

Llais y Llan Mehefin 2015

Copi dyddiad ar gyfer rhifyn nesaf – 25 Gorffennaf 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 01267253643

Bowlio pob Nos Lun a Nos Iau 7.30 – 9.30 o Medi

Mehefin 14 Dydd Sul Cymdeuthas Dewinwyr Gorllewin Cymru Cenarth

Mehefin 15 Nos Lun 8.00 Pwyllgor Blynyddol Ymddiriedolwyr y Neuadd Goffa

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

Mehefin 21 Dydd Sul 11.00 Cerdded Llanpumsaint 5 byllau

Mehefin 21 Dydd Sul - Sul y Tadau Rheilffordd Ager Gwili

Mehefin 22 Dydd Llun 2.00 60+ Clwb Neuadd Bronwydd

Mehefin 28 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Bronwydd

Mehefin 28 Nos Sul 8.00 Cwis Tafarn Nantcelynen Bronwydd

Mehefin 30 Dydd Mawrth Diwrnod chwaraeon ysgol (neu Gorffennaf 7)

Gorffennaf 7 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa

Gorffennaf 8 Dydd Mercher 12.30 Clwb Cinio Tafarn y Rheilffordd Ffôn 253643

Gorffennaf 10 Nos Wener Sam Merritt Ocsiwn Addewidion - gweld posteri am fanylion

Gorffennaf 11 Dydd Sadwrn Eglwys Bore Coffi - gweld posteri am fanylion

Gorffennaf 11 Dydd Sadwrn 11.00 Cerdded yn Llandeilo a Dynevor

Gorffennaf 12 Dydd Sul Cymdeuthas Dewinwyr Gorllewin Cymru Taith i Eglwys Maenorbŷr

Gorffennaf 16 Dydd Iau 1.00 Clinig Traed Neuadd Goffa

Gorffennaf 16 Nos Iau 8.00 Cwis a Chyri £5.00 y pen, Tafarn y Rheilffordd

Gorffennaf 18 Dydd Sul Diwrnod Cludiant Clasurool Rheilffordd Ager Gwili

Gorffennaf 19 Dydd Sul Garddwest 'Gardener's Question Time' Gardd Fotaneg Genedlaethol

Gorffennaf 26 Dydd Sul 1.45 Diwrnod Ymarfer Iechyd Neuadd Bronwydd

Gorffennaf 26 Nos Sul 8.00 Cwis Tafarn Nantcelynen Bronwydd

Gorffennaf 27 Dydd Llun 2.00 60+ Clwb Neuadd Bronwydd

Awst 5 Dydd Mercher 12.30 Clwb Cinio Tafarn y Rheilffordd Ffôn 253643

Awst 8 Dydd Sadwrn 2.00 Cerdded a Skanda Vale - yn cyfarfod yn Neuadd Goffa

Awst 9 Dydd Sul Dewinwyr Taith i Ffynnon Non, y Naw Ffynnon a'r Capel

Awst 13 Nos Iau 8.00 Cwis a Chyri £5.00 y pen, Tafarn y Rheilffordd

Awst 24 Dydd Llun 2.00 60+ Clwb Neuadd Bronwydd

Awst 27 Dydd Iau 1.00 Clinig Traed Neuadd Goffa

Awst 30 Nos Iau 8.00 Cwis a Chyri £5.00 y pen, Tafarn y Rheilffordd

Medi 1 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa

Medi 13 Dydd Sul Dewinwyr Taith i Ffynnon Non, y Naw Ffynnon a'r Capel

Hydref 10 Nos Sadwrn 8.00 Teyrnged i Abba Neuadd Goffa

Hydref 17 Dydd Sadwrn 10.00 Bore Coffi Clwb Gwau Tywi Neuadd Bronwydd

Rhagfyr 4 Nos Wener Bingo Nadoligaidd Neuadd Goffa

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

Cyngor Cymuned Llanopumsaint

Cynhaliwyd y Cyfarfod Blynnyddol yn y Neuadd Goffa ar Fai 5ed 2015 pan gafodd Danny Davies ei ethol yn Gadeirydd ac Arwel Nicholas yn Is-Gadeirydd.

Yn y Cyfarfodydd Busnes a gynhaliwyd ar Mai 5ed a Mehefin 2ail trafodwyd y canlynnol:-

- . Gwella allanfa y cae chwarae h.y. y fynedfa agosaf i'r siop.
- . Tawelu cyflymder y traffic yn y pentref sydd o dan ofal y Gyngor Sir Gar.
- . Y gwaith adeiladu ar bwys y Ficerdy
- . Cronfa Jenny Eirian
- . Hawliau Tramwy Cyhoeddus yn yr ardal.

Hefyd fe wnaeth y cyngor gymeradwyo Cynllun Diwygiedyg yr Iaith Gymraeg. Nid oedd unrhyw Gynlluniau Adeiladu i 'w trafod. Mae Cynllun yr Iaith Gymraeg ynghyd a chofnodion y cyfarfodydd hyn i'w gweld ar y wefan;- www.llanpumsaint.org.uk/communitycouncil/
Gellir cysylltu a'r Clerc, Phillip Jones ar 01267 253512 neu ar clerk@llanpumsaint.org.uk

Pwyllgor Rhieni ac Athrawon.

Fe fydd Mabolgampau yr ysgol yn cael ei cynnal yn y Cae Chwarae ar Fehefin 30 neu Gorffennaf 7 2015 , os bydd y tywydd yn caniatáu.

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.

Clwb Gwili 60+

Mae'r Clwb wedi bod yn brysur iawn fel arfer yn ystod y misoedd diwethaf. Cynhaliwyd cyngerdd yn Neuadd Bronwydd a chafwyd ymateb teilwng. Yr artistiaid oedd Côr Meibion Caerfyrddin, Ross Moore, Wynford James a Huw Evans. Roedd pryd o fwyd twym yn gynnwysiedig ym mhrys y tocyn ac fe ddaeth pob un a'i diodydd eu hunain. Cafwyd noson bleserus iawn.

Mae'r aelodau wedi bod hyd yn hyn ar ddau drip, un diwrnod llawn yng Nghastell Caerdydd a hanner diwrnod arall yn Ninbych y Pysggod a galw yn Llwyau Cariad Cilgeti ar y ffordd. Cafwyd tywydd ffafriol iawn ar y ddau drip.

Y siaradwr gwadd yn ein cyfarfod diwethaf oedd Mrs. Helen Jones. Diddorol iawn oedd ei haraith ar ei thaith ar ei beic i India. Cafwyd ymateb teilwng iawn a chafwyd te a a bisgedi cyn gadael.

Dyma fanylion y siaradwyr gwadd am fisoedd Mehefin, Gorffennaf ac Awst

Mehefin 22 Mr Gareth Richards Paratoi y picnic perffaith

Gorffennaf 27 Mr Bruce Hawkins "Wicked Women"

Awst 24 Mrs Lilian Charles "Mary, Humpty and the Black Sheep"

Hefyd yr ydym ar hyn o bryd yn trefnu dau drip arall, y cyntaf i Amgueddfa San Ffagan ym mis Gorffennaf ac ym mis Awst Taith Ddirgel. Os ydych eisiau rhagor o wybodaeth cysylltwch a Val Giles, Ysgrifenyddes y Clwb ar 011267 281 281194

Mae Mr Glyn Evans, Trysorydd yn trefnu Twrci a Thinsel am 5 diwrnod i Shanklin, Ynys Wyth tua diwedd mis Tachwedd. Mae rhai seddau yn dal ar gael!

Os ydych eisiau rhagor o wybodaeth cysylltwch a Glyn ar 01267 236280

Clwb Cerdded Llanpumsaint.

Taith o amgylch Llandeilo, Eglwys Llandyfeisant a Chastell Dinefwr ar Sadwrn Gorffennaf 11 2015 Cwrdd ym Maes Parcio Llandeilo am 11.00 y bore a thalu £1.00 am 4 awr a £1.50 am y dydd cyfan. Wedyn fe fyddwn yn cerdded drwy Landeilo tuag at yr afon a sefyll i edrych ar Ffynnon Sant Teilo sydd yn wal yr Eglwys. Wedyn cerdded ar hyd y llwybr heibio Coedwig Castell Dinefwr ac edrych eto ar adfeilion Eglwys Llandyfeisant lle mae barwniaid Castell Dinefwr wedi cael eu claddu. Cario ymlaen wedyn tuag at Gastell Dinefwr a gwerthfawrogi y golygfeydd hyfryd oddi yno. Yma gallwch gael picnic neu ddiod dwym yn y caffi sydd ar dir Plas Dinefwr sydd gerllaw y castell. Ar ôl cinio medrwn ail gydio yn y cerdded ar hyd y llwybr i Landeilo. Yma gallwn brynu hufen iâ gyda gwahanol flasau. Mae'r daith yn eitha hawdd ar y cyfan heblaw am y dringo i fyny i'r castell. Gallwch gael eich picnic yma os y dymunwch. Taith o bedair milltir a hanner yw hon a ddylai gymeryd rhyw 3 awr a fydd yn cynnwys amser cinio. Dewch a esgidiau cryfion yn enwedig os bydd y tywydd yn anffafriol ond ar y cyfan byddwn yn cerdded ar hyd y llwybrau dewisiedig.

Ar ddydd Sadwrn 8 fed ym mis Awst byddwn yn cerdded i Skanda Vale. Cwrdd ar bwys y Neuadd Goffa am 2.00 y prynahwn. Taith o rhyw 5 milltir yw hon a ddylai gymeryd o amgylch 3 awr. Mae'r daith yn dilyn dyffrynoedd cuddiedig, golygfeydd hyfryd a falle golwg o'r eliffant!!

Am fwy o wybodaeth, cysylltwch â Carolyn Smethurst 01267 253308

Dydd Hwyl Neudd Goffa Llanpumsaint.

Cynhaliwyd hwn ar Fai 9 2015 ac roedd y tywydd yn rhyfedd o garedig a chafwyd ymateb da iawn. Dechreuodd y dydd gyda rownderi o dan ofal Jo Davies a dilynwyd hyn gan Gastell Bownsio a pheintio gwynebau (o dan ofal P.Rh ag A.) Profodd rhain i fod yn boblogaidd iawn.

Roedd y Rhostio Mochyn braidd yn hwyr yn cyrraedd ond yn y cyfamser cynhaliwyd y Rhas Hwyaidd o dan ofal Capel Nebo ar yr afon Gwili. Gwerthwyd dros 950 o hwyaid a dyma'r canlyniadau

1af	Dai Jones, Llanpumsaint
2ail	Sharon, Towy Castle
	Osian Rees Pontyberem
	Cadi Evans, Llanpumsaint.
3ydd	Steffan Jones Llanpumsaint.
Gwobr Gysur	Barbara Palmer, Pencader.

Yn ystod y ras hwyaid cynhaliwyd disco i'r plant yn y Neuadd Goffa a dilwynwyd hyn gan Rasio Ceffylau a oedd hefyd yn boblogaidd iawn. Diolch i bawb a'n cefnogodd a hefyd i bawb a wnaeth helpu.

Fe fydd Pwyllgor Blynyddol Ymddiriedolwyr y Neuadd Goffa yn cael ei gynnal ar nos Lun, Mehefin 15 2015 yn y Neuadd am 8 yr hwyr. Croeso i bawb.

Dyddiadau i'ch Dyddiaduron

Hydref 10 2015 Teyrnged i Abba am 8 yr hwyr

Rhagfyr 4 2015 Bingo Nadoligaidd

Ceir manylion pellach yn yr argraffiad nesaf o Lais y Pentref.

Clwb 100 Llanpumsaint

Mae rhai rhifau ar gael i'w prynu o hyd, y gost yw £12 y flwyddyn, felly os hoffech adnewyddu eich cyfraniad neu am ymaelodi am y tro cyntaf cysylltwch a Derick Lock ar 253524.

Dyma fanylion y rhifau lwcus a dynnwyd yn ystod cyfarfod o'r Pwyllgor Lles lleol.

