

Llais y Llan Rhagfyr 2013

Copi dyddiad ar gyfer rhifyn nesaf – 25 Ionawr 2014

Cyhoeddwyd gan Llanpumsaint Cyfnewid Gwybodaeth Gymunedol

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

Nadolig Llawen a Blwyddyn Newydd Dda i chi gyd

Beth sy' Mlaen yn y Pentref yn y misoedd nesaf

Dawnsio Zumba yn y Neuadd Goffa bob nos Fawrth 6.30 – 7.30 (yn dechrau eto 7 Ionawr)

MOBI tu allan i'r Neuadd Goffa pob nos Fercher o 17.30 tan 19.30

Merched Y Wawr trydydd Nos Lun pob mis yn y Neuadd Goffa am 7:30

Rhagfyr 13 Nos Wener 7.30 Bingo Neuadd Goffa

Rhagfyr 14 Dydd Sadwrn Cyngerdd Nadolig Cylch Meithrin Neuadd Bronwydd

Rhagfyr 15 Dydd Sul 3.00 Gwasanaeth Nadolig Capel Nebo

Rhagfyr 15 Nos Sul 6.00 Gwasanaeth Carolau, Eglwys Llanpumsaint

Rhagfyr 17 Dydd Llun Cinio Nadolig Gwili Clwb >60 Hollybrook

Rhagfyr 24 Dydd Mawrth 1.30 Gorymdaith Sion Corn

Rhagfyr 31 Nos Cyn Calan Cinio Tafarn y Rheilffordd 253643

Ionawr 1 Dydd Mercher 11.00 Taith Gerdded Hanesyddol o Gwmpas y Pentref, Neuadd Goffa

Ionawr 7 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa

Ionawr 15 Dydd Mercher 12.30 Clwb Cinio, Tafarn y Rheilffordd Ffôn 253643

Ionawr 16 Nos Iau 7.00 Cwis a Chyri £5.00 y pen Tafarn y Rheilffordd

Ionawr 24 Nos Wener 7.30 Cyfarfod Cyffredinol Blynyddol LCIE Neuadd Goffa

Ionawr 26 Dydd Sul 1.45 Cymdeithas Dewinwyr Gorllewin Cymru Neuadd Bronwydd

Ionawr 26 Nos Sul 8.00 Cwiz Hollybrook

Ionawr 27 Dydd Llun 2.00 Clwb Gwili >60+ Neuadd Bronwydd

Ionawr 28 Dydd Mawrth 12.15 Clinig 'Traed Hapus' Neuadd Goffa

Chwefror 1 Nos Sadwrn Swper a 'Swing' Neuadd Goffa Tocynau £10, 01559389044

Chwefror 4 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa

Chwefror 8 Dydd Sadwrn 10.30 Cerdded Neuadd Bronwydd

Chwefror 12 Dydd Mercher 12.30 Clwb Cinio, Tafarn y Rheilffordd Ffôn 253643

Chwefror 20 Nos Iau 7.00 Cwis a Chyri £5.00 y pen Tafarn y Rheilffordd

Chwefror 23 Dydd Sul 1.45 Cymdeithas Dewinwyr Gorllewin Cymru Neuadd Bronwydd

Chwefror 23 Nos Sul 8.00 Cwiz Hollybrook

Chwefror 24 Dydd Llun 2.00 Clwb Gwili >60+ Neuadd Bronwydd

Mawrth 1 Nos Sadwrn Cawl a Rasio Ceffylau, Manylion yn Nesaf Llais y Llan

Mawrth 4 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa

Mawrth 11 Dydd Mawrth 12.15 Clinig 'Traed Hapus' Neuadd Goffa

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

Gorymdaith Sion Corn Noswyl Nadolig - Pwyllgor Lles ac Adloniant

Bydd yr orymdaith yn cychwyn y tu ôl i Gart Llusg Sion Corn o'r fynedfa ger Nantyrnys am hanner awr wedi un.(1.30 y.p). Cennir carolau yn y manau canlynol - Tafarn y Railwe - Brynywawr - Siop Penbontbren - Yr eglwys - Yastad y Llandre - Parc Celynin. Yna bydd yr orymdaith yn dychwelid i'r Railwe.

Gwahoddir chi i wisgo lan a bydd Jayne Y Railwe yn beirniadu'r wisg orau ac estyn gwobr ariannol i'r enillydd. Canwn y carolau bennill Cymraeg a phennill Saesneg am yn ail.

Yn y tafarn bydd yna raffl a chawl a mins peis i bawb. Bydd Sion Corn yn croesawu'r plant i'w ogof yn y Railwe wedi'r orymdaith orffen.

Bydd yr elw o gasgliadau'r bwcedi a'r Raffl yn mynd tuag at elusen ddewisedig y Pwyllgor am 2013 sef - Uned Clyw Ysbyty Glangwili i blant byddar

Capel Ffynnonhenri

Os am ragor o fanylion cysylltwch â Danny Davies, Trysorydd ar 01267 253418 neu Gwyn Nicholas Ysgrifennydd ar 01267 253686

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

Eglwys y Plwyf

Gwasanaeth Carolau -- Nos Sul 17eg o Ragfyr am 6 o'r gloch.

Gwasanaethau Nadolig eraill

Noswyl Nadolig -- Y Cymun Cyntaf 11.30 y.h

Bore Nadolig – Cymundeb Teuluol 10 y.b

Mae manylion unrhyw wasanaethau arall ar hybysfwrdd yr eglwys.

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

Nebo

Ar y 15ed o Ragfyr mi fyddwn yn cynnal ein Gwasanaeth Nadolig yn y Capel am 3 o'r gloch. Rydyn yn gobeithio bydd Sion Corn yn dod I ymweld a'r plant ar ol y gwasanaeth. Croeso I bawb.

Clwb 100 Llanpumsaint

Dyma restr y buddugwyr am Hydref a Thachwedd a dynnwyd yng nghyfarfod diwethaf y Pwyllgor Lles ac Adloniant -

Hydref - £20 Rhif 11 --- Wil Fitsimon
 £10 Rhif 9 ---- Florrie Rees
 £5 Rhif 32 --- Hedydd Rees
 £5 Rhif 66 ---- David Icke

Tachwedd - £20 Rhif 75 --- Dorrien Thomas
 £10 Rhif 97 --- Sandy Maher
 £5 Rhif 21 --- John Bowen
 £5 Rhif 114 --- Michelle Girdler

Penderfynodd y Pwyllgor ddileu'r gwobrau £5 adeg y Nadolig gan ymestyn y drydedd wobwr i £25 ac ychwanegu naw gwobr o £10. Yna tynnwyd yr enwau llwyddiannus yma

allan - £100 Rhif74 --- Larwen Bowen
 £50 Rhif 66 --- David Icke
 £25 Rhif 45 --- Geraint Hughes
 £25 Rhif 36 --- David Robinson
 £15 Rhif 31 --- Mathew Jones
 £15 Rhif 20 --- Malcom Howells
 £10 Rhif 56 --- Elsie Jones
 £10 Rhif 88 --- Geraldine Davies
 £10 Rhif 46 --- Morwen Rees
 £10 Rhif 100 --- Brian Gilman
 £10 Rhif 65 --- Patrick Thacker
 £10 Rhif 94 --- John and Carolyn Atkinson
 £10 Rhif 5 --- Eirlys Lloyd
 £10 Rhif 40 --- Sandra Powell
 £10 Rhif 89 --- Chris and Jayne Hughes

Nadolig Llawn a Blwyddyn Newydd Lewyrchus i chi gyd. Derik Lock 253524

Mobi Os y medrwch fod o gymorth cysylltwch a Carys 01267 221551

“Fly Me To The Moon” – dawns a swper

Band byw + 2 gwrs o fwyd cartref. Bar trwyddedig. Chwefror 1, Nos Sadwrn am 7.30 y.h. hyd 11.30 y.h. yn Neuadd Goffa Llanpumsaint. Y band lleol yw “Swing Boyz & Christiana” ac mae tocynnau yn £10 o siop y pentref neu ffoniwch 01559389044 i archebu tocynnau. Elw i gronfa 'Red Cross.'

