a'r Saint, ac mae'r ysgrifen arni mewn Lladin ac Ogham (sef ffurf o ysgrifenni ddatblygwyd gan y Gwyddelod). Dyma brawf pwysig eu bod wedi poblogi y rhan yma o Orllewin Cymru yn ystod y 5ed a'r 6ed ganrif. Ond mae ein henwau lleoedd yn cynnig prawf ychwanegol a chadarnhad o hyn. Daw'r gair Cnwc o'r Wyddeleg Cnoc ac ystyr y ddau yw bryn. Erbyn heddiw mae nifer yn cyfeirio at y gyffordd yr heol am Nebo fel Sgwâr Bethoron ond yr hen enw pan oeddem yn blant oedd Sgwâr Cnwcpistll. Mae'r pistyll wedi hen fynd ond erys y cnwc i'n hatgoffa bod y Gwyddelod wedi trigo yma ganrifoedd yn ôl. Bu yna Bencnwc tua Ffynnonhenri ac mae yna Fferm Pencnwc ym mhlwyf Abergwili, i gyd yn tystio i bresenoldeb y Gwyddelod yna ganrifoedd yn ôl.

Gwyddoch fod yna dywysog wedi goresgyn a rhoi ei enw i Geredigion nol yn yr wythfed ganrif. Ond mi orchfygodd Caredig a'i ddilynwyr diroedd dipyn ymhellach i'r de tua 730 o.c.. Mynd a dod gwnaeth byddinoedd a thywysogion dros y canrifoedd wedyn ond aros gwnaeth yr enwau. Felly gwyddom fod Fferm Alltgaredig yn Llanpumsaint, Glyncaredig yn Rhydargaeau a phentref Nantgaredig yn nyffryn Tywi, i gyd wedi bod dan ddylanwad y tywysog hwn. Felly fe fuodd y Gwyddelod a'r Cardis obiti'r lle ma' sbel fowr 'noll!
Arwyn Thomas 2014

Railway New Year's Eve

4 course a la carte meal £29.95 Book early to avoid disappointment 253643

Sustainable Llanpumsaint - Almost on the anniversary of last year's Annual General Meeting, just under half a dozen supporters of sustainable living met in the Memorial Hall to review, recite and remind; review what had happened since the last meeting, recite what was happening at the Allotments and to be reminded that there is still a need for a sustainable community. Also present at this year's AGM was Louise Cartwright who works with the Federation of City Farms and Community Gardens who came along to facilitate a discussion about what was going well and what could be done better. All agreed that more work needs to be done at the Allotments but gathering a workforce is difficult because everybody's diaries are full with work and family commitments. Bob Conyard who is Treasurer of the Allotments Association will circulate a selection of dates to the growers and anyone who has an interest in sustainable issues, in order to organise a work party to tidy up after a year's growing and in readiness for a new spring. If there are others within the community that would like to have some involvement with the allotments, please contact Bob Conyard (01267 253119) or Philip Jones (01267 253512)

Llanpumsaint School

Congratulations to Mrs Meinir Davies on the birth of Efa Fflur, a sister to Anest Mai. Best wishes from staff and pupils.


On November 12th the school held a "Bacon Butty Morning" and raised a fantastic £200 for Children in Need. Thank you for your support.

Good luck to pupils in Years 4, 5 and 6 who will be competing in the Urdd football tournament on Wednesday 3rd of December.

The school's Winter Fayre will be held at the Village Hall on Saturday, December the 6th between 11a.m. and 2p.m. The PTA have been very busy preparing and organising the event. A warm welcome to all.

Our Christmas Presentation is again in the village hall on Tuesday, December 9th at 6.30p.m. The children are busy rehearsing and are looking forward to perform. As you all know by now, Mr Aled Davies, our headteacher, is leaving at the end of term to begin his new post as headteacher of Llangunnor School in January. The school would like to thank him for all his hard work and commitment over the last few years. He will be missed by pupils, parents, friends of the school and possibly the staff!!!! Good luck Mr Davies.

