

Llais y Llan Ebril 2016

Copi dyddiad ar gyfer rhifyn nesaf – 25 Mai 2016
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 1 Medi

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

Ebrill 6 Dydd Mercher 12.00 – 5.00 Clinig Traed Neuadd Goffa

Ebrill 9 Dydd Sadwrn 10.00 Bore Coffi Curad Calon Neuadd Goffa

Ebrill 9 Dydd Sadwrn 2.00 Cerdded Henllan Cyswllt Carolyn Smethurst 01267 253308

Ebrill 12 Tuesday to 19 Tuesday Casglu Bagiau Ysgol Llanpumsaint

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

Ebrill 14 Nos Iau 7.30 Cór Llanpumsaint a'r Cylch Eglwys y Plwyf, Llandysul

Ebrill 18 Dydd Llun 1.30 Clwb 60+ Neuadd Bronwydd

Ebrill 19 16 Nos Fawrth 7.00 Cwis a Chyri £5.00 y pen, Tafarn y Rheilffordd

Ebrill 20 Dydd Mercher Clwb 60+ Taith i Camlas Abertawe

Ebrill 23 Dydd Sadwrn 2.00 Gardd Agored Bodran Felin

Ebrill 23 – Mai 1 Wythnos Arfordir Glân

Ebrill 24 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Goffa

Ebrill 24 Nos Sul 8.00 Cwis Hollybrook

Ebrill 26 Nos Fawrth 8.00 CCB Pwyllgor Lles ac Adloniant Llanpumsaint Neuadd Goffa

Mai 3 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint CCB Neuadd Goffa

Mai 7 Dydd Sadwrn 10.00 Cerdded o Bodran Felin i Alltgaredig

Mai 7 Dydd Sadwrn 3.30 Diwrnod Hwyl Cae Chwarae

Mai 8 Dydd Sul Taith Maes Cymdeuthas Dewinwyr Gorllewin Cymru

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

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

Mai 18 Dydd Mercher Clwb 60+ Taith Castell Picton

Mai 18 Dydd Mercher 12.00 – 5.00 Clinig Traed Neuadd Goffa

Mai 21 Nos Sadwrn 7.00 Cor Meibion Dyffryn Tywi Neuadd Goffa Tocynnau £6.50

Mai 22 Dydd Sul Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Goffa

Mai 29 Nos Sul 8.00 Cwis Hollybrook

Mehefin 4 Dydd Sadwrn 11.00 Cerdded Carreg Cennen

Mehefin 7 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa

Mehefin 9 Nos Iau 6.30 Cwis Cerebra yng nghlwb Pêl droed Caerfyrddin

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

Mehefin 15 Nos Fercher 8.00 CCB Neuadd Goffa Llanpumsaint a Ffynnonhenri Ymddiriedolwyr

Mehefin 21 Nos Fawrth 6.00 Cerdded i'r Pum Pyllau Llanpumsaint - cwrdd yn neuadd Goffa

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

Mehefin 25 Dydd Sadwrn 2.30 Ffet Bronwydd, Gwybodaeth i ddilyn.

Mehefin 25 Dydd Sadwrn Gantorion Sine Nomine Eglwys y Plwyf Daw manylion pellach eto

Mehefin 26 Nos Sul 8.00 Cwis Hollybrook

Mehefin 29 Dydd Mercher 12.00 – 5.00 Clinig Traed Neuadd Goffa

Gorffennaf 2 'This River' Neuadd Goffa Mwy o fanylion ym mis Mehefin Llais y Llan

Awst 29 Nos Lun 8.00 CCB Clwb Bowlio Mat Byr Llanpumsaint a Nebo Neuadd Goffa

Medi 1 Nos Iau Clwb Bowlio Mat Byr Llanpumsaint a Nebo Dechrau Tymor Neuadd Goffa

Neuadd Goffa Llanpumsaint a Ffynnonhenri

I logi'r Neuadd Goffa, ffoniwch Arwel Nicholas ar 01267 281365

Cymdeithas Rhieni/ Athrawon Llanpumsaint.

Cododd y Ffair Nadolig dros £1000 i'r ysgol gan gynnwys cyfraniad oddi wrth Fanc Barclays. Derbyniwyd cefnogaeth dda gan y gymuned a busnesau lleol, a diolch i bawb wnaeth ein cefnogi. Cynhelir y Ffair yn flynyddol ar y Sadwrn cyna'n Rhagfyr a dylai rhywun sy'n awyddus i gynnal stondin gysylltu ag Emma Brown, Lynsey Jones neu Moish Merry.

Diolch hefyd am y gefnogaeth i'r Noson Lasagne ar yr 8fed o Fawrth yn y Railwe wnaeth godi £180 gan gynnwys y raffl. Diolch i Jane a'r staff am noson hwylus. Os am ychydig o lanhau mas mae'r ysgol yn casglu bagiau ar 19eg o Ebrill am naw o'r gloch y bore. Telir 40c y kilo i'r Gymdeithas ac mae hynny'n cynyddu'n gyflym. Gellwch ddefnyddio eich bagiau du arferol i ddal esgidiau, hetiau, bagiau, teganau a phob math o ddillad. Ond ni chesglir dillad gwely, llenni a thywelion a phethau felly. Gellir dod a'r bagiau atom yn yr ysgol unrhyw bryd ar ôl y 12fed. Dros gyfnod y Pasg bydd y rhieni a'r plant yn cynnal gweithgor i drwsio'r adeiladau'r ardd a'r ffens a gosod sied newydd. Os oes gennych blanhigion sbâr i'w plannu yna dewch a nhw i'r ysgol. Byddwn hefyd yn derbyn unrhyw eitemau eraill y gellir eu defnyddio fel anrhegion raffl yn y dyfodol.