Cng. Irfon Jones - Nadolig llawen a blwyddyn newydd dda i bawb a diolch am bopeth.

CYLCH MEITHRIN BRONWYDD

Neuadd Bronwydd, Bore Dydd Mawrth, Mercher, Iau a Gwener 9:15 – 12:00

Cylch Ti a Fi - Bore Dydd Gwener 10:00 – 12:00 (Ygost am “Ti a Fi” yw £2.50)

Mae Cylch Meithrin Bronwydd yn cynnig gofal plant o ansawdd uchel i blant 2 ½ oed hyd at oedran ysgol. Rydym yn credu mewn creu amgylchedd diogel, hapus a chroesawgar ar gyfer y plant, staff a rhieni. Bydd eich plentyn yn cael cyfle i gymryd rhan mewn nifer o weithgareddau addysgol, llawn hwyl a sbri.

Mae Cyngor Sir Gâr yn cynnig 10 awr o addysg am ddim i blant dros 3 blwydd oed. Os nad ydy eich plentyn yn gymwys yna rhaid talu £6 y bore, yn cynnwys byrbrydau a llaeth. Am ragor o wybodaeth cysylltwch ein Arweinydd ar 01558 822652.

Peidiwch ag anghofio 14^{eg} o Ragfyr - Cyngerdd Nadolig yn Neuadd Bronwydd

Gwasanaeth “Traed Hapus” gyda ‘Wellbeing Regeneration's Footcare Service’

Mae'r gwasanaeth torri ewinedd traed yn dod i Neuadd Goffa Llanpumsaint bob chwe wythnos. Mae'r sesiwn nesaf yna ar y Ionawr 28 ac yna ar y Mawrth 11 am 12.15y.p..

Ffoniwch i archebu eich lle. Pris y sesiwn yw £8.50 ond mae angen taliad cychwynnol o £26.50 am bâr o glipwyr a rhathell eich hunan. Am wybodaeth ac archebu: 01554 744896 - oriau swyddfa 9.30 hyd 4.30 y.p.

http://www.wellbeingregeneration.org.uk/cms/index.php?option=com_content&view=article&id=56&Itemid=18

Siop Amserau agor dros gyfnod y Nadolig

Noswyl Nadolig - 8 y.b - 3 y.p.; Dydd Nadolig - Ar gau; Gwyl San Steffan - Ar gau.

Diwrnod cyn Calan - 8 y.b - 3 y.p.; Dydd Calan - Ar gau; 2ail Ionawr 2014 - 8 y.b - 1 y.p.

Gwasanaeth y Swyddfa Bost -- Gair i'ch atgoffa fod y fan yn dod bob prynhawn

Dydd Mawrth - 2 y.p - 4 y.p; Prynhawn Gwener -- 1 y.p – 3 y.p.

Bydd yn parcio yn yr arhosfa'n ger Brynywawr gerllaw Tafarn y Railwe.

Peiriant Adfywio i'r pentref

Penderfynodd Y Cyngor Cymuned y gellid defnyddio'r Blychau Ffon Coch fel safle i'r peiriannau adfywio yma. Bwriad yr elusen Calon Cymru yw cydweithio a mudiadau eraill er mwyn hwyluso gosod cyfarpar arbed bywyd drwy Gymru gyfan

<http://www.welshhearts.org>. Hefyd mewn cydweithrediad ag Ambiwlans Awyr Cymru byddant yn barod i hyfforddi trigolion lleol.

Mae gwir angen Cysylltydd arnom i arwain y fenter hon a sicrhau fod y cyfarpar allweddol yma yn cyrraedd ein hardal. Am fwy o wybodaeth cysylltwch â Carolyn Smethurst ar 253308 neu Phillip Jones ar 253512.

Pam fod angen Cyfarpar Adfywio?

Yn dilyn trawiad ar y galon mae'r siawns o bara'n fyw yn dirywio 23% bob munud. Felly mae'n holl bwysig fod triniaeth feddygol yn dechrau cyn gynted â phosib. Felly mae Cyngor Adfywio'r Deyrnas Unedig yn cynnig y dylai Peiriant Adfywio fod ar gael lle bynnag mae triniaeth feddygol yn fwy na 5 munud i ffwrdd. Mewn ffordd golyga hyn bron bobman, ac yn bendant mae'n cynnwys ardal wledig fel Llanpumsaint. Ceir mwy o wybodaeth ar <http://www.communityheartbeat.org.uk/why.php>

Clwb Gwili 60+

Mae'r clwb yn dal i groesawu aelodau newydd ac mae yna raglen amrywiol a diddorol wedi ei pharatoi gogyfer a'r flwyddyn newydd. Trefnwyd y Cinio Nadolig blynyddol yn Nhafarn Gwlad Nantcelynen ar 17eg o Ragfyr, ac felly ni fydd yna gyfarfod arall eleni.

Bydd y cyfarfod cynta' o'r flwyddyn newydd ar y pedwerydd dydd Llun fel arfer, pan fydd Robert Morgan yn traethu ar "Mae bywyd yn dechrau yn drigain oed!"

Ym Mis Chwefror daw'r plismon lleol i drafod ei ddyletswyddau yn yr ardal. Yn yr un cyfarfod dethlir Gŵyl Dewi gyda basned o gawl, bara a chaws. Am fwy o wybodaeth cysylltwch â Val Giles yr Ysgrifenyddes ar 01267 281194

Y Gwasanaeth yn annog y cyhoedd i wirio eu teiars

Mae Gwasanaeth Tân ac Achub Canolbarth a Gorllewin Cymru yn annog modurwyr i baratoi ar gyfer y tywydd oer ac amodau mwy heriol y ffyrdd trwy wirio eu teiars.

Dywedodd y Swyddog Lleihau Gwrthdrawiadau ar y Ffordd, Kenny McDonald:

"Rydym ni eisiau i'r holl yrwyr i edrych ar deiars eu ceir, yn cynnwys yr olwyn sbâr, ac i sicrhau eu bod yn gyfreithlon ac mewn cyflwr da. Os oes amheuaeth, galwch eich garej leol neu arbenigwr teiars, a fydd yn gwirio a yw eich teiars yn barod ar gyfer unrhyw amodau gyrru mwy heriol yn ystod cyfnodau o dywydd gaeafol."

"Dylai gyrwyr sicrhau bod gwasgedd aer y teiars yn gywir, a dylent gofio cadw eu pellter oddi wrth gerbydau eraill, i sicrhau y gallant stopio mewn digon am amser i osgoi unrhyw wrthdrawiadau".

Am ynni rhatach???

Cyfnewidfa cyd-newid ynni yw Cyd Cymru. Mwya' i gyd o bobl sy'n ymuno mwya' i gyd yw'r arbedion -- felly pregethwch y neges i'ch cymdogion, eich teuluoedd a'ch ffrindiau! Ceir mwy o wybodaeth o <http://www.cydcymru-energy.com>.

