

Llais y Llan Ebrill 2015

Copi dyddiad ar gyfer rhifyn nesaf – 25 Mai 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 o Medi

Ebrill 7 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa

Ebrill 11 Dydd Sadwrn 11.30 Cerdded Tyddewi a Solva

Ebrill 15 Dydd Mercher 12.30 Clwb Cinio Tafarn y Rheilffordd Ffôn 253643

Ebrill 16 Nos Iau 7.30 Côr Llanpumsaint Eglwys Christ Caerfyrddin

Ebrill 17 Nos Wener Cyngerdd Clwb 60+ Neuadd Bronwydd

Ebrill 20 Nos Lun Merchedd y Wawr - Noson a arddangos Gemwaith gan Catrin Evans Thomas

Ebrill 22 Nos Fercher 7.30 Sioe Ffasiwn Neuadd Goffa

Ebrill 23 Nos Iau 8.00 Cwis a Chyri £5.00 y pen, Tafarn y Rheilffordd

Ebrill 26 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru, Neuadd Bronwydd

Ebrill 26 Nos Sul 8.00 Cwis Tafarn Nantcelynen Bronwydd

Ebrill 30 Nos Iau 8.00 CCB Cymdeithas Les Llanpumsaint Memorial Hall

Mai 3 Dydd Sul Dydd Rhyngwladol y Dewinwyr – Gerddi Botaneg

Mai 5 Nos Fawrth 8.00 CCB Cyngor Bro Llanpumsaint Neuadd Goffa

Mai 6 Dydd Mercher 4.30 – 5.30 Llawdriniaeth yr Heddlu y tu allan i'r siop

Mai 9 Dydd Sadwrn 11.00 Cerdedd Gwarchodfa Natur Dinas yr RSPB

Mai 9 Dydd Sadwrn 4.00 Diwrnod o hwyl a sbri! Cae chwarae ac Neuadd Goffa

Mai 13 Dydd Mercher 12.30 Clwb Cinio Tafarn y Rheilffordd Ffôn 253643

May 16 Nos Sadwrn Noson Gaws a Gwin Cylch Meithrin Neuadd Bronwydd

Mai 21 Nos Iau 8.00 Cwis a Chyri £5.00 y pen, Tafarn y Rheilffordd

Mai 24 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Bronwydd

Mai 30 Nos Sul 8.00 Cwis Tafarn Nantcelynen Bronwydd

Mehefin 2 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa

Mehefin 5 Dydd Gwener 11.00 Cerdded Gerddi Botaneg

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

Mehefin 14 Dydd Sul Cymdeuthas Dewinwyr Gorllewin Cymru Cenarth

Mehefin 18 Nos Iau 8.00 Cwis a Chyri £5.00 y pen, Tafarn y Rheilffordd

Mehefin 21 Dydd Sul 11.00 Cerdded Llanpumsaint

Mehefin 28 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Bronwydd

Mehefin 28 Nos Sul 8.00 Cwis Tafarn Nantcelynen Bronwydd

*Neuadd Goffa Llanpumsaint a Ffynnonbenri
I logi'r Neuadd Goffa, ffonwch Arwel Nicholas ar 01267 281365*

Clwb Cant Llanpumsaint

Daeth yr amser i ail ymaelodi a dosbarthwyd nodyn atgoffa i gyn-aelodau. Gellir gwneud hynny drwy gysylltu â'r Trysorydd Derik Lock, y gost yw £12 y flwyddyn. Defnyddir yr elw i gyd i gynnal offer y cae a'r lle chwarae. Y llynedd prynwyd siglen breseb.

Cyhoeddir rhestr yr enillwyr bob mis yn Llais Y Llan, Siop Penbontbren, hysbysfwrdd y Neuadd a hysbysfwrdd safle bws gyferbyn a'r Railwe.

Noson gyda'r Swing Boyz

Wedi darllen yr adroddiadau clodwiw am y bwyd da a'r gerddoriaeth fyw'r llynedd, aethom draw i'r Neuadd Goffa yn llawn hyder ar yr 28ain o Chwefror. Wrth gyrraedd gwelsom fod y lle eisoes yn llawn a phawb yn mwynhau clonc yn sŵn y gerddoriaeth gefndirol. Gyda'r bordydd wedi eu gosod a'u harddun a chennin Pedr a chlustiau wyn bach daeth aroglau addawol o'r gegin, felly popeth yn eu lle am noson gofiadwy.

Eisteddom i lawr i fwynhau ein diod gan sylwi fod nifer fawr o bobl wedi gwisgo yn arddull cyfnod y "Swing" ac aelodau'r band yn eu siwtiau a'u hetiau o'r cyfnod. Aeth y Band ati i chwarae nifer o hen ffefrynau, cyn ein hamser ni, ond eto i gyd roeddem yn gyfarwydd â nhw. Mewn noson o'r fath hon mae llawer yn swil i ddechrau dawnsio ond nid heno. Lan a nhw a mas i'r lawr i symud yn hyderus a medrus. Buom yn eu gwyllo'n genfigennus ond heb yr hyder i ymuno a hwy. Ambell waith fe awn mas i symud ychydig ond heno ni allem gystadlu a'r safon yma.

Ar ôl rhyw awr o adloniant dyma'r gegin yn agor yr agoriad i weini'r wledd, a dyna beth oedd amrywiaeth o fwyd cartref. Cawsom lobscows blasus gyda chyflenwad o fara i lanhau'r plât, a digon ohono hefyd. Prin oedd y lle i bwdin ond ni allem wrthod y darten fale a chyrens du a chwstard. Yn ystod yr egwyl fe'm diddorwyd gan gitarydd hynod o ddawnus, ac yna roeddem yn barod am yr ail hanner. Bu yna ryw broblem fechan gyda'r sain ond mewn dim ffwrdd a hi yn sŵn y gerddoriaeth odidog. Er bod pawb ar y llawr a gwir angen symud arnom ninnau ar ôl yr holl fwyta, aros ar ein heistedd gwnaethom ni, rhag ofn i ni fod yn destun sbort.

Chwaraeodd y Band hyd unarddeg o'r gloch gyda'r dawnsywyr yn dal ati'n ddi-baid. O ble maen nhw'n cael yr holl egni? Ond ar y ffordd adre a neb yn ein gweld mi drïo ni ychydig gamau wrth ganu "Autumn Leaves".

Braf oedd clywed wedyn fod y noson wedi gwneud tipyn o elw a hwnnw yn mynd at elusen cancr ymledol. Bu'n noson hwylus dros ben. Ar wahân i'r Band rhaid diolch i bawb wnaeth gyfrannu at y llwyddiant, gan gynnwys y trefnwyr, y cogyddion a phawb arall fu wrth gefn. Edrychwn ymlaen at achlysur blwyddyn nesaf.

Yn rhodd i Ymchwil Canser y Prostad - canlyniad da!

Clwb Cerdded Llanpumsaint

Ebrill yr 11eg yw dyddiad y daith nesaf pan fyddwn yn canlyn llwybr yr arfordir o Dyddewi drwy Borthclais a Chapel Santes Non i Solfach. Yn y maes parcio yno yn Solfach byddwn yn gadael ein ceir, a gan ei fod 44milltir i ffwrdd bydd angen mwy nag awr arnoch. Mi fydd yna dal! Bwriadwn ddal y bws lleol i Dyddewi am 11.30 y b, ac yna cerdded y bum milltir yn ôl i'r ceir. Dewch a phegyn bwyd i fwynhau picnic naill a'i gyda'r Santes Non neu borthladd hanesyddol Porthclais. Ym mis Mai ar Sadwrn y 9fed byddwn yn ail gerdded Gwarchodfa Natur Dinas yr RSPB yn Rhandirmwyn Drwy goedwig dderw i'r afon Tywi wyllt, cylchynu'r mynydd ac ymweld ag ogof Twm Siôn Catti ar ôl cychwyn am 11 yb. Lleolir y warchodfa fendigedig yma yng nghanolbarth Cymru ger ystrad ffin. Mae'n daith gylch anodd a serth ar brydiau ond yn werth ei gwneud bob cam. Yn y goedwig dderw ar gychwyn haf gellir gweld cannoedd o wybodeg frith a brych, telor y coed, telor yr helyg, y penddu, i enwi ond ychydig. Efallai byddwn yn ffodus o weld y wledd o glychau'r coed fel y digwyddodd y llynedd.

Wedi ciniawa yn y Royal Oak yn Rhandirmwyn byddwn yn esgyn i'r mynydd Grisial i'r hen weithfeydd mwyn. Y llynedd daeth nifer o'n grŵp o hyd i ddarnau crisial hynod o dlws. Gan i'r coed ar y rhan uchaf gael eu cwmpo mae yna olygfa agored hyd Fannau Brycheiniog ar y diwrnod iawn. Y man cyfarfod yw Gwarchodfa Dinas - Cyf Grid Sn 781466 neu ffoniwch Carolyn i drefni rannu car. Os am ginio yn y Royal Oak bydd angen bwcio -- mae'r bwyd yn fendigedig! Dwy daith fer sydd gennym ym Mehefin. Yn y cyntaf cawn ein harwain o amgylch rhan o Ystâd 568 erw Middleton, sef lleoliad y Gerddi Botaneg Genedlaethol. Telir y gost mynediad arferol o £9.75 ond cewch fynd i mewn am ddim os brynwch Docyn Cinio am £10. Cychwyn yno am 11 o'r gloch y bore, byddwn yn cerdded am ddwy filltir.