Mawrth	1af	£20	Rhif 82	Carolyn Smethurst.
	2ail	£10	Rhif 79	Gwyneth Ayres
	3ydd	£5	Rhif 59	William Marshall
	3ydd	£5	Rhif 64	Hedydd Rees
Ebrill	1af	£20	Rhif 4	Vivienne Cook
	2ail	£10	Rhif 52	Ron & Eveline Taylor
	3ydd	£5	Rhif 46	Meinir Jones
	3ydd	£5	Rhif 75	Ann Wyke
Mai	1af	£20	Rhif 21	Patrick Thacker
	2ail	£10	Rhif 6	Sandy Mather
	3ydd	£5	Rhif 46	Meinir Jones
	3ydd	£5	Rhif 14	Chris & Jayne Hughes

Digwyddiadau Mehefin a Gorffennaf yn Rheilffordd Ager Gwili

Te'r Prynhawn Hufen ar drên stêm

Tretiwch eich hunan i De'r Prynhawn Hufen Mefus moethus ar daith trwy harddwch cefn gwlad Sir Gâr bob **Dydd Iau o Ebrill i Hydref**, ar Ddyddiau Iau a Gwener detholedig ym Mis Gorffennaf a Mis Awst, yn Rheilffordd Ager Gwili. Oedolion £14.50, Henoed £13.50, Plant £9.00 (yn cynnwys tocyn trên).

Cynghorir archebu ymlaen llaw ac mae'n hanfodol yn ystod gwyliau ysgol. Croesewir grwpiau.

Ciniawa mewn Steil – Ciniio Dydd Sul y Tadau ar y trên stêm

Tretiwch Dad i ginio Dydd Sul tair saig hamddenol yn Rheilffordd Ager Gwili gyda choets bar sy'n gweini cwrw go iawn, seidr lleol, gwin a diodydd meddal. Ymlaciwch a dadflinwch wrth deithio ar drên stêm trwy gefn gwlad hyfryd Sir Gâr. Archebwch docynnau nawr am Sul y Tadau 21ain Mehefin a Ciniio Dydd Sul 5ed Gorffennaf. Archebu ymlaen llaw yn hanfodol. www.gwili-railway.co.uk Cliciwch DINING TAB neu ffoniwch 01267 238213. Gorsaf Bronwydd Arms, Caerfyrddin SA33 6HT.

Diwrnod Cludiant Clasuro – Dydd Sul 19 Gorffennaf, 2015

Ymunwch â ni am ddiwrnod teuluol hwyl a sbri yn cynnwys arddangosfa o Locomotifau Stêm, Ceir Clasuro, Beiciau Modur, Cerbydau Masnachol, Peiriannau Arddangos a Cherbydau Amaethyddol. Reidiau Carnifal i Blant. Mae'r tocynnau yn cynnwys teithio trwy gydol y dydd ar y trenau stêm a diesel a reid ar y Trên Bychan.

Am y holl ddigwyddiadau uchod, archebwch ar-lein www.gwili-railway.co.uk neu ffoniwch 01267 238213 (Llun-Gwener 10-4pm). Gorsaf Bronwydd Arms, Caerfyrddin, SA33 6HT. e-bost: info@gwili-railway.co.uk

Hwyl Gwyliau'r Haf Mae'r Rheilffordd ar agor bob dydd trwy gydol y gwyliau ysgol felly dewch â'ch teulu a'ch ffrindiau i ddarganfod yr oes euraidd o stêm. Sgwrsiwch â chriwiau'r injans, Safle Picnic glan yr afon, gwylwch fywyd gwylt o amgylch Afon Gwili, Rheilffordd Fechan, Blwch Signalau gweithredol, Swyddfa Bost Deithiol, Ystafelloedd Te Fictoraidd, Siop Swfenir, Amgueddfa. Yn gyfeillgar tuag at gŵn (Gall cŵn yn teithio ddosbarth safonol am ddim ond £1). Plant dan 3 yn mynd am ddim. Tocynnau teulu ar gael. Tocynnau yn ddilys drwy gydol y dydd.

Mae Garddwest 'Gardeners' Question Time' Radio 4 y BBC yn dychwelyd

Ar Ddydd Sul, Gorffennaf 19, 2015, bydd Garddwest 'Gardener's Question Time' Radio 4 y BBC yn dod nôl i'r Ardd am yr ail flwyddyn yn olynol. Mae Garddwest *GQT* yn gyfle unigryw i fwynhau dwy recordiad o raglen arddio radio mwyaf amlwg y BBC.

Byddwch yn cwrdd â thîm *GQT*, rhoi eich cwestiynau o'u blaen yn bersonol, a bydd arddangosiadau a digwyddiadau ar draws yr Ardd, ynghyd â cherdd, bwyd a gweithgareddau i'r teulu cyfan.

Bydd y parti'n cynnwys y gwybodusion garddio pennaf – Bob Flowerdew, Bynnu Guinness, Chris Beardshaw, Pippa Greenwood, Terry Walton, Matthew Biggs, James Wong, Tobu Buckland, Anne Swithinbank, Christine Walkden, a chadeiryddion *GQT*,

Eric Robson a Peter Gibbs.

Felly Dewch i gwrdd â'r tîm a datrys eich problemau garddio unwaith ac am byth!

Yng Ngardd Fotaneg Genedlaethol Cymru, Llanarthne, Sir Gaerfyrddin, SA32 8HN ar Dydd Sul, Gorffennaf 19, 2015.

Mae tocynnau i'r digwyddiad yn costio £9.75 (gan gynnwys Cymorth Rhodd) ynghyd â £2 ffi llogi, ac maen nhw ar gael yn awr ymlaen llaw trwy alw 01558 667148. Mae manylion llawn taliadau mynediad ar gael ar <http://www.gardenofwales.org.uk/visitors-info/opening-times/>

Mwynhewch y blodau.

Dim ond pan fyddwn yn ymweld ac ardaloedd eraill yn y Deyrnas Unedig yr ydym yn gwerthfawrogi y cyfoeth a flodau ac adar gwyllt yr ydym yn eu mwynhau yma yng Ngorllewin Cymru. Mae cân yr adar nawr wedi gorffen am y Gwanwyn ac y maent yn brysur yn hedfan hwnt ac yma gyda bwyd i'w teuluoedd bychain yn eu nythoedd. Rhaid peidio anghofio am y lindysynnau a'r llyseuennau sydd yn brysur yn bwyta ein planhigion, felly os ydych am lai o bryfed yn yr ardd – annogwch yr adar. Gadewch peth drain a mieri o amgylch y lle, (rhywbeth mae ffermwyr yn galw “trash”) ond i adar mae yn gartref. Mae y rhan fwyaf ohonynt wedi hedfan o Orllewin Affrica, dros anialwch y Sahara i ddod nôl yma. Mae'n bleser gweld y gwennoliaid sydd wedi dod yr holl ffordd o Dde Affrica yn sgwpio miloedd o bryfed y dydd a'u cân yn ein hatgoffa bod yr haf wedi dod er gwaetha llwydni yr awyr. Mae rhai yn nythu tu allan ac eraill y tu fewn, felly byddwch yn garedig a gadewch ddrws yr ysgubor ar agor iddynt. Yr ydym yn lwcus i'w cael ond os ewch chi i ardaloedd amaethyddol cyfoethog yn Lloegr ni welwch chi ddim o rhain gan nad ydynt mewn bodolaeth mwyach.

Y gorau o'n blodau gwyllt yr amser yma o'r flwyddyn yw'r briallu,, llygaid ebrill, clychau'r gog, llysiâu'r ychen a llygaid madfall gwyn ac y maent yn gylfym yn cael eu goddiweddi gan lês y Frenhines Ann. Pan fydd y blodau hyn yn trigo neu gael eu torri mae blodau eraill fel ysgall a'r gramenog fawr yn cymeryd drosodd. Mae rhai Cynghorau Lleol wedi cydnabod pwysigrwydd y blodau hyn i wenyn, pryfed ac adar ac yn gadael ochr yr heolydd i dyfu a dim ond yn eu torri ddwywaith y flwyddyn a hyn yn unig er mwyn atal y planhigion uchel rhag dod rhy ddominyddol. Byddai yn syniad da pe buasem yn troi i fod yn arddwyr dioglyd a gadael rhai ardaloedd yn ein gerddi heb eu torri.

Hyn sydd yn fy atgoffa – mae'n amser cael y bladur allan – dw i dros amrywiaeth ond yn tynnu llinell ble mae dail tafol yn y cwestiwn. Ann Pettitt

Wedi cael digon ar Alwadau Ffôn Digymell?

Rydym wedi cofrestru gyda'r TPS ers peth amser ac mae nifer y galwadau ffôn diangen wedi lleihau'n sylweddol.

Mae'r Gwasanaeth Dewis Ffôn (TPS) yn wasanaeth rhad ac am ddim. Dyma'r gofrestr eithrio swyddogol ble gallwch gofnodi eich dewis i beidio derbyn galwadau gwerthiant neu farchnata digymell. Mae'n ofyniad cyfreithiol i bob sefydliad (yn cynnwys elusennau, sefydliadau gwirfoddol a phleidiau gwleidyddol) i beidio gwneud galwadau o'r fath i rifau sydd wedi eu cofrestru ar y TPS oni bai bod ganddynt eich caniatâd i wneud hynny.

Gall sefydliadau y mae gennych berthynas barhaus â nhw, er enghraifft, y rhai sy'n eich ystyried i fod yn gwsmer, (neu yn achos elusennau - yn rhoddwr), gasglu eich caniatâd yn ystod camau cynnar eich perthynas gyda nhw a byddant felly â'r hawl i'ch ffonio hyd yn oed os yw'ch rhif wedi'i gofrestru ar y TPS, oni bai i chi ddweud yn benodol wrthynt nad ydych eisiau derbyn galwadau ganddynt at ddibenion marchnata.

Gall y TPS gofrestru rhifau ffôn symudol, fodd bynnag, mae'n bwysig nodi y bydd hyn yn atal galwadau marchnata ond nid negeseuon SMS (testun). Os ydych eisiau stopio derbyn negeseuon marchnata SMS, anfonwch gais 'eithrio' at y cwmni dan sylw.

Gan mai galwadau marchnata yn unig sy'n cael eu hatal gan y TPS, bydd sefydliadau yn dal i allu'ch ffonio er mwyn gwneud ymchwil dilys i'r farchnad.

Mae cofrestru yn syml – ffoniwch 0845 070 0707 i gofrestru eich rhif neu cofrestrwch drwy eu gwefan <http://w.w.w.tpsonline.org.uk>

Damwain ar yr heol drwy'r pentref.

Mae damwain arall wedi bod ar yr heol drwy'r pentref. – dau o'r trigolion yn cerdded ar yr heol gyda'u ci ar yr ochr chwith tuag at Caerfyrddin rhwng pont yr afon Gwili a Pharc Celynin pan gafodd y dyn ei daro gan gar yn dod o gyfeiriad Llandysul. Trwy lwc ni chafodd niwed mawr ac mae'r heddlu yn edrych i mewn i'r digwyddiad.

Dros y flwyddyn ddiwethaf mae'r Cyngor Cymuned a rhai o bobl y pentref wedi bod yn gweithio gyda'r Rheolwr Trafnidiaeth a Diogelwch Ffyrdd o Gyngor Sir Gar. Yn ddiweddar maent wedi rhoi Gwifren Monitro Cyflymder er mwyn cael y ddiweddarar ar y rhifau a chyflymder y traffic a hefyd comisiynu peiranydd i gynllunio cynllun i oresgyn y broblem. Mae cronfa wedi cael ei chytuno tuag at ran o'r gwaith hyn yn 2015/16 a bydd mwy o waith eto yn y ddwy flynedd i ddilyn. Pan ddaw'r adroddiad i law bydd y Cyngor Cymuned yn ei ddadansoddi a wedyn fe fydd yna gyfle i bawb yn y gymuned i wneud eu sylwadau mewn Cyfarfod Cyhoeddus. Pan fydd yr adroddiad ar gael fe wnewn eich hysbysu.