Bydd y cyfnod cofrestru yn gorffen ar **Ddydd Sul 12fed o Ionawr 2014**. Bydd y cyfnod o gysylltu ynghyn a'r cynllun a manylion am gyfnewid yn ymestyn o 13eg hyd 24ain o Ionawr 2014. Wedyn byddant yn cysylltu eto ynghyn a chynnig y Gyfnewidfa, a chymhari hynny ochr yn ochr â'r cynhigion arail fydd ar gael ar y pryd.

Cyngor Bro Llanpumsaint

Mae'r Cyngor Cymuned yn cyfarfod ar nos Fawrth gyntaf ym mhob mis (ac eithrio misoedd Rhagfyr ac Awst) am 8 yr hwyr yn y Neuadd Goffa ac mae pob cyfarfod yn agored i'r cyhoedd. Mae ein Clerc yw Phillip Jones, a gellir cysylltu ag ef ar 01267 253512, neu philkto@yahoo.co.uk

Yn dilyn marwolaeth drist Mali Lloyd eleni mae yna sedd wag ar y Cyngor. Oherwydd nad oes neb wedi cynnig eu hunan, mi fydd y Cyngor yn ethol rhywun yn y cyfarfod nesaf, sef am wyth o'r gloch ar y 7fed o Ionawr 2014.

Canlyniad Etholiad Diwrthwynebiad:- Elfed Davies, Danny Davies, Malcolm Howells, Dylan Jones, Arwel Nicholas, Wyn Thomas, Carolyn Smethurst.

Ceisiadau Cynllunio

W/29105 Tir CLYTTIE COCHION, LLANPUMSAINT, Caerfyrddin SA33 6BT - Cyfnewid Defnydd o dir amaethyddol i greu safle wersylla i gynnwys :- 6 coden – 1 toiled/cawod a safle parcio i geir.

Daeth cyniatad cynllunio i osod y Bwrdd Treftadaeth y tu allan i'r Neuadd ac mi fydd yn cael ei osod yn fuan. Ceir gwybodaeth am y daith hanesyddol o amgylch y pentref o wefan <http://www.llanpumsaintwalk.org.uk/>

Superfast Cymru

Mae Llywodraeth Cymru a B.T. yn cydweithio i sicrhau fod 96% o'r wlad yn derbyn Y band eang erbyn 2016, ac maent yn cyhoeddi cylchlythyr i'ch diweddarau am hynnt a helynt y rhaglen. Eu bwriad yw ein hysbysu pa gymunedau fydd nesaf i dderbyn y ffibr cyflym, a chynnwys straeon o'r cymunedau hynny sydd eisoes wedi elwa o'r gwasanaeth band eang cyflym yma.

Ar hyn o bryd mae ardal Llanpumsaint dan arolwg ond heb dderbyn dyddiad gweithredol, felly byddai'n syniad da i bawb gofrestru ar <http://www.superfast-cymru.com>. Deallwn y bydd Cyfnewidfa Pencader rhai eraill yn weithredol yn 2014 neu 2015.

Cymdeithas Daroganwyr Gorllewin Cymru

Mae darogan yn ymarfer defnyddiol a diddorol a gall bron unrhyw un ei ddysgu. Dywed ei fod wedi deillio o'r Aifft neu hyd yn oed ynghynt mewn hanes. Mae nifer o gwmnïoedd yn defnyddio gwasanaeth daroganwyr profiadol i chwilio am ddŵr, mwynau, olew, ceblau trydan ayyb. Mae rhai yn chwilio am fwyd ac eraill yn chwilio am unrhyw dynfa daearyddol yn ei amgylchedd; ond mae darogan yn gred bersonol ac nid yw wedi'i brofi yn wyddonol. Felly pam na ddewch chi i'r cyfarfod dydd Sul? Mae mynediad yn £4 y person gan gynnwys lluniaeth ysgafn yn y toriad. Am wybodaeth bellach: Sandy 01267 253 547

Grŵp Cynaliadwy Llanpumsaint

Dyma'r mudiad sydd yn cyhoeddi Llais Y Llan ac yn cynnal y wefan <http://www.llanpumsaint.org.uk> Byddwn yn cynnal ein cyfarfod blynyddol yn y Neuadd am 7.30 y.h. ar Ionawr 42, Nos Wener. Croeso i chi ddod - mae angen pobl newydd a syniadau arnom ar sut i wella'r Llais a'r wefan

Clwb Cerdded Llanpumsaint

Cafwyd taith hynod o ddiddorol o amgylch Cei Newydd yng nghwmni John Ifans, sydd yn frodor o'r pentref. Ar ddiwrnod braf 'roedd y golygfeydd ar draws Bae Ceredigion yn odidog.

Cynhelir y daith nesaf ar ddydd Calan, sef y 1af o Ionawr 2014 pan fyddwn yn canlyn Y Daith 'Trefnadaeth o amgylch y pentref', hon a ddisgrifir ar

<http://www.llanpumsaintwalk.org.uk/>.. Byddwn y cychwyn o'r Neuadd Goffa am 11 y bore. Mae'r daith mewn dwy ran. Bydd y cyntaf yn filltir a hanner, ar dir gwastad gyda tharmac dan draed, ac yn cymerid rhyw awr.

Hanner ffordd ger y Cwppers daw cyfle, os dymunwch i ychwanegu tair milltir arall ati, drwy ddilyn y cyfarwyddiadau i Ystum Gwili (ardal Nebo). Byddwch yn wynebu tyle ac yn mynd ar draws rhai caeau, felly mae'n bwysig gwisgo esgidiau addas. Bydd yn cymerid rhyw ddwy awr yn ychwanegol. Felly drwy gyd gyfarfod am 11 y.b gallwn gwblhau'r holl daith mewn tair awr cyn gorffen yn nhafarn Y Railwe.

Bydd taith Fis Chwefror yn cychwyn o Neuadd Bronwydd ar yr 8ed am hanner awr wedi deg y bore. Byddwn yn cerdded yn bennaf dros lwybrau a heolydd, gan ddilyn yr afon Gwili i gychwyn tuag at bentref Cwmdwyfran a chroesi'r A484 yno. Yna dringo llwybr serth heibio i fferm Cwmdwyfran ac aneli tua'r Clwb Golf a Llanewydd. O gopa'r bryn bydd yna olygfeydd eang cyn disgyn yn ôl tua Browydd unwaith eto. Hyd y daith yw tua 5 milltir a gellir casglu gwybodaeth bellach

oddiwrthhttp://www.discovercarmarthenshire.com/activities/walks_pdfs/Bronwydd.pdf

Mae ein teithiau cerdded yn agored i bawb. Am fwy o wybodaeth cysylltwch â Carolyn ar 01267253308, info@gwilimill.co.uk

