

Llais y Llan Hydref 2017

Copi dyddiad ar gyfer rhifyn nesaf – 24th Tachwedd 2017

Cyhoeddwyd gan Llanpumsaint Cyfnewid Gwybodaeth Gymunedol

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

Beth sy' Mlaen yn y Pentref yn y misoedd nesaf

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

Noson Stêc y Rheilffordd pob Nos Fercher 01267253643

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

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

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

Hydref 13 Nos Wener Noson Rasys Neuadd Bronwydd

Hydref 14 Nos Sadwrn Cynhelir noson deyrnged i Elvis Presley Neuadd Goffa

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

Hydref 20 Cylch Meithryn Bronwydd Daith Beic Noddedig

Hydref 20 Nos Wener 7.30 Sioe Ffasiwn Neuadd Goffa

Hydref 22 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Bronwydd

Hydref 25 Nos Fercher 7.30 Hyfforddiant I Diffibriliwyr Neuadd Goffa

Hydref 29 Nos Sul 8.00 Cwis Hollybrook

Tachwedd 4 Nos Sadwrn Cór Llanpumsaint a'r Cylch Cyngerdd Blynnyddol Capel Tabernacle

Tachwedd 4 Nos Sadwrn 6.30 Arddangosfa Tân Gwylt. Clwb Criced Bronwydd

Tachwedd 7 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa

Tachwedd 8 Dydd Mercher 6.00 Clwb Swper Tafarn y Rheilffordd Ffôn 253643

Tachwedd 15 Dydd Mercher 11.00 – 4.00 Clinig Traed Neuadd Goffa

Tachwedd 21 Nos Fawrth 7.00 Cwis a Chyri £5.00 y pen, Tafarn y Rheilffordd

Tachwedd 24 Nos Wener Cór Llanpumsaint a'r Cylch Neuadd Talog

Tachwedd 26 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Bronwydd

Tachwedd 26 Nos Sul 8.00 Cwis Hollybrook

Rhagfyr 2 Dydd Sadwrn 11.- 2 Ffair Nadolig Neuadd Goffa

Rhagfyr 13 Dydd Mercher 6.00 Nadolig Clwb Swper Tafarn y Rheilffordd Ffôn 253643

Rhagfyr 24 Dydd Sul Gorymdaith Siôn Corn Noswyl Nadolig

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

Cór Llanpumsaint a'r Cylch

Bydd y Cór yn cynnal ei Cyngerdd Blynyddol yng Nghapel y Tabernacl, Caerfyrddin ar nos Sadwrn Tachwedd 4 ydd 2017 am 7.30 y.h. Eleni yn wahanol i arfer bydd y Cór, oherwydd galwadau eraill yn perfformio eitemau amrywiol. Dyma fanylion y cyngerdd:-

Cór Llanpumsaint a'r Cylch. Arweinydd Gwyn Nicholas. Organydd Lynne James.

Yn cynorthwyo bydd Jessica Robinson, Carys Bowen, Huw Ynyr a Daniel O'Callaghan.

Pris tocyn yw £10 ac y maent ar gael wrth unrhyw aelod o'r Cór. Mawr obeithiwn am eich cefnogaeth. Hefyd ar Dachwedd 24 2017 bydd y Cór yn cynnal cyngerdd yn Neuadd Talog gyda'r elw yn mynd tuag at y Neuadd. Hefyd rhywbryd ym mis Rhagfyr bydd y Cór yn cynnal "Dewch i ganu carolau" Fe fydd posteri o amgylch y pentref yn y dyfodol agos yn cadarnhau y dyddiad a'r safle. Bydd elw y noson hon yn mynd tuag at Elusen Ddewisiedig y Cór am eleni sef M.S.

Clwb Bowlio Llanpumsaint a Nebo

Cynhaliwyd Cyfarfod Blynyddol o'r uchod yn y Neuadd Goffa ar Awst 31 2017 pan etholwyd y swyddogion canlynol:-

Cadeirydd: Alan Dentry.

Ysgrifennydd: Jill Edwards

Trysorydd: Gethin Edwards

Archwiliwr: Alan Dentry

Capten y Tîm: Gethin Edwards.

Is-gapten: Rhys Williams

Gofal y bwyd: Jill Edwards.

Swyddogion Amddiffyn Plant: Alan Dentry a Derick Lock.

Croesawyd un aelod ifanc sef Robert day.

Diolchodd y Cadeirydd i Derick Lock am ei waith diflino dros y Clwb am 13 blynedd.

Mae tymor 2017 / 18 wedi dechrau ond gwaetha'r modd collwyd y gêm gyntaf yn erbyn Trimsaran and bydd y tair gêm nesaf adref a gobeithir am well canlyniadau.

Mae croeso bob amser i aelodau newydd o 11 hyd 99 blwydd oed.

Os am ragor o wybodaeth cysylltwch a'r Cadeirydd Alan Dentry ar 01267 253549 neu Jill Edwards Ysgrifennydd ar 01267 253474.

Nid oes eisiau profiad, mae hyfforddwyr profiadol wrth law i'ch helpu.

Canlyniadau'r Clwb 100 am fisoedd Awst a Medi.

Awst

Rhif 77 £20 Idris a Marged Davies

Rhif 9 £10 Keith Tozer

Rhid 38 £5 Morwen Rees

Rhif 4 £5 Alan Dentry

Medi

Rhif 51 £20 Grant Davies

Rhif 67 £10 Roz Evans

Rhif 5 £5 Marjorie Dentry

Rhif 83 £5 Olwen Jones

Derick Lock, Trysorydd. 253524

Clwb Llés ac Adloniant Llanpumsiant

Cynhaliodd y Gymdeithas ei Bore Coffi Blyneddol gyda'r elw yn mynd tuag at waith Macmillan ar fore Sadwrn Medi 23 2017. Nid oedd y tywydd yn garedig ond cafwyd ymateb teilwng iawn a chodwyd y swm anrhydeddus o £332.06. Diolch i bawb a roddodd gacennau ac i bob un arall a gyfranodd mewn unrhyw ffordd.

Gobeithio i Bob Jameson fynd a Ben gyda fe i'r gwely y noson honno – yr arth wrth gwrs!!

Cynhaliwyd ein Pryd Bwyd Elusennol ar Fedi 26 2017 yn Nhafarn y Rheilffordd gyda 31 yn bresennol. Llauer o ddiolch eto i Jayne, Nick a'r staff am y bwyd bendigedig. Gobeithio nad oeddwn yn rhy stwrlyd. Codywd £244.00 ar y noson a fydd yn mynd i'n helusen ddewisiedig sef Eiriol. Elusen leol yng Nghaerfyrddin sydd yn helpu y rheini sydd yn dioddef o Iechyd Meddwl.

Pwyllgor Rhieni ac Athrawon Ysgol Llanpumsaint.

Dyddiad i'ch dyddiadur. Fe gydd Ffair Nadolig yr uchod yn cael ei chynnal ar fore Sadwrn Rhagfyr 2 2017 rhwng 11 a 2 o'r gloch. Fe fydd yna lawer o stondinau ac hefyd lluniaeth. Gobeithio y gwnewch ein cefnogi.

Gwestai Arbennig. Eleni fe fydd Sion Corn yn bresennol yn y ffair a bydd yna gyfle i'r plant i gael eu lluniau gyda fe. Os oes diddordeb gyda chi cysylltwch a Emma Brown 07773 0344461 neu brown6bz@btinternet.com

Codi Arian Hawdd

Os ydych chi yn siopa ar y we falle y gallwch chi helpu y gymdeithas. Y cyfan sydd rhaid gwneud i'w cofrestru ar www.easyfundraising.org.co.uk/causes/LlanpumsaintPTA neu cysylltu a Emma Brown am y linc.

£4£

Os oes unrhyw un yn y gymuned yn gallu hawlio yr uchod drwy ei gwaith neu unrhyw ffordd arall ac yn fodlon i'r PRHaA i hawlio yr arian a fydddech cystal a chysylltu a Becky James ar 01267 253560

A ydych wedi cael eich copi?

Mae rhai copiau a lyfr Arwyn sef "Hanes Llanpumsaint" a llyfr Arwyn a Margaret ar "Ysgol Gynradd Llanpumsaint -150 oed" ar gael o hyd am £10 yr un. Dymuniad Arwyn yw rhoi yr arian am y gwerthiant hyn i fynd tuag at Ymchwil Cancr.

Dyma gyfle da i chi i brynu y llyfrau hyn. Mae pob llyfr yn llawn a luniau a ffeithiau am Lanpumsaint ac hefyd am yr ysgol. Fe fyddent yn anrhegion Nadolig pwrpasol iawn i aelodau o'r pentre neu eich perthnasau. Cofiwch bod Nadolig ar y gorwel.

Cysyllter a Carolyn Smethurst ar 01267 253308 neu info@gwilimill.com

Canolfan Ailgylchu Neuadd Goffa Llanpumsaint a Ffynnonhenri

Mae ymddiriedolwyr o'r uchod mewn partneriaeth gyda Chyngor Sir Gár ynglyn a'r biniau ar gyfer papur, gwydr a chaniau sydd wrth ochr y Neuadd(yn y maes parcio) O dan reolau y cytundeb yr wyf i fel Ysgrifennydd y Neuadd yn gyfrifol am ddanfôn adroddiadau pob pythefnos ar y canlynnol:-

Cyflwr y biniau

Unrhyw sbwriel o amgylch y safle

Unrhyw fandaliaeth

Unrhyw beth anghyfreithlon ar y safle.