Mae'r digwyddiad hyn eto yn ein rhybuddio, pan yn cerdded ar yr heolydd yn y pentref i gymeryd gofal. Mae'r llyfr "Rheolai'r Ffordd Fawr" yn rhoi y cyngor canlynnol:-

Os nad oes gyda chi balmant cerddwch ar yr ochr dde o'r heol er mwyn i bob un gael eich gweld. Rhaid cymeryd gofal ychwanegol a bod yn barod i gerdded mewn ffeil unigol yn enwedig ar heolydd cul neu pan mae yn nosi. Hefyd cadw yn agos i 'r clawdd bob amser.

Ambell waith mae yn gynllun da i groesi'r heol yn gynnar cyn cornel a hynny er mwyn i'r gyrrwyr gael gwell golwg ohonoch. Croeswch yn ôl wedyn.

Cynorthwywch ddefnyddwyr eraill i'ch gweld. Gwisgwch neu cariwch rywbeth lliwgar, golau neu fflwroleuol yn enwedig pan fydd yn nosi. Pan fydd yn dywyll gwisgwch rhywbeth sydd yn adlewyrchol fel gwasgod, cot, esgidiau neu wregys. Wrth wisgo rhain mae'r gyrrwyr yn gallu eich gweld dair gwaith ynghynt na rhywun sydd yn gwisgo rhywbeth tywyll.

Cymdeithas Daroganwyr Gorllewin Cymru. – Digwyddiadau yn y dyfodol.

Dydd Sul Mehefin 14 Taith i Abaty Margam

Dydd Sul Mehefin 28 Fe fydd yr awdur Dr. Penny Sartori yn siarad am ei llyfr newydd "The Near Death Experience". Mae hwn wedi ymddangos yn y "Daily Mail" ac fe fydd yn dod a chopiau o'r llyfr gyda hi. Mae hi'n byw yn lleol ac mae hi'n gweithio i Fwrdd Iechyd Abertawe Bro Morganwg.

Dydd Sul Gorffennaf 12 Taith i Eglwys Maenorbŷr

Dydd Sul Gorffennaf 26 Diwrnod Ymarfer Iechyd.

Dydd Sul Awst 9 Taith i Ffynnon Non, y Naw Ffynnon a'r Capel.

Mae'r ymarfer hyn yn ddefnyddiol ac yn ddiddorol ac yn fuddiol iawn i bawb a chredir iddo darddu o Wlad yr Aifft. Os oes gennych ddiddordeb, ymunwch a ni y Sul nesaf yn Neuadd Bronwydd am 1.45y.p. 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.

Os am ragor o wybodaeth cysylltwch a Sandy ar 01267 253547

Newyddion Eglwys Plwyf, Llanpumsaint.

Fel y gwyddoch ers yr argraffiad diwethaf mae ein Offeiriad a'i deulu wedi symud ac ar hyn o bryd does dim Offeiriad parhaol gyda ni. Er hyn mae'r gwasanaethau yn cael eu cynnal yn yr Eglwys o hyd ac islaw mae rhestr ohonynt am fisoedd Mehefin a Gorffennaf 2015. Mae'r manylion yma hefyd i'w gweld ar yr hysbysfwrdd sydd ar bwys drws y festri.

Mae croeso cynnes i bawb i ddod i'r gwasanathau hyn yn ein Heglwys gyfeillgar.

Gwasanaethau am Fehefin a Gorffennaf 2015

Mehefin 14 2015	Cymun Bendigaid Dwyieithog	11.00 a.m.
Mehefin 21 2015	Gweddi Foreol	11.00 a.m.
Mehefin 28 2015	Cymun Teuluol	11.00 a.m.
Gorffennaf 5 2015	Cymun Bendigaid	8.30 a.m.
Gorffennaf 12 2015	Cymun Bendigaid Dwyieithog	11.00 a.m.
Gorffennaf 19 2015	Gweddi Foreol	11.00 a.m.
Gorffennaf 26 2015	Cymun Teuluol	11.00 a.m.

Bore Coffi

Fe fydd ein Bore Coffi yn cael ei gynnal yn y Neuadd Goffa ar ddydd Sadwrn Gorffennaf 11 2015.

Fe fydd posteri o amgylch y pentref yn fuan ond gwnewch nodyn o hyn yn eich dyddiaduron os gwelwch yn dda. Fe fydd yna raffl, cacennau, stondin boteli, planhigion a chrefftau felly gobeithio yn fawr y dewch i ymuno a ni.

Capel Ffynnonhenri

Dyma fanylion y gwasanaethau am fisoedd Mehefin a Gorffennaf 2015

Mehefin 21 2015	Mr Arwel Evans	Gwasanaeth am 2 o'r gloch
Gorffennaf 5 2015	Trip	Manylion pellach i ddilyn
Gorffennaf 19 2015	Parch Goronwy Wynne	Cymundeb am 3 .30 o'r gloch
Mis Awst	Dim Cyfarfodydd.	

Os am ragor o wybodaeth cysylltwch a Danny Davies ,Trysorydd 01267 253418 neu Gwyn Nicholas Ysgrifennydd 01267 253686

Capel Nebo

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

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 16 Gorffennaf a 27 Awst

Ysgol Gynradd Llanpumsaint Geraldine Jenkins

Hoffwn groesawu fy hun fel Pennaeth newydd i Ysgol Llanpumsaint. Ar 5ed o Ionawr eleni dechreuais fel Pennaeth newydd yn Ysgolion Llanpumsaint, Cynwyl Elfed ac Abernant. Erbyn hyn dwi wedi gadael fy milltir sgwâr sef ardal Gwmaman, yno cefais fy addysg gynnar yn Ysgol Garnant ac yna ymlaen at Ysgol Dyffryn Aman. Yn dilyn fy amser yng Ngholeg y Drindod Caerfyrddin dechreuais ar fy ngyrfa ym myd addysg. Mae gen i brofiad nid yn unig o fod yn athrawes a phennaeth cynorthwyol yn Ysgol Brynman ond hefyd fel Swyddog Hyfforddi'r Cyfnod Sylfaen i Gyngor Sir Gar. Mae gen i efeilliaid Ffion a Carys sy'n 14eg oed ac yn briod i Dewi. Yn unol â'r gân Dydd Gŵyl Dewi- "Dyn da oedd Dewi"- mae hwn yn wir, heb gefnogaeth fy ngŵr a theulu ni fyddaf wedi gallu datblygu i fod yn bennaeth, felly diolch! Dwi wedi cael tymor a hanner prysur iawn a hoffwn ddiolch i bawb am y croeso cynnes -y disgyblion, rhieni a'r gymuned. Fy ngweledigaeth ar gyfer disgyblion yr ysgol ydy sicrhau bod yr ysgol yn lle hapus a chyfeillgar a lle gall pob plentyn profi llwyddiant a mwynhad. Mae'r dyfodol yn ddisglair i bawb. Newyddion yr ysgol.

Tymor y Gwanwyn- Bu'r cwmni Stiwdio Box yn ymweld â'r ysgol er mwyn gwneud pwt ar y radio-llwyddiant i blant CA 2. Ymweliad gan gwmni Brace's Bread- llond fan o Bicen ar y mân. Cyngerdd ysgol Dydd Gŵyl Dewi- dathlu!

Tymor yr Haf- Llundiau Ysgol/Blwyddyn 6

Ymweliadau ysgolion Uwchradd ar gyfer Blwyddyn 6.

Ymweliad i Ganolfan Pentywyn- Blwyddyn 5 a 6.

Trip- Fferm Ffoli Cyfnod Sylfaen

Trip- Castell Henllys Cyfnod Allweddol 2

Nofio i bawb- tipyn o fwynhad a gwaith caled i bawb.

Llongyfarchiadau i bob plenty gwnaeth gweithio'n galed a gwneud eu gorau glas yn y profion cenedlaethol.

Digwyddiadau'r Tymor- Prawf Beicio, Mabolgampau, Diwrnod Hwyl a Sbri Ysgol Cynwyl Elfed

Newyddion yr Heddlu

Rwy'n gobeithio y bydd yr haf yn ei anterth fis Mehefin, a glaw trwm y 1af yn atgof pell.

Hoffwn atgoffa preswylwyr y bydd tymor yr haf yn rhannau gwledig ein hardaloedd yn gweld cynnydd sylweddol mewn tractorau a cherbydau amaethyddol ar y priffyrdd. Gofynnaf i bob defnyddiwr y ffyrdd ddangos amynedd ar y ffyrdd wrth wynebu cerbydau mawr araf a pheidio â chymryd risgiau diangen; byddant ond ar y ffordd am amser byr. Hefyd, byddwch yn ymwybodol y cynyddwyd y cyflymder uchaf a ganiateir ar gyfer tractor ar y briffordd i 25mya (40cya) o fis Mawrth 2015. Hefyd, hoffwn atgoffa gyrrwyr cerbydau amaethyddol i dynnu i mewn os ydych chi'n gweld bod rhes hir o gerbydau y tu ôl i chi, ac yn bwysicach fyth, i beidio â defnyddio'ch ffonau symudol ar y draffordd, sy'n drosedd a fydd yn costio 3 phwynt i chi os cewch eich dal a dirwy o £100 felly meddyliwch cyn derbyn yr alwad honno – gall fod yn un drud! Yn olaf, rwyf wedi cael gwybod bod un blaid wedi dioddef sawl digwyddiad o fandaliaeth a difrod i bosteri ac arwyddion yn ystod yr ymgyrch etholiadol diweddar. Mae hon yn weithred droseddol a bydd yn cael ei thrin felly os fydd y rhai sy'n gyfrifol yn cael eu dal. Di ddioddefir y gweithredoedd hyn; gwerthfawrogiwr pe baech chi'n adrodd am unrhyw wybodaeth sydd gennych mewn perthynas â'r mater hwn yn gyfrinachol i SCCH 8046 Martin Dickenson yng ngorsaf heddlu Caerfyrddin ar 101.

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

Côr Llanpumsaint a'r Cylch

Ar Ebrill 16 2015 fe berfformiodd y côr "Olivet to Calvary" yn Eglwys Crist yng Nghaerfyrddin. Cafwyd ymateb da iawn ac fe roddodd y côr a'r artistiaid berfformaid o safon uchel unwaith yn rhagor. Cyngerdd Elusennol oedd hwn a'r elusen ddewisiedig oedd "Ymchwil Cancr" ac o ganlyniad fe fydd sic o £1,100.00 yn cael ei chyflwyno i'r elusen yn y dyfodol agos. Diolch o galon i bawb am eu cefnogaeth.

Llythyr gan Carolyn Atkinson

Helo, fy enw i yw Carolyn Atkinson, dwi wedi byw yn Llanpumsaint ers 2009. Efallai bod rhai ohonoch yn fy adnabod ers pryd yr oeddwn yn gweithio yn y siop leol, rhai eraill fel cymydog, ag eraill fel grwaig John Atkinson. Gwnaeth John sefyll fel ymgeisydd etholiadol ar gyfer UKIP yn yr Etholiad Gyffredinol ddiweddar.