Ar Ddydd Canol Haf, sef y Sul 21ain o Fehefin, gyda chaniataid caredig y tiffeddianwyr, dilynwn ein taith arferol at Byllau'r Saint. Maint i fynnu'r cwm cul felly gwisgwch dan draed yn addas at gerdded drwy'r afon Cerwyn. Byddai cario ffon yn gymorth hefyd oherwydd y cerrig llithrig. Yn ôl traddodiad byddai'r pum Sant yn ymdrochi yn y pyllau. Honnir i'r dŵr yma fod yn iachusol a defnyddiwyd y pyllau gan y Derwyddon a'r Cristnogion cynnar at wahanol seremonïau. Hyd yn oed mor ddiweddar â'r 17eg ganrif tyrrau cannoedd yma ar Ddydd Sant Pedr, sef Mehefin 21ain, er mwyn cael eu hiachau o'u clefydau a'u hachwyniadau. Cwrdd y tu allan i'r Railwe am 11eg y bore. Os am ddod ar un o'r teithiau uchod rhwch wybod i Carolyn Smethurst ar 01267 253308.

Angen cartref ar deulu yn ardal Llanpumsaint

Dau artist gyda dau blentyn hyfryd naw a phedair ar ddeg oed, angen tŷ gyda thair ystafell wely a lle i stiwdio. I brynu neu renti. Rydym yn caru'r ardal a'r bobl ac yn rhwymedig i Lanpumsaint oherwydd bod y plant yn derbyn eu haddysg yn lleol a'u ffrindiau yma. Os oes gennych hen adeilad neu sgubor wag ar eich fferm yna cysylltwch â ni. Rydym yn gyfrifol a deinamig.

0780701708 neu 01267253055

E-bost: s.emil.jacobsen@ gmail.com

Hwyl am y dydd! Sven

Molly

Ar Ddydd Sul 21ain o Fawrth collom ein ci bach annwyl. Bu mewn gwrthdrawiad ar y heol a thractor felly gofynnwn i gerddwyr cwn fod yn dra gwyliadwrus pan welant gerbydau mawr yn dod atynt.

Cynllun Cenedlaethol Monitro Planhigion

Lansiwyd y cynllun newydd yma ar ddechrau'r mis. Dyma'r cyntaf o'i fath ac mae'n gofyn am wirfoddolwyr ar draws y Deyrnas Unedig i ymweld â chilometr o dir i nodi'r gwahanol blanhigion yno. Bydd y cynllun yn ein galluogi i asesi sut mae planhigion yn ymateb i newidiadau'r amgylchfyd mewn gwahanol fannau. Efallai fod yna unigolion o fewn eich cymuned yn barod i ymuno a'r fenter ei cefnogir gan y Llywodraeth. Mae'r bartneriaeth yn cynnwys, Cymdeithas Fotaneg Prydain ac Iwerddon, Y Ganolfan Ecolegol, Cyd - Bwyllgor Cadwraeth a Phlanhigion.

Pa gefnogaeth fydd ar gael i wirfoddolwyr?

Bydd pob un sydd yn cofrestru gyda www.npms.org.uk yn derbyn pecyn arolwg fydd yn cynnwys rhestr rhywogaeth a llyfr canllaw.

Bydd cymorth a chyngor ar gael drwy ffon neu E-bost gan gyd-gysylltydd.

Bydd cyrsiau hyfforddi rhad ar gael i bob gwirfoddolwr.

Gwybodaeth ychwanegol

Dewiswyd y sgwariau ar hap ar draws y Deyrnas a gellwch weld a oes un yn agos i chi drwy fynd i'r wefan.

Gofynnir i'r gwirfoddolwyr nodi hyd at dri deg o blanhigion o fewn eu sgwâr ond eu bod yn cydymffurfio ac un o 28 cynefin npms.

Gofynnir i chi wneud arolwg o'ch sgwaryn ddwywaith y flwyddyn.

Gallwch fod yn wirfoddolwr unigol neu yn grŵp.

Kate Cameron, Swyddog Cefnogol Cyfathrebu Ymestynnol 01722 342759

14 Rollestone St. Salisbury sp11dx www.plantlife.org.uk

Clwb Bowlio Byr Llanpumsaint a Nebo

Drwy ennill 12 gem gynghrair, colli 7 a dod yn gyfartal mewn tair, gorffennwyd ein tymor gorau oll hyd yn hyn. Oherwydd nad yw nifer o glybiau wedi gorffen eu rhaglen ni wyddom eto beth fydd ein safle terfynol, ond gobeithiwn fod yn drydydd neu bedwerydd.

Cynhaliwyd ein noson Ffeinals a Chaws ar yr 2ail o Ebrill a daw'r cinio blynyddol yn y Railwe ar yr 17eg o Ebrill.

Byddwn yn chwarae'r ail gymal am Dlws Coffa Roy Bowen erbyn Bronwydd ar 16eg o Ebrill, a hon fydd gem ola'r tymor. Cyfartal fu'r cymal cyntaf, 4-4.

Cynhelir ein Cyfarfod Blynyddol yn y Neuadd ar 27ain o Awst a chroeso yno i bawb sydd am ymuno am wyth o'r gloch.

Bydd y tymor newydd yn dechrau ar yr 2ail o Fedi, a byddwn yn cwrdd yn y Neuadd Goffa o 7.30 y h hyd 9.30 bob nos Lun a nos Iau o hynny ymlaen. Os am ymuno cysylltwch â'r Ysgrifenydd Derick Lock ar 01267 253524 am wybodaeth bellach. Mae oedran ein haelodau yn amrywio o 11 i 85 ac nid oes angen profiad blaenorol arnoch oherwydd bod hyfforddwyr profiadol yma. Rhowch gynnig arni, ri' ni'n griw eitha' cyfeillgar!

Apêl at siaradwyr Cymraeg

Er bod yna nifer o adroddiadau ar weithgareddau mudiadau yn cael eu cyflwyno i Llais y Llan, sylwir nad oes cyfraniadau gwreiddiol yn y Gymraeg yn cyrraedd. Yn fwyfwy Saeson sy'n cynnig y rheini. Mae'n bwysig fod ein bywyd Cymreig yn yr ardal yn cael ei adlewyrchu yn Llais y Llan.

Caiff unrhyw gyfraniad ei gyfieithu i'r Saesneg, felly ni ddylai neb ddal yn ôl. Ewch ati, yn enwedig y to ifanc, oherwydd mae'n bwysig fod ein diwylliant a'n ffordd o fyw yn cael ei drosglwyddo i'r di-gymraeg sydd wedi ymgartrefu yn ein mysg. Mae digon o Gymry ar ôl yma ac mae angen eu clywed.

Y Gwesty Ia gan Vi Robinson

Er mwyn dathlu ein priodas arian llwyddais i berswadio Dave i dreillio ychydig ddyddiau 200 medr o fewn y Cylch Arctig mewn Gwesty Ia yn Lapland. Yr oedd hyn yn rhan o'n gobaith oesol i weld Goleuni'r Gogledd sef yr Aurora Borealis. Adeiladwyd y gwesty o eira a blociau o ia o'r afon Torne neu snice fel ei gelwyd. Caiff ei chreu bob mis Tachwedd ac wedyn i doddi ymaith erbyn Ebrill. Bydd gwahanol artistiaid yn cerflunio ystafelloedd unigryw gan amrywio'r themâu. Y syniad tu ôl i them ein hystafell ni oedd y gem Chess, ac roedd y tymheredd y tu fewn yn -5. Y tu fas disgwyliwn -28 ond -20 a gawsom. Treuliwyd y noson gyntaf mewn gwesty cynnes ym Mharc Cenedlaethol Abisko, gan esgyn mewn cadair godi i gopa'r mynydd mewn hanner awr {o'n ni'n amheus - sa' i'n hoffi uchder}. Oherwydd ein bod bellach uwchlaw'r cymylau dyma'r cyfle gorau i weld yr Aurora. Wedi mwynhau pryd o fwyd pedwar cwrs aethom mas i lygadi arddangosfa anhygoel. Y diwrnod wedyn aethom i'r Gwesty Ia yn Jukkasjarvi oedd yn dathlu ei phumed ar hugain pen-blwydd. Yna edrych o gwmpas y lle a derbyn cyngor ar shwt oedd goroesa'r nos yn cysgu ar flocyn o ia maint gwely dwbl. Wedi mwynhau ymweliad a'r anialwch cawsom bryd arall a'r pleser o weld y goleuadau dro ar ôl tro. Ond gwell i ddod y tu allan i'r gwesty am hanner nos, wrth wylio'r lliwiau gwyrddaf oll yn dawnsio drwy'r ffurfafen. Clywais y gair WAW dro ar ôl tro hyd at ddau o'r gloch y bore. Nawr daeth yr amser i fynd i'r gwely. Wedi casglu ein sachau cysgu thermol a dadwisgo i'r dillad isaf thermol hefyd, cadwom ein sanau a'n hetiau arno gan osod ein hesgidiau wrth ochr y gwely Ia. Bellach dim ond matras a chroen carw oedd rhyngom a'r ia. Bu'n noson eithaf cyfforddus er mor anghyffredin. Trannoeth fe'm dihunwyd gan aelod o staff gyda jwgaid o sudd mwyaren logan twym. Ar y diwrnod olaf aethom ar daith car llusg y cwn hysgi, a dyna beth oedd reid rwff. Pryd arall o fwyd eto, a thros y tridiau fe fwytasom gig elc a charw Llychlyn. Teimlwn yn freintiedig dros ben o weld y Goleuadau dwy dair o weithiau dros y tridiau, a hynny wedi bod yn uchelgais gennyf ers fy ardegau. Gwireddwyd ein gobeithion yn llwyr gan y profiad a diolch i Dave, wnaeth fateroli'r dechneg camera yn gloi, mae gennym luniau ddigon i'n hatgoffa. Mae yna gyswllt i rai o'r lluniau ar y ffurf ar-lein o'r erthygl yma
(Gweler y cyfeiriad ar y fersiwn Saesneg)