Byddai o gymorth mawr i mi petasai unrhyw un sydd yn cael unrhyw broblem ar y safle yn cysylltu ar unwaith er mwyn cysylltu a'r Cyngor Sir i ddatrys y broblem yn gyflym.

Derick Lock Ysgrifennydd y Neuadd ar 01267 253524

Eglwys y Plwyf, Llanpumsaint.

Newyddion oddiwrth Parch Gaynor Jones-Higgs.

Braint ac anrhydedd i mi i'w cael fy mhenodi fel Curad gyda Chyfrifoldeb yn y plwyf a chael fy nghroesawu mewn Gwasanaeth Arbennig ym mis Medi.

Edrychwn ymalen i symud i mewn i'r Ficerdy Newydd yn Llanpumsaint yn y dyfodol agos.

Yr wyf yn enedigol o Gaint ond des i i Gymru yn 1990 i astudio am radd yng Ngholeg Llanbedr Pont Steffan ac yr wyf yma o hyd. Cafodd fy nwy ferch ei geni yng Nghymru ac maent yn rhugl yn y Gymraeg a rydw i yn gweithio ar wella yr iaith.

Cyn dod yn Curad gwasanaethas i fel Curad Cynorthwyol ym mhlwyf San Pedr, Caerfyrddin, Abergwili a Chapel y Groes. Cyn cael hyfforddiant i fynd i'r Weinidogaeth athrawes o'n i a wedyn gweithio yn y Sector Gwirfoddol.

Fel arfer mae manylion ein gwasanaethau ar yr hysbysfwrdd tu allan i'r Eglwys ac edrychaf ymlaen i gyfarfod a phobl yn y gwasanaethau ac yn enwedig yn y Gwasanaeth Diolchgarwch a'r Swper i ddilyn ar Hydref 6 2017.

Mwy na thebyg yr ydych wedi fy ngweld gyda Caleb, y ci yn cerdded o amgylch y pentref felly a fyddech cystal a'm stopio a chyflwyno eich hunain.

Os nad ydych wedi bod yn yr Eglwys ers peth amser neu fale dim o gwbl dyma eich cyfle i ddod i weld sut mae Duw yn ein harwain mewn ffyrdd cyffrous. Croeso cynnes iawn i chi.

Hefyd mae tudalen gyda ni ar Wefan y Pentref gyda newyddion o bob digwyddiad yn y dyfodol.

www.llanpumsaint.org.uk

Diolch yn fawr.

Hoffai Marice a Barry Tŷ Nant ddiolch o galon i bawb a gefnogodd mewn unrhyw ffordd eu Parti Mawr ar gyfer Marie Curie yn ddiweddar. Codwyd y swm anrhydeddus o £400.00.

Diolch o galon i bawb.

Cymdeithas Dewinwyr Gorllewin Cymru.

Dyddiadau i'ch Dyddiaduron

Hydref 22 0217 Evie Crystal

Tachwedd 26 2017 Ros Briagha

Mis Rhagfyr 2017 Dim cyfarfod

Ionawr 28 2018 I'w drefnu

Chwefror 25 2017 Jay Laville

Mawrth 25 2018 Cyfrfod Blyndyddol

Mae dewinio yn ymarfer hynod o ddiddorol a hawdd ei ddysgu a gwnaeth darddu o'r Aifft. Dewisa nifer o gwmnïau ddefnyddio dewinwyr i ganfod mwynau, olew a gwifrau trydan. Dewinia rhai pobl am ddiogelwch eu bwyd ac am straen geopathic yn eu hamgylchfyd ond hyd yn hyn agwedd bersonol yw heb gdarnhad gwyddonol. Dewch atom i Neuadd Bronwydd am 1.45y.p. ac am £4 cewch banded yn y fargen. Does dim angen cyfarpar felly cysylltwch a Sandy ar 01267 253547

Clwb Cerdded Llanpumsaint.

Dyma fanylion am ein teithiau nesaf. A fyddech cystal a rhoi gwybod os byddwch yn ymuno a ni.

Sadwrn. Tachwedd 4 2017 am 11.00y.b. fe fyddwn yn cerdded o amgylch Drefach-Felindre. Fe fydd lle i barcio yn yr Amgueddfa Wlân ac fyddwn yn dod yn ôl yno i gael lluniaeth a hefyd i gael ein tywys o amgylch yr Amgueddfa sydd yn werth ei gweld.

Sadwrn Rhagfyr 9 2017 am 11.00y.b. fe fyddwn yn cerdded o amgylch y pentref. Cerdded tuag at Nantgwyn a gorffen yn Nhafarn y Rheilffordd am ginio. Yn dilyn fe fydd ein Cyfarfod Blyndyddol. Rhowch wybod os ydych yn ymuno a ni er mwyn archebu cinio.

Croeso i bawb. Carolyn Smethurst 01267 253308

Diffibriliwyr yn eich hardal

Tybed a ydych yn gwybod ble mae yr uchod yn eich hardal? Mae yn bwysig eich bod yn gwybod rhagofn mae arnoch chi y bydd ei angen gyntaf.

Mae Curiad Calon Llanpumsaint wedi gosod 4 yn y lleoliadau hyn:-

Tu fás ar y wal i'r Neuadd Goffa yn y pentref SA33 6HN

Ar y wal ger y maes parcio yn Nhafarn y Rheilffordd SA33 6BU

Ar y wal ar Fferm Henfryn SA33 6LD

Ar Festri Nebo SA33 6HN

Does dim eisiau allwedd na chód i'w hagor trowch y ddolen a bydd y cabinet yn agor.

Fe fydd hyfforddiant yn cael ei gynnal ar sut i ddefnyddio y cyfarpar hyn yny Neuadd Goffa ar nos Fercher Hydref 25 2017 am 7.30y.h. Mawr obeithio y cymerwch y siawns hyn y ddsygu sut i ddefnyddio yr offer yma sydd yn gallu achub bywyd. Does dim tál.

Hefyd mae pecynnau ymarfer ar gael i'w defnyddio yn eich cartref ac y maent ar gael drwy gysylltu a Carolyn Smethurst ar 01267 253308

Sut lwyddiant gawsoch chi yn eich gardd eleni?

Mae'r haf wedi bod yn ddiflas a llwydaidd. Araf iawn oedd y blodau i flodeuo a rhai ddim wedi blodeuo o gwbl. Ond mae'n amlwg bod y llysiau yn hoff iawn o'r tywydd hyn achos fe gawson ni gnydau da iawn. Ers i ni symud yma yr ydym wedi ceisio llawer o wahanol lysiau i gael ein ffefryn a dyma'r canlyniadau.

Pys Rydym bob amser wedi tyfu "Kelvendon wonder" ond y llynedd fe brynon ni "Hurst Green Shaft" a chafwyd llawer gwell canlyniad. Elenio fe blannon ni yr un rhai a chafwyd canlyniad gwych gyda' llysiau yn para tan fis Medi. Maent yn flasus iawn wedi eu coginio a hefyd i'w bwyta tra yn casglu.

Ffa. Y rhai gorau i ni yw "Masterpiece". Mae'r canlyniadau yn dda bob blwyddyn ac yn para am asmer hir.

Ffa Rhedeg. Y ffefryn i yw "White Lady" ac yn siwtio ein pridd yn dda iawn. Mae'r canlyniadau bob maser yn dda iawn ac yn para gyda bach o lwc tan ddiwedd mis Medi. Digon i ni a'n cymdogion. Os na ddaw rhew fe fydd y ffa rhedeg yma yn para tan hanner mis Hydref.

Tatws. Oherwydd bod ein pridd yn drwm a gwlyb aac yn denu malwod mae yn ofynnol i ni fod yn ofalus wrth ddewis tatws hád. Eleni penderfynwyd (gyda help y wé) brynu Rocket a Kestrel oherwydd nad oedd malwod yn eu hoffi. Y canlyniad oedd bod hanner y tatws Rocket wedi cael eu bwyta gan y malwod ond roedd canlyniad y Kestrel dipyn gwell. Felly blwyddyn nesaf Kestrel amdani.

Er bod yr haf wedi bod yn ddiflas a me'r pili palas wedi bod yn olygfa werth ei gweld ym mis Medi.

Carolyn Smethurst

Y Bws Leol – Rhaid ei defnyddio neu ei cholli

A ydych chi wedi defnyddio'r bws leol i Gaerfyrddin? Arianir y gwasanaeth hwn gan Gyngor Sir Gár ac y mae yn ffordd hawdd i fynd i Gaerfyrddin dair gwaith y dydd.

Mae'r bws gyntaf yn gadael Bryn y Wawr am 10.10. mynd heibio'r Eglwys a'r Orsaf Fwsiau yng Nghaerfyrddin. Wedyn fe aiff ymlaen i Morrisons ac yn cyrraedd yno am 10.43. Mae hyn yn rhoi digon a amser ichi wneud eich siopa a bwyta cinio cyn dod yn ól.