Pan y gwnaeth John awgrymu ein bod yn symud nol i Sir Gaerfyrddin, lle y cefais fy magu ym Maesybont, roeddwn yn hapus dros ben. Roeddwn wedi dod adre' a roedd John wrth ei fodd gyda'r ardal a'r croeso twymgalon Cymreig y cawsom. Gwnaeth John gofrestru ar gyfer gwersi Cymraeg yn Ysgol Llanpumsaint o dan ofal Gwyn Nicholas ac ar ol dwy mlynedd yr oedd wedi dysgu digon i ddeall llawer ac i gyfarthrebu tipyn bach. Onibai, yr oedd yn deall y bwysigrwydd o geisio dysgu'r iaith ac rwy'n ei edmygu am hynny. Rwy'n ymwybodol bod llawer ohonoch yn siomedig fod dim fersiwn Gymraeg o'i bamffled etholiadol - roedd wedi gobeithio i gael y cyfle i esbonio hyn i bawb wyneb yn wyneb. Yn anffodus, mi wnaeth amser mynd yn drech ac nid oeddwn wedi medru cwmpasu'r pentref i gyd ar ol gweithio'n galed ar ol ymgyrch etholiadol enfawr. Yn groes i'r prif partion etholiadol, nid oedd ganddom lawer o arian ar gyfer yr ymgyrch. Rydym yn barti weddol fechan a ni chawsom lawer o arian o'r swyddfa canolog ac bu'm rhaid i ni wneud y benderfyniad i fynd ymlaen gydag ymgyrch yr oeddwn yn medru ei fforddio. Gwnaeth Jon dalu am ei ymgyrch ei hun, felly dwi'n shwr yr ydych yn gallu deall faint mor siomedig yr oeddwn i weld fod y nifer fechan o arwyddion yr oedd ganddom yn y pentref wedi'u dwyn neu fandaleiddio gyda graffiti. Tra'n cymryd rhan yng ngwleidyddiaeth a byw mewn gymdeithas ddemocrataidd, reodd yn rhaid i ni dderbyn y byddai John yn cael ei feriniadu a'i herio. Ond mae'n rhaid i mi ddweud ar ein rhan ni a'n teulu, ein bod wedi drysu ac yn siomedig tu hwnt gyda'r ffaith bod rhai wedi tynnu llun mwstas Hitler a swastika ar ddau o arwyddion John (roedd y gweddill wedi cael eu dwyn). Gwnaeth John wasanaethu'r Deyrnas Unedig fel Morol Brenhinol am 34 mlynedd a bu allan yn y Falklands ynghyd a Gogledd Iwerddon. Y peth ola' y dylai gael ei gysylltu gyda yw Natsiaeth. Y mae'n wladgarwr, nid hilydd. Mae'r syniad fod unhryw un eisiau camdrin enw dyn sydd yn wladgarwr a wedi rhoi o'i amser, arian a'i galon i fewn i geisio wella'r Deyrnas Unedig yn ofnadwy i mi. Mae'r ddau ohonom yn byw yn hapus gyda'r ffaith fod gan bawb yr hawl i berthyn ac ethol am unhryw barti wleidyddol. Roeddwn ynghlwn ag ymgyrch urddasol a threfnus; ac er bod gan bob ymgeisydd barn wahanol ar wleidyddiaeth, gwnaeth bawb ddod ymlaen yn iawn. Yr hyn sydd ganddof i ddweud i'r rheini a wnaeth ymddwyn mewn modd anti-ddemocrataidd yw eu bod heb gynrychioli eu parti mewn modd parchus. Mae fy ngobeithion personol i John yn cynnwys y rhan fechan yma o hanes Lanpumsaint - y tro ola i ni gael AS o Lanpumsaint, fe wnaeth ddarparu ysgol i'r pentref - dyna eirionig y fyddai, os byddai fyth yr angen, pe bai'r pentref wedi cael un i ymladd i gadw'r ysgol ar agor. Ni fyddwn byth yn gwybod

CYLCH MEITHRIN BRONWYDD -Addysg Blynyddoedd Cynnar Rydym ni wedi bod yn brysur yn y Cylch yn ystod yr wythnosau diwethaf yn gweithio ar thema, “Tywydd a Thymhorau”. Mae'r plant wedi bod yn dysgu am y tywydd – mesur faint o law sydd wedi disgyn, mesur y tymheredd, dysgu am oer a phoeth. Bu'r plant hefyd yn plannu hadau blodau haul a nawr yn gwneud arsylwadau arnynt yn tyfu.

Yr hanner tymor yma byddwn yn parhau i ddysgu am y tywydd ac edrych ar dymor yr Haf. Bydd y plant hefyd yn ymarfer ar gyfer diwrnod mabolgampau'r meithrin ar y 26ain o Fehefin, a mabolgampau'r Mudiad ar y 9fed o Orffennaf.

Cynhaliwyd Noson Gaws a Gwin ar yr 16eg o Fai, ar gyfer rhieni a ffrindiau'r Cylch, a diolchwn i bawb a oedd wedi ein cefnogi drwy brynu tocyn neu gwneud cyfraniad.. Diolch hefyd i bawb a oedd wedi helpu ar y noson a'i gwneud yn llwyddiannus..

Os ydych a diddordeb i'ch plentyn fynychu'r meithrin rydym ni ar agor o ddydd Mawrth i ddydd Gwener rhwng 9.15 yb a 12.00 hanner dydd. Rydym yn derbyn plant pan maent yn ddwy oed. Cynhelir Ti a Fi ar fore dydd Mawrth ac ar fore dydd Gwener rhwng 10.00yb a 12.00 hanner dydd ar gyfer rhieni/gofalwyr a phlant . Dewch a'ch plentyn i chwarae ac i gymdeithasu. Rhif cysylltu y Cylch : 07929 431652

Clwb Bowlio Llanpumsaint a Nebo

Ar ddiwedd tymor 2014/15 gorffennodd y Clwb yn y pedwerydd safle yng Nghyngraig Cyntaf Clybiau Bowlio Mat Byr Sir Gaerfyrddin. Enillwyd Tarian Goffa y diweddar Roy Bowen eleni gan y clwb ar ôl dwy gêm gyfartal yn erbyn Bronwydd. Enillodd y clwb ar fwyafrif shotiau Llongyfarchiadau i Glwb Bronwydd ar eu llwyddiant yn dod yn bencampwyr yr ail Adran a esgyn yn ôl i'r Adran 1af a hynny o fewn blwyddyn. Mae yn braf i feddwl y byddwn yn cyfarfod ein hen ffrindiau bedair gwaith y flwyddyn nesaf.

Fe fydd Cyfarfod Blynyddol y Clwb yn cael ei gynnal yn y Neuadd Goffa ar nos Iau Awst 27ain 2015 am 8 yr hwyr. Fe fydd ymarferion am y tymor 2015/16 yn dechrau ar Fedi 3 2015 a wedyn ar bob nos Lun ag Iau drwy gydol y tymor o 7.30 tan 9.30y.h. Fe fydd gemau Cynghrair yn cael ei chwarae, os y byddant adref ar nos Iau a felly hefyd y mwyafrif o gemau oddicartref.

Mae croeso i aelodau newydd bob amser, does dim eisiau profiad achos mae gennym hyfforddwyr profiadol i'ch cymorthwyo. Mae gennym aelodau o 10 tan 85!!

Os am ragor o wybodaeth cysylltwch os gwlewh yn dda a Ysgrifennydd y Clwb, Derick Lock ar 253524.

Neges oddiwrth y Gwasanaeth Ambiwylans.

Mae y rhan fwyaf ohonom yn cario ffôn symudol i bob man gyda rhifau wedi cael eu storio ynnddynt. Os y byddech mor anlwcus a bod mewn damwain, neu eich cymeryd yn sal fe fyddai llawer o rifau ar eich ffôn symudol ond neb yn gwybod pwy i gysylltu mewn argyfwng. O ganlyniad dyma ymgyrch “ICE” neu “Rhif mewn argyfwng” Mae hwn yn ddull o gysylltu pam fyddwch mewn damwain neu eich cymeryd yn sal. Felly gallwch rhoi enw/au a rhifau ffôn eich teulu agosaf o dan y teitl “ICE”. Parafeddyg gafodd y syniad hyn oherwydd pan oedd yn cael ei alw i ddamweiniau a.y.b. roedd gan y rhan fwyaf o bobl ffôn symudol ganddynt ond dim syniad pwy y ddylent gysylltu pan yn y sefyllfaoedd hyn. Felly, meddyliodd y byddai yn syniad da pe buasai enw cenedlaethol i'r pwrpas hyn. Mewn argyfwng byddai y gwasanaethau yn medru gysylltu a'r person cywir oherwydd eich bod wedi rhoi y rhif o dan “ICE” ar eich ffôn.

Dwedwch wrth eich ffrindiau am hyn. Ymhen amser fe ddaw y rhif hyn i sylw pawb ac fe allai achub eich bywyd a hefyd rhoi tawelwch meddwl i'ch teulu agosaf. Gallwch roi mwy nag un enw, dim ond rhoi “ICE1” “ICE2” a.y.b. O.N. Tybed beth fydd yr enw Cymraeg ar “ICE”?

Dathlu Llwyddiant ein Pobl Ifanc

Mae gennym ieuenctid talentog iawn yn Llanpumsaint – dyma hanes un ohonynt sef **Sam Merritt**. Rydw i wedi bod yn caiacio gyda Chlwb Padlo Llandysul am wyth blynedd ers yr oeddwn yn wyth mlwydd oed. Pan o'n ni yn ifancach nid oeddwn yn hoffi unrhyw fath o chwareuon yn yr ysgol ond wedi dechrau caiacio unwaith yr wythnos rydw i yn ei fwynhau yn fawr iawn. Dechreuais i ganwio slalom pan yn ddeg oed a phan o'n i'n dair ar ddeg oed ces fy nerbyn yn Nhim Cymru. Gyda slalom rydw i wedi trafaelu dros y Deyrnas Unedig i gyd ac ambell waith i Dde Ffrainc. Ond nawr rydw i am wireddu fy mreuddwydion i fod yn Gaiacydd Dŵrgwyn a dyna y rheswm y gwnes i roi cais i fewn i fynd i Academi Gaiacio Safon y Byd.

Mae'r Academi Gaiacio Safon y Byd yn ysgol symudol gyda ei chanolfan yn Trout Lake, yn Nhalaith Washington yn yr Amerig. Mae'r ysgol yn gwario y rhan fwyaf o'i hamser yn trafaelu o amgylch y byd gan gaiacio ar afonydd anghredadwy. Clywais am yr ysgol hon gan un o'm hyfforddwyr pan o'n i mewn cystadleuaeth yn yr Alban dros wyliau'r Pasg eleni. Roedd hyn yn beth delfrydol i fi, Ysgol Gaiacio Dŵrgwyn!

Yn syth ar ôl cyrraedd adre dechreuais feddwl am ymgeisio ac ymhen rhai wythnosau wedi cysylltu a'r ysgol sawl gwaith dyma ddanfôn fy Ffurflen Gais i mewn ac hefyd ymgeisio am ysgoloriaeth. Rydw i yn falch o ddweud bod fy nghais wedi bod yn llwyddianus ac hefyd derbyn ysgoloriaeth sylweddol iawn – yr ysgoloriaeth fwyaf mae'r ysgol erioed wedi ei chynnig. Newyddion cyffrous iawn oedd hyn ond nawr mae yn ofynnol i fi i godi £14,500 i dalu am fy ffioedd a fy nhreuliau. Ers cael y newydd rydw i wedi bod yn brysur iawn yn ceisio codi arian.

Fel rhan o Academi Safon y Byd bydda i'n gwario fy amser yn trafaelio, caiacio a hefyd astudio ar gyfer fy Lefel A. I ddechrau'r flwyddyn byddwn ni'n padlo ar afonydd yn Ottawa a Quebec, Wedyn dod adre cyn gadael eto am Mecsico. Fe fyddwn yno tan gwyliau'r Nadolig a wedyn ymadael eto ym mis Ionawr i Temuco . Ar ôl gwyliau'r Pasg byddwn ni yn mynd i Arfordir Gorllewin yr Amerig i orffen blwyddyn bythgofiadwy.

Mae mynychu yr Academi wedi gwireddu breuddwyd achos fe fydd yn rhoi y sgiliau i fi i ddilyn gyrfa fel Caiacydd Proffesiynol. Yn y tymor hir fy uchelgais yw i orffen fy addysg a thrafeilio'r byd fel Caiacydd Proffesiynol. Gobeithio y byddaf yn ffodus i gael noddwyr a maes o law agor Academi Gaiacio rhywle yn Ewrop.. Ond yn gyntaf mae'n rhaid i fi godi arian er mwyn mynychu yr Academi ym mis Medi eleni. Ar Orffenaaf 10ed eleni bydda i yn cynnal Ocsiwn Addewidion ond bydda i yn cadarnhau'r amser a'r lleoliad yn nes ymlaen.