Cyngor Cymuned Llanpumsaint

Gellir gweld manylion am eich cyngorwyr ar <http://llanpumsaint.org.uk/communitycouncil/>
Gellwch hefyd weld y munudau yno yn y ddwy iaith neu yn y siop leol. Cynhelir y Cyfarfod Blynyddol yn y Neuadd ar y 5ed o Fai, i'w ddilyn gan y cyfarfod misol arferol. Bydd cyfleusterau cyfieithu llawn ar gael i rai Seisnig eu hiaith. Gellir cysylltu â Philip Jones, y Clerc, ar 01267 253512 neu drwy E-bost - clerk@llanpumsaint.org.uk

Cais Cynllunio

Trafodwyd y cais cynllunio canlynol - W 31527 Cae Pennant Rhydargaeau sa336bj - Adeiladu gweithdy at weithgaredd amaethyddol a choedwigaeth, a chreu mynedfa a ffordd iddo. Er nad oedd gwrthwynebiad mewn egwyddor poenau'r Cyngor am oblygiadau sŵn i'r cartrefu cyfagos.

Clwb Gwili Chwe Deg

Cyngerdd yn Neuadd Bronwydd am 7 o'r gloch, Artistiaid - Côr Meibion Caerfyrddin, Ross Moore + Wynford James, Canu Gwlad gyda Huw, Arweinydd - Roy Llywelyn
Tocyn i gynnwys pryd o fwyd - £14 - Oddiwrth Peter 01267 281194 neu Glyn 01267 236280
Raffl -- Dewch a'ch diodydd eich hunain.
Os oes unrhyw un a awydd ymuno a'r clwb a fydddech cystal a chysylltu a'r Ysgrifennydd Mrs Val Giles ar 01267 281194 am fanylion. Tâl aelodaeth yw £5 y flwyddyn. Croeso cynnes i bawb.

Cymdeithas Les Llanpumsaint

Bwriad yr Ymddiriedolwyr yw gosod dau gol llawn maint yn y cae cyn hir. Rydym hefyd yn mynd i osod bin sbwriel cryfach ger y cwrt tenis yn lle'r olaf o'r rhai melyn. Apeliwn unwaith eto at bawb sy'n defnyddio'r cae a'r lle chwarae i osod eu sbwriel yn y biniau sydd wrth law. Yn y cyfamser torrwyd y borfa am y tro cynta' a chymerwyd camau i erlid y gwahaddod.

Cynhelir ein Cyfarfod Blynyddol yn y Neuadd Goffa ar nos Iau 30ain o Ebrill am wyth o'r gloch. Croeso i bawb! Wrth gyflawni eu dyletswyddau o gynnal y cae chwarae a'r lle chwarae mae'r Ymddiriedolwyr o hyd yn awyddus i groesawu wynebaw a dwylo newydd. Os oes diddordeb gennych cysylltwch â'r Gadeiryddes Pamela Jones 01267 253257 neu'r Ysgrifenydd Derick Lock 01267 253524.

Neuadd Goffa Llanpumsaint a Ffynnonhenri

Bu'r noson yng nghwmni Clive Edwards ar yr 28ain o Fawrth yn llwyddiant mawr - gwelir yr adroddiad yn rhifyn Mehefin o Lais y Llan. Newyddion da i'r gwragedd oherwydd bydd Nannette o Sioe Ffasiynau Cydweli yn cyflwyno ei Chasgliad y Gwanwyn yn y Neuadd ar Ebrill yr 22ain am hanner awr wedi saith yr hwyr. Bydd tocynnau ar gael oddi wrth y Cadeirydd Arwel Nickolas 01267 285365 neu'r Ysgrifenydd Derik Lock 01267 253524 am £5 - a hynny i gynnwys diod o win neu sudd oren

Dylai fod yn noson hwylus gyda digon o chwerthin!

Diwrnod o hwyl a sbri! Dydd Sadwrn 9fed o Fai

Trefnir cystadleuaeth rownderi a pheldroed pum bob ochr, ynghyd a chastell yn bownsio rhwng pedwar a chwech o'r gloch. Yna bydd Ras Hwyaidd Nebo yn digwydd ar yr afon Gwili. Yn dilyn ymlaen o hynny bydd Noson Rasys Ceffylau i'r Teulu ar sgrin fawr yn y Neuadd. Bydd yna Far a rhywbeth i'w fwyta neu gallwch flasgu pysgod a sglodion Steve drws nesa'.

Cynhelir y Cyfarfod Blynyddol eto yn y Neuadd ar Nos Lun 15fed o Fehefin am wyth o'r gloch. Dewch yn llul!

Cymdeithas Dewinwyr Gorllewin Cymru

Dydd Sul Ebrill 26ain -- Adrian Incledon-Webber -- Testun i'w drefnu.

Dydd Sul Mai 3dd -- Dydd Rhyngwladol y Dewinwyr -- Gerddi Botaneg

Dydd Sul Mai 24ain - Robert Marayon Taylor -- Rhifoleg

Dydd Sul Mehefin 14eg -- Taith Faes i Ffynnon Cenarth a Rhaeadr Ffynonne

Dydd Sul Mehefin 28ain -- Siaradwr i'w drefnu.

Mae'r ymarfer hyn yn ddefnyddiol ac yn ddiddorol ac yn fuddiol iawn i bawb, a chredir iddo darddu o Wlad yr Aifft. Mae sawl cwmni yn defnyddio'r ymarfer hyn yn awr i chwilio am ddŵr, olew a cheblau trydan a.y.b. Hefyd fe'i defnyddir gan rhai pobl i ddarganfod diogelwch eu bwyd, er mae cred bersonol yw hyn ac nid yw hyd yn hyn wedi ei brofi yn wyddonol. Pam na ddewch chi i'r cyfarfod i weld dros eich hunan beth mae'r ymarfer hyn yn medru gwneud. Tâl mynediad yw £4 y pen a fydd yn cynnwys te a bisgedi yn ystod y toriad. Does dim eisiau unrhyw offer, dim ond presenoli eich hunan. Am fwy o fanylion cysylltwch a Sandy ar 01267 253547

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 cwpwl. Ffoniwch y Rheilffordd ar 01267 253643 i archebu.

Cychwyn Gartre' -- Caerfyrddin – Llanelli

Bu'r mudiad uchod yn gweithredi yn y sir ers 2000 ac ers hynny mae Llanpumsaint wedi chwarae rhan flaenllaw drwy gynnig cymorth elusennol. Mae gennym fricsen yn wal y Neuadd hefyd. Daeth gwirfoddolwyr i'r adwy ac maent eisoes wedi cynnig help i deuluoedd lleol ac mae un o'n gwirfoddolwyr, Jamie, wedi ymgartrefu yn yr ardal gyda'i theulu.

'Rydym yn teimlo'n wir angerddol ynghyn ac estyn help llaw i'r gymuned, felly o Ebrill 2015 ymlaen bydd ein help ar gael i unrhyw deulu yn Sir Gar sydd â phlentyn dan 14 oed yn byw gartre'. Golyga hyn bydd yr angen am wirfoddolwyr yn cynyddu a dyma le gallech chi fod o gymorth i deuluoedd yn yr ardal leol. Rydym yn cynnig 45c y filltir am gostau teithio ynghyd a chwrs cychwynnol, hyfforddiant parhaol at eich datblygiad personol, cyswllt i swyddi a hyfforddiant pellach. Dyma gyfle i wneud gwahaniaeth go-iawn i bobl go-iawn drwy gylchlythyru a chysylltu ag amryw fudiadau a digwyddiadau. Credwn ein bod yn y cefnogi ei gwirfoddolwyr yn dda ac yn cynnig pecyn cynhwysfawr. Yr unig beth a ofynnwn amdano yw eich ymrwymiad i'n gwerthoedd a derbyn cael eich arolygu bob chwe wythnos. Bydd angen dau eirda i gadarnhau eich ymrwymiad i weithio am ddwy awr yr wythnos gyda theulu. Efallai eich bod yn gwybod am deulu fyddai'n elwa o ddod i gysylltiad â ni!

Ein nod yn 2015 yw sicrhau fod pawb yn ymwybodol o Gychwyn Gartre', felly gallwch chi helpi drwy ledaeni'r neges a rhannu'r wybodaeth gydag eraill. Mae'r pleser o weld plentyn yn gwenu, o weld gwerthfawrogiad y rhiant, a'r wen o gael eich adnabod yn wythnosol gan faban, mor unigryw, mae'n anodd cyfleu mewn geiriau. Daeth un ferch adre o'r ysgol wedi ennill Tystysgrif "Datllenwr yr Wythnos" oherwydd bod un o'n gwirfoddolwyr wedi ei helpi gyda'i gwaith cartref. Rydym wedi gweld unigolion yn brwydro drwy'r ing o golli partner oherwydd i'r gwirfoddolwr fod yno yn barod i wrando. Gwelsom deuluoedd yn hawlio llefydd ar gyrsiau coleg a dysgu sgiliau newydd oherwydd bod gwirfoddolwr wedi dangos ffydd ynddynt. Mae gennym gymaint o ddaioni i adrodd ond mae popeth yn ddibynnol ar wirfoddolwyr fel chi sy'n barod i roi o'ch amser!