Os nad ydych eisiau mynd i Morrisons gallwch adael y bws yn yr Orsaf Fwsiau a cael rhyw ddwy awr i siopa yn y dre. Bydd hyn yn osgoi edrych am le i barcio a hefyd dim talu.

Mae'r bws yn gadael Morrisons am 13.10, gadael yr Orsaf Fwsiau am 13.15 a chyrraedd

Llanpumsaint am 13.40. Os am ragor o wybodaeth ffoniwch 01267 234567 neu ar y wefan sef

<http://www.carmarthenshire.gov.wales/media/2130506/215.pdf>

Diweddariad Bandydan BT Fibre Optic.

Yn y argraffiad diwethaf o Lais Y Pentref fy mrawddeg olaf oedd “ Fe gaf ddiweddariad mewn 2 ddiwrnod sef Dydd Iau Awst 3ydd. Wedi llawer siom gallaf yn awr roi y diweddariad da ar ol yr holl “fiasco”

I wneud pethau yn waeth wrth edrych ar System Archebu BT y diweddariad oedd bod fy Mandlydan wedi cael ei gosod ar Awst 1af!! Ar ol tair awr ar y ffôn a chael gafael yn rhywun oedd yn gallu siarad synnwyr fe wnes i ddweud fy nghwyn wrth “BT Executive Technical Complaints Team” Er yr oedd yn ofynnol i gysylltu eto lawer gwaith a theimlo fy mod yn colli'r dydd fe ges y newyddion bod fy nghwyn wedi cael ei danfon at y “Work allocation Team” a bydden nhw yn penodi un person i ddatrys fy mhroblem. O fewn oriau ces i e-bost gyda enw, cyfeiriad e-bost a rhif ffôn Nicky a oedd yn mynd i ddatrys fy nghwyn.

Roedd rhaid canmol Nicky am y ffordd broffesiynol o weithio ac yn cysylltu pob amser yn ol ei haddewid. O'r diwedd ar ol llawer o ymweliadau gan Open Reach ac ym mhen 3 wythnos roedd y system yn barod i gael ei phrofi.

Ar Awst 24ain gosodwyd BT Infinity 1 ac yr oedd yn gweithio. HWRE!!! ac yn disgwyl cael 52 Mbps ar ol 10 diwrnod. Ar y diwrnod y gosodwyd yr uchod rhoddwyd credyd i fy nghyfrif fel iawndâl ac hefyd fe ges i Infinity 2 am flwyddyn am yr un pris ac Infinity 1. Nawr mae 72Mbps gyda fi ac yr wyf yn ei sicio bob dydd a nid yw o dan 72Mbps unrhyw ddiwrnod. Mae gweithio yn awr ar y cyfrifiadur yn bleser pur.

Hefyd gwnaeth Nicky yn siwr bod arbenigwyr cywir yn fy helpu i ddatrys y broblem gyda BT Smart talk. Llauer o ddiolch iddi hi am ei chymorth amhrisiadwy i ddatrys y broblem yma.

O ddiddordeb roeddwn i yn cael 50+Mbps trwy Wi-Fi ond nawr rydw i'n derbyn 72Mbps trwy cebl. Pan oeddwn i yn gweithio ym myd cyfrifiaduron, doedd dim gwahaniaeth beth oedd y broblem ond y canlyniad oedd yn bwysig i'r cwsmer bob amser.

Ar ol clywed am y problemau mae rhai pobl yn eu cael yn y pentref gyda BB cysylltiais a Nicky ar ddydd Sadwrn Med 23ain. Eglurais bod rhai cartrefu lle roedd BB wedi ei osod yn cael problemau tebyg i'r rhai a dderbyniais i. Hefyd roedd rhai cwsmeriaid ffyddlon i BT yn derbyn prisiau uwch am osod cyfarpar nad oedd cwsmeriaid newydd yn eu derbyn. Mae Blwch Gwyrdd tu fâs i un tŷ lle mae'r teulu yn methu gael y gwasanaeth wedi ei osod. Oherwydd amgylchiadau mae yn bwysig iawn i'r teulu yma dderbyn y gwasanaeth. Mae Nicky wedi addo edrych i mewn i'r broblem. Mae yn rhaid pwysleisio os ydy'r broblem ddim yn fawr wedi ichi dderbyn y gwasanaeth hyn nid cyfrifoldeb Nicky yw e. Problem fawr fel gefais i – IE.

Ei henw yw Nicky Shand, Ffôn 01313123555 neu e-bost nicola.shand@bt.com

Cynghorir chi yn gyntaf i gysylltu drwy e-bost ond heb hynny wrth gwrs defnyddiwch y ffôn.

Dave Robinson.

Cymdeithas Rhandiroedd Llanpumsaint.

Peidiwch mynd yn hen, tyfwch eich ffrwythau a'ch llysiau ac wrth hyn yn cadw'n heini. Mae llysiau yr ydych wedi tyfu eich hunan dipyn gwell na beth gewch yn yr archfarchnadoedd.

Mae'r gymdeithas yn awr yn chwilio am aelodau newydd o bob oed. Mae gyda ni weliau wedi eu codi, twnelu a phob cyfarpar arall at ddefnydd yr aelodau.

Os am ragor o wybodaeth cysylltwch a Keith (253375) neu Ray (253157)

CYLCH MEITHRIN BRONWYDD

Ein thema y tymor hwn yw "Anifeiliaid". Hyd yn hyn, rydym wedi bod yn dysgu am drychfilod. Byddwn yn parhau gyda'r thema drwy'r tymor. Mae'r plant yn cael cyfle i fynd allan ar Ddydd Mercher ac maent wedi bod yn chwilio am wahanol drychfilod o gwmpas y Neuadd. Byddwn yn codi arian i'r Cylch ar yr 20fed o Hydref trwy gynnal reid feic noddedig. Byddwn yn mynd a'r beiciau a'r tractorau tu allan er mwyn i'r plant medru beicio o gwmpas y maes parcio. Mae'r Cylch hefyd wedi trefnu **Sioe Ffasiwn gan Siop "Lan Lofft"** (Llambod) i'w chynnal yn Neuadd Llanpumsaint ar yr 20fed o Hydref (Nos Wener) am 7.30 yh. Mae tocynnau ar werth gan Ceri (07814035511) . Pris y tocyn yw £10.00 ac mi fydd y pris yn cynnwys gwydriad o Brosecco neu diod feddal a lluniaeth ysgafn. Mae'r Meithrin ar agor i blant 2 oed i 4 oed ar fore Mawrth, Mercher, Iau a Gwener o 9.15yb tan 12.00 hd. Mae Ti a Fi yn cael ei gynnal bob Dydd Gwener 10 yb tan 12.00 hd ar gyfer plant 0 -4 gyda rhiant/gofalwr. Mae Cylch Ti a Fi yn gyfle da i blant bach i ddechrau cymdeithasu ac i gael profiadau newydd. Edrychwn ymlaen i'ch cwrdd.

Capel Ffynnonhenri

Dyma fanylion y gwasanaethau am fisowedd Hydref, Tachwedd a Rhagfyr 2017
Hydref 29 2017 Cymundeb am 2.00 y.p. Parch Huw George
Tachwedd 5 2017 Cwrdd Diolchgarwch am 2.00 y.p. Parch Mary Thorley
Tachwedd 26 2017 Gwasanaeth Undebol ym Mhenybont am 10.30 y.b. Parch Gareth Morris
Rhagfyr 17 2017 Gwasanaeth Carolau o dan ofal yr Aelodau
Os am fanylion pellach cysylltwch a Danny Davies Trysorydd ar 01267 253418 neu Gwyn Nicholas Ysgrifennydd ar 01267 253686

Capel Nebo

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

Caersalem, Llanpumsaint

A minnau, os dyrchefir fi oddi ar y ddaear, a dynnaf bawb ataf fy hun. Ioan 12:32
Gwasanaeth Cymraeg pob prynhawn Sul am 2pm neu 2.30pm ar wahan i Sul ola'r mis pan mae'r oedfa yn Saesneg
Cwrdd gweddi bob prynhawn dydd Iau ac Ysgol Sul i oedolion ar fore Sul
Croeso i bawb
Am fwy o fanylion ffoniwch Eleri Morris ar 01267 253895

Y Gwasanaeth Tân yn Annog Trigolion i fynd i Arddangosfeydd Tân Gwylt Wedi'u Trefnu ar gyfer Noson Tân Gwylt 2017

Yn y cyfnod sy'n arwain at Noson Tân Gwylt, mae Gwasanaeth Tân ac Achub Canolbarth a Gorllewin Cymru yn annog y cyhoedd i gael hwyl, ond i gadw'n ddiogel.

Gan fod 5 Tachwedd ar gyrraedd, mae'r Gwasanaeth yn annog y cyhoedd i ddathlu noson Tân Gwylt eleni yn y ffordd mwyaf diogel posibl, ac i fynd i arddangosfa tân gwylt swyddogol sydd wedi'i threfnu ar gyfer y cyhoedd. Maent yn llawer mwy diogel, yn fwy difyr ac yn fwy costeffeithiol nag arddangosfeydd preifat.