Sut mae. Fy enw yw **Maia Marguerite Merry** o Neuadd Deg, Llanpumsaint. Rydw i yn un ar bymtheg oed ac yn ddiweddar yr wyf wedi cael cynnig lle yng Ngholeg yr Iwerydd yn Llanilltud Fawr. Mae'r coleg dim ond yn cynnig ugain o lefydd i fyfyrwyr o'r Deyrnas Unedig a rydw i wedi bod yn lwcus iaawn i gael un ohonynt. Mae hwn wedi bod yn uchelgais bywyd gyda fi. Er mwyn mynychu'r Coleg mae yn ofynnol i fi godi arian i dalu am fy addysg yno am ddwy flynedd. Rwyf wedi bod yn brysur iawn dros y tri mis diwetha' yn codi arian, Cefais grant hael iawn o £2000 gan Dr Dewi Davies, Cronfa Waddol am Ogledd Sir Gar. Hefyd rwyf wedi cynnal llawer o weithgareddau i godi arian gan gynnwys ocsiwn yn Neuadd San Pedr yng Nghaerfyrddin ar Fai 7ed a llwyddais i godi dros £4100 a hyn drwy garedigrwydd a chefnogaeth hael pobl y pentref a'r ardal. Os hoffech gael ragor o wybodaeth am y coleg, rhoi rhodd neu eisiau gwybod rhagor pam yr wyf mor angerddol i wireddu fy uchelgais medrwyh ymweld a fy ngwefan themaiamerrymission.org neu fy Weplyfr o'r un enw. Neu os yr hoffech allwch gysylltu a fy mam, Moïshe ar 07476 352149. Byddaf yn cynnal "Tabletop Sale" yng Nghaerfyrddin yn y dyfodol agos. Os oes gennych unrhyw beth i'w roi byddaf yn ddiolchgar iawn. Maia.

Enwau lleoedd – yr olaf

Mae'n amlwg fod ynys yn golygu darn o dir wedi ei amgylchynu gan ddŵr ac fel arfer dŵr mor. Felly gwyddom am Ynys Môn, Ynys Enlli, yr Ynys Bŷr, Ynys Dewi, ac yn y blaen. Ond beth am lefydd fel Ynysybwl, yn y Cymoedd sydd yn bell bell i ffwrdd o unrhyw lan mor? A does ddim ishe mynd ymhellach nac ardal Bronwydd, lle cawn ffermydd Trefynys a Phentrefynys, tyddyn Cwmynys, ac i lawr yn y pentref, Troedyrnys. Yn wreiddiol golygai Ynys ddarn o dir uchel uwchben dol afon, a dyna i chi beth gewch yn yr enghreifftiau uchod uwchben yr afon Gwili. Mae son am Ynysybwl yn ein hatgoffa o fferm leol Trebwl. Daw'r gair Bwl o'r Ffrengig "Boule", sydd yn golygu dyffryn bach o siâp bowlen. Diddorol nodi fod Trebwl yn ymddangos hefyd yn Llydaw.

Mae rhai enwau lleoedd yn hen iawn ac yn adlewyrchu llwybrau ein cyndeidiau cyntefig dros y bryniau, mewn oes pan fyddai'r dyffrynnoedd naill ai'n rhy beryglus ne'n amhosib eu tramgwyddo. Ffordd drwyddo yw bwlch, felly cawn yn lleol, Bwlchbychan, Bwlchyronnen, Bwlchwyn a Bwlchyrhyd, i ddatgelu hen hen lwybrau'r oesoedd cynt. Ganrifoedd ar ôl hynny cyrhaeddodd y Rhufeiniaid i greu ffyrdd cadarn unionsyth. Hyd yn oed heddiw gallwch ymladd eich ffordd ar hyd rhan o'r heol Rufeinig leol o Fronwydd i Lanpumsaint. Daw enwau ffermydd Troedyrhiw a Phenrhiw ac yna'r ail Droedyrhiw, sef Cwppers, yn brawf cywir iawn o lwybr yr hen ffordd. Yna rhyw dri chanllath eto ac ar lan yr afon Cerwyn adeiladwyd caer amddiffynnol yn Rhydygaer, ymhell cyn sefydlu'r eglwys yma. Er mwyn cadarnhau eu hawdurdod ar yr ardal dyma gastell arall i reoli ardal Nebo (Ystum Gwili bryd hynny) ym Mhenygaer uwchben yr afon Gwili. Felly gallwch fod yn weddol siŵr pan welwch y gair Caer fod hwn yn dyst i'r Rhufeiniaid fod yma. 'Does 'na'm gwell enghraifft na Chaerfyrddin!

Gyferbyn ag eglwys Llanpumsaint mae ffermyd'r Llandre (Llan + Tre) yn weladwy o hyd, gyda'r enw'n datgelu iddi fod un amser yn lleoliad amaethyddol yn perthyn i'r eglwys, lle byddai' taeogion yn llafurio. Bu'r hen daeogion wrthi hefyd yn Llain a Lleine. Ganrifoedd 'nol rhaid oedd gwneud y defnydd gorau posib o gynhesrwydd yr haul, er mwyn tyfu cnydau a chadw'r oerfel mas. Felly bu dewis safle i wneud cartref yn fater pwysig a gofalus, ac mae enwau fel Bronhaul, Fronheulog a Frondeg yn ategu i'w perchnogion fod yn llwyddiannus. Mae'r gair gilfach yn dynodi lle cysgodol, felly mae Gilfachmaen, Gilfachfawr a Gilfachfach yn dathlu hefyd. Credwch neu beidio hen air Cymraeg am goes yw Esgair, a thasech chi'n gallu edrych i lawr o'r awyr ar fferm yr Esgair neu bentref bach Esgair ger Cynwil Elfed mi welech fod siâp y tir yn adlewyrchiad o'r aelod hwnnw o'r corff.

Ymddangosa'r gair coch yn aml iawn mewn enwau lleoedd dros Gymru gyfan, megis Penrhyncoch ger Aberystwyth, Gilfachgoch ym Morgannwg, neu Rhosgoch ar y ffordd i Sir Benfro. Mae'n bwysig cofio bod ein tîrwedd yn edrych dipyn yn wahanol ganrifoedd yn ôl pan ffurfiwyd yr enwau hyn. Anghofiwch ein darlun cyfoes o gaeau trefnus a chnydau taclus, oherwydd bryd hynny tiroedd gwyllt oedd yn rheoli, gyda'r brwyn yr eithin a'r rhedyn yn teyrnasu dros rannau helaetho'n gwlad. Felly ar adegau'r o'r flwyddyn byddai llywiau coch llwyd yn amlwg mewn sawl man, daw Frongoch, Gorsgoch a Phenrhiwgoch yn enghreifftiau lleol o hyn. Yn y pentref mae Clytau Cochion yn dynodi fod y clytiau, sef lleiniau oedd yn cael eu ffermio o'r un lliw. Cewch rai enwau sy'n hawdd fel Pandy. Gwyr pawb mae dyma le golchwyd y gwlan adeg y diwydiant hwnnw ac mae rhai o'n hynafiaid yn cofio'r sŵn a lliw'r afon pan oeddent wrthi. A thros dir Waunyrhelfa bu'r tywysogion gynt yn hela bywyd gwyllt. Mae enwau eraill yn gallu bod yn anodd ac aneglur iawn, a gadewais ddau o'r rhai mwyaf cymhleth yn olaf, sef Pantiouar a Bwlchtrap. Barn un arbenigwr oedd bod Pantiouar yn golygu pant o dir ar fryn, a chawn Pantyfedwen yn weddol agos iddo. Efallai fod y lle'n edrych fel na ond rywsut nid yw'r eglurhad yn eistedd yn gyfforddus gyda Iouar. Barn un arall oedd iddo olygu dŵr oer, ac felly yn cyfeirio at lyn yno. Prin chwarter milltir islaw Pantiouar gwelwn Bwlchtrap, mae'r bwlch yn rhwydd ond beth am y trap? A fu yma ryw fath o lyn at ddefnydd troi rhod i'r felin, neu a fu yma le i gadw pysgod dan reolaeth? Eglurhad arall i Trap yw lle i ladron a dynion drwg gwato, ond prin fydde bobl Nebo'n bles a'r eglurhad hwnna! Efalla wedyn fydde'n gallach i ni dderbyn busnes y dŵr a'r llyn falle!

Gellir mynd mhlan a mhlan am ystyr a dehongliad enwau lleoedd, felly fy mwriad yw cloi pen y mwdwl ar y testun, am y tro beth bynnag. Ond wedi dweud hynny os oes yna rywun a chwestiwn penodol neu ddehongliadau eraill yna croeso i chi gysylltu â mi. Arwyn 2015

Village Voice June 2015

Copy Date for next Edition 25th July 2015

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

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

Every Wednesday Steak Night at the Railway Inn 01267 253643

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

June 14 Sunday Dowsers Field Trip to Margam Abbey

June 15 Monday 8.00 AGM Memorial Hall Trustees Memorial Hall

June 15 Monday 8.00 AGM Hall Trustees Memorial Hall

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 21 Sunday Father's Day Lunch Gwili Railway Book 01267 238213

June 22 Monday 2.00 60+ Club Bronwydd Hall

June 28 Sunday 1.45 West Wales Dowsers Bronwydd Hall

June 28 Sunday 8.00 Quiz Hollybrook Inn Bronwydd

June 30 Tuesday School Sports Day (or 7 July) Playing Field

July 7 Tuesday 8.00 Llanpumsaint Community Council Memorial Hall

July 8 Wednesday 12.30 Luncheon Club Railway Inn – to book phone 253643

July 10 Friday Sam Merritt's Promise Auction –see posters for details

July 11 Saturday Church Coffee Morning Memorial Hall – see posters for details.

July 11 Saturday 11.00 Walk Llandeilo/Dynevor

July 12 Sunday Dowsers Field Trip to Manobier Church

July 16 Thursday 1.00 Foot Care Clinic Memorial Hall

July 16 Thursday 8.00 Curry and Quiz £5 per head Railway Inn

July 19 Sunday Classic Transport Day Gwili Railway Book 01267 238213

July 19 Sunday Gardeners Question Time Garden Party National Botanic Garden

July 26 Sunday 1.45 West Wales Dowsers Bronwydd Hall

July 26 Sunday 8.00 Quiz Hollybrook Inn Bronwydd

July 27 Monday 2.00 60+ Club Bronwydd Hall

August 5 Wednesday 12.30 Luncheon Club Railway Inn – to book phone 253643

August 8 Saturday 2.00 Walk up to Skanda Vale – meet at Hall Carpark

August 9 Sunday Dowers Field Trip to Nons Well

August 13 Thursday 8.00 Curry and Quiz £5 per head Railway Inn

August 24 Monday 2.00 60+ Club Bronwydd Hall

August 27 Thursday 1.00 Foot Care Clinic Memorial Hall

August 30 Sunday 8.00 Quiz Hollybrook Inn Bronwydd

September 1 Tuesday 8.00 Llanpumsaint Community Council Memorial Hall

September 13 Sunday Dowers Field Trip Trelech Newport Gwent

October 10 Saturday 8.00 Abba Tribute Evening Memorial Hall

October 17 Saturday 10.00 Coffee Morning Towy Knitting Club Bronwydd Hall

December 4 Friday Christmas Bingo Memorial Hall

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

Llanpumsaint Community Council

At the AGM on May 5th, Danny Davies was promoted to Chairman, with Arwel Nicholas as Vice Chairman.