Miss Jamie Horton Trefnydd y Cynllun, Cymorth Gartre', Caerfyrddin - 01267 246562 / 07805847090 jmlhorton@cccpartners.org.uk, <http://homestartcarmarthenshire.org.uk>

Diwrnod Casglu Sbwriel

Er ei bod yn ddiwrnod sych oer oedd hi! Er hynny ymgasglodd deunaw o bobl i gasglu sbwriel ar hyd ein heolydd ac o amgylch y pentref. Gyda'r offer addas, sachau ac mewn siacedi llachar, gwasgarodd y fintai, i ddychwelyd gydag ugain sach yn llawn sbwriel. Ymysg y casgliad gwelwyd silindr nwy gwag, dau deiar motor beic a bagiau budreddi cwn, yr olaf yma wedi ei hongian ar glawdd er bod bin sbwriel o fewn cyrraedd. Ar ochr yr hewl oedd darn o ddillad isaf wedi ei daflu. Yr oedd llawer o'r sbwriel wedi dod o leoedd bwyta fel McDonalds a KFC yng Nghaerfyrddin. Tebyg iawn wedi bwyta ac yfed eu gwala mae'n rhwyddach agor ffenest y car a lluchio'r gweddillion i'r ffordd nag yw hi i fynd adre a'u sbwriel. Hefyd casglwyd nifer o ganiau diod a phacedi creision gwag. Mae yna nifer o finiau sbwriel ar draws y pentref, felly defnyddiwch hwy neu ewch a'ch gweddillion adre'. Rydym mor ffodus i fyw mewn ardal wledig brydferth, felly cadwch hi felna! Dridiau yn unig ar ôl y diwrnod casglu talwyd y darn cynta' allan o gar ar riw Graig. Felly os gwelwch rywun yn tramgwyddo cymerwch rif y car a'i riportio i'r awdurdodau Sir Gar 01267234567
Carolyn Smethurst

Fy ardal gyfforddus (Comfort Zone) gan Tina Conyard

Yn 2010 gofynnwyd i Rob a minnau gymerid rhan mewn drama fer i'w llwyfannu gan gwmni Pontlliw er mwyn codi arian i'n taith feicio i Baris. Felly dyma ddechrau cymerid rhan mewn nifer o ddramâu bach ac ers hynny buom wrthi hefyd y tu ôl i'r llenni yn y Neuadd.

Mae Meic, ein cyfaill ar y teithiau beicio, hefyd yn hoff o ymddangos ar lwyfan ac mewn pantomeim. Mae ganddo'r ddawn i ddiddori a gwneud i'r gynulleidfa chwerthin. Mae Rob a minnau wedi cyd-chwarae gyda Meic ar nifer o droed mewn gwahanol gynyrchiadau.

Un o'r tylwyth teg oeddwn i yn fy mhantomeim cynta' gyda'm holl linellau mewn penillion. Caled oedd hi gyda'r holl ymarfer blinedig, felly'r flwyddyn ganlynol dyma fi'n dewis promptio. O leia' nawr fe allwn wyllo eraill yn gwneud camgymeriadau ac anghofio eu llinellau.

Ond eleni mi wnes berswadio Meic i roi rhan i mi. Rhan fach? Wel Na! Yn y diwedd dynes ddrwg oedd fy rhan. 'Roeddwn wrth fy modd! Teimlwn yn nerfus ofnadwy ddydd y rihysal gyntaf, ond 'roedd gwaeth i ddod. Dywedodd Meic fod angen i mi ganu. Fi i ganu? Anobeithiol! Pan glywodd Meic fy ymgais gyntaf penderfynodd byddai'r well dileu'r eitem yn gyfangwbl. Ond erlynais arno i roi wythnos i mi ymarfer a cheisio gwneud cyfiawnder a'r gan.

Anghofiais am weddill y sgript wrth wrando a gwrando ar Nat King Cole - "When I fall in love...". Dyma ymarfer ac ymarfer, ar y ffordd adre' o'r gwaith, yna byddari'n w'r a'r ci a phawb arall. Daeth dydd y rihysal a dyma fi'n rhoi cynnig arni. Bu tawelwch am ysbaid cyn i weddill y cast ddechrau clapio, a'r penllanw wrth i Feic ddatgan fod y gan i aros yn rhan o'r sioe. Bois bach!

Bellach mae'r holl berfformio drosodd a'r Panto wedi bod yn llwyddiant gan gynulleidfaoedd llawn. Dwy ddim yn credu y daw neb o Hollywood i'm canlyn ond bu'n fraint fod yn rhan o fenter lle 'roedd cymaint o bobl a phlant yn cael cymaint o hwyl. Llwyddais i wneud rhywbeth y tu allan i'm hardal fach gyfforddus Hoffai Rob a minnau ddiolch i bawb yn Llanpumsaint wnaeth gynnig cefnogaeth chynghor i ni, a diolch hefyd i'r rhai hynny ddaeth i'n gweld yn "Pussy in Boots"

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 23 Ebrill a 4 Mehefin

Côr Llanpumsaint a'r Cylch

Bydd y Côr yn rhoi perfformiad o "Olivet to Calvary" gan J.H.Maunders yn Eglwys Crist, Caerfyrddin ar nos Iau, Ebrill 16 2015 am 7.30 yr hwyr. Yn cynorthwyo'r Côr bydd Robert Jenkins, Tenor a Gwyn Morris, Bariton gyda Allan Fewster yn cyfeilio. Bydd yr elw yn mynd tuag at Ymchwil Cancr. Taer erfyniwn am eich cefnogaeth tuag at yr achos teilwng hyn.

Ar ôl hyn fe fydd y Côr yn paratoi ar gyfer y Cyngerdd Blynyddol ym mis Hydref a hefyd Cyngerdd lleol yn y misoedd sydd i ddod. Manylion pellach i ddilyn.

Mae gwahoddiad i aelodau newydd yn parhau felly os oes gennych ddiddordeb cysylltwch a Gwyn Nicholas, Arweinydd ar 01267 253686 neu unrhyw aelod o'r Côr.

Newyddion yr Heddlu

Gyda'r haf ar ddod, hoffwn bwysleisio i rieni a theidiau a neiniau i sicrhau unwaith yn rhagor bod y plant sydd dan eich gofal yn ymwybodol o beryglon dŵr, yn arbennig yng ngoleuni digwyddiadau trasig yng Nghaerfyrddin yn ddiweddar. Rwy'n teimlo y dylai pob un ohonom wneud ein plant a'n hwyrion yn arbennig o wylidwrs o gwmpas nentydd, llynnoedd, afonydd a'r môr gan nad ydym eisiau i rywbeth trasig fel hyn ddigwydd eto. Mae'r effaith ar gymunedau bychain yn dorcalonnus a gall pob un ohonom gymryd amser i atgoffa'n pobl ifainc i gymryd gofal.

Bydd gwiriadau cyflymder yn parhau gan ein bod wedi cael gwybod am sawl cerbyd lleol sy'n ymddangos fel pe baent yn gyrru'n gynt na'r terfyn cyflymder o 30mya sydd wedi'i osod yn y pentref.

Cysylltwch â SCCH 8046 Martin Dickenson neu PC8 Craig Roderick ar 101 os oes gennych unrhyw bryderon lleol

Taith o Gaerfyrddin i Aberystwyth ym 1964

Cliciwch ar y dolen i weld y ffilm: <http://vimeo.com/103641050> sydd yn dangos un o'r teithiau olaf ar y rheilffordd rhwng Caerfyrddin ac Aberystwyth a ffilmwyd ym mis Medi 1964, gan gynnwys y leiniau cangen i Gastell Newydd Emlyn ac Aberaeron

Cylch Meithrin Bronwydd

Diolch yn fawr iawn i bawb sydd wedi bod wrthi yn casglu tocynnau "Cash for your Community" i ni. Rydym ni yn ddiolchgar iawn am bob un. Maent yn y "Carmarthen Journal" tan yr 8fed o Ebrill.

Rydym ni yn cynnal Noson Gaws a Gwin ar Nos Sadwrn 16eg o Fai yn Neuadd Bronwydd

Ein horiau agor yn Neuadd Bronwydd (amser tymor) yw 9.15 y.b. tan 12.00 h.d o ddydd Mawrth i ddydd Gwener, a Thi a Fi ar fore Gwener o 10.00 y.b tan 12.00 h.d. Croeso cynnes i blant bach a rhieni/gofalwyr. Am fwy o wybodaeth: 07929 431652

Neges oddiwrth y Ficer

Tebyg iawn y gwyddoch erbyn hyn fod Ruth, y plant a minnau yn symud ym Mis Ebrill, oherwydd i mi dderbyn gwahoddiad yr Esgob i ofalaeth eglwysi Cilgerran gyda Bridell ac Eglwyswrw. Er ei bod yn flin gennym eich gadael edrychwn ymlaen at yr her newydd. Bu'n fraint i wasanaethu'r eglwysi lleol dros y pum mlynedd olaf yma. Er ein bod wedi cydweithio rhaid peidio anghofio mae eglwysi Duw ydynt. Fel dywedodd yr Iesu rydym yn rhan o'r eglwys yn y nef ac ar y ddaear, a llwyddodd ef i orchfygu marwolaeth. Bendith Duw arnoch yn y misoedd nesaf yma . Peter

Capel Ffynnonhenri

Dyma fanylion y gwasanaethau am fisoedd Ebrill, Mai a Mehefin 2015.