Mae'r Gwasanaeth yn cynghori'r cyhoedd i beidio ag adeiladu coelcerthi preifat, ond os ydych yn bwriadu gwneud hynny, mynnwn eich bod yn cysylltu â'r Gwasanaeth Tân ymlaen llaw ar 01268909404 ac yn rhoi'r wybodaeth ganlydol i ni:

- Enw'r unigolyn cyfrifol a'r rhif ffôn cyswllt
 - Dyddiad, amser a lleoliad y goelcerth
 - Sut y byddwch yn diffodd y tân ar ôl y digwyddiad, neu os bydd yn mynd allan o reolaeth
- Dywed Steve Richard, Rheolwr Atal Tanau Bwriadol y Gwasanaeth, "Cofiwch fod diogelwch yn allweddol er mwyn sicrhau Noson Tân Gwylt ddiogel a llwyddiannus. Rydym yn annog pawb sydd am ddathlu Noson Tân Gwylt i geisio mynd i'ch arddangosfa tân gwylt a choelcerth leol. Dyma'r ffordd fwyaf diogel o fwynhau'r noson.

Fodd bynnag, os ydych am brynu tân gwylt, gofalgwch eich bod yn eu prynu gan fanwerthwr dibynadwy, a bod y nod BS 7114 arnynt.

Cadwch eich anifeiliaid anwes dan do yn ystod y cyfnod hwn, er mwyn sicrhau eu bod yn ddiogel rhag risg neu fraw.

Byddwch yn ystyriol o'ch cymdogion trwy eu rhybuddio ymlaen llaw, a pheidiwch â chynnau tân gwylt ar ôl 10pm. Cofiwch nad yw pawb yn dymuno bod yn rhan o'r dathliadau.

Os ydych yn gwybod am unrhyw un a all fod yn gwerthu tân gwylt anghyfreithlon, cysylltwch â'r Heddlu trwy ffonio 101. Diolch."

Trwy ddilyn yr awgrymiadau syml canlynol, gallwch sicrhau'r noson fwyaf diogel posibl:

Gofalgwch eich bod yn gwneud y canlynol:

- Gosod y goelcerth yn ddigon pell i ffwrdd oddi wrth dai, garejys, siediau, ffensys, ceblau uwchben, coed a pherthi. Mae mwy na 15 metr fel arfer yn bellter diogel.
- Sicrhau bod y goelcerth yn sefydlog ac na fydd yn cwmpo.
- Sicrhau bod pawb yn sefyll yn ddigon pell i ffwrdd (15 metr) o'r tân a bod plant yn cael eu goruchwyllo bob amser.
- Cadw bwcedi o ddŵr, pibell ddŵr neu gyfarpar diffodd tân gerllaw rhag ofn y bydd argyfwng.
- Arllwys dŵr ar weddillion y goelcerth cyn gadael.
- Cadw anifeiliaid anwes dan do yn ystod y noson.

PEIDIWCH â gwneud y canlynol:

Llosgi: , •Teiars, Silindrau, Tuniau, Erosolau, Paent, Plastigion, Rwber

- Dodrefn wedi'u llenwi â sbwng
- Peidiwch byth â defnyddio hylifau fflamadwy i gynnu coelcerth.
- Peidiwch byth â chynnau na storio tân gwylt wrth ymyl coelcerth.
- Peidiwch byth a gadael coelcerth i losgi heb fod neb yn cadw golwg arno.

Tenovus Closer to Home Campaign

“...roedd derbyn fy nhriniaeth cancer yn gyflym a heb angen teithio cyn belled yn fendith.” Claf cancer a driniwyd ar Uned Deithiol Tenovus Gofal Cancer

Dealla Tenovus Gofal Cancer sialensiau unigryw problemau gwledigrwydd a mynediad wynebwr gan gleifion cancer. Wyth mlynedd yn ôl datblygasant wasanaeth arloesol i'w goresgyn a gwneud triniaeth cancer yn decach: yr Uned triniaeth cancer Symudol cyntaf yng Nghymru ac un o'r rhai cyntaf yn y DU. Heddiw mae ganddynt ddwy Uned o'r fath.

Tyf y galw am y gwasanaeth yn fisol ac mae'r elusen newydd ddechrau adeiladu'r drydedd Uned. Gwna ei hwyth sedd triniaeth ychwanegol hi'n bosibl i'r elusen ddwyn triniaeth at y claf, yn hytrach na gofyn i'r claf deithio pellter maith am driniaeth. Efallai mai'ch partner, brawd, merch, cyfaill neu gymydog fydd y claf cancer.

Ymwela'r Unedau'n ddyddiol a gwahanol gymunedau, gan gynnwys Llanbed, Caerfyrddin ac Aberystwyth. Fe'u lleolir mewn meysydd parcio lleol, archfarchnadoedd a lleoliadau cymunedol lle gall cleifion barcio wrth y drws am ddim. Helpant ganolfannau cancer gor-brysur gyflawni eu targedau amser aros.

Rhoddir nifer helaeth o wahanol driniaethau ar yr Unedau, yn cynnwys cemotherapi arbenigol newydd ar gyfer canserau'r gwaed, megis myeloma, a thriniaethau imiwnotherapi blaengar harneisia drefn imiwn cleifion i frwydro yn erbyn y cancer yn fewnol.

Fe alluoga'r Uned Symudol newydd claf cancer i dderbyn ar yr un pryd driniaeth, modd o ddelio ag anawsterau emosiynol, a chyngor ynglŷn ag ymarfer a deiet. Ffordd unigryw, a'r cyntaf yn y byd, o gydlyn triniaeth a gofal: fe'i datblygwyd a'i gweithredu yma yng Nghymru.

Mae Apêl Nes at Adref Tenovus Gofal Cancer yn ariannu adeiladu Uned Symudol 3. Dros y deuddeg mlynedd nesaf bydd raid i'r elusen gyfarfod cost flynyddol o £120,000. I wybod mwy am yr Uned a sut y medrwyd gefnogi'r Apêl, ewch at <https://tenovuscancercare.org.uk/get-involved/closer-to-home-appeal/>

Byw gyda chanser yn Sir Gaerfyrddin? - Gallwn roi help llaw i chi.

Byddwn yn rhoi'r cymorth sydd ei angen arnoch i gadw gfael ar bwy ydych a'r hyn sydd yn bwysig i chi. Efallai fod gennych ganser, ond chi yw chi o hyd. Mae Macmillan yma i'ch helpu i fyw eich bywyd beth bynnag ddaw.

Gwydom pa mor anodd yw ymdopi ag effeithiau corfforol, ymarferol ac emosiynol cancer. Gall eich gadael yn teimlo'n ynysig ac weithiau'n methu gwneud tasgau hanfodol. Gall ymdopi fod yn arbennig o anodd os nad oes gennych ffrindiau neu deulu'n agos neu os ydych yn poeni eich bod yn gofyn am ormod o gymorth gan yr un bobl drosodd a throsodd.

Mae tîm Macmillan yma i helpu. Rydym yn cynnig gwasanaethau cymorth lleol, am ddim gan ein gwirfoddolwyr *cymmys* all roi help llaw i chi.

Mae **Cyfeillion Cymorth Sir Gaerfyrddin Macmillan** yn wasanaeth sy'n cael ei arwain gan wirfoddolwyr st'n rhoi cymorth ymarferol ac emosiyl ar draws Sir Gaerfyrddin I unrhyw un sydd wedi ei effeithio gan ganser, yn cynnwys gotalwyr ac aelodau o'r teulu. Mae'r gwasanaeth yn gweithredu 7 diwrnod yr wythnos (9am - 8pm), a gall gwirfoddolwyr wneud gwahaniaeth sylweddol trwy roi cymorth wedi ei deilwra i anghenion unigol, am ychydig oriau'r wythnos dros gyfnod amswer ctyun.

Gallai'r cymorth gynnwys:

- cymorth gyda gwaith tŷ ysgafn neu arddio
- cymorth gyda'r siopa
- cymorth dros u ffon
- llifft i apwyntiadau untro yn y gymuned
- paratoi pryd o fwyd ysgafn
- cael sgwrs a phaned o de
- cyfeirio at wasanaethau cymorth perthnasol

Gallwch ofyn i'ch Nrys Arbenigol Canser, eich meddyg teulu neu weithiwr Iechyd/Gofal Cymdeithasol proffesiynol gysylltu a ni ar eich rhan heddiw.

Am fwy o wybodaeth ynflwyn a'r ffordd y gall **Bydis Cymorth Sir Gaerfyrddin** eich helpu chi, ffoniwch 01656 867960 neu anfonwch ebost southwalesbuddies@macmillan.org.uk

Helpwch hi i gefnogi mwy o bobl sydd wedi eu heffeithio gan ganser. Er mwyn darparu mwy o'n gwasanaethau, i ariannu mwy o'n gweithwyr proffesiynol, mae angen pobl fel chi i ymuno â'n tîm.

Ffoniwch ni am ddim ar 0808 808 00 00 neu ewch i www.macmillan.org.uk

Mae bywyd gyda chanser yn dal yn fywyd – fe wnawn ni eich helpu i fyw y bywyd hwnnw.