At the Business Meetings on 5th May and 2nd June the discussions included improving visibility for persons exiting the playing field via the staggered entrance nearest the shop, traffic calming measures in the village being drawn up by Carmarthenshire County Council, the building works that have been started adjacent to the Vicarage, the Jenny Eirian Fund, and access to Public Rights of Way in the area. The Council also approved an amended Welsh Language Scheme, which is available on the website. There were no Planning Applications to discuss.

The Welsh Language Scheme will be on the website and details of your Community Councillors can be found on the website <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 next monthly business meeting will be on 7th July, and there is no meeting in August. 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

PTA

School Sports day in the playing field – 30th June, or 7th July depending on weather

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.

The Clwbgwili 60+ Club has been busy as usual in the last couple of months! Recent events included a concert held at Bronwydd Hall which was well attended. The artists were Carmarthen Male Voice Choir, Ross Moore, Wynford James and Huw Evans. A hot meal was included in the price of the ticket and members brought their own drink. It was a very enjoyable evening. The members have already been on two trips, one full day to Cardiff Castle and the other a half day to Tenby calling at Kilgetty Lovespoons on the way. The weather was beautiful on both occasions.

The speaker at our last Club meeting was Mrs Helen Jones who gave a very interesting talk on her Cycle Trip to India. The meeting was well attended once more and followed by tea and biscuits.

Speakers for June, July and August are:

Mr Gareth Richards S4C Chef on Monday 22nd June "Preparing a perfect Picnic"

Mr Bruce Hawkins "Wicked Women" Monday 27th July

Mrs Lilian Charles "Mary, Humpty and the Black Sheep" Monday 24th August

Also we are now organising two more trips, one in July to St Ffagans and one in August which is a Mystery Trip. Anyone wanting more information contact Val Giles Club Secretary 01267 281194.

Mr Glyn Evans Treasurer is also organising a Turkey and Tinsel 5 day break in Shanklin Isle of Wight at the end of November. There are a few seats available!!

If you require any further details contact Glyn on 01267 236280

Clwb Cerdded Llanpumsaint Walking Club

Llandeilo Circular Walk taking in Llandyfeisant Church and Dynevor Castle – Saturday July 11th.

Meet at Llandeilo Town Car Park at 11am and pay just £1 for 4 hours or £1.50 all day.

We will then walk through Llandeilo to the river stopping off to view St. Teilo's well set into the Church wall. We then take the footpath to walk through Dynevor Castle Woods stopping off to view the almost ruined, but still lovely church of Llandyfeisant, where the Barons of Dynevor Castle were buried until recently. We will then continue up to Dynevor Castle where we can view the castle and the spectacular views from the ramparts. We can picnic here or you can get a hot drink/snack at the café in the grounds of Newton House, which is a little extra walk, or you can bring a flask. Following lunch we will rejoin the main walk, up the drive, away from Newton House and back on another footpath to Llandeilo. In Llandeilo we can refresh ourselves with a 'Heavenly Ice-cream', with flavours from Strawberries and Cream to Mango and Sweet Potato! The walk is fairly easy going most of the way apart from the climb up to Dynevor Castle but we take a winding path which is not too bad. You can stay at the bottom and have your lunch there if you wish. The walk is 4 ½ miles taking about 3 hours ish including lunch and stops etc. We suggest walking boots especially if it has been wet but mainly we are on designated footpaths.

Then on Saturday 8th August we will do the walk up to Skanda Vale. Meet at the Hall carpark at 2.00pm, walk is about 5 miles, allow 3 hrs. The walk follows one of the hidden valleys, wonderful views, and maybe a sight of the elephant!

If you want more information about the club and the walks, please contact Carolyn Smethurst on 01267 253308

Memorial Hall Fun Day

Held on 9th May, the weather was kind to us and there was an excellent turn-out.

The day began with Fun Rounders organized by Jo Davies, followed by bouncy castle fun and face painting (run by the School PTA) which proved very popular.

The Hog Roast was a little late in arriving, but meanwhile the Nebo Chapel Duck Race took place on the Gwili River. Over 950 ducks were sold, and the result of the race was:

1 st	Dai Jones Llanpumsaint
Joint 2 nd	Sharon, Towy Castle
	Osian Rees, Pontyberem
	Cadi Evans, Llanpumsaint
3 rd	Steffan Jones, Llanpumsaint
Booby prize	Barbara Palmer, Pencader

During the Duck Race, a Junior Disco was playing in the Memorial Hall, followed by an evening of Horse racing on DVD which proved really popular.

Thanks to all who supported this event and to all the helpers.

The Memorial Hall Trustees AGM will take place in the Hall on 15th June at 8.00pm – all are welcome to attend.

Dates for your Diary – Both in the Memorial Hall

Abba Tribute Evening on Saturday 10th October at 8.00pm

Christmas Bingo on Friday 4th December

More details in the next edition of Village Voice

Llanpumsaint 100 Club

There are still a couple of numbers available for purchase - £12pa – so if you haven't renewed yet, or would like to join for the first time, please contact Derick Lock on 253524.

The winning numbers were drawn at the recent meeting of the Welfare and Recreation Association Trustees as follows:

March	1 st Prize	£20	No. 82	Carolyn Smethurst
	2 nd Prize	£10	No. 79	Gwyneth Ayres
	3 rd Prize	£5	No. 59	William Marshall
	3 rd Prize	£5	No. 64	Hedydd Rees
April	1 st Prize	£20	No. 4	Vivienne Cook
	2 nd Prize	£10	No. 52	Ron & Eveline Taylor
	3 rd Prize	£5	No. 46	Meinir Jones
	3 rd Prize	£5	No. 75	Ann Wyke
May	1 st Prize	£20	No. 21	Patrick Thacker
	2 nd Prize	£10	No. 6	Sandy Mather
	3 rd Prize	£5	No. 46	Meinir Jones
	3 rd Prize	£5	No. 14	Chris & Jayne Hughes

June and July Events at the Gwili Railway

Afternoon Strawberry Cream Tea on a steam train

Treat yourself to a sumptuous Afternoon Strawberry Cream Tea while travelling through the lovely Carmarthenshire countryside every **Thursday from April to October**, selected Thursdays and Fridays in July and August, at the Gwili Steam Railway. Adult £14.50, Senior £13.50, Child £9 (includes train fare). Pre-booking advised and essential in school holidays. Groups welcome.

Dine in style – Father’s Day Sunday Lunch on a steam train

Treat Dad to a leisurely three course Sunday lunch at the Gwili Steam Railway with on board bar serving real ale, local cider, wine and soft drinks. Relax and unwind while you travel by steam train through the lovely Carmarthenshire countryside. Booking now for Father’s Day 21st June and Sunday Lunch 5th July. Pre-booking essential. www.gwili-railway.co.uk click DINING TAB or phone 01267 238 213. Bronwydd Arms Station, Carmarthen SA33 6HT.

Classic Transport Day – Sunday 19th July 2015

Join us once again for a fun family day out including an exhibition of Steam locomotives, Classic Cars, Motorcycles, Buses, Commercial Vehicles, Display Engines and Agricultural vehicles. Children’s Carnival Rides. Tickets include all day travel on the steam and diesel trains and a Miniature Train Ride.

For all these events, book online www.gwili-railway.co.uk or by phone 01267 238 213 (Mon-Fri 10-4pm). Bronwydd Arms Station, Carmarthen SA33 6HT. Email: info@gwili-railway.co.uk

Summer Holiday Fun

The Railway is open every day of the school holidays so bring family and friends to discover the golden age of steam. Talk to the engine crews, riverside Picnic Site, spot wildlife around the River Gwili, Miniature Railway, working Signal Box, Travelling Post Office, Victorian Tea Rooms, Souvenir Shop and Museum. #DogFriendly (dogs can travel standard class for just £1). Under 3’s travel free, Family Tickets available. Tickets valid all day.

BBC Radio 4 *Gardeners’ Question Time* Summer Garden Party returns

On Sunday 19th July 2015, BBC Radio 4s *Gardeners’ Question Time* is bringing its annual Summer Garden Party to the National Botanic Garden of Wales for a second year.

The GQT Summer Garden Party is a unique opportunity to enjoy two recordings of the BBC’s flagship gardening radio programme.

You’ll meet the GQT team, be able to put your questions to them in person and there will be demonstrations and horticultural happenings all over the Garden plus music, food and activities for all the family.

The party will feature the pick of the crop of gardening gurus, including Bob Flowerdew, Bunny Guinness, Chris Beardshaw, Pippa Greenwood, Terry Walton, Matthew Biggs, James Wong, Toby Buckland, Anne Swithinbank, Christine Walkden and GQT chairmen Eric Robson and Peter Gibbs.

So come along, meet the team and get your gardening problems solved once and for all!

At the National Botanic Garden of Wales, Llanarthne, Carmarthenshire, SA32 8HN on Sunday 19th July 2015

Tickets for the event cost £9.75 (including Gift Aid donation) plus a £2 booking fee and are available now in advance by calling 01558 667 148. Full admission price details are available at

<http://www.gardenofwales.org.uk/visitors-info/opening-times/> or on line

<http://www.growingthefuture.co.uk/en/courses/our-courses/bbc-radio-4-gqt-summer-garden-party/>

Enjoy the flowers! By Ann Pettitt

It is only when we visit other parts of the British Isles, that we can come to appreciate the great wealth of wild birds and flowers we can enjoy here in West Wales. Spring birdsong is coming to an end now, as the adults are no longer showing off, hoping to attract a fine mate to a nest, and now are busy every minute flying back and forth with tasty morsel for those hungry chicks. (Does any of this sound familiar?) Let's not forget that those caterpillars and aphids they are eagerly grabbing, would otherwise be munching up our precious garden plants, so – if you want less insects, encourage the birds!

Leave some bits of scrub and bramble thickets – farmers call it “trash” but to birds, it's home. Many of them have flown from West Africa, right across the Sahara desert to get here. All the way from South Africa, the martins and swallows are a joy to see, scooping up thousands of flies in a day – and their cheery tweets remind us that this really is summer, even if the sky is grey. Martins nest on the outside of a building, swallows inside, so if you can, leave a barn or shed door open for them. We are lucky to have them- go to the rich farming areas of England and you won't see or hear any, they have been tidied out of existence.

The best of our spring wild flower displays – the primroses, celandines, bluebells, red campion and the lovely starry white stitchwort - are fast overtaken by the exuberant creamy froth of cow parsley, for which a much nicer name is “Queen Anne's Lace”. When these are mown or die down, the summer yellows of hawkbits, the orange fox-and-cubs, and St. John's Wort, along with purple thistles and knapweed, take their place. Some local authorities have recognized the importance of wild flower banks and verges for bees, insects, and birdlife, and allow roadside grassland to flourish with just one or two cuts a year to stop the taller plants becoming too dominant. We can become lazy gardeners, and leave some patches unmown for a few weeks.

That reminds me – it's time to get my scythe out – I'm all for diversity, but I draw the line at docks!

Fed Up with Receiving Unsolicited Telephone Calls?

We have been registered with the TPS for some time, and the number of unwanted phone calls has reduced dramatically.

The Telephone Preference Service (TPS) is a free service. It is the official central opt out register on which you can record your preference not to receive unsolicited sales or marketing calls. It is a legal requirement that all organisations (including charities, voluntary organisations and political parties) do not make such calls to numbers registered on the TPS unless they have your consent to do so.

Organisations with which you have an ongoing relationship, for example those who regard you as a customer, (or in the case of charities - a donor) may well gather your consent during the early stages of your relationship with them and will therefore be entitled to call you even if your number is registered on TPS, unless you have previously told them specifically that you object to them calling you for marketing purposes.

The TPS can accept the registration of mobile telephone numbers, however it is important to note that this will prevent the receipt of marketing voice calls but not SMS (text) messages. If you wish to stop receiving SMS marketing messages, please send an 'opt-out' request to the company involved.

As TPS registration only prevents marketing calls, organisations will still be able to call you for the purposes of genuine market research.