<p align="center">PALU 'MLAEN FORWARD DIGGING Plant & Agricultural Contractor 3 tonne- 14 tonne Diggers, Site clearing, Landscaping, Steel sheds, Concrete work, Fencing, Hedge cutting and Much more! Just Ask. Mathew Jones, Mobile 07970030679 Waun Wern, Llanpumsaint, Carmarthen, SA33 6LB</p>	<p align="center">Hollybrook Country Inn Bronwydd 4* accommodation Pub and Restaurant Christmas Menus now Available Tel 01267 233521</p>
<p align="center">Siop Penbontbren Stores General Stores, Hair & Beauty Salon Fish and Chips Fridays Mon – Thurs & Sat 8am – 6pm Friday 8am – 8pm Sunday 9am – 1pm Tel: (01267) 253732</p>	<p align="center">Eifion Williams Builder General building Plastering, Patios etc 5 Parc Celynin Llanpumsaint 01267 253523 07973842681</p>
<p align="center">Fferm-y-Felin Farm Guest House and Self Catering Cottages Enjoy a relaxing break at this beautiful guest house or in one of our stone cottages 01267 253498 www.ffermyfelin.com</p>	<p align="center">Cambrian Chimney Liners <i>Telephone: (m) 07961045937 (h) 01267 253712</i> <i>e-mail: info@CambrianChimneyLiners.co.uk</i> www.CambrianChimneyLiners.co.uk</p>
<p align="center">Siop Penbontbren Stores Steve and Roz send everyone their best wishes for Christmas and the New Year. Thank you all for your custom over the past year</p>	<p align="center">D.A. Evans Plumbing and Heating Central heating, Boiler servicing, Bath- rooms Installations and repairs Gwarcoed Rhos Llandysul SA44 5EQ 01559 370997 07966 592183</p>
<p align="center">Railway Inn Llanpumsaint The Home of Quality Foods Christmas Menus now available Fine Ales and Wine Tel: 01267 253643 Mike Jayne and Nick</p>	<p align="center">Multi Heat Boiler Care Servicing & Maintenance of Oil Boilers and Cookers Ground & Air Source Heat Pumps Solar Thermal Panels Unvented Cylinders 01559 370997 07966592183</p>

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<p>Gwili Mill Llanpumsaint Luxury 5* self catering Sleeps up to 15 Ideal for family and friends for celebrations, get-togethers and family holidays www.gwilimill.co.uk 01267 253308</p>	 <p>Cleddau Buildings Station Rd St Clears Carmarthenshire SA33 4DQ E-mail admin@cleddauinsurance.com</p> <p>Moduron/ Motor , Cartrefi/House, Ffermydd/ Farm Teithio/Travel, Ac llawer rhagor/Much more</p> <p>NEW LEARNER DRIVER from as little £85 a month **NEW** HOLIDAY LETS / BED & BREAKFAST</p> <p>Call 01994 231548 today and ask for Dafydd Saer Cleddau Insurance services is a trading name of Cleddau Insurance Services Ltd and is authorised and regulated by the Financial Conduct Authority</p>

For Sale

ERDE 142 small tipper trailer. Good condition, good tyres. Comes with cover. Ideal for camping trips, Garden rubbish or general use. Contact: 01267 253725

For Sale

1995 C220 Mercedes and 1994 Ford 2.7 Maverick 4x4 for sale (Maverick MOT till January) Winter ready – it's on it's way. Must go soon. Please phone 253993 for full details.

For sale – 6 Rotary slide carousels, each holds 120 35mm slides, suitable for Hanimex Slide Projector, £5 the lot! Please phone 253308

To advertise here contact Carolyn 01267 253308 or email info@llanpumsaint.org.uk. Domestic sales and wants free. Business adverts £5 per issue. 6 adverts and webpage £50 per annum. A5 flyer distributed with Village Voice £10 per issue.

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