Cyngor Cymuned Llanpumsaint

Does dim un cyfarfod o'r Cyngor yn mynd heibio heb fod son am faterion priffyrdd a gorchymyn I'r Clerc I adrodd I'r Sir am gyflwr truenus ein heolydd, ac eto, yn fwy aml na dim fydd y trwsio yn cael ei esgeuluso a thrafodir y mater unwaith eto! A phob parch I adran Priffyrdd y Sir, rhaid iddynt weithredu o dan amgylchiadau anodd; cylyd cyfyng a gweithlu wedi ei wasgu a chyfrifoldeb I gynnal dros 2,000 filltir o heolydd ar draws hyd a lled Sir Gâr. Oes mae yna fynydd o waith ganddynt I wneud ond serch hynny, rhaid iddynt weithio I is-adranau arall er mwyn ennill arian ychwanegol fel bod arian digonol yn waddol I dalu eu cyflogau; yn dwyn oddi wrth Pedr er mwyn talu Paul, os dywed y Sais!

Bellach mae'r Cynghorwyr nôl ar ôl toriad yr Haf (nid oes yna gyfarfod ym Mis Awst!) ac eitem ar agenda cyfarfod Medi oedd cyfethol Cynghorydd newydd oherwydd I Mike Poston ymddiswyddo. Rhaid dilyn trefn bendant os dewis aelod newydd I'r Cyngor drwy ddefnyddio'r dull yma a dilynwyd a chydymffurfiwyd a'r drefn felly yn ystod cyfarfod cyntaf yr hydref, cytunwyd I wahodd unigolyn o'r gymuned oedd ag awydd I wasanaethu I fod y Cynghorydd nesa; a dewisiwyd.....rhaid aros tan y cyhoeddiad nesa!

Phil Jones yw'r clerch a gellir cysylltu ag e' ar 01267 253512 neu clerc@llanpumsaint.org.uk.

Llyfr ar y ffordd?

Mae'n fwriad gennyf geisio rhoi llyfr at i gilydd, gobeithio cyn diwedd y flwyddyn. Gyda chanmlwyddiant y Rhyfel Gyntaf yn cael ei ddwyn i gof, mae'n amserol i gyhoeddi ffrwyth fy ymchwil i nifer o fechgyn lleol gollodd eu bywydau, yn y ddwy Ryfel Byd. Rhai ohonynt yn angof hyd yn hyn.

Mewn rhan arall bwriadaf gynnwys arolwg wnes o ardal Nebo yn y 19eg ganrif.

Yn y drydedd ran bydd lle i gynnwys eitemau a gyhoeddwyd yn rhifynnau Llais y Llan dros y bum mlynedd olaf yma. Mae gennyf rai deisiadau, ond byddwn yn falch o awgrymiadau gan ddarllenwyr Llais y Llan. Felly cysylltwch yn weddol gloi os gennych ddewis - arwynmssdd1@btinternet.com <<mailto:arwynmssdd1@btinternet.com>>. Neu 01267 235324 neu 07972477324.

Bydd unrhyw elw ar ôl cyfarfod a chostau cyhoeddi yn mynd at elusennau Cancr. *Arwyn 2017*

Heddlu

Ar ôl yr haf bendigedig, mae'r hydref wedi cyrraedd ac mae meddyliau pawb yn troi at wres canolog. Rydyn ni'n eich atgoffa i fod yn ymwybodol o'ch lefelau olew. Yn ddelfrydol, dylech eu gwirio'n wythnosol. Os yw'ch tanc mewn man unig, ystyriwch osod camera teledu cylch cyfyng neu oleuadau sy'n synhwyro symudiadau sy'n recordio neu'n goleuo ardal y tanc. Os yn bosibl, cadwch y tanc dan glo mewn caets. Os oes angen rhagor o wybodaeth arnoch, cysylltwch â mi yng ngorsaf heddlu Caerfyrddin.

Wrth iddi dywyllu'n gynt gyda'r nos, hoffwn ailadrodd neges y llynedd i holl gerddwyr cŵn y pentref. Cofiwch wisgo dillad llachar pan fyddwch allan wedi iddi dywyllu neu ddechrau tywyllu. Mae profion yn dangos bod rhywun sy'n gwisgo dillad llachar yn cael ei weld sawl eiliad yn gynt na rhywun sydd ddim yn gwisgo dillad o'r fath.

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

Martin Dickenson 8046, Swyddog Cymorth Cymunedol, Heddlu Dyfed Powys, Carmarthen Police Station, 101 Ex 25344 / 25343

martin.dickenson@dyfed-powys.pnn.police.uk

Gwasanaeth Swyddfa Bost - gyferbyn â Thafarn y Rheilffordd ar ddydd Mawrth 2.00 -4.00 a dydd Gwener 1.00-3.00 y.h.

Clwb Gwili 60+

Os am ragor o wybodaeth cysylltwch a Val Giles, Ysgrifenyddes y Clwb ar 01267 281194.

Gofal Traed

Dyma ddydiadau y clinig nesaf o 11.00y.b. hyd 4.00y.p, Dydd Mercher

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

Village Voice

October 2017

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www.llanpumsaint.org.uk email info@llanpumsaint.org.uk. Please send items to
info@llanpumsaint.org.uk or post to Bodran Felin, Llanpumsaint SA33 6BY

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

Every Monday and Thursday from 4 September Short Mat Bowls 7.30 – 9.30 Memorial Hall

Every Tuesday 'Fitness Fun' at the Memorial Hall at 6.30 pm. £4 per 1 hour session.

Every Wednesday Steak Night at the Railway Inn 01267 253643

Every Thursday 2.00 - 3.00 Fitness for 50+ Ladies Bronwydd Hall

Every Friday 11.30 – 12.30 Mobile Library outside Memorila Hall, details 224830

October 13 Friday 7.00 Race Night Bronwydd Hall

October 14 Saturday Elvis Tribute Evening Memorial Hall Tickets All Sold

October 17 Tuesday 7.00 Curry and Quiz £5 per head Railway Inn

October 20 Friday Sponsored Bike Ride Cylch Meithryn Bronwydd

October 20 Friday 7.30 Fashion Show Cylch Meithryn Bronwydd Memorial Hall

October 22 Sunday 1.45 West Wales Dowers Bronwydd Hall

October 25 Wednesday 7.30 Defibrillator Training Memorial Hall - Free

October 29 Sunday 8.00 Quiz Hollybrook Inn Bronwydd

November 4 Saturday 6.30 Firework Night Bronwydd Cricket Club

November 4 Saturday Llanpumsaint Choir Annual Concert Tabernacle Chapel Carmarthen

November 7 Tuesday 8.00 Community Council Memorial Hall

November 8 Wednesday 6.00 Supper Club Railway Inn – 253643 to book

November 15 Wednesday 11.00 – 4.00 Foot Clinic Memorial Hall

November 21 Tuesday 7.00 Curry and Quiz £5 per head Railway Inn

November 24 Friday Llanpumsaint Choir Concert Talog Hall

November 26 Sunday 1.45 West Wales Dowers Bronwydd Hall

November 26 Sunday 8.00 Quiz Hollybrook Inn Bronwydd

December 2 Saturday 11 – 2 Christmas Fair Memorial Hall

December 13 Wednesday 6.00 Christmas Supper Club Railway Inn – 253643 to book

December 24 Sunday Santa Parade

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

Llanpumsaint and District Choir

The choir will be holding their Annual Concert at the Tabernacle Chapel in Carmarthen on Saturday November 4th 2017 at 7.30 p.m. This year because of other commitments will be performing a miscellaneous programme. Details of the concert is appended below.

Llanpumsaint and District Choir. Conductor Gwyn Nicholas Organist Lynne James. Assisting the choir will be Jessica Robinson, Carys Bowen, Huw Ynyr and Daniel O'Callaghan.

Tickets are £10.00 each and available from any choir member. Your support will be greatly appreciated.

Also on November 24 2017 the choir will be performing in Talog Hall with the proceeds going towards the upkeep of the Hall. Also it is the intention of the Choir to hold a "Come and sing Carols evening".

There will be posters around the area in the near future confirming where and when. The proceeds of the evening will go towards M.S which is the Choir's chosen charity for this year.

Head to Toes Footcare

The next clinic is on Wednesday from 11.00am to 4.00pm –

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

LLANPUMSAINT MEMORIAL HALL RECYCLING CENTRE

The Hall Trustees have a Partnership Agreement with Carmarthenshire County Council in respect of the Recycling Bins for paper, glass and cans to the side of the Memorial Hall.

Under the terms of the Agreement, I am required as Hall Secretary to send in a fortnightly report on:-

(I) The condition of the containers

(I). Any litter on site

(iii) Any vandalism

(iv) Any fly tipping on site.

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

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

Derick Lock - Hall Secretary - (01267) 253524.

LLANPUMSAINT & NEBO BOWLING CLUB

The Club held it's AGM in the Memorial Hall on the 31st. August when the following Officers were elected:

Chair: Alan Dentry

Secretary: Jill Edwards

Treasurer: Gethin Edwards

Auditor: Alan Dentry

Team Captain: Gethin Edwards

Vice Captain: Rhys Williams

Match Day Refreshments: Jill Edwards

Club Child Protection Officers: Alan Dentry and Derick Lock

The Club welcomed a new Junior Member, Robert Day, to our ranks.