Tywyddgall Rhagfyr 2013

Wel dyma ni, nôl I ganol y tywydd gwlyb unwaith eto ac amodau delfrydol I bydru traed, ac oni bai am yr esgyd a fathwyd gan Arthur Wellesley, efallai fyddai nifer o weithwyr a cherddwyr yn dioddef o'r dolur "Trench Foot"! Dywedwyd pe bai Arthur Wellesley wedi dyfeisio'r frechdan, a John Montagu yr esgyd, heddiw mi fydden ni yn gwisgo brechdanau a bwyta esgidiau, oherwydd mae Arthur Wellesley, Dug Wellington wnaeth ofyn I'w grudd wneud newidiadau I'r esgyd Hessian a'I symleiddio er mwyn ei wneud yn fwy ymarferol wrth wneud I ffwrdd a'r arddurniadau. Roedd yr esgyd ar ei newydd wedd yn boblogaidd ac fe'u gwisgwyd gan y niferoedd ac yna yn 1852, crewyd yr esgyd allan o rwber, a dod yn droed wisg cyffredin a phoblogaidd. Hyd yn oed wrth wisgo esgidiau pwrpasol mae modd cael "Trench Foot", ac yn ystod rhyfeloedd diweddar, yr amddiffynfa orau I filwyr rhag y dolur oedd I wneud un milwr yn gyfrifol am draed y llall, a gofalu fod hosanau yn cael eu sychu yn ddyddiol ac olew morful yn cael ei dyluno I'r traed. Trwy drugaredd, ni fydd rhaid I drigolion Llanpumsaint aros mewn dŵr a llaid am 13eg awr a dioddef Trench Foot er fod Hydref 2013 wedi bod y gwlypaf oddi ar 2008 gyda 131% o'r glaw arferol wedi disgyn, oherwydd fod gyda ni 'wellies' a chartrefi clyd! Unwaith eto, mae'r tywydd wedi creu yr amodau perthffaith I'r falwen llaid, yr un sydd yn gartref I wyau llyngyr yr iau, sydd yn golygu fod yn rhaid rhoi moddion I ddifa'r creadur bychan dinistriol, neu mi fydd defaid yn trigo yn eu lluoedd. Ffigwr arferol marwoliaethau mewn praidd yw rhwng 1 a 3% ond y llynedd collwyd I fyny hyd at 10% o ddefaid mewn rhai diadelloedd, ond roedd y colledion arianol yn uwch na hynny oherwydd y defaid a achubwyd eu bywydau ond ni wnaethant hwrdda oherwydd bod eu cyflwr corfforol mor ddifrifol o wael. Ergyd sylweddol I goffrau'r ffarmwr....

Cymdeithas Rhieni ac Athrawon Ysgol Gynradd Llanpumsaint

Mae'n eithaf syml - os ydych yn siopa ar y We cofrestrwch unwaith gyda

www.easyfundraising.org.uk/causes/llanpumsaintpta

<<http://www.easyfundraising.org.uk/causes/llanpumsaintpta>>. Wedyn bob tro fyddwch yn siopa ar y we ewch i'r Wefan "Your favourites" a bant a chi.

Gellwch arbed arian gyda "easyfundraising" hefyd, oherwydd dewch ar draws gynigion rhatach yno. Felly byddwch yn ein helpi ni ac yn arbed arian yr un pryd. Cewch fwy o fanylion oddiwrth Sarah 253412.

Urdd Merched Bronwydd

Mae'r Urdd yn cyfarfod yn Neuadd Bronwydd ar yr ail ddydd Llun o'r mis o 7.00 y.h. i 9.00 y.h. - bydd croeso cynnes i unrhyw aelodau newydd. Am unrhyw fanylion pellach cysylltwch â Val Lock ar 01267 253 524, neu Sandra MacDonald ar 01267231265.

Llanpumsaint Cynaliadwy

Wel, mae'n rhaid bod Llanpumsaint Cynaliadwy yn flwydd oed erbyn hyn oherwydd cynhaliwyd Cyfarfod Cyffredinol Blyneddol ar Nos Wener yr 8fed o Dachwedd. Cafwyd cyfarfod bywiog a difyr wrth I'r deuddeg brwdfrydig rhannu gyda balchder haeddiannol yr hyn a gyflawnwyd ers y Gwanwyn a syniadau am yr hyn yr hoffent weld yn digwydd yn y dyfodol os bydd yr arian ar gael. Eisioes mae angen rhagor o bron pob dim; gweliau pridd, mwy o le yn y ty gwydr a polytunnels, ond yr hyn sydd yna ddigonedd ohonno yw; pridd, compost ac efalla yr hyn sydd mwyaf gwerthfawr – gwagle! Golyga hyn fod mwy na digon o le I'r fenter gymunedol ehangu yn nhermau nifer y rhanddeiliaid ac mewn amrywiaeth y cynnyrch a dyfir os plennir llwyni ffrwythau a pherllan fechan. Dymuniad y rhanddeiliaid yw creu dôl o flodau gwyllt ar yr hyn sydd yn ddifeithwch ar hyn o bryd a fydd yn creu cynefin dengar I bryfed o bob math er budd y gerddi a'r amgylchedd ehangach. I'r sawl sydd am fwy o wybodaeth ynglyn a'r hyn sydd yn digwydd yn y gerddi, gofynnwch I'r tyfwyr I ddangos I chi ac os nad ydych yn gyfarwydd â'r garddwyr, cysylltwch gyda John Atkinson ar 01267 253846 neu trowch at dudalen Weplyfr y rhanddeilwyr: Llanpumsaint Allotment Association – mae modd I chi ddod o hyd I'r ddalen o wefan Llanpumsaint.

Eisiau i ddefnyddio mwy o Gymraeg yn eich busnes?

Fe lansiodd Comisiynydd y Gymraeg wasanaeth rhanbarthol newydd i gefnogi busnesau bach a chanolig i ddatblygu defnydd o'r Gymraeg. Fel rhan o'r gwasanaeth newydd, bydd pedwar swyddog cynghori busnes yn gweithio'n uniongyrchol â busnesau ar draws Cymru trwy ddarparu:

- mynediad at wasanaeth prawf ddarllen yn Gymraeg
- templed sy'n galluogi busnesau i ddatblygu polisi iaith unigryw i'w anghenion
- bathodynau, cortynnau gwddf a gwaith celf Iaith Gwaith
- llyfryn yn rhoi cyngor ymarferol ar sut i ddefnyddio'r Gymraeg

Wrth lansio'r gwasanaeth, dywedodd Comisiynydd y Gymraeg, Meri Huws:

“Mae'n amser heriol i fusnesau gydag ansicrwydd economaidd a sialensiau newydd. Yn fwy nag erioed, mae busnesau yn awyddus i ddarparu gwasanaeth o'r safon uchaf, ac mae adlewyrchu anghenion cleientiaid yn rhan bwysig o ofal cwsmer da. Bydd ymdrechion busnesau i ddefnyddio'r Gymraeg yn cael eu gwerthfawrogi, a thrwy'r gwerthfawrogiad hwnnw fe ddaw teyrngarwch ac ymddiriedaeth y cwsmer.

“Trwy'r gwasanaeth newydd fe fydd swyddogion yn gweithio'n uniongyrchol gyda busnesau er mwyn cynyddu'r defnydd o'r Gymraeg mewn ffordd sy'n ateb anghenion penodol y busnesau yn ogystal â'r angen a'r galw yn y gymuned leol. Rwy'n annog perchnogion busnesau bach a chanolig i gysylltu â nhw er mwyn dysgu mwy am fuddion defnyddio'r Gymraeg.”

Mae'r holl wasanaethau ac adnoddau busnes ar gael yn rhad ac am ddim.

Gall busnesau gysylltu â swyddogion rhanbarthol y Comisiynydd trwy anfon e-bost at post@comisiynyddygydraeg.org, ffonio 0845 6033 221. Mae mwy o wybodaeth am ddefnyddio'r Gymraeg mewn busnes ar wefan comisiynyddygydraeg.org.

Cofiwch ailgylchu y Nadolig hwn

Gofynnir ichi ailgylchu eich sbwriel y Nadolig hwn.

Gyda'r holl yfed a bwyta rydym yn tueddu i gynhyrchu llawer mwy o sbwriel ar yr adeg hon o'r flwyddyn a dyna pam mae'n bwysig ceisio ailgylchu cymaint â phosibl.