Ebrill 19 2015 Gwasanaeth am 3.00 p.m. Parch Desmond Davies

Mai 10 2015 Manylion pellach i ddilyn

Mai 24 2015 Gwasanaeth am 2.00p.m. Prifardd Tudur Dylan

Mehefin 7 2015 Cymundeb am 4.00p.m. Parch Huw George

Mehefin 21 2015 Gwasanaeth am 2.00p.m. Mr. Arwel Evans

Os am fanylion pellach cysylltwch a Mr. Danny Davies (Trysorydd) ar 01267 253418 neu Mr. Gwyn Nicholas (Ysgrifennydd) 01267 253686

Capel Nebo

Mi fydd yr oedfaon canlynol yn cael ei gynnal yng Nghapel Nebo:

Ebrill 12fed Mr Dai Lloyd 10:30 y.b

19 Parch Goronwy Wynne 2:00 y.h.

Mai 3ydd Parch Goronwy Evans 10:30 y.b

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

Rheilffordd Ager Gwili

Digwyddiadau yn Rheilffordd Gwili ar gyfer yr ychydig fisoedd nesaf yn cynnwys, Te'r Prynawn Hufen ar drên stem, Gwelwch Bwni'r Pasg yn Rheilffordd Ager Gwili, Pethau i'w gwneud dros Gŵyl y Pasg, Ciniawa mewn steil – Cinio Dydd Sul ar y trên stem.

Archebwch ar-lein neu www.gwili-railway.co.uk neu ffôn 01267 238213.

Rhagor ar enwau lleoedd

Gyda'r gwanwyn bellach ar droed fe glywoch siŵr o fod yr ymadrodd "Mae'n dechrau glasi!" droeon o weithiau yn ddiweddar. Gwyr pawb mae troi i liw gwyrdd wna'r caeau a'r cloddiau, a bod glas mewn hen Gymraeg yn golygu gwyrdd. Felly mae Pantglas, Nantglas, Brynglas a Bancynglas i gyd yn ddisgrifiadol yn gwneud synnwyr. Gwyddon hefyd mae ystyr glaslanc yw bachgen ifanc yn ei arddegau, a bod glaswellt yn borfa wyrdd.

Felly 'dyw enwau lleoedd ddim bob amser yn golygu'r hyn sy'n ymddangos yn amlwg. Gwnaed un o'r camgymeriadau mwyaf pan ruthrodd rywun i'r geiriadur ynghyn ag ystyr Amlwch yn Ynys Môn. Digon syml medd ef (aml + hwch = lot o foch), a gan fod Môn yn frith o'r anifeiliaid hynny yr oedd yr ateb yn ddigon eglur. Druan ag e', 'roedd e'n 'mhell ohoni! Mae'r AM yn dod o'r un tarddiad ag amgylchynni, a daw'r llwch o Loch sy'n golygu llyn mewn Gwyddeleg o hyd. Daw Llanllwch ger Caerfyrddin o'r un tarddiad, ond yma dros amser trodd y llyn yn gors.

Un o ddadleuon mawr Brutus, a aned yma yn y pentref, oedd bod Llanpumsaint yn ganolfan bwysig i'r Derwyddon, ac yn ail yn unig i Fôn o ran pwysigrwydd. Gan fod y dderwen a'r goeden gelyn yn ganolig bwysig i'w crefydd tynnodd enwau lleoedd i mewn i'w ddadl. Felly bu Llwynderi, Llwynhelyg a Derimysg yn lleoliadau pwysig i'r Derwyddon, gyda'r pencadlys ym Mhantydrw. Gyda llaw daw'r Mysg uchod o'r Geltaidd uisc yn golygu dŵr, a daw chwisgi o'r un tarddiad. Y dŵr hudol debyd iawn! Gwyddom i'r Cristnogion cynnar gymerid drosodd safleoedd derwyddol a'u mabwysiadau at eu dibenion eu hunain, felly Dderwengroes a Llwyncroes.

Er bod llawer o'r stori hyd yn hyn 'nol yn y gorffennol anweledig gellir profi heb amheuaeth am leoliad Eglwys y Bettws yn Nebo. Yr oedd mewn defnydd hyd ddechrau'r 18fed ganrif, gyda'i' holion yno o hyd dan y wyneb, er bod y fedyddfan bellach yng nghyntedd eglwys y plwyf yn Llanpumsaint. Diddorol sylwi mae o'r Saesneg y daw Bettws, o'r gair Bedehouse yn golygu Tŷ Gweddi. Sylwch hefyd ar Bettwsycoed, Bettws-yn-rhos a Bettws ger Rhydaman.

Gan fod amryw o goed yn sanctaidd i hen grefyddau a chredoau mae enwau lleoedd yn adlewyrchiad niwlog o safleoedd oedd unwaith yn sanctaidd. Gallwch weld digon o enghreifftiau ym mhlwyf Llanpumsaint, megis, Llwynderi, Pantuyfedwen, Bedw, Llwynhelyg a Chwmwernen. Mae Penllwyniorwg a Phenllwynuchel yn awgrymu canolfannau pwysicach yn ardal Nebo, neu Ystum Gwili, 'rhen enw am yr ardal. Mae Pantymeillion a Brynmeillion a'r enw Saesneg Cloverhill yn enwau mwy diweddar. Ond byddwch yn ofalus oherwydd 'does gan Bantycelyn a Celynos ddim i'w wneud a'r Derwyddon na'r Saint. Pan adeiladwyd y Ficerdy cynta' i William Henry Powell yn y 1820au enwyd ef am y cysylltiad â'r emynydd enwog William Williams, sef Pantycelyn. Dros ganrif yn ddiweddarach wrth ymddeol o'i gwaith yno adeiladodd Defi a May Pantycelyn dy'r ochr draw i'r hewl. Yr oedd Celynos yn enw hollol addas i'r fenter!

Arwyn 2015

Village Voice April 2015

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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 Inn 01267 253643

Every Monday and Thursday from 3 September 7.30 – 9.30 Bowls at Memorial Hall

April 7 Tuesday 8.00 Community Council Memorial Hall

April 11 Saturday 11.30 Walk St David's to Solva, bus leaves Solva at 11.30

April 15 Wednesday 12.30 Luncheon Club Railway Inn – to book phone 253643

April 16 Thursday 7.30 Llanpumsaint Choir at Christ Church Carmarthen

April 17 Friday 60+ Club Concert Bronwydd Hall

April 22 Wednesday 7.30 Fashion Show Memorial Hall

April 23 Thursday 8.00 Curry and Quiz £5 per head Railway Inn

April 26 Sunday 1.45 West Wales Dowsers Bronwydd Hall

April 26 Sunday 8.00 Quiz Hollybrook Bronwydd

April 30 Thursday 8.00 AGM Welfare and Recreation Association in Memorial Hall

May 3 Sunday International Dowsing Day National Botanic Gardens

May 5 Tuesday 8.00 AGM Community Council followed by business meeting Memorial Hall

May 6 Wednesday 4.30 – 5.30 Police surgery outside shop

May 9 Saturday 11.00 Walk Dinas RSPB reserve and Crystal Mountain

May 9 Saturday 4.00 Fun Day and Horse Race Evening Playing Field and Memorial Hall

May 13 Wednesday 12.30 Luncheon Club Railway Inn – to book phone 253643

May 16 Saturday Cheese and Wine Evening Cylch Meithrin Bronwydd Hall

May 21 Thursday 8.00 Curry and Quiz £5 per head Railway Inn

May 24 Sunday 1.45 West Wales Dowsers Bronwydd Hall

May 30 Sunday 8.00 Quiz Hollybrook Bronwydd

June 2 Tuesday 8.00 Community Council meeting Memorial Hall

June 5 Friday 11.00 Guided walk around Middleton Estate and lunch

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

June 14 Sunday Dowers Field Trip to Cenarth well and Ffynnonne Falls

June 18 Thursday 8.00 Curry and Quiz £5 per head Railway Inn

June 21 Sunday 11.00 Walk including 5 pools in Llanpumsaint – meet outside Railway Inn

June 28 Sunday West Wales Dowers Bronwydd Hall

June 28 Sunday 8.00 Quiz Hollybrook Inn Bronwydd

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

Llanpumsaint and Nebo Short Mat Bowling Club

The Club's league season has now ended with a record of 12 wins, 3 draws, and 7 defeats. As some Clubs have yet to complete their fixtures, we do not yet know our final league position but it is hoped that we will finish either third or fourth.

The Club held its Cheese and Finals Night on the 2nd April, and the Annual Dinner will be held in the Railway on 17th April. The second leg of the annual Roy Bowen Memorial Trophy against Bronwydd is to be played on the 16th April. The First leg was drawn 4 –4. This match will bring our season to a close.

Our AGM will be held on 27th August at 8.00pm in Llanpumsaint Memorial Hall and anyone interested in joining the club is invited to come along.

Season 2015/16 will commence on Thursday 3rd September in the Memorial Hall from 7.30pm to 9.30pm, and thereafter at the same time each Monday and Thursday.

Anyone wishing to join the club can obtain further information from our Secretary Derick Lock on 01267 253524. Our members ages range from 11 –85 and no experience is required as we have qualified coaches on hand to help. Give us a whirl, we are a very friendly bunch!!