The Chair thanked the retiring Secretary, Derick Lock, for all his hard work over the last 13 seasons.

The 2017/18 season has now commenced, starting with an away defeat at Trimsaran, but with the next three matches all being at home we hope we can bring some better news in the next edition.

New players are always welcome from the age of 11 to 99. No experience is necessary as we have qualified coaches on hand to give help and encouragement.

For further information, please 'phone our Chair, Alan Dentry, on (01267) 253549 or our Secretary, Jill Edwards on (01267) 253474.

100 CLUB DRAWS FOR AUGUST AND SEPTEMBER

August £20 - No. 77 - Idris and Marged Davies
 £10 - No. 9 - Keith Tozer
 £5. - No.38 - Morwen Rees
 £5 - No. 4 - Alan Dentry
September £20 - No. 51 - Grant Davies
 £10 - No. 67 - Roz Evans
 £ 5. - No. 5 - Marjorie Dentry
 £ 5. - No.83 - Olwen Jones
Derick Lock, Treasurer, 253524

LLANPUMSAINT WELFARE AND RECREATION ASSOCIATION

The Association held it's Annual Macmillan's Coffee Morning on Saturday, 23rd. September in the Memorial Hall when despite the horrible weather a very good crowd turned out to support this worthy cause. The sum of £332.06 was raised which will be sent on to Macmillans.

Many thanks to all who made cakes of all sorts and to those who donated to the fund raising games and the Name the Teddy game.

We hope Bob Jameson took Ben to bed with him that night - the bear of course!!!

The above event was closely followed by our Annual Charity Meal at The Railway on the 26th. September which 31 people attended.

Many thanks yet again to Jayne, Nick and their Staff for a truly wonderful meal. We hope we weren't too noisy!!! The evening raised the magnificent sum of £244.00 for our nominated Charity for 2017, Eiriol Mental Health Advocacy, a local Charity based in Carmarthen supporting those with mental health problems at meetings, making telephone calls and writing letters.

Ysgol Llanpumsaint PTA –

Events: Dec 2nd - Christmas Fair @ Llanpumsaint Hall – 11-2

The Annual Christmas Fair is on Saturday 2nd December. Doors open at 11.00 in the Village Hall. There will be a mixture of stalls from the public and the school as well as refreshments available. We hope that you all come again to the Christmas Fair and have an enjoyable time.

SPECIAL GUEST: This year Father Christmas himself is going to make a special appearance at the fair and children will be able to have a photo with him and a present.

If you are interested in having a stall please contact Emma Brown 07773 034461 or brown6bz@btinternet.com



Easy Fundraising

If you are an Internet shopper, you could help raise funds for the PTA. All you have to do is register at, www.easyfundraising.org.uk/causes/LlanpumsaintPTA or contact Emma Brown for the link.

£4£ Match Funding

If anyone in the local community is able to claim £4£ / match funding through work or other means and are willing to allow the PTA to claim this match funding, please let Becky James know on 01267 253560.

Have you got Your Copy?

There are still a few copies of Arwyn's book 'Hanes Llanpumsaint A History', and Arwyn's and Maggie's 'Ysgol Gynradd Llanpumsaint - 150 Mlwydd oed' available at £10 each. Arwyn would like all sales from these books to go to a cancer charity.

So this is a good opportunity to buy these books. Each of these books are full of fascinating facts about Llanpumsaint, and the School, and wonderful photographs. How about as a present for new and old residents of the area? Christmas is coming – perhaps a useful stocking filler!

Contact Carolyn Smethurst on 01267 253308, info@gwilimill.com.

BT Fibre Optic Broadband - update

In the August 2017 edition of the Village Voice, my last sentence read:-

Will update me in 2 days – Thursday the 3rd Aug. Really annoyed and disappointed. I can now update you with the final good outcome after the original fiasco. I'll keep it short.

To make matters worse, looking at BT's order tracking system, it had been updated to "Your broadband was installed on Tuesday 1st Aug, 8:00 - 13:00"!

Eventually after 3 hours on the phone, to speak to someone with sense, I fired off my complaint to the BT Executive Level Technical Complaints Team.

Lots of phone calls later and almost fighting a losing battle, I was told that my complaint was being sent to the Work Allocation Team. They would allocate an individual person who would handle my complaint. Within hours, I had an E-Mail with a name, direct E-Mail address and telephone number for Nicky, FTTP Case Handler.

Nicky was very patient and professional in dealing with this complaint and said that she would push this through. True to her word, when she said she would ring or mail me, she did. Lots of visits from BT/Openreach and/or contractors and finally, after 3 weeks of testing, we are ready.

On the 24th August, BT Infinity 1 was installed and working – hurray. Expected 52 Mbps after 10 day settling down period.

Remember Nicky, on the same day as the install, she authorised a credit to our account as compensation and also gave me Infinity 2 for 1 year at the same price as Infinity 1. I now have 72 Mbps, as promised, I test every day and it is hardly ever below this speed. Downloads now finish before they start – joke of course but FAST.

Not content with successfully getting BB connected for us, Nicky was also instrumental in making sure the correct experts helped me sort out BT Smart talk and a small speed issue. As a matter of interest, depending on where your BT Hub is and other equipment close by, you could get a vast reduction in speed when using Wi-Fi rather than a connection by cable direct from the Hub to your PC. I was getting 50+Mbps via Wi-Fi but 72 Mbps via cable.

Many Thanks to Nicky for her splendid work ethic, her Customer oriented skills are to be applauded. My ethos when I was working in IT was, no matter what the problem, it's the outcome of the resolution that matters most, that's what Customers mostly remember. e.g. If you are a communications company and you have screwed up, admit it, communicate and resolve to the customers satisfaction. Nicky accomplished this.

After hearing about all the problems with BB in the village, I spoke to Nicky on Saturday 23rd Sept.

I explained that there were houses where the BB Fibre was installed in a few days, but that there are some who have similar problems to us and others who are loyal BT Customers have been given an installation price of more than for new Customers. I even mentioned that one couple with mobility issues have a green box outside their house but are having problems in getting the service installed.

She has agreed to look into any problem areas direct. **But, it should be stressed that if it's a minor problem after installation – and you're getting some progress then it's probably not in her area.**

Problems like mine – Yes.

She also has a team of helpers in case she is inundated.

Her name is Nicky Shand, 01313123555 – email nicola.shand@bt.com. Email probably best in the first instance but telephone of course if no BB available for email. Dave Robinson

Thank You

A really big thank you to everyone who attended or contributed to our Blooming Great Tea Party in aid of Marie Curie. We are delighted to report that we raised the fantastic sum of £400 for this good cause.

Marice and Barry (Tÿ Nant)

Defibrillators in the Area

Have you located the nearest defibrillator to you? You never know when you might need to know – a cardiac arrest can happen anywhere, so just check that you know where they are.

Llanpumsaint Heartbeat have installed 4 and here are the locations:

- Outside Llanpumsaint Memorial Hall SA33 6HN, Front wall, left hand side.
- Outside the Railway Inn, SA33 6BU - front wall, nearest the carpark*
- On wall at Henfryn Ffynnon Henry SA33 6LD*
- On Nebo Vestry SA33 6HN*

Please note that Defibrillators marked * have a security key pad fitted to the cabinet – **You do not need a code, just twist the handle and the cabinet will open.**

We will hold our next training session for basic resuscitation and how to use a Defibrillator on Wednesday 25th October, starting at 7.30pm in the Memorial Hall – please come along, you never know when you might need to use this most important life saving skill. No charge.

We also have some training packs you can use at home, consisting of a DVD and manikin for you to practice doing chest compressions, and understanding the use of a defibrillator – well worth doing.

These packs are suitable for all the family to do together. To borrow a pack, please phone Carolyn Smethurst 01267253308.

Your Local Bus is There For You – Use It or Lose It

Have you used the local bus into Carmarthen? This service is run by Carmarthenshire County Council, and is a very convenient way to get into Carmarthen 3 times a day.

The first bus leaves Bryn y Wawr just after 10.10, goes round by the church, then through Bronwydd to the Bus Station. It then goes on to Morrisons, arriving there by 10.43. That gives you enough time to do your shopping and have some lunch, before returning. Or get off at the bus station to have about 2.5 hrs shopping in town without having to find a parking space, and pay the fee!

To come back to the village, the bus leaves Morrisons at 13.10, bus station at 13.15, then back to Llanpumsaint for 13.40. For a full timetable, see

<http://www.carmarthenshire.gov.wales/media/2130506/215.pdf>, or phone Carmarthenshire Council on 01267 234567

Llanpumsaint Parish Church News - News from Rev. Gaynor Jones-Higgs.

It is a privilege to have been appointed to serve as curate with responsibility for the parish and to be welcomed at my licencing service in September.

We look forward to moving into the new vicarage in Llanpumsaint as soon as possible.

I am originally from Kent but came to Wales in 1990 to study for my first degree in Lampeter and have been here ever since! Both my daughters were born in Wales and are fluent Welsh speakers and I'm working on improving my Welsh.

Prior to becoming your curate I have served as Assistant Curate in the parish of St Peter's Carmarthen , Abergwili and Capel y Groes. Before training for ordained ministry I was a teacher and then worked in the voluntary sector.

As usual details of all our services can be found on the church notice board. I very much look forward to meeting people at the services and especially at our Harvest service and supper on 6th October.

You may well see me out and about in the Parish with Caleb the dog so please stop me and introduce yourself.

If you haven't been to church for a while or you've never been maybe now is the time to come and see how God is leading us in new and exciting ways , we'd love to welcome you .

Please also see our web page on the Llanpumsaint Community Information Exchange web site which has news of any upcoming events - www.llanpumsaint.org.uk

How did our garden grow?

What a grey summer we have had – the flowers certainly were slow in flowering, and did not show their best face this year.

But – the veg have seemed to love this grey weather, and we have had great crops. We have been trying a number of varieties for our favourite veg, and I thought I should share the results with you.

Peas – we had always grown Kelvendon Wonder, but last year we tried Hurst Green Shaft, which did give us better crops. So we thought it would be good to try Hurst Green Shaft again this year. We did 4 short rows in succession from May to July, and we had waterfalls of long peapods which continued to the beginning of September, delicious peas to eat straight from the plant (Gardener's perks!) and when cooked. For Broad Beans, we have found that Masterpiece gives us the best crops, lovely flavour green beans, slow to go hard in the pod.

And this year we grew again our favourite Runner Bean, White Lady, comparing it to Enorma and Painted Lady. White Lady certainly is the best on our soil, cropping very well, slow to go stringy, and still at the end of September giving us a good crop which we can share with our neighbours. The other varieties cropped at less than 50% yield of White Lady. And they virtually finished much earlier than White Lady. If we don't get a frost, White Lady will take us into October as well.

We have wet, heavy soil, and we have to be careful with potatoes because we get a lot of slug damage. And we are also liable to get blight, so we only grow earlys or second earlys. This year I checked for slug resistance on line, and chose Rocket and Kestrel.

Well, Rocket had about 50% of the crop affected with slugs, Kestrel only had a slight infestation, so we will certainly grow that one again, but not Rocket!

And the best crop?? The Butterflies feeding on the sedum on the sunny days in September. We have had Red Admirals, Small Tortoiseshells, High Brown Fritillaries, and Comma in profusion, what a glorious sight.

Carolyn Smethurst

West Wales Dowsers Society – Future Events

Sunday October 22nd: Evie Crystal

Sunday November 26th: Ros Briagha – subject TBC

December: No meeting

Sunday January 28th 2018 TBA

Sunday February 25th Jay Laville – Pumsaint Zodiac

Sunday March 25th AGM

Dowsing is a useful and interesting practice that almost anyone can learn. It's thought to have originated in Egypt or even earlier. Many companies use the services of experienced dowsers to search for water, minerals, oil, electricity cables etc. Some people dowse the safety of their food, and check for geopathic stress in their surroundings, but this is a personal belief and not yet scientifically proven. Why not come along on Sunday to find out for yourself? Bronwydd Village Hall, 1.45 pm. Entrance is £4 per person including a welcome cuppa and a biscuit in the break. No equipment is necessary, just bring yourselves. Further Information: Sandy 01267 253547 Ring for details.

Clwb Cerdded Llanpumsaint Walkers Club

Our next walks are as follows - please let me know if you will be coming on any of these walks.

For Saturday November 4th, 11.00am, we will do a walk around Drefach Felindre and surroundings - we can park in the Museum Carpark and return there for lunch, and to have a look round this fascinating museum.

And for Saturday 9th December, 11.00, we will do the village walk up through Nantgwyn, finishing at the Railway for lunch, and then hold our AGM - let me know if you will be coming so I can book for lunch.

Hope to see you on these walks. Carolyn Smethurst 01267253308

Nearest Fireworks Display

Fireworks Night at Bronwydd Cricket Club on 4th November, 6.30pm – all welcome

Clwbgwili 60+

More details from Val Giles, Club Secretary 01267 281194 for future events

Ffynnonhenri Chapel

Details of services for the months of October, November and December 2017

October 29 2017 Communion at 2.00 p.m. Rev Huw George

November 5 2017 Thanksgiving Service

at 2.00 p.m. Rev Mary Thorley

November 26 2017 United Service at

Penybont at 10.30 a.m. Rev Gareth Morris

December 17 2017 Carol Service

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

Nebo Chapel

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

Caersalem, Llanpumsaint

I, if I be lifted up, will draw all men unto Me. John 12:32

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

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

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

A Book on the way?

My intention is to hopefully publish a book before the end of the year. With the centenary of the first World War upon us it is appropriate to publish the fruits of my research into local young men who lost their lives in both wars. Some of them hitherto forgotten.

In another section I wish to include a study of the Nebo area during the 19th century.

A third part will include contributions made to Village Voice over the last 5 years. I will have my own list but would be grateful of any suggestions from readers. Please get in touch fairly soon – arwynmsdd1@btinternet.com or 01267 235324 or 07972477324

All profits after meeting publication costs will go to Cancer Charities. *Arwyn 2017*

Llanpumsaint Allotment Association

Don't grow old, grow your own fruit & vegetables and be fit. Forget weight watchers - get good exercise whilst growing good food with a known provenance. Like children, fruit and vegetables are best home grown! And it need not be hard work, as confirmed in William Shakespeare's little known gardening book - *Mulch Ado About Nothing!*

The Allotment Association is seeking new members, of all ages. We have raised beds, polytunnels and a very large greenhouse for members' use.

For further details, to join, or if you wish to view the site please contact Keith (tel: 253375) or Ray (tel: 253157).

The Fire Service Urges Residents to Attend Organised Firework Displays for Bonfire Night 2017

With November 5th, just around the corner MAWWFRS encourages the public to celebrate this year's Bonfire Night in the safest way possible and attend an official, organised public firework display. They are much safer, more entertaining, and more cost effective than private displays.

MAWWFRS advises the public against building private bonfires, but if you are planning a bonfire we insist that you contact the Fire Service ahead of time on 01268909404 and provide us with the following information:

- Name of responsible person and contact telephone number
- Date, time and location of the bonfire
- How the fire will be extinguished after the event or if it gets out of control

However, if you do wish to buy fireworks, make sure that you purchase them from a reputable retailer and only buy fireworks marked BS 7114.

Keep your pets indoors during this period to ensure that they are safe from risk or fright.

Be considerate of your neighbours by warning them beforehand and don't let off fireworks off after 10pm. Please consider that not everyone will want to take part in the celebrations.

If you are aware of any persons who may be selling illegal fireworks, please contact the Police by phoning 101."

The following are very simple Do's to ensure the safest possible night:

- ✓ Position the bonfire well away from houses, garages, sheds, fences, overhead cables, trees and shrubs. Further than 15m is usually a safe distance.
- ✓ Make sure the bonfire is stable and will not collapse.
- ✓ Ensure everyone is a safe distance (15m) away from the fire and children are supervised at all times.
- ✓ Keep buckets of water, a garden hose or a fire extinguisher nearby in case of an emergency.
- ✓ Pour water on the remains of the bonfire before leaving.
- ✓ Keep pets indoors during bonfire night.

And here are the DO NOT's

- Burn the following: Tyres, cylinders, canisters, aerosols, paints, plastics, rubber, foam filled furniture
- Use flammable liquids to light a bonfire.
- Light or store fireworks near a bonfire.
- Leave a bonfire unattended.

CYLCH MEITHRIN BRONWYDD

Our theme this term is "Animals". So far we have been learning about insects. We shall be continuing with this theme throughout the term. Every Wednesday the children have the opportunity to go outside and they have been looking for different insects around the Hall.

We will have a fundraising day at the Cylch on 20th October by holding a sponsored bike ride. We usually take the bikes and tractors outside so that the children can ride around the car park.

The Cylch have also arranged a **Fashion Show with the "Lan Lofft" Shop** (Lampeter) to be held at Llanpumsaint Hall on 20th October (Friday night) at 7.30pm. Tickets are on sale from Ceri (07814035511). The cost of a ticket is £10.00 and includes a glass of Prosecco or soft drink and light refreshments.

The Meithrin is open for children from 2 years to 4 years on Tuesday, Wednesday, Thursday and Friday mornings 9.15am until 12.00 noon. Ti a Fi is held on Friday mornings from 10.00am until 12.00noon for children 0-4 years with their parent/carer. Ti a Fi is a great place for small children to start socialising and to experience new things. We look forward to meeting you.

Contact number: 07929 431652 . Thank you. Verona.

Post Office Mobile Outreach Service – Layby opposite the Railway Inn, Tuesday 2.00 – 4.00, Friday 1.00 – 3.00pm

Tenovus Closer to Home Campaign!

“...having my cancer treatment quickly and not travelling as far is a real blessing.” Cancer patient treated on a Tenovus Cancer Care Mobile Unit.

Tenovus Cancer Care understands the unique challenges of rurality and access problems cancer patients face. Eight years ago they developed an innovative service to help address those challenges and make cancer treatment fairer: the first Mobile cancer treatment Unit in Wales and one of the first in the UK. Today they run two such Units.

Demand for this service grows monthly and the charity has just started building a third Unit. Its additional eight treatment chairs will make it possible for the charity to take treatments to cancer patients, rather than asking them to travel long distances to receive it: a patient might be your partner, brother, daughter, friend or neighbour.

The Units visit different communities daily, including Lampeter, Carmarthen and Aberystwyth, setting up in local car parks, supermarkets and community venues so patients can freely park right outside and overstretched cancer centres are helped to achieve their waiting time targets.

A wide range of treatments are delivered on the Units, including new specialist chemotherapy for people with blood cancers like myeloma and cutting-edge immunotherapy treatments, harnessing patients' immune system to fight the cancer from within.

The new Mobile Unit will enable cancer patients to simultaneously receive treatment, the means to deal with emotional issues, and advice on exercise and diet: a unique, world-first coordinated approach to cancer treatment and care, developed and delivered here in Wales.

The Tenovus Cancer Care Closer to Home Appeal is funding the building of Mobile Unit 3. Over the next twelve years they also have to meet its annual running costs of £120,000. To find out more about the new Unit and how you can support the Appeal, visit <https://tenovuscancercare.org.uk/get-involved/closer-to-home-appeal/>

Llanpumsaint resident, Sandy Mather, current President of Carmarthen Rotary Club tells us that Carmarthen Rotary club will be raising funds for the Tenovus 'Closer to Home' mobile unit this year. On Sunday October 8th they held a charity Diwali celebration in Bronwydd Hall and one of the two named charities for that event was this appeal. Sandy has had a tour of the mobile unit and said she was very impressed with the unit. Much better than having to go through all the hassle of parking at hospitals.

Community Council

Never does a Council Meeting go by without an Highways matter being raised and the Clerk instructed to bring the matter to the attention of the County Council Department which has oversight of the community's roads and all too often, the road maintenance issue is not resolved and it is discussed once more! With due respect to the personnel working in the Highways Division, not only are they underfunded with only meagre monies available to carry out repair and maintenance work, they are also understaffed and have an enormous area to cover; the whole of Carmarthenshire, with a very small workforce. The road maintenance crews cannot devote their time to patching potholes and clearing gullies because they are also having to carry out work for other sub-divisions within the County Council as it these additional tasks that bring in the money which pays their wages. Robbing Peter to pay Paul....

The Community Councillors are now back from their summer recess (there is no Council Meeting in August!) and an item on the September meeting agenda was that of co-opting another Councillor as there is a vacancy following the resignation of Mike Poston. There is a procedure that must be followed before it is possible to adopt a new Councillor which was followed and complied with and this has resulted in the Community Council agreeing to invite an individual from the community who had previously expressed an interest in serving the community, to become a Councillor. And the public spirited person's identity.... will be revealed in the next edition of Village Voice! Phil Jones Clerk, 01267 253512, or email

clerk@llanpumsaint.org.uk/communitycouncil

Living with cancer in Carmarthenshire? - We can give you a helping hand.

Macmillan will give you the support you need to hold on to who you are and what's important to you. You may have cancer but you are still you. Macmillan is here to help you live life, no matter what.

We know how hard it is to cope with the physical, practical and emotional effects of cancer. It can leave you feeling isolated and sometimes unable to carry out essential tasks. Coping can be especially difficult if you don't have family or friends close by or if you worry that you are asking for too much support from the same people over and over again.

The Macmillan team is here to help. We offer free local support services delivered by our *trained* volunteers that can give you a helping hand.

Carmarthenshire Support Buddies is a volunteer-led service providing practical and emotional support across Carmarthenshire for anyone who is affected by cancer, including carers and family members. The service operates 7 days a week (9am – 8pm) and volunteers can make a huge difference, by providing help tailored to individual needs, for a couple of hours a week, over an agreed period of time.

- help with light housework or gardening
- assistance with shopping
- support over the telephone
- lifts to one-off appointments in the community
- preparing a light meal
- having a chat and a cup of tea
- signposting to other relevant support services

You can ask your Cancer Nurse Specialist, GP or Health/ Social Care professional to contact us on your behalf.

For further information about how **Carmarthenshire Support Buddies**

can help you or how you can **become a Support Buddy volunteer**, please call 01656 867960 or email southwalesbuddies@macmillan.org.uk

Help us support more people affected by cancer. To provide more of our services, to fund more of our professionals - we need people like

you to join our team. Call us free on 0808 808 00 00 or visit www.macmillan.org.uk

Life with cancer is still life – we'll help you live it.

Police news

After the wonderful summer, autumn is here and everyone's thoughts are turning to central heating. A gentle reminder to the local community is to be aware of your oil levels, ideally check them weekly, if your tank is isolated think about a remote CCTV camera or motion sensitive lights covering the area. If possible enclose the tank in a cage which is locked. If you want any more information please contact me at Carmarthen police station.

As the nights are drawing in I would to reiterate last year's message to all of the village's dog walkers to please make sure that you are wearing hi visibility clothing when you are out from dusk onwards. It has been proven that persons wearing hi visibility clothes are seen several seconds before someone who is not. I am available on 101 or via email martin.dickenson@dyfed-powys.pnn.police.uk should you have any concerns.

Planning Applications

No new Applications since August 2017

For details of Planning Applications, go to Carmarthenshire County Council website

Free PC Software to save money

Did you know that most Windows PC's these days are supplied with free antivirus software. This is usually for a trial period of about 3 months. After the trial, you have to pay for a licensed version and then you have to pay an annual subscription fee to continue using it. I don't like paying for any PC software and if I recommend anything, then I have usually tested it on my own PC for 6-12 months.

Two such bits of software are Avast free Antivirus and Comodo free Firewall. I believe that Comodo has a better firewall than the Windows built in one – my opinion only.

Avast Free Antivirus is a suite of anti-malware and personal data-security tools, that finds and stops unknown files. It will stop any nasty virus or malware attacks on your PC. A virus could be in an E-Mail, a document or almost anything you look at or download from the internet.

Malware is malicious content spread through the same as above and also in hacked software which for example can log keystrokes - e.g. bank account logins, passwords, and send them back to the originator. Both of the above can have disastrous effects on the running of the PC, stop it working altogether, give you false error messages such as you have lots of virus's and you will have to download software to resolve it. Not very nice.

Comodo has several built in functions, e.g. It has a File Rating component which checks files against Comodo's cloud database when you access them. If the database identifies a process as malware, or as a potentially unwanted program, Comodo terminates the process and pops up a notification. Also if a program needs access to the internet and Comodo does not "know" about the program, it will ask you what you would like to do. Comodo "knows about programs because it has a list (database) of good programs which are automatically allowed access to most areas and anything NOT on this list is regarded as a possible problem. Sometimes you will be asked what to do. Allow, Block, Treat as, etc. Comodo has to learn if you happen to use a safe program which is not in it's safe list. Then it will not ask again.

I've been using both of these for many years now and – touch wood – have never had a virus, malware or whatever infect our PC's.

And of course FREE for ever.

Dave Robinson

Join Dementia Research

Every 3.2 minutes someone develops dementia in the UK. The only way to beat the condition is through medical research.

Why is dementia research important now?

Dementia is one of the biggest challenges we face today. The number of people with [Alzheimer's disease, vascular dementia, and other types of dementia](#) is set to double over the next 30 years.

Research offers hope. It is only through research that we can understand what causes the disease, develop effective treatments, improve care and hopefully one day find a cure.

But for research to progress we need more people to take part in more studies.

Our knowledge of dementia currently lags behind that of other major conditions, such as cancer or heart disease. We have to close this gap.

How you can help us to beat dementia?

One of the big difficulties researchers face today is recruiting participants for their studies. At the same time, many people are looking for studies to contribute to and take part in, but don't know where to find out about them.

This is why the [National Institute for Health Research \(NIHR\)](#) in partnership with [Alzheimer Scotland](#), [Alzheimer's Research UK](#) and [Alzheimer's Society](#) have developed **Join Dementia Research**, a service which allows people to register their interest in participating in dementia research and be matched to suitable studies. Everybody now has that chance to see what dementia research is taking place, both in their local area and across the nation.

The service delivers new opportunities for people to play their part in beating dementia, connecting researchers with people who want to participate in studies.

To get more information, see <https://www.joindementiaresearch.nihr.ac.uk/>

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<p>Pure Shine Pure water window cleaning Based in Bronwydd, serving Bronwydd, Llanpumsaint and the surrounding villages. <u>Our services:</u> <u>Window Cleaning, Conservatory Cleaning,</u> <u>External gutter, Fascia and Soffit Cleaning</u> Contact Steve for a FREE no obligation quote: Tel: 07462138885 / 01267 253956 Email: pureshinewindowcleaning@gmail.com Facebook: Pure Shine</p>	<p>Local Business? You can advertise here for £50 Includes an advert in Village Voice for 6 issues Plus a webpage linked to yours on www.llanpumsaint.org.uk Or just £5 an issue for advertising in Village Voice</p>

For Sale – Village Maps, with most houses in the Llanpumsaint area, listed alphabetical, £2.00 Phone 253308. proceeds to production of Village Voice.

*To advertise in Village Voice contact
Carolyn Smethurst 01267 253308 or email info@llanpumsaint.org.uk.
Domestic sales and wants free*

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