Defnyddiwch eich bagiau glas ar gyfer poteli plastig, caniau, cardbord, papur lapio a chardiau.

Dylai unrhyw fwyd Nadolig nad oes modd osgoi ei wastraffu megis esgyrn twrci a chrafion llysiâu fynd yn eich bin bwyd gwyrdd.

A chofiwch, o ddydd Mercher, 25^{ain} Rhagfyr tan ddydd Gwener 27^{ain} Rhagfyr, bydd y casgliadau yn digwydd **DDAU** ddiwrnod yn hwyrach na'r arfer. Wedyn o ddydd Mercher, 1^{af} Ionawr tan ddydd Gwener 3^{ydd} Ionawr, bydd y casgliadau yn digwydd **UN** diwrnod yn hwyrach na'r arfer.

Cefndir y tri

Un adeg fe wyddai pawb o drigolion y plwyf am gefndir y bechgyn lleol gollodd eu bynyddau yn yr Ail Ryfel Byd ..Er bod coffa cyhoeddus mewn mwy nag un man amdanynt teimlir bellach fod angen ail hatgoffa ein hunain am eu bynyddau byr. Yn ystod y gwasanaeth diweddaraf yn y Neuadd ar Sul y 10ed o Dachwedd 2013, mewn ffeil o waith y Parchedig Mary Thorley o Gaerfyrddin, gellid gweld bedd Ifan Lloyd yn Chungbai ym Myrmao. Hefyd dosbarthwyd manylion am gefndir y tri gasghwyd gan Arwyn Thomas.

Evan Lloyd Thomas Blaencors Bachgen o dde ddwyrain y plwyf oedd Ifan a'i dad yn un o hoelion wyth Eglwys Sant Celynin. Codwyd ef ar fferm Blaencors, sydd hanner ffordd rhwng Sgwâr y Graig a Phontarsais, a derbyniodd ei addysg yn Ysgol Pontarsais sydd wedi ei chau ers blynyddoedd bellach. Yna aeth yn fecanic i Garej Nelson ger mynedfa'r hen farchnad yng Nghaerfyrddin. Carcharwyd ef yn Siam, a bu farw o afiechyd a diffyg maeth yn nwylo'r Siapaneaid yn 1943. I ychwanegu at boen y teulu ni chyrhaeddodd y newyddion eu cartre' tan Ragfyr 1945, fisoedd ar ôl dathliadau'r heddwch. Dioddefodd yn enbyd druan ond yn ôl tystiolaeth y diweddar Rachel Hannah Jones ei chwaer, "Fe fydde'n codi calonne'r carcharorion erill pan o'dd pethe'n wael... bydde Ifan yn canu emyne iddyn nhw!"

Percy Thomas Gwarcwm Fe'i ganed yn 1921 gan gychwyn ar ei addysg yn ysgol yn Llanpumsaint ar y 9fed o Fedi, 1925. Enillodd Ysgoloriaeth i Ysgol Ramadeg Caerfyrddin, gan ddisgleirio yno drwy lwyddo yn y London Matriculation yn bymtheg oed. Ddwyllydd wedyn pasiodd y Dystysgrif Uwch a mynd ymlaen i swydd cemegydd yng ngweithfeydd y Mond yng Nghlydach. Fel negesydd radio yn y Llu Awyr cymerodd ran mewn ymgyrchoedd awyr dros yn Almaen. Ugain oed yn unig oedd e pan gladdwyd e ym mynwent Capel Bethel ym mis Mawrth 1941. Rhaid bod clywed yr emyn "Rwyf finnau'n filwr bychan," yn brofiad torcalonnus i'w fam druan, a hithau'n weddw. Yn ystod y gwasanaeth hwnnw yn y capel tystiodd Tudor Williams, Prifathro'r Ysgol Ramadeg, i ragoriaethau Percy yn ei waith academaidd ac ar y meysydd chwarae. Ef oedd y cyntaf o gyn-ddisgyblion yr ysgol honno i'w ladd yn yr Ail Ryfel Byd.

Elwyn Thomas Pantiouar Claddwyd ef ym mynwent yr Eglwys ym mis Gorffennaf 1942, gyda'r cynhebrwng yn cael ei arwain gan y Royal Marines. Mae rhai o blant Ysgol Llanpumsaint fu'n bresennol yn cofio'r ergydion yn cael eu tanio dros y bedd. Ganed ef yn ystod y Rhyfel Cyntaf yn 1915, yn un o un ar ddeg o blant i Mr a Mrs John Thomas Pantiouar. Roedd wedi cychwyn yn Ysgol Llanpumsaint ar y diwrnod olaf o Fedi 1920, ac wedi gadael yno aeth i weithio i John Bowen, y Durwerthwr enwog hwnnw yng Nghaerfyrddin. Daeth yn yrrwr profiadol a dibynadwy gyda Hollwills, cwmni dosbarthu olew adnabyddus yr adeg hynny. Felly pan ymunodd â'r fyddin doedd ryfedd iddo gael ei ddewis i fod yn *Dispatch Rider* gan ddatblygu i fod yn un o'r goreuon yn ei uned. Yn ôl yr uchel swyddog, Major Locke roedd Elwyn yn frwdfrydig, yn ufudd ac yn hynod boblogaidd Damwain yn ystod cad- drefniant (manoeuvres) fu'n gyfrifol am ei farwolaeth, a chafodd angladd fawr iawn, â'r Gwarchodlu Cartref yn archgludwyr.

Arwyn 2013

Village Voice December 2013

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info@llanpumsaint.org.uk or post to Bodran Felin, Llanpumsaint SA33 6BY

A Merry Christmas and a Happy New Year to you all

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

Every Tuesday Zumba 6.30 – 7.30 Memorial Hall (starts again 7th January)

Every Wednesday Mobi 5.30 – 7.30 Outside Memorial Hall

Third Monday each month 7.30 Merched yr Wawr Memorial Hall

December 13 Friday 7.30 Bingo Memorial Hall

December 14 Saturday Christmas Concert Cylch Meithrin Bronwydd Hall

December 15 Sunday 3.00 Christmas Service Nebo Chapel

December 15 Sunday 6.00 Carol Service Llanpumsaint Church

December 17 Monday Christmas Dinner Gwili >60 Club Hollybrook Inn

December 24 Christmas Eve 1.30 Santa Parade

December 31 New Year's Eve Dinner at the Railway and bar with Karaoke 253643

January 1 Wednesday 11.00 History walk around the Village

January 7 Tuesday 8.00 Llanpumsaint Community Council Memorial Hall

January 15 Wednesday 12.30 Luncheon Club Railway Inn 253643

January 16 Thursday 7.00 Curry and Quiz £5 a head Railway Inn

January 24 Friday 7.30 AGM Llanpumsaint Community Information Exchange

January 26 Sunday 1.45 West Wales Dowsers Society Bronwydd Hall

January 26 Sunday 8.00 Quiz Hollybrook Inn Bronwydd

January 27 Monday 2.00 Clwb Gwili >60+ Robert Morgan

January 28 Tuesday 12.15 Happy Feet Clinic Memorial Hall

February 1 Saturday 7.30 Supper and Swing Memorial Hall Tickets £10 01559 389044

February 4 Tuesday 8.00 Llanpumsaint Community Council Memorial Hall

February 8 Saturday 10.30 Walk from Bronwydd Hall

February 12 Wednesday 12.30 Luncheon Club Railway Inn 253643

February 20 Thursday 7.00 Curry and Quiz £5 a head Railway Inn

February 23 Sunday West Wales Dowsers Society Bronwydd Hall

February 23 Sunday 8.00 Quiz Hollybrook Inn Bronwydd

February 24 Monday 2.00 Clwb Gwili >60+ Police + Cawl!