Registering is simple - You can call 0845 070 0707 to register your number or register via their website <http://www.tpsonline.org.uk>. Carolyn Smethurst

Accident on Main Road through Village

There has been another accident on the main road through the village – two residents from the village were walking up the road with their dog on the left hand side towards Carmarthen between the bridge and Parc Celynin when the man was hit by a car coming from the Llandysul direction, and was spun round. Luckily his injuries were slight. Police are investigating the incident.

Over the past year, the Community Council, together with some concerned village residents, have been working with the Road Safety & Traffic Manager from Carmarthenshire County Council. They put in speed monitoring wires to get up to date statistics on the number and speed of traffic a few weeks ago, as well as commissioning an engineer to draw up a plan for remedial measures. Funding has been agreed for some works to take place in 2015/16, with more work to take place over the next 2 years. The Community Council will consider the report when available, and there will be an opportunity for residents to also comment at a public meeting - we will keep you informed when the report is available.

This is yet another reminder that when walking on the roads in the village, please take special care. The Highway Code has the following advice:

If there is no pavement, keep to the right-hand side of the road so that you can see oncoming traffic. You should take extra care and

- be prepared to walk in single file, especially on narrow roads or in poor light
- keep close to the side of the road.

It may be safer to cross the road well before a sharp right-hand bend so that oncoming traffic has a better chance of seeing you. Cross back after the bend.

Help other road users to see you. Wear or carry something light-coloured, bright or fluorescent in poor daylight conditions. When it is dark, use reflective materials (e.g. armbands, sashes, waistcoats, jackets, footwear), which can be seen by drivers using headlights up to three times as far away as non-reflective materials.

West Wales Dowzers Society – Future Events

Sunday, June 14th, Field Trip to Margam Abbey and surroundings

Sunday, June 28th, Author, Dr. Penny Sartori speaking about her book ‘The Near Death Experience’

This was recently serialised in the Daily Mail. Penny will be bringing copies of her book with her. She is local and works in the Abertawe Bro Morgannwg Health Board.

Sunday July 12th, Field Trip to Manorbier Church and area.

Sunday July 26th, Health Practice Day

Sunday August 9th Field Trip to Nons Well, Nine Wells and Chapel

Sunday September 13th Trelech, Newport, Gwent.

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 Ring for details.

Llanpumsaint Parish Church News

As you will know from the last edition, our Parish Priest and his family have moved and we are currently without a permanent vicar. Church services however are continuing and the dates for the services during June and July are set out below. Details will also be available on the notice board next to the vestry door. All are welcome to attend our friendly village church.

Coffee morning

We will be having a coffee morning in the Memorial Hall on Saturday 11th July. Notices will be displayed around the village nearer the time but make a note in your diary now! Apart from refreshments, there will be a raffle, cakes, bottle stall, plants and crafts to name but a few. We hope you will be able to join us.

Services for June / July 2015

7 th June	8.30 am	Holy Communion
14 th June	11 am	Bilingual Holy Communion
21 st June	11 am	Morning Prayer
28 th June	11 am	Family Communion
5 th July	8.30 am	Holy Communion
12 th July	11 am	Bilingual Holy Communion
19 th July	11 am	Morning Prayer
26 th July	11 am	Family Communion

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 June and July 2015

June 21 2015	Mr Arwel Evans	Service at 2.00p.m.
July 5 2015	Trip	Further details to follow
July 19 2015	Rev Goronwy Wynne	Communion at 3.30p.m.
August	No services.	

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

Nebo Chapel

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

Foot Care Clinic

The next clinics will be at 1.00pm on 16th July and 27th August. New clients should contact Gary Robinson any weekday between 6 – 8pm on 07789344488, as should any existing client needing information.

Llanpumsaint School – Geraldine Jenkins

I would like to introduce myself as the new Head Teacher at Llanpumsaint School. On January 5th this year I began as the new Head of Llanpumsaint, Cynwyl Elfed and Acting Head at Abernant. Now I have left my locality of Cwmaman, I was educated in Garnant School and then moved on to Amman Valley Comprehensive School. Following my time at Trinity College Carmarthen I began my career in education. I have experience not only as a teacher and assistant head at Brynaman School but also as the Foundation Phase Training Officer for Carmarthenshire County Council. I have twins who are 14 years old Carys and Ffion and married to Dewi. According to the Saint David's Day song- "Dewi was a good man" - this is true, without the support of my husband and family I would not have been able to progress and develop my career to being a headteacher, so thanks!

I've had a very busy term and a half and I would like to thank everyone for the warm welcome -the pupils, parents and the community. My vision for the school's pupils is to make sure that the school is a happy and friendly environment where all children experience success and enjoyment. The future is bright for everyone.

School news - Spring Term - School Concert Saint David's Day celebration.

The company Studio Box visited the school in order to write and produce a radio report - success for children CA 2.

Braces Bread- visit by the company and a van load of Welshcakes!

Summer Term - School Photos and Year 6

Secondary school visits for Year 6.

A visit to the Outdoor Centre at Pendine- Year 5 and 6.

Trip- Folly Farm Foundation Phase

Trip- Henllys Castle Key Stage 2

Swimming for all- a bit of enjoyment and hard work.

National tests- Well done to each pupil for working so hard and doing their best!

Term events to come -

Cycle test Year 6, Sport's Day and Summer Fair, and Fun day at Cynwyl Elfed School

Police News

I would like to remind residents that summer in the rural parts of our areas will see a significant increase in tractor and agricultural vehicles on the highways. I would ask all road users to show patience on the roads when confronted by large and slow moving vehicles and to not take unnecessary risks; they will only be on the road for a short time. Please also be aware that the maximum permitted speed for a tractor on the highway was increased to 25mph (40kph) from March 2015. I would also like to remind drivers of agricultural vehicles to pull over if you find a long queue behind you and more importantly not to use your mobiles when on the highway, it is still an offence and if caught will cost you 3 points and £100 fine so please think before you take that call it could be an expensive one.

Finally I have been told that during the recent general election campaign one party experienced several incidents of vandalism and damage to posters and signs. This is a criminal act and will be dealt as such should those involved be identified. These actions will not be tolerated; any information regarding this incident to PCSO 8046 Martin Dickenson on 101 at Carmarthen police station in the strictest confidence would be appreciated.

Llanpumsaint and District Choir

On April 16 2015 the choir performed "Olivet to Calvary" by J.H.Maunder at Christ Church, Carmarthen. The event was very well attended and the choir and artist gave a very professional performance as usual. This was a Charity Concert and the chosen charity was "Cancer Research" and as a result a cheque for £1,100.00 will be presented in due course.

Special thanks to everyone that supported us.

The Towy Knitting Club are holding a coffee morning in Bronwydd Hall at 10am on Saturday 17th October 2015. Proceeds are in aid of The Air Ambulance and Ty Cymorth. Craft stalls with hand made gifts, raffle etc. Please come and support us everyone welcome.

Letter from Carolyn Atkinson

Hi, I'm Carolyn Atkinson, lived in Llanpumsaint since 2009, some of you might know me from when I worked in the shop, some by being a neighbour and some by being John Atkinson's wife. John stood as a UKIP candidate in the recent election.

When John suggested that we move back to Carmarthenshire, where I was brought up (in Maesybont), I was overjoyed. It was coming home, John also loved the move and the warm Welsh welcome we received. He enrolled on Welsh language classes at Llanpumsaint school and under the tutorage of Gwyn Nicholas for two years learnt enough to understand much but able to communicate a little. However, he knew the importance of trying and I will always admire him for this. I know that many of you were disappointed that he did not have a Welsh version of his election leaflets, he would have hoped to have the opportunity of explaining the reasons for this on the doorstep. Unfortunately time overtook our best plans and we were unable to cover Llanpumsaint, which we had left till the last minute on his huge campaign trail. I'm afraid finances were the problem, something that didn't affect the larger parties so much. We are a relatively small party and we lacked funding from the central office, we had to make the decision early on to go with what we could afford. John paid for his campaign out of his own pocket, so you can imagine how dismayed we were to find our few signs stolen or defaced with graffiti. Being involved in politics and living in a democracy we had to accept that John had put his head above the parapets and he would be fired at – he has accepted this, but I have to let you know on behalf of myself and our family how upset we feel at the slandering of this good man's name by putting a Hitler moustache on his picture and a swastika on his signs (the only two remaining, the others were stolen). John served the UK as a Royal Marine for 34 years and saw active service in the Falklands and Northern Ireland, the last thing he should be linked to is Nazism. He is a patriot, not a racist, the very idea that anyone would want this caring and patriotic gentleman, who has given his time, money and heart in the pursuit of the betterment of the UK, should be slurred in this way is abhorrent to me. We both live easily with the fact that people are able to vote and belong to whichever party they affiliate with and we are happy that they support them. We were involved in a very dignified and well-run campaign and got on well with the other candidates, even though our views and perspectives differed greatly. All I would want to say to the people who acted in this anti democratic manner is that they did not represent their party honourably. My personal hopes for John involves this piece of Llanpumsaint history – the last time we had an MP from Llanpumsaint, he provided the school – how ironic it would be if, should the need ever arise, we had one that could have fought to keep it open. Alas, we will never know. Carolyn Atkinson

CYLCH MEITHRIN BRONWYDD - Early Years Education at Bronwydd Hall

We have been busy in the Cylch over the past few weeks working on the theme of "Weather and the Seasons." The children have been learning about the weather – measuring how much rain has fallen, measuring the temperature, learning about hot and cold. The children have also planted sunflower seeds and are now observing them as they grow.

This half term we will continue to learn about the weather and looking at the season of Summer. The children will also be practising for the meithrin sports day on the 26th June, and the Mudiad sports day on 9th July. A Cheese and Wine evening was held on 16th May for parents and friends of the Cylch, and we thank everyone who supported us by buying a ticket or making a contribution. Thanks also to all who helped us during the evening and made it successful.

If you are interested for your child to attend the meithrin, we are open from Tuesday mornings to Friday mornings between the hours of 9.15am and 12.00 noon. We accept children from the age of 2 years old. Ti a Fi is held on Tuesday mornings and Friday mornings between the hours of 10.00am and 12.00 noon for parents/carers and children. Bring your child along to play and socialise. Cylch contact number: 07929 431652

Llanpumsaint and Nebo Bowling Club

The 2014/15 season ended with the Club finishing in 4th position in the Carmarthenshire Short Mat Bowls First division. The Roy Bowen Memorial Trophy was regained from Bronwydd Bowling Club after 2 drawn matches, Llanpumsaint winning on shot difference.

Congratulations to Bronwydd on bouncing back to the First Division at the first attempt as Second Division Champions. It will good to be playing our old friends four times again next season.

The clubs AGM will be held in the Memorial Hall on Thursday 27th August at 8.00pm. Practice for the 2015/16 season will commence on Thursday 3rd September and thereafter on Mondays and Thursdays throughout the season from 7.30 – 9.30pm. League Matches at home are played on Thursdays as too are most away matches.

New players are always welcome, experienced or not, and qualified coaches are always at hand to give help and advice. We have members from 10 – 85!! For further information, please contact the Club Secretary, Derick Lock on 253524.

ICE - Message from the Ambulance Service

We all carry our mobile phones with names & numbers stored in its memory. If we were to be involved in an accident or were taken ill, the people attending to us would have our mobile phone but wouldn't know whom to call. Yes, there are hundreds of numbers stored but which one is the contact person in case of an emergency? Hence this 'ICE' (In Case of Emergency) Campaign. The concept of 'ICE' is catching on quickly. It is a method of contact during emergency situations. As mobile phones are carried by the majority of the population, all you need to do is store the number of a contact person or persons who should be contacted during emergency under the name 'ICE' (In Case Of Emergency). The idea was thought up by a paramedic who found that when he went to the scenes of accidents there were always mobile phones with patients but they didn't know which number to call. He therefore thought that it would be a good idea if there were a nationally recognized name for this purpose. In an emergency situation, Emergency Service personnel and hospital staff would be able to quickly contact the right person by simply dialing the number you have stored as 'ICE'. Please share this. It won't take too long before everybody will know about this. It really could save your life, or put a loved one's mind at rest. For more than one contact name simply enter ICE1, ICE2 and ICE3 etc.