Llanpumsaint Welfare and Recreation Association

The Trustees are hoping to install 2 brand new galvanised full-size goals on the playing field soon. We are also in the process of replacing the last yellow litter bin by the tennis court with a new heavy-duty one.

Once again all users of the field and play area are asked to please place your litter in the bins provided. Meanwhile the field has received it's first cut of the season, and the mole invasion is being dealt with – successfully we hope!

The Association's AGM is fixed for Thursday 30th April at 8.00pm in the Memorial Hall. All village residents are invited to attend. The Trustees of the Association are tasked with keeping the playing field and playground in good order and looking for new faces, whatever age, to join us.

Anyone interested in becoming a Trustee, which involves bi-monthly meetings, should contact our Chair, Pamela Jones on 01267 253257, or our Secretary Derick Lock on 01267 253524 for details.

Llanpumsaint 100 Club

Membership renewal is now due, and all existing contributors have received reminders. If you have not yet renewed and wish to do so, please contact the Club Treasurer, Derick Lock on 01267 253524 for further information. Subscription costs £12 per annum.

All profits from the club are used to keep the playing field, the play area and equipment in good order. Last year a new cradle swing was installed.

Lists of prize winners appear in Village Voice, and on the Memorial hall notice boards, in Penbontbren Stores, The Railway Inn and on the notice board on the side of the adjacent bus stop.

The Club operates through the Llanpumsaint Welfare and Recreation Association and the winning numbers are drawn by the Association's Trustees at their bi-monthly meetings.

Journey from Carmarthen to Aberystwyth in 1964

Click on this link to see the film: <http://vimeo.com/103641050> which shows one of the last journeys ever made on the railway line from Carmarthen to Aberystwyth, filmed in September 1964 including the branch lines to Castell Newydd Emlyn and Aberaeron.

An evening with The Swing Boyz

Having read the excerpts from the review of last year's "night of good food and live music" we went along to the Memorial Hall on the evening of 28th February with high expectations. When we arrived the hall was already buzzing, groups sitting around the tables, listening to the background music or chatting with friends. Wonderful aromas were emanating from the kitchen; the tables were simply but beautifully decorated with catkins and daffodils and all was set for the show to begin.

We sat down with our drinks and looked around us. So many people in the audience were dressed up in the clothes of the swing era and of course the members of the band looked the part in their suits and hats. The band soon came onto the stage and began to play: lots of well known "oldies". All from before our time of course! But still we knew them all. Often at a musical event people are reluctant to dance but this was not the case tonight. So many got up and began to move around the floor in such a professional way. We sat and watched in amazement – they clearly knew what they were doing. We can sometimes be persuaded to get up and shuffle around a bit but not tonight. We certainly couldn't compete with this. After an enjoyable hour or so the kitchen opened the hatch and food was served. What an amazing choice there was – all delicious and home-made. There was Cawl, Scouse, Cassoulet to name a few, with bread rolls to mop up the juices. The portions were generous and we thought we wouldn't have room for pudding but when we saw the apple and blackberry crumble with custard we couldn't resist. During the interval we were entertained by some superb solo guitar playing and then we were ready for the second half. Some minor sound problems had been sorted out and we were entertained in excellent fashion with great music and dancing. We did feel we ought to be working off some of the calories we had consumed but unfortunately the standard was so high we didn't want to embarrass ourselves although it may have amused the rest of the audience.

The band carried on until 11pm. The dancers hardly stopped all evening. Where do they get the energy? We were exhausted just from watching. We walked home singing "Autumn Leaves" and doing a few steps along the way where there was no-one to see.

It was good to learn a few days later that a handsome profit had been made from the evening, including sale of raffle tickets, which is being donated to a very worthy cause, Prostate Cancer Research.

It was a most enjoyable evening. As well as the band, thanks must go to all those who made it such a success, including the organisers, cooks, and all who helped out behind the scenes. We're already looking forward to next year's event.

And £500 was donated to Prostate Cancer Research from the proceeds of this event – good one!

Police News

With the welcome return of summer hopefully just around the corner, I would like to emphasise to parents and grandparents to again make sure that your charges are aware of the dangers of water, especially in light of the recent tragic events in Carmarthen. I feel that we should all make our children and grandchildren extra vigilant around streams, lakes, rivers and the sea, as we do not want anything happening again as tragic as this. The effect on small communities is devastating and we can all take time to remind our youngsters to take care.

Adhoc speed checks will continue as we have been advised of several local vehicles seemingly exceeding the 30 mph limit set in village.

On Wednesday 6th May 2015 I will be holding a community beat surgery in Llanpumsaint outside the shop 16.30-17.30. Contact PCSO 8046 Martin Dickenson or PC8 Craig Roderick on 101 if you have any local concerns.

Llanpumsaint and Ffynnonhenry Memorial Hall

For a change ladies, this years Nanette of Kidwelly's Fashion Show will present her Spring Collection and will be held in the Memorial Hall from 7.30pm on 22nd April. Tickets, available from our Chair, Arwel Nicholas on 01267 281365, or the Secretary Derick Lock on 01267 253524, will again be £5 and will include a complimentary glass of wine or orange juice.

It should be a colourful evening with plenty of humour thrown in too!

A Fun Day is scheduled for Saturday 9th May. Rounders and 5-a-side football matches will be organised together with a bouncy castle between 4.00pm and 6.00pm during which time the Nebo Chapel Duck Race will take place on the River Gwili.

Following on from that there will be a Family Horse Racing Evening. Entry is free; there will be a bar, genuine horse racing in colour on the big screen via a dvd. You can bring your nibbles or purchase delicious hot foot from Steve Evans' fish and chip van.

The Hall's AGM is to take place on Monday 15th June at 8.00pm in the Memorial Hall. Village residents are encouraged to attend.

Llanpumsaint Community Council

Details of your Community Councillors can be found on <http://llanpumsaint.org.uk/communitycouncil/>

You will also be able to see past minutes in both Welsh and English – these are also available in the shop.

The AGM will be held on 5th May at the Memorial Hall, followed by the normal monthly business meeting.

All Llanpumsaint residents are welcome to attend any of the Community Council meetings. These are conducted mainly in Welsh, but there are full translation facilities available. Phillip Jones the Clerk can be contacted on 01267 253512 or email clerk@llanpumsaint.org.uk

Planning Application

The following Planning Application was discussed,

W/31527 Pennant Fields, Rhydargaeau, SA33 6BJ – Erection of workshop for agricultural and forestry contracting business, and creation of new access and track. Whilst no objections in principle, the Council was concerned that there may be noise implications for the nearest residential property.

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.

Llanpumsaint and District Choir

The choir will perform "Olivet to Calvary" by J.H. Maunder at Christ Church in Carmarthen on Thursday, April 16 2015 at 7.30p.m. Assisting the Choir will be Robert Jenkins, Tenor and Gwyn Morris, Baritone. The organist will be Mr. Allan Fewster. The proceeds of this concert will be donated to Cancer Research. Please support this valuable cause.

After this concert the Choir will be preparing for the Annual Concert in October and also a local Concert at a later date. Further details to follow.

New members are always welcomed and if you are interested please contact Gwyn Nicholas, Conductor on 01267 253686 or any choir member.

Accommodation wanted for family in Llanpumsaint area - Artist couple with 2 wonderful children 9 and 14 are looking for a 3 bedroom place preferably with a potential studio space to rent or buy. We love the area and people and are attached to Llanpumsaint having children here in local school and with friends. We are responsible and dynamic. If you have a run down place or an annex or barn on your farm please contact me on 0780701708 or 01267253055. Email: s.emil.jacobsen@gmail.com Have a great day! Svend

Clwb Cerdded Llanpumsaint Walkers Club

Our next walk will be on April 11th, when we will be doing a coast walk from St Davids via Porth Clais and St Non's Chapel to Solva. We will park in the harbour car park at Solva. It is 44 miles to Solva, so you will need to allow a good hour to drive there, and to park and pay! We will catch the coast bus to St Davids - it leaves at 11.30am - and then walk the 5 miles back to Solva. Please bring a packed lunch, we will stop to have a picnic on route, maybe Porth Clais harbour or St Nons.

For May we will be repeating the walk we did last year, on Saturday 9th May - we will be going to RSPB Dinas Nature Reserve Rhandirmwyn, near Llandovery, walking through the oak woodlands to the fast-flowing River Tywi, circling the mountain, and visiting Twm Sion Cati's cave – meet at 11.00am. This delightful reserve is set in the heart of mid-Wales near Ystradffin, Rhandirmwyn. Dinas is a circular walk, steep and difficult in a couple of locations, but generally a pleasant walk. The mature oak woodland is alive in early summer with arrival of hundreds of pied and spotted flycatcher, wood warbler, blackcap, willow warbler, chiffchaff and redstart to name a few. We may also be lucky to see the amazing drifts of bluebells out as we did last year. After lunch at the Royal Oak Inn Rhandirmwyn, we will walk up the Crystal Mountain – to the old mine workings. Last year several of our group found some beautiful large fluorite crystals. The timber at the higher levels has been felled, so on a clear day the whole of the Brecon Beacons can be seen. Meet at Dinas Reserve grid ref SN781466, or phone Carolyn to arrange car share. If you want to have lunch at the Royal Oak, you will need to book – the food is excellent.

In June, we will be doing 2 short walks. The first will be a guided walk around part of the 568 acre Middleton Estate at the National Botanic Garden – entry will be either normal cost (£9.75) or free if you buy a £10 voucher for lunch! Be there for 11.00am, walk will be about 2 miles.