March 1 Saturday Cawl and Horse Racing Memorial Hall – details next Village Voice

March 4 Tuesday 8.00 Llanpumsaint Community Council Memorial Hall

March 11 Tuesday 12.15 Happy Feet Clinic Memorial Hall

Llanpumsaint and Ffynnon Henry Memorial Hall

To book the hall, phone Arwel Nicholas on 01267 281365

Santa Parade Christmas Eve –

Llanpumsaint Welfare and Recreation Association

The parade headed by Santa in his sleigh will leave from the top of Nant yr Ynys cul-de-sac at 1.30pm. The parade will stop to sing carols at The Railway Inn, Bryn y Wawr, Penbontbren Stores, The Church, Llandre View, the Llandre Estate and Parc Celynin before returning to the Railway Inn.

Santa's followers are encouraged to wear fancy dress, and Jayne at The Railway will choose the best fancy dress outfit. The Wearer will receive a cash prize.

The carols sung during the Parade will be with alternate verses in Welsh and English.

A raffle will be held in the Railway after the parade, and there will be soup and mince pies available.

Santa with his helpers in attendance will meet the children in his Grotto at the Railway after the Parade.

Proceeds from the bucket collection and the raffle will be given to the Welfare and Recreation's nominated Charity for 2013 – The Audiology Unit at Glangwili Hospital for the benefit of deaf children.

Clwb Gwili 60+

The Club is still welcoming new members for 2014 and a very interesting Calendar of Events has been prepared for the coming year. The annual Christmas Dinner is planned for 17th December at the Hollybrook Inn so there will be no meeting at the end of December.

Club meetings will resume in January on the fourth Monday as usual when Mr Robert Morgan will give a talk on "Life begins at 60" The P.S.O. from Dyfed Powys Police will talk about his role in the village at the February meeting, also at the February meeting the Club will celebrate St David's day with a bowl of Cawl, Roll and cheese for all members.

Further information available from Mrs Val Giles Club Secretary 01267 281194

Shop – Christmas opening times

Christmas Eve 8 – 3pm, Christmas Day Closed, Boxing Day Closed.

New Year's Eve 8 – 3pm, New Years Day Closed, 2nd January 9 – 1pm

Notice of application for a **Premises licence*

Under section *17 Licensing Act 2003

Name of applicant: **LLANPUMSAINT & FFYNONHENRI MEMORIAL HALL
COMMITTEE**

Address of premises: **MEMORIAL HALL, LLANPUMSAINT, CARMARTHEN**

It is proposed to **license these premises for/vary the premises licence*

Regulated entertainment	MON-SUN	09.00-00.00
	NEW YEARS EVE HRS.	09.00-02.00
Alcohol	MON-SUN	09.00-00.00
	NEW YEARS EVE HRS.	09.00-02.00
Late night refreshments	MON- SUN	23.00-00.00
	NEW YEARS EVE HRS.	23.00-02.00
Opening hrs.	MON- SUN	09.00-00.30
	NEW YEARS EVE HRS.	09.00-02.30

The full application can be inspected at the Council Offices below on the following days and times: Monday, Tuesdays, Wednesdays and Thursdays 08.45am – 5.00pm
Fridays 08.45am – 4.30pm

Representations must be submitted no later than: **13/01/14 IN WRITING to:**

Head of Public Protection at:

Carmarthenshire County Council, 3 Spilman Street, Carmarthen SA31 1LE

e-mail :PublicProtection@carmarthenshire.gov.uk Fax: 01267229141

It is an offence knowingly or recklessly to make a false statement in connection with an application and the maximum fine for which a person is liable on summary conviction for the offence is not exceeding £5,000.

Railway Inn

There will be a 4 course meal to be enjoyed at the Railway Inn on New Years Eve – limited tables available, so book early not to be disappointed. The bar will be open for karaoke later in the evening.

Curry and Quiz – see dates at the front of Village Voice– if you don't like curry, please ring for an alternative. Phone Mike, Jayne or Nick on 253643

"Happy Feet" with Wellbeing Regeneration's Footcare Service

This toe-nail cutting service comes to Llanpumsaint Memorial Hall every six weeks. Next session 28th January from 12.15pm, then 11th March. Phone to book in. £8.50 per session plus initial payment only of £26.50 for your own personal set of clippers and file. Info and bookings: 01554 744896 - office hours 9.30am to 4.30pm

http://www.wellbeingregeneration.org.uk/cms/index.php?option=com_content&view=article&id=56&Itemid=18

Welfare and Recreation Committee - Llanpumsaint 100 Club

At the last Welfare and recreation Association's committee meeting the draws were made for October and November as follows:

October	£20	No 11	Will Fitzsimon
	£10	No 9	Florrie Rees
	£5	No 32	Hedydd Rees
	£5	No 66	David Icke
November	£20	No 75	Dorrien Thomas
	£10	No 97	Sandy Mather
	£5	No 21	John Bowen
	£5	No 114	Michelle Girdler

With regards to the Christmas Draw, the committee agreed to do away with the £5 prizes, but increase the two third prizes by £5 to £25 and increase the number of fifth prizes of £10 from 4 winners to nine, thereby keeping the total prize money the same as before. The Christmas Draw was then made as follows:

£100	No 74	Larwen Bowen
£50	No 66	David Icke
£25	No 45	Geraint Hughes
£25	No 36	Dave Robinson
£15	No 31	Mathew Jones
£15	No 20	Malcolm Howells
£10	No 56	Elsie Jones
£10	No 88	Geraldine Davies
£10	No 46	Morwen Rees
£10	No 100	Brian Gilham
£10	No 65	Patrick Thacker
£10	No 94	John and Carolyn Atkinson
£10	No 5	Eirlys Lloyd
£10	No 40	Sandra Powell
£10	No 89	Chris and Jayne Hughes

Happy Christmas and a Healthy New year to you All!! Derick Lock 253524

Message from Cllr Irfon Jones - I would like to wish everyone a Merry Christmas, and a very happy and prosperous New Year, thank you all for everything

Llanpumsaint Community Information Exchange

The group that publishes Village Voice and keeps the village website

www.llanpumsaint.org.uk up to date will be holding its AGM on Friday 24th January at the Memorial Hall at 7.30pm. Please come along – we would welcome additional members on the committee, and ideas to improve both Village Voice and the website.

Defibrillators for the Village

The Community Council has agreed that the Red Telephone Boxes could be used to house a defibrillator in each of the telephone boxes.

Welsh Hearts are a charity that among its other objectives will help fund the widespread provision of defibrillators and emergency life saving equipment throughout Wales in close partnership with strategic partners. See <http://www.welshhearts.org>. They will also provide training for residents, in conjunction with Wales Ambulance. We need a coordinator to lead this initiative, and help get these vital items in the village. If you would be happy to find out more, please contact Carolyn Smethurst on 253308, or Phil Jones on 253512.

But Why Have a Defibrillator?

Following a Cardiac Arrest the chance of survival decreases by 23% per minute. It is therefore very important that medical treatment starts as soon as possible. The UK Resuscitation Council suggests a defibrillator should be available wherever medical treatment is more than 5 minutes away. In practical terms this means the whole of the UK, and certainly includes Llanpumsaint. For more information, see <http://www.communityheartbeat.org.uk/why.php>

Want to use more Welsh in your business?

The Welsh Language Commissioner has launched a new service to support small and medium-sized businesses to develop their use of the Welsh language.