Celebrating young people

We have some very talented young people in Llanpumsaint - here are two of their stories:

Sam Merritt: I've been kayaking at Llandysul paddlers for eight years since I was eight years old. I never really enjoyed sports when I was younger but I got taken kayaking once a week and I loved it. I took up canoe slalom when I was ten and at the age of 13 I got accepted onto the Welsh Slalom Team. With slalom I have travelled all over the UK and occasionally to the south of France. But now I want to pursue my dreams of being a whitewater kayaker. That is why I applied to World Class Kayak Academy.

World class kayak academy is a travelling school based in Trout lake, Washington State USA. The school spends the year travelling around the world and kayaking on some incredible rivers. I found out about it from one of my coaches while I was at a race up in Scotland in the Easter holidays. It sounded like the best thing ever, a whitewater kayaking school!

As soon as I got back from my race in Scotland I started looking into applying and a couple of weeks later, after being in touch with the school a few times, I sent off my application and also applied for a scholarship. I was successful in securing a place as well as the biggest scholarship that the school has ever given. When I received the news I was super excited, but I'm still going to have to raise £14,500 to cover the rest of the tuition fees and the extra expenses. So since I got the place a couple of weeks ago I have been very busy trying to raise the money.

As part of World Class Academy I will spend the year travelling and kayaking while I study for my A levels. To start the year off we will be paddling the rivers of Ottawa and Quebec, we then come home in October for Fall break before departing for our second destination; Mexico. We will be in Mexico until the Christmas holidays. I will then depart again in January for Temuco, Chile. The after Spring Break we head to West Coast USA to finish off the year.

Attending this academy would be a dream come true for me, as it would give me the skills to pursue a career as a pro kayaker. My long term ambitions are to finish my education and travel the world as a pro kayaker. Hopefully I will get some sponsors to do this, and eventually I would like to set up my own Kayaking Academy here in Europe. But first I'm going to need to raise the funds to attend World Class Academy in September.

I'm doing a few events to raise money, on the 10th of July I plan to do a promise auction. The location and time are yet to be confirmed.

Check out my blog <https://sammerittkayaker.wordpress.com> Thanks, Sam Merritt

And from Maia Merry: Hi I'm Maia from Neuadd Deg, I am 16 yrs old, and I have been offered one of 20 UK places at Atlantic College in St Donats, Llanwnda Major, which is a United World International College. This has been a lifelong ambition of mine.

To be able to attend, I need to raise funds to pay for my two year residential course. I have been extremely busy fund-raising over the last three months, I received a generous grant of £2000 from the Dr. Dewi Davies Endowment Fund for North Carmarthenshire. I have also been holding lots of fund raising activities, including holding an auction at St Peters Civic Hall Carmarthen on the 7th May which raised over £4,100 due to the kind support of many generous people from the village and surrounding areas (Diolch).

If you would like to know more about the college, make a donation, or find out more about why I am passionate about realising my ambition, please visit my website, themaiamerrymission.org or my facebook page of the same name, or feel free to contact my Mother, Moishe on 07476 352149

I am holding a table top sale in Carmarthen in the near future, if you have anything you are willing to donate, bric a brac etc, I would be very grateful. Many thanks Maia Marguerite Merry

Place names – the last.

Ynys means an island, so Ynys Mon (Anglesey), Ynys Enlli (Bardsey), Ynys Byr (Caldy) and Ynys Dewi (Ramsey) obviously all mean a piece of land surrounded by water. Note that those names in English betray a Norse derivation in SEY. Yet ynys occurs inland many miles away from any sea as with Ynysybwl in the valleys. We find a whole group locally in Bronwydd, where Trefynys and Pentrefynys farms, Cwmynys smallholding and Troedyrynys estate down in the village, all bear witness. Why? Well originally Ynys had another meaning – it meant a protruding piece of land above a river meadow – so it all makes sense in the Gwili valley. Ynysybwl reminds one of Trebwl farm near Bronwydd, and the fact that Bwl comes from the French “boule” meaning a bowl shaped valley. Interesting to note that a Trebwl also occurs in Brittany.

The origins of some names are very old, reflecting the routes of very ancient track ways on higher ground when movement through valleys was both difficult and dangerous. Bwlch means a gap, so Bwlchbychan (small gap), Bwlchgwyn (white gap), Bwlchyronnen (ash gap) and Bwlchyrhyd (gap by the ford), tell us where ancient man trod warily. Much later came the Romans. You can still pick your way along some of that old Roman road from Bronwydd to Llanpumsaint, but you can also track its course through place names. Climbing northwards it passes Troedyrhyw (foot of the hill) above Bronwydd, past Penrhyw (top of the hill) before Nebo and then descends to another Troedyrhyw at Coopers in Llanpumsaint. Marching a few more hundred yards those Romans established a fort at Rhydygaer on the Cerwyn a few hundred yards short of where the church would one day be built. To strengthen their hold on the area a further, a fort emerged at Penygaer in Nebo above the Gwili. You can be pretty certain that where Caer occurs there was a Roman fort, so Caerfyrddin clinches it.

Llandre farm once opposite the church denoted an ecclesiastical settlement, Llain and Lleine meant strips of land tended to by serfs around the Middle Ages. Centuries ago maximising the use of sunlight was even more vital for crop growing and keeping warm than nowadays. Homestead names prove that they succeeded at Fronhaul and Fronheulog (sunny hillside) and Frondeg (fair hillside). Other sheltered spots are revealed by the word gilfach, evidenced by Gilfachmaen (sheltered stone), Gilfachfawr and Gilfachfach (large and small shelter). Esgair is an old Welsh name for leg, and a quick helicopter trip over Esgair farm or Esgair hamlet near Conwil would reveal a ridge of land shaped like that human limb.

Coch (red) occurs frequently in place names all over Wales, Penrhyncoch (red headland) near Aberystwyth, Gilfachgoch in Glamorgan, and Rhosgoch (Red Roses) in Pembrokeshire. Way back in time when places were being christened the landscape looked far different from today’s manicured fields and hedges, with thick vegetation dominating arm in arm with ferns, reeds and gorse. So at certain times of year parts of the countryside looked a reddish brown colour. Locally Frongoch (red hillside), Gorsgoch (red marsh), Penrhiwgoch (top of the red hill) appeared. Down in the village we have Clytiau Cochion (red strips of land).

Some names are very easy, everyone knows that Pandy was a fulling mill and some of our elders can still remember it in action. Waunyrhelfa was obviously hunting land. Others can be very difficult and I’ve left two of the vaguest till last, namely Pantiouar and Bwlchtrap in Nebo. One expert reckoned that Pantiouar came from Pant-ar –fryn (a depression of land on a hillside), but Iouar does not sit comfortably with that. Another expert thought Iouar referred to cold water and possibly a lake. A quarter of a mile below Pantiouar lies Bwlchtrap farm, the other imponderable. Bwlch (gap) is easy but what of trap? Was it a mill leet or a fish trap connected to that idea of a lake, something that attracts and detains? Another explanation connects trap to a refuge for thieves. I think Nebo people would prefer the first explanation! One could go on and on with place names, but unless there are requests to the contrary I intend this to be the last. Should anyone have a query then please get in touch. Arwyn 2015

**PALU 'MLAEN
FORWARD DIGGING**

Plant & Agricultural Contractor
3 tonne- 14 tonne Diggers, Site clearing,
Landscaping, Steel sheds, Concrete work,
Fencing, Hedge cutting and Much more!
Just Ask.

Mathew Jones, Mobile 07970030679
Waun Wern, Llanpumsaint, Carmarthen, SA33 6LB

Hollybrook Country Inn

Bronwydd
4* accommodation
Pub and Restaurant

Tel 01267 233521

Siop Penbontbren Stores

General Stores, Hair & Beauty Salon
Fish and Chips Fridays
Mon – Thurs & Sat 8am – 6pm
Friday 8am – 8pm
Sunday 9am – 1pm
Tel: (01267) 253732

Eifion Williams Builder

General building
Plastering, Patios etc

5 Parc Celynin Llanpumsaint

01267 253523 07973842681

**Fferm-y-Felin Farm Guest House
and Self Catering Cottages**

Enjoy a relaxing break at this
beautiful guest house
or in one of our stone cottages
01267 253498
www.ffermyfelin.com

Cambrian Chimney Liners

Telephone: (m) 07961045937
(h) 01267 253712
e-mail: info@CambrianChimneyliners.co.uk
www.CambrianChimneyliners.co.uk

Cobain Gas Services – Steve Cobain
Natural Gas and LPG Gas Safe 568543
Boiler Servicing and Repair
Landlords Certs
Fires, Boilers, Cookers and Hobs
Installation
Dryslwyn House Llanpumsaint SA33 6BS
01267 253675 07976384857

D.A. Evans
Plumbing and Heating
Central heating, Boiler servicing,
Bathrooms
Installations and repairs
Gwarcoed Rhos Llandysul SA44 5EQ
01559 370997 07966 592183

**Railway Inn Llanpumsaint
The Home of Quality Foods**

Fine Ales and Wine
Tel: 01267 253643

Mike Jayne and Nick

Multi Heat Boiler Care
Servicing & Maintenance of
Oil Boilers and Cookers
Ground & Air Source Heat Pumps
Solar Thermal Panels
Unvented Cylinders
01559 370997 07966592183

<p>Harcourt Tree and Garden Services Tree Surgery, Felling and Removal 25 years experience Garden work and Fencing And Gwili Firewood Seasoned hardwood or softwood logs Ian Harcourt 01267253368 or 07812158825</p>	<p>Gwalia Garage Peniel Road Rhydargaeau MOT's, servicing tyres, repairs & post office. Shop Tel: (01267) 253249 Garage Tel: (01267) 253599</p>
<p>G J ISITT ROOFING Free estimates and advice Repairs, Guttering, Chimney repointing, Fascias, leadwork, Storm damage, Re-roofing 01267 253425 / 07770 818951 Lan Fawr Nebo</p>	<p>JOHN KERR MOTOR VEHICLE ENGINEER Servicing • Diagnostics • MOT preparation • Tyres Gerwyn Villa Llanpumsaint 01267 253560 or 07980 982025 Email: johnworkshop@hotmail.co.uk</p>
<p>Gwili Mill Llanpumsaint Luxury 5* self catering Sleeps up to 15 Ideal for family and friends for celebrations, get-togethers and family holidays www.gwilimill.co.uk 01267 253308</p>	 <p>Cleddau Buildings Station Rd St Clears Carmarthenshire SA33 4DQ admin@cleddauinsurance.com</p> <p>INSURING THE FUTURE</p> <p>Moduron/ Motor , Cartrefi/House, Ffermydd/ Farm Teithio/Travel, Ac llawer rhagor/Much more</p> <p>**NEW** LEARNER DRIVER from as little £85 a month **NEW** HOLIDAY LETS / BED & BREAKFAST</p> <p>Call 01994 231548 today and ask for Dafydd Saer</p> <p><small>Cleddau Insurance services is a trading name of Cleddau Insurance Services Ltd and is authorised and regulated by the Financial Conduct Authority</small></p>

For sale £30 Bedroom chests. 2 x 4 drawer units (each 32 inches wide), connected by cosmetics drawer (23 inches wide) with space for stool beneath. Standard height and depth. Topped with matching worktop 8 ft 3 inches wide (can be cut to size).

Also 1 matching 3 drawer bedside cabinet. Cream finish with gold handles and gold decorative relief. Available after 18th July. Can email photo. Ring 01267 253993

For Sale 3 'Floating' shelves, light oak finish, hidden fixings, 80cm x 25cm x 4cm £10 phone 01267 253308

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

Much of the information contained within this newsletter has been provided by the contributors. Whilst every effort has been made to ensure that the information is correct, the committee of Llanpumsaint Community Information Exchange is not responsible nor liable for any actions taken from use of content and the opinions expressed within this newsletter.