Achlysur 2ail o Orffennaf - Cyngerdd gan fand. Band roc/ indies yw This River ac yn lleol o Abertawe. Mae nhw'n teithio a amgylch nifer o dafarnau a chlybiau. Buodd This River yn chwarae yn Cafe Lorenzo, Caerfyrddin nol my mis Hydref a chwaraewyd nifer o ganeuon adnabyddus dros y degawdau diweddf. Am gip olwg o'r band cyn iddynt ddod I Lanpumsaint ym mis Gorffennaf, chwiliwch am Idge Logan (y brif canwr) ar You Tube, a gewch weld eu talent am eich hunain!! Daw gwybodaeth bellach oddi wrth y rhifyn nesaf o Lais y Llan neu Moish Merry Ysgrifenyddes y Gymdeithas 01267 253668 neu themerrys@live.com <<mailto:themerrys@live.com>>.

Cór Llanpumsaint a'r Cylch

Fel y soniwyd yn y rhifyn diwethaf o Lais y Pentref fe fydd y Cór yn perfformio "The Crucifixion" gan John Stainer yn Eglwys y Plwyf, Llandysul ar nos Iau Ebrill 14eg 2016 am 7.30 yr hwyr.

Yn cynorthwyo'r Cór fydd Sion Owen, Tenor a'r Parch Aled Williams Bass. Gwyn Nicholas fydd yn arwain a Lynne James fydd yr organyddes.

Bydd yr elw yn mynd tuag at Ambiwlans Awyr Cymru a phris y tocynnau yw £10.00. Gellir cael tocynnau oddiwrth aelodau'r Cór neu wrth y drws ar y noson. Taer erfynir am eich cefnogaeth i'r achos teilwng hyn.

Curad Calon Llanpumsaint – Yn codi arian at Adfywiwr i Lanpumsaint.

Pleser yw cyhoeddi ein bod wedi codi bron £1,500 ac felly gellir mynd ati i gynllunio gosod yr **Adfywiwr** cynta' yn y pentre'. Ond mae'n fwriad gennym aneli at osod rhagor fel bod ardaloedd fel Nebo a Ffynnonhenri yn gallu cael Adfywiwr hefyd, felly cadwch i roi'ch llaw yn eich poced. Daeth £877 o elw o noson Swing Boyz, ac ar y 29ain o Chwefror cyfrannodd Clwb Rotari Caerfyrddin sic o £500 i Gurad Calon Llanpumsaint yng ngwesty'r Llwyn Iorwg. Rhaid diolch i Sandy Maher am hynny, ac rydym hefyd wedi derbyn nifer o gyfraniadau unigol. Os oes yna wirfoddolwr mas na rywle yn fodlon bod yn ysgrifennydd i'r fenter hon, yna cysylltwch â Mike Poston ar 253725. Rydym hefyd yn awyddus i groesawu mwy ar y pwyllgor hwn er mwyn hybu'r ymgyrch codi arian. Y digwyddiad nesaf yw Bore Coffi ar fore Sadwrn 9fed Ebrill am 10 o'r gloch yn Neuadd Goffa. Bydd aelod o'r Gwasanaeth Ambiwlans yn ymuno a ni am 11 y.b. i siarad am yr Adfywiwr gan egluro shwd fydd e'n gweithio a'r trefniadau hyfforddiant i bobl. Bydd hefyd yn arddangos cit **CPR (Cardio Pulminory Resuscitation)**, a chan fod gennym bellach un ar gael yn lleol pam na wnewch gymerid mantais ohono. Mae ar gael am ddim a gellwch fynd ag e' adre i ddysgu ei ddefnyddio, felly manteisiwch y cyfle i ddysgu sut i arbed bywyd mewn hanner awr. Daw DVD gydag e' i egluro'r cyfan a'r cwbl ar gael oddi wrth Mike Poston 253725 neu <mailto:llanpumsainheart@btinternet.com>. Os ydych wedi gwirfoddoli'n barod byddwn mewn cysylltiad cyn bo hir.

Gweithgareddau eraill sydd wedi eu trefnu yw Gardd Agored yn Bodran Felin ar y 23ain o Ebrill a chyngerdd gan Gôr Bechgyn Dyffryn Tywi ac eitemau eraill ar yr 21ian o Fai. Daw manylion pellach eto, felly cadwch lygad ar dudalen Facebook Curad Calon.

Neuadd Goffa Llanpumsaint a Ffynnonhenri.

Bydd yr Ymddiriedolwyr yn cynnal y Cyfarfod Blynyddol am 8 o'r gloch nos Fercher 15fed o Fehefin – croeso i bawb!

Trefnir cyngerdd arall am yr Hydref ar them brenhines - daw manylion pellach mae o law.

Casgliad Sbwriel Blynyddol Cerddwyr Llanpumsaint

Ar ddydd Sadwrn 5ed o Fawrth daeth 16 gwirfoddolwr ynghyd o oed 12 at 78 i gasglu eu hoffer o fenig rwber a bagie sbwriel a mynd ati o ddifri. Ie! Hon oedd ymgyrch flynyddol Cerddwyr Llanpumsaint ag eraill i lanhau'r ardal. Ar fore oer ond heulog buont yn casglu pob math o sbwriel mewn drysni, eitemau yn aml a daflwyd o geir gan y diofal ac anniben. Yn yr ugain bag a lenwyd gwelwyd pibau a photiau plastig, a hefyd un Fra (efallai partner y par i nicers a gasglwyd y llynedd). Diolchwn i Dan Smith o