As part of the new service, four business advice officers will work directly with businesses across Wales by providing:

- access to Welsh language proofreading service
- Welsh language policy template which can be developed to meet the business's specific needs
- Iaith Gwaith' badges, lanyards and artwork
- a booklet which gives practical advice on how to use Welsh in business

Launching the service, the Welsh Language Commissioner, Meri Huws, said:

"It is a challenging time for businesses with economic uncertainty and other threats and opportunities. Now more than ever, businesses are keen to provide the highest standard of services, and reflecting client needs is an integral part of good customer care. Efforts to use Welsh will be appreciated by customers in Wales, and through appreciation comes the loyalty and trust of customers.

"Through the new service, businesses can work directly with our officers on ways to increase the use of Welsh in a way which meets the specific needs of the business as well as the needs and demands of the local community. I encourage SME owners and managers to contact them to learn more about the benefits of using the Welsh language."

All business services and resources are available free of charge.

Businesses may contact the Welsh Language Commissioner's regional business advice officers by emailing to post@welshlanguagecommissioner.org, telephoning 0845 6033 221 . More information about using the Welsh language in Business is available on the Commissioner's website welshlanguagecommissioner.org.

Post Office Van Times

A reminder that the Post Office Van comes to the village on Tuesday: 2pm - 4pm, and Friday: 1pm - 3pm. It parks in the layby by Bryn yr Wawr (opposite the Railway Inn)

West Wales Dowzers Society

Sunday, January 26th: Practise Session enabling novice dowzers to learn more skills and for more experienced dowzers, a chance to expand your knowledge. Speaker will be Ros Briagha, who will be showing us more things to do with our new labyrinth.

Sunday February 23rd: Dowser, speaker will be Ian Pegler, historian and long-time member of the West Wales Dowzers, who has been researching the Holy Grail for over ten years. In this talk he will discuss how the Welsh Grail and the Glastonbury Grail are linked. Learn about the pre-Christian influences from North Wales, the Saint from North Wales who was adopted by Glastonbury, the fabled Nanteos Healing Grail kept near Aberystwyth and the vicars of Glastonbury who wanted it back!

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 dowzers to search for water, minerals, oil, electricity cables etc. Some people dowse the safety of their food, and check for geopathic stress in their surroundings, but this is a personal belief and not yet scientifically proven. Why not come along 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

Sustainable Llanpumsaint

The formal 'Sustainable Llanpumsaint' is definitely a year old now because there has been an AGM which was held on Friday the 8th of November! The meeting was a lively affair, the 12 people that attended were enthusiastic and proud of what had been achieved since the spring and had many ideas of what to do in the future if and when funds permit. Already there is a need for more of everything such as; raised beds, greenhouse space and polytunnels. What there is an abundance of however is; soil, compost and perhaps the most valuable asset – space! There is more than enough area for the community venture to expand, numerically in terms of more allotment holders and produce grown if fruit bushes and a small orchard were to be planted. The area that is at present a wilderness hopefully will become a wildflower zone, alluring all manner of pollinating and predator insects to the Yard which will be to the benefit of the wider environment as well as allotment holders. Anyone interested in finding out more about what's going on at the Yard should speak to some of the growers; they might give you a guided tour! If you don't know who's who then contact John Atkinson on 01267 253846. The allotment holders now have a Facebook page; check it out if you are into social media; Llanpumsaint Allotment Association – there's a link to the page on the Llanpumsaint Website. For more information contact Phil Jones on 253512.

Clwb Cerdded Llanpumsaint Walkers Club

The club members enjoyed an interesting walk around Newquay and its environs organised by John Evans, a long term resident of Newquay. It was a fine day, and the views across Cardigan Bay were excellent.

Our next walk will be on 1st January 2014, when we will follow The Llanpumsaint Heritage Walking Tour, described on www.llanpumsaintwalk.org.uk. The walk will start at the Memorial Hall at 11.00am. The walk is in 2 parts – the walk around the village is 1.5 miles long and takes approximately an hour. It is more or less on the flat with only a slight elevation near the railway bridge. This walk is along tarmac roads so no special footwear is called for.

However, there is an option at about the halfway mark to extend the walking tour outside the village to the area known as Ystum Gwili and this adds another 3 miles and involves a walk uphill and across fields so it's recommended that stout shoes are worn if you want to take this option. This will add another two hours to the time that it takes to walk the tour. Meet at the Memorial Hall at 11.00am. Some of us will do the full walk, so it will take about 3 hrs in total. After the walk we will be able to enjoy welcome refreshments at the Railway Inn.

Our walk in February will be a walk from Bronwydd Village Hall on Saturday 8th, starting at 10.30am. The walk will be mainly on tracks and roads, but the first part will be along the Gwili River for a short while, then across a field to the A484. We cross this road, then climb up track towards the Golf Club and Newchurch. At the top of the hill there is an old hill fort and wonderful views, then it is downhill back to Bronwydd, about 5 miles in total. See the following link for more details – you may need to copy and paste into your browser:

http://www.discovercarmarthenshire.com/activities/walks_pdfs/Bronwydd.pdf

We are a very social group of walkers. We call ourselves the 'Dawdlers'! For more information contact Carolyn on 01267253308, info@gwilimill.co.uk

Superfast Cymru

The Welsh Government and BT are working together to ensure that 96 per cent of Wales has access to fibre broadband by 2016. They publish a newsletter to keep you in the loop with the programme's progress. They aim to provide information on the Welsh communities that will be next in-line to benefit from superfast fibre, and stories from people across Wales who are already experiencing the benefits of faster broadband.

At the present, Llanpumsaint is being surveyed, with no date yet for access to fibre broadband. It would be good if everyone could register on www.superfast-cymru.com Some local exchanges like Pencader will be enabled either in 2014, or 2015.

Police News

Our mobile police surgeries take place once a month utilising a mobile police station outside the village shop. If there is anything that you can think to ask or would like to know please ring 101 and ask for PCSO 8046 Martin Dickenson.

Llanpumsaint Community Council

The Community Council usually meets on the first Tuesday of each month (*Except December and August*) at the Memorial Hall 8.00pm - all are welcome to attend. The Clerk is Phillip Jones, and he can be contacted on 01267 253512, or email philkto@yahoo.co.uk.

Because of the sad death of Mali Lloyd earlier this year, there is a vacancy for a Community Councillor. No-one applied for an election for this vacancy, so the Community Council will appoint another councillor at the next Council Meeting on Tuesday January 7th at 8.00pm.

If you have any issues that you would like the Community Council to discuss, please phone or email the clerk, or contact any of the community councillors who are Elfed Davies, Danny Davies, Malcolm Howells, Dylan Jones, Arwel Nicholas, Wyn Thomas, and Carolyn Smethurst.

Council minutes are available on the village website www.llanpumsaint.org.uk

The following planning applications are being considered by Carmarthenshire County Council:

W/29105 Land at Clyttie Cochion, Llanpumsaint, SA33 6BY – Change of use of an agricultural field to create a campsite consisting of 6 camping pods, 1 toilet/shower block and a car parling area

W/29284 Glancorrwg, Llanpumsaint SA33 6LX – Installation of a small scale wind turbine and associated equipment housing.

The planning application to site the Heritage Board outside the Memorial Hall has been approved, so this will be erected as soon as possible. There is a website to view the History Walk around the village www.llanpumsaintwalk.org.uk

Want Cheaper Energy?