The on Midsummer Day, Sunday 21st June we will do our annual walk to the five pools, with kind permission of the owner of the land. The five pools are tucked away in the steep sided valley of the river Cerwyn. Please bring suitable shoes or boots for walking up the river, and a walking stick is useful as the stones in the river can be slippery.

According to tradition, each of the pools was used for bathing by one of the five saints which give Llanpumsaint its name. The water here was said to have healing powers and the pools were used by druids and early Christians for ceremonial purposes. Even as late as the 17th Century people would flock to the pools on St Peter's Day, 21st June for relief and healing. Meet outside the Railway Inn at 11.00am. Please let me know if you will be coming on any of these walks, Carolyn Smethurst 253308

West Wales Dowsers Society – Future Events

Sunday, April 26th, Adrian Incedon-Webber, Theme TBA

Sunday, May 3rd, International Dowsing Day in the National Botanic Gardens

Sunday, May 24th, Robert Marayon Taylor, Numerology

Sunday, June 14th, Field Trip to Cenarth well and Ffynnonne Falls

Sunday, June 28th, Speaker TBA

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.

The IceHotel by Vi Robinson.

To celebrate our silver wedding anniversary, I managed to talk Dave into spending a few days in February, 200 kms inside the Arctic Circle, at the IceHotel in Lapland, in the hope of fulfilling a lifelong ambition to see the Aurora Borealis (Northern Lights). The hotel is built from snow and blocks of ice taken from the river Torne, or snice as it's called. It is created each November and melts away each April. Different artists create each themed room with lots of ice sculptures in each. The theme of our room was based on the game of chess. The temperature inside is -5 degrees. Outside we were expecting -38 degrees but only managed about -20.

Our first night was spent in warm accommodation in the Abisko National Park where we took an open chairlift on a 30 minute climb to the top of a mountain. (a bit scary for me as I don't like heights). This was high enough to be above the clouds and therefore the best chance of seeing the aurora. We enjoyed a four-course meal in the restaurant/viewing station and then went outside and witnessed the most spectacular display.

The next day we were taken to the IceHotel in Jukkasjarvi where we discovered that the hotel was also celebrating its 25th anniversary. We were given a tour of the hotel and some useful advice on surviving a night sleeping on a block of ice the size of a double bed. We then went on a wilderness tour, enjoyed another meal and again were privileged to see the aurora many times over the course of the evening. However, we could not have imagined the next display, which happened outside of the IceHotel at midnight. The sky was filled with the greenest aurora that we had seen and it was actually dancing across the sky. I think I heard the word 'WOW' more times that evening than I have in my whole life. We eventually went back indoors at 2 a.m.

Then came the time for us to sleep. We collected our thermal sleeping bags, Stripped to our base layers of thermal long johns and long sleeved vest, kept our hat and socks on as advised and went for it. Boots by the side of the bed. A mattress and reindeer skins were the only items between our sleeping bags and the ice. We quickly zipped ourselves in and had a very comfortable, if unusual night. However, we were never cold at any time. The next morning, we were woken by a member of staff with a flask of hot loganberry juice.

On the last day we went on a husky sledging trip. (an absolute boneshaker) and yet another meal. Over the 3 days we ate the local cuisine of elk, moose and reindeer.

We feel very privileged to have witnessed the aurora so many times over 2 of the 3 nights we were there and of course to actually see something that I have wanted to see since my teens. Happily the experience was everything we hoped it would be and we have some great photographs thanks to Dave's ability to quickly learn how to use a camera to effectively capture such a difficult subject. There is a link to some of our photos in the on-line version of this article.

<https://www.dropbox.com/sh/eyo147q1aa8tzgr/AABXwyOmUmeerhZoU-mPg3Nxa?dl=0>

Gwili Steam Railway

Events at Gwili Railway for the next few months include Afternoon Cream Tea on a steam train, Things to do this Easter Holidays, Dine in style – Sunday Lunch on a steam train, Haulwen's 60th Birthday – Monday 4th May 2015. For more details look on the website www.gwili-railway.co.uk or phone 01267 238 213. Bronwydd Arms Station, Carmarthen SA33 6HT.

MOLLY

Saturday 21st March 2015 is the day that our wonderful, friendly, inoffensive little pet was cruelly killed on her weekly walk, on her lead, from Nant yr Ynys to the shop. Haydn was on his way back and on the road outside William Fitzsimmons house (Pantycelyn) when he met a tractor coming from the railway bridge. It became clear that the tractor was not going to give him a wide berth and Haydn was forced to the wall pulling Molly with him. He yelled to the driver to give him space but when the tractor stopped Molly was lying dead on the road. She had never done anything in her life to deserve such a violent end. Cradling her in his arms Haydn tried to walk back to Nant yr Ynys but was brought back home by Phillip Jones. Frances cannot describe the pain and agony that she felt when confronted by Haydn with our dead companion in his arms, unable to speak through his grief. Our role was always to protect and look after Molly and we feel that we utterly failed her and no words can describe the pain and horror we are going through. The incident has been being investigated by the police but it is possible that because "only a dog" was killed little will be done.

If you walk your dogs in the village please, please take extra vigilance if a tractor comes into view...they are wider than a car and the driver may misjudge safe passing distances.

We would like to pass our heartfelt thanks to those residents who have contacted us with messages of sympathy and especially the fellow Bichon owners who came to us and helped bury Molly in her favourite spot in our garden. R.I.P. MOLLY 3.12.2001 - 21.3.2015

National Plant Monitoring Scheme www.plantlife.org.uk

This scheme is the first of its kind and asks **for volunteers across the United Kingdom** to visit a kilometre square local to them and **record the plants** they find there in several different plots. The scheme will enable NPMS to explore how plants in different habitats are responding to changes in the environment.

If you who would like to be involved in this government backed scheme which is being delivered by a partnership comprising Botanical Society of Britain and Ireland; Centre for Ecology; Joint Nature Conservation Committee and Plantlife, contact Katie Cameron Communications & Outreach Support Officer, **01722 342759** 14 Rolleston St, Salisbury, SP1 1DX

Gwili 60+ club

Concert at Bronwydd Hall at 7pm Guest Artists: Carmarthen Male Voice Choir, Ross Moore + Wynford James, Country and Western with Huw, Comper Mr Roy Llewelyn

Entry + Hot Meal £14, Raffle, Tickets from Peter 01267 281194 and Glyn 01267 236280

BRING YOUR OWN DRINKS

If there is anyone who wish to join the club please contact the Club Secretary for more details.

Membership costs £5 per year. Everybody welcome! Club Secretary Mrs Val Giles 01267 281194

Cylch Meithrin Bronwydd - Addysg Blynyddoedd Cynnar/Pre School Education

Thank you very much to everyone who has been busy collecting "Cash for your Community" tokens for us. We are very grateful for each one. They will be in the "Carmarthen Journal" until the 8th April.

We are organizing a Cheese and Wine evening on Saturday 16th May at Bronwydd Hall

Our opening hours at Bronwydd Hall (term time) are 9.15am until 12.00 noon from Tuesdays to Fridays, and Ti a Fi on a Friday morning from 10.00am until 12.00noon. A warm welcome to small children and parents/carers. For further information - 07929 431652

Home-Start Carmarthen-Llanelli Home-Start Carmarthen-Llanelli has been operating in our county since the year 2000 and in that time Llanpumsaint has been no stranger – not only have we been fortunate recipients of healthy Village fundraising but we also have our own brick in your Memorial Hall. We have been privileged to have already recruited some volunteers and our volunteers have supported some village families. In fact one of our organisers, Jamie, has been resident in the village, with her own family, since 2001.

We really are passionate about supporting our community and from April 1st 2015 our service will be available for any family within Carmarthenshire who has at least one child under 14 living at home. This means that our need for volunteers is also increasing and that is perhaps where you can become an even more vital resource to families in your local area. We offer travel expenses at 45p per mile, an initial preparation course to get you ready, continual training and personal development, job and training links, an opportunity to make a real difference in the lives and real people, newsletters, support from a named organiser and even social events. We would say that we support our volunteers well and offer a comprehensive package. All we ask of you is a commitment to our values and our 6 weekly supervision requirement, agreement to an enhanced db's check and details of two references, your availability to support a family for a minimum of 2 hours each week and your time to work hand-in-hand with a proven family support agency – which we will value!!!

You may even know of a family who you think would benefit from getting to know us.

Our mission for 2015 is to make sure that everyone in Carmarthenshire knows of Home-Start so you too can indirectly support us by passing on information - handing your enclosed leaflet to someone else for instance.

The reward of seeing a child smile, of the appreciation expressed by parents who understand how difficult being a parent actually is, of the recognition in the eyes of a baby who sees you every week – it's so hard to put into words how precious these moments are. We had a little girl come home from school with a 'Welsh reader of the week certificate' because her family's volunteer had time to support with her homework. We've seen parents come through the grief of suddenly losing a partner because their volunteer simply listened to them. We have families gaining college places and learning new skills because their volunteer believed in their abilities and helped them believe in themselves. We have so many amazing stories ... and they all start with someone like yourself agreeing to offer their time.

Miss Jamie Horton, Scheme Organiser, Home-Start Carmarthen-Llanelli, Building 2, St. David's Park, Jobs Well Road, Carmarthen SA31 3HB www.home-start.org.uk 01267 246562 / 07805847090

Jmlhorton@cccpartners.org.uk <http://homestartcarmarthenshire.org.uk>

Litter Picking Day– 7th March

The day was dry but there was a really cold March wind. However, eighteen people turned up to collect the litter along the roads in and surrounding the village. Equipped with litter pickers and bags, and wearing hi-viz jackets, the volunteers dispersed around the village, and came back with a total of 20 bags of litter. Also collected was an abandoned gas cylinder, 2 motor cycle tyres, and several bags containing dog poo that had been hung on branches in the hedgerows, despite there being litter bins within a short distance. There was also a pair on pants that were found in the verge! Much of the litter was from fast food outlets like MacDonalds, KFC and the like in Carmarthen – presumably, once the meal and drink have been consumed, the passengers and driver find it easier to open the windows in the car and just throw it out into the verge rather than take it home. There were also many empty drinks containers and crisp packets. There are lots of litter bins in the village - so please use them and put your litter in them, rather than just throwing it into the verges, or take it home. We are so lucky to be living in a beautiful area, please help us keep it that way.

But 3 days after the clean-up, the first bag of rubbish from MacDonalds had been thrown out of a car on the Graig. If you see a car throwing out rubbish, please take their registration number and report it to Carmarthenshire County Council on 01267234567. Carolyn Smethurst

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 Peniel Carmarthen

Thursday 2.00pm Prayer Meeting

Contact Mrs Eleri Morris (Secretary) 01267 253895

Ffynnonhenri Chapel

Details of services for the months of April, May and June 2015

April 19 2015 Service at 3.00p.m. Rev Desmond Davies

Mai 10 2015 Further details to follow

Mai 24 2015 Service at 2.00p.m. Mr. Tudur Dylan

June 7 2015 Communion at 4.00p.m. Rev Huw George

June 21 2015 Service at 2.00p.m. Mr Arwel Evans.

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

Nebo Chapel

The following services will be held at Nebo Chapel:

April 12th Mr Dai Lloyd 10:30am

19th Rev Goronwy Wynne 2:00pm

May 3rd Rev Rev Goronwy Evans 10:30 am

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

A Message from Your Parish Priest

You will know by now that Ruth, our children and I will be moving in April where I have been invited by the Bishop and have accepted the post of Priest in Charge of Cilgerran with Bridell & Eglwysrwr. Whilst we are sad to be leaving you all, we look forward to the challenges ahead.

During the last five years, it has been an enormous privilege to lead these churches.

Whilst you and I together have worked in these churches, we must never forget that they are ultimately God's churches. Jesus said 'I will build my church, and the gates of hell shall not prevail against it' (Matthew 16 v18). We are part of the universal church in heaven and on earth. On earth, we are described as the church militant, not in terms of military might, but in terms of proclaiming the truth of the gospel without fear. In heaven the church is triumphant, because the battles of this life are over, Christ is seen to have won the victory over sin, death and hell and we will reign with Him forever. May this vision of God's church sustain you in the months to come. God bless you.

Peter - Area Dean Rev Leigh Richardson's Tel: 01267 237117 Email: landcat10a@aol.com

Details of Church services are on the Church notice board

Comfort Zone by Tina Conyard

In 2010, Rob and I were asked to be involved in a small sketch to be performed by Pontlliw Players, the reason being that an evening of entertainment had been arranged to raise funds towards our first London to Paris Charity bike ride. As it turned out we were involved in several small sketches..... and so another door opened up for us. Since this time we have become involved in many entertainment evenings at the hall, both behind the scenes and on stage.

Mike, who is in our Celtic re-Cycling Team this year, also rode with us in our second charity ride in 2012 and (I'm sure he won't mind my saying) is an utter eccentric who excels at playing the 'Dame' in Pantomimes. Over the last three years he has directed and starred in 'Cinder Wellie', 'Jack and the Bean Stalk' and in the last week 'Puss in Boots'.... Each time he has made the audience laugh until they cry. Both Rob and I have performed alongside Mike and have literally been there every step of the way. Rob has played a highway man, Doug the Thug and the wonderfully entertaining King Wally the Want in our last production... I don't think anyone will forget Queen Wendy and King Wally's rendition of 'Cootchie Face'.

For my part, during the first Panto I played the good fairy. It was one of the main parts and my entire script was said in rhyme, it took a lot of practising and rehearsing and was very exhausting. It was so difficult fitting in work and play. The following year I opted to be the prompt.... Less challenging and dare I say less rewarding. I watched others laughing and muddling through their lines, having so much fun... I felt on the periphery and a little left out.

This year, Mike was considerate when I made it clear that I wanted some of the action again, and cast me in a minor role.... Hmmm!!! Me...a minor role.... No.... I decided if I was going to participate I wanted something more... my batteries were charged and my appetite for the limelight was whetted. I pleaded with Mike to reconsider until he finally gave in and sent me a text... 'alright.... You can be the wicked ogre, its right up your street!'

There was no way I could complain, he was right, I had spat my dummy out at a minor role and had acted ...ahem....like a true thespian.

Came the day of the first rehearsal and I felt very nervous, but soon my nerves turned to panic when Mike announced that I was to sing a solo. Now, I'm not saying I can't sing, but suffice it to say even my children used to tell me that they would go to sleep if I promised not to sing them a lullaby. I protested telling everyone that I can't sing.... Unfortunately, it took my first attempt with other cast putting their fingers in their ears and Mike saying maybe we should find a song more suitable for your voice (very diplomatic), for all to realise I really can't sing.

Mike was all for scrapping the song, however I am of the firm belief that we should all step outside our comfort zone and push ourselves in order to achieve. I asked Mike to give me a week to practise before coming to a decision. He agreed.

Never mind my script, the only words in my head was 'When I Fall in Love'... I listened to Nat King Cole over and over and over. I listened to his timing, when to hold a note and when to keep quiet. I listened on the way to work, on the way home. I sang to my long suffering husband and dogs (the dogs didn't seem to mind). The following week I 'murdered' Nat King Cole's wonderful masterpiece. Mike listened, so did the rest of the cast. As I finished there was a pause and then clapping. Mike shouted out that the song could stay... Phew.

We have now completed the Panto to a sell-out audience and I for my part gave the wicked ogre role everything I could. I don't think Hollywood will ever come knocking at my door, however I feel proud not only to have been involved with a fantastic cast in making so many men, women, boys and girls happy and full of laughter but I have done something which is far outside of my comfort zone.

Rob and I would like to thank all of our wonderful friends from Llanpumsaint, who not only offered words of encouragement along the journey but also attended our performance of Puss in Boots.

More on Place names

As spring approaches we all seek signs of greenery in the countryside. So do the names Pantglas {Blue hollow}, Nantglas {blue stream}, Llwynglas (Blue bush] and Bancynglas (Blue hillock] suggest a distinct element of colour blindness? Not so! For whereas glas in modern Welsh means blue originally in Old Welsh it meant green. So it all makes sense, as does glaswellt which means grass. Place names are not always what they seem. The most famous faux pas happened when someone rushed to his dictionary in pursuit of the meaning of Amlwch in Anglesey. Aml (many or frequent) and hwch (sow), he deduced meant a place where a lot of pigs were kept. True many of those animals are bred on Ynys Mon, but Amlwch means something quite different. Am (to encircle) and lwch coming from the same base as loch means a place surrounded by water. Note the local Llanllwch near Carmarthen, meaning a church by a lake which later became a bog.

The 19th century writer Brutus (born in Llanpumsaint village) long argued that his home area was once one of the chief centres of Druidical power in Wales alongside Anglesey. Since the oak tree and the holly lay at the centre of their beliefs, he quoted local place names in support of his theory. Thus Llwyncelyn (Holly bush), Llwynderi (Oak bush), and Deri mysg (Oak water – uisc and whiskey come from that same base too) provided evidence and he reckoned the main H.Q. to be at Pantydriw (Hollow of the Wren) We know that Christianity adopted Druid sites for their own purposes, so Dderwengroes (Oak Cross) and Llwyncroes (bush of the Cross) come into the reckoning.

Much of that lies way back in antiquity but Bettws farm in Nebo holds a real authenticated site of an old church. Bettws comes from the English Bede house meaning a house of prayer where beads were counted during devotion. That church was in use till the 18th century. Note Bettwsycoed, Bettws Ifan and Bettws near Ammanford as other examples.

Many trees were sacred to the Celts and the survival of place names reflects those locations as centres of long forgotten religious beliefs and practices. You'll find plenty of examples in the parish of Llanpumsaint. Llwynbedw (Birch bush), Pantyfedwen (Birch hollow) and simply Bedw near Ffynnonhenri. Llwynhelyg brings the willow into contention and the alder is represented in the name of Cwmwernen. Penllwyniorwg (the main ivy bush) and Penllwynuchel (head of the tallest bush) indicates that these locations were at one time chief centres of power in the Nebo (Ystum Gwili) part of the parish.

Pantymeillion (Clover hollow), Brynmeillion (Clover hillock) and Clover itself are of different era. But beware again, Pantycelyn and Celynos are neither ancient Druidic nor Christian sites. The former dates from the early 19th century and reflects a connection to William Williams Pantycelyn, the famous Methodist hymn writer from Llandovery. When David and May Evans retired just across the road from there in the mid 20th century, Celynos was a totally appropriate for their twilight home.

Arwyn2015

Foot Care Clinic

The next clinics will be on 23rd April and 4th June. New clients should contact Gary Robinson any weekday between 6 – 8pm on 077893444488, as should any existing client needing information.

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