Cyd Cymru, Wales is a collective energy switching scheme. The more people that join together the better the savings that we could make, so please tell your friends and family to join! More details at www.cydcymru-energy.com

The registration period for the scheme will end on **Sunday 12 Jan 2014**.

Communication about the offer and the time to switch will be from 13 Jan – 24 Jan 2014.

They will be in touch again then, to let you know more about the collective offer and compare it to other energy deals available on the market at that time.

Mountain Bikes available! Remember, there are 6 community Mountain bikes available to borrow free. The shed key and details in the shop.

Weatherwise December 2013

Yes, it's back to Trench Foot weather again and farmers and everybody who works or who loves the outdoors are very grateful for the footwear fashioned by Arthur Wellesley! Someone once said that had Arthur Wellesley invented the sandwich and John Montagu the boot, today we would be wearing sandwiches and eating wellingtons! Arthur Wellesley, the 1st Duke of Wellington had his bootmakers modify the Army Officer's traditional footwear, the Hessian boot, reducing its decorativeness in favour of increasing its functionality, thereby inventing a boot worn eventually by the masses and first produced out of rubber in 1852. Unfortunately, even with appropriate footwear, Trench Foot can strike and during periods of armed conflict, soldiers were paired, for one to oversee the foot hygiene of the other; making sure that socks were removed and dried daily and whale oil applied to the feet. Mercifully, no dweller in the community of Llanpumsaint need endure having their feet submerged in cold, damp muddy water for 13hrs, which is all that is needed for the symptoms of Trench Foot to manifest themselves and although October 2013 was the wettest autumn since 2008 with rainfall being 131% of the long term average, the welly and warm homes have kept community feet healthy! Mild and wet weather and muddy fields provide the perfect conditions for the wallowing mud snail, who is an intermediate host of the liver fluke, will ensure that the small fluke cysts will be contaminating pasture this year as last, meaning that drenching sheep with medication to kill the liver gorging parasite is a must. Ten years ago, dosing sheep twice a year was quite enough to control the fluke but by now sheep need the anti-parasite dose every other month or else significant losses can occur. Normal mortality rate in a sheep flock is usually between 1 - 3% whereas last year many flocks suffered losses of between 7 - 10% and as if that wasn't bad enough, there would have been the sheep that survived but didn't conceive because their shredded liver meant that they couldn't metabolise their food properly resulting in chronically sick, thin ewes. A significant blow to the farmer's finances...

Llanpumsaint Church

Christmas Carol Service Sunday 15 December at 6pm in the church.

Christmas Eve - the first communion of Christmas 11.30 pm

Christmas Day family communion 10 am

Details of other services are on the notice board by the church.

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

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

Nebo

On the 15th of December our annual Christmas service will be held at our chapel at 3.00pm. We hope Father Christmas will pay the children a visit. Welcome to all.

CYLCH MEITHRIN BRONWYDD Bronwydd Hall

Tuesday, Wednesday, Thursday & Friday mornings 9:15 – 12noon

Cylch Ti a Fi (Parent a baby/toddler group – 0 to 4 years) Fridays 10am – 12 noon

Cylch Meithrin Bronwydd offers high quality childcare for children between the ages of 2 ½ up to school age. We believe in creating a safe, happy and welcoming environment for the children, staff & parents. Your child will get the opportunity to take part in a variety of fun and educational activities each day.

Carmarthenshire County Council will pay for up to 10 hours of education for children over 3 years of age. For those children who do not qualify, the cost is £6 per session, which includes a snack & a glass of milk.

There is a charge of £ 2.50 for the “Ti a Fi” sessions on a Friday.

For further information, please contact the Leader on 01558 822652.

Remember - 14th December - Christmas Concert in Bronwydd Hall.

“Fly Me To The Moon” – dance and supper. Local Live Band ‘Swing Boyz and Christiana’ + 2-course home-cooked meal . Licensed Bar. Saturday 1st February 7.30 p.m. – 11.30 Llanpumsaint Memorial Hall. Tickets £ 10 from village shop or book by phone 01559389044. Profits to Red Cross.

Don’t have a rubbish Christmas

PLEASE recycle your rubbish this Christmas.

With all the eating and drinking we tend to produce a lot more rubbish at this time of the year which is why it’s important to try and recycle as much as possible.

Please use your blue bags for plastic bottles, cans, cardboard packaging, wrapping paper and cards. Bottles – take these to the bins in the Memorial Hall carpark.

Unavoidable Christmas food waste such as turkey bones and vegetable peelings should go in your green food bin.

And remember, from Wednesday, December 25th to Friday 27th, collections take place **TWO** days later than usual. Then from Wednesday, January 1st to Friday 3rd, collections take place **ONE** day later than usual.

Some background to the Three

On Sunday 10th of November 2013 the Annual Remembrance Service at the Memorial Hall in Llanpumsaint was well attended. The congregation's awareness was enriched by some additional detail relevant to the three whose names appear on the Plaque. A file composed by the Rev. Mary Thorley of Carmarthen provided visual evidence of Evan Lloyd's grave in Chungkai War Cemetery in Burma, was supplemented by information compiled below by Arwyn Thomas.

Evan Lloyd Thomas Blaencors His home was Blaencors farm, halfway along the road from the Graig junction towards Pontarsais. Evan attended the nearby Pontarsais School, now long closed, before pursuing a career as a mechanic at the Nelson Garage near the old market entrance in Carmarthen. Then like so many others he received the *call up*. Imprisoned by the Japanese in Siam in 1943 he died from the effects of malnutrition after much suffering. What happened afterwards proved even more traumatic for the family; for the news of his death did not arrive home until after the peacetime celebrations had begun in 1945. According to his late sister, Rachel Hannah Jones, it was Evan who kept the poor suffering prisoners' spirits up as he sang Welsh hymns to them when things were really bad. Sadly his parents, loyal members of Sant Celynin Church in Bronwydd and the wider community, were all denied the opportunity to pay their last respects, since his grave rests far away.

Percy Thomas Gwarcwm Brought up in the first house on the right above Coopers Hill, he started school in the village in 1925. Percy proved to be a very promising pupil winning a scholarship to Carmarthen Grammar, where he passed the London Matriculation at 15. Following successful A levels he became chemist at the Mond Works in Clydach. Upon joining the Royal Air Force he soon shone as a Wireless Operator taking part in many sorties over Germany. He was just twenty years old when he was laid to rest at Bethel chapel in the village in March 1941. At the funeral, Tudor Williams Headmaster of Carmarthen Grammar School spoke eloquently of Percy's academic ability and sporting prowess. Sadly, this was merely the first of many ex-pupils' funerals the Headmaster would attend

Elwyn Thomas Pantiouar A cortege of Royal Marines led the way to the churchyard at Llanpumsaint in 1942. Some elderly ex-Llanpumsaint pupils recently recalled hearing the fired salute over the graveside on that sad day. Elwyn had been born in 1915 during the First World War at Bwlchgwyn. He was one of 11 children to Mr & Mrs John Thomas who later farmed Pantiouar, also in Nebo, and it is as Elwyn Pantiouar that he became known. After leaving Llanpumsaint School he went to Carmarthen to work for John Bowen the famous Ironmongers there. Then he became a very experienced and dependable driver for Holwills a well known oil delivery company of that era. It is no wonder then that Elwyn upon enlisting was chosen to be a Despatch Rider, and emerged to be one of the very best in his unit, according to his commanding Officer's testimony. It was therefore a cruel irony to be accidentally killed "on manoeuvres" during training exercises. The local Home Guard acted as Bearers.

Arwyn 2013

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

For sale – Slow cooker, as new, still in box. £5 phone Carolyn 01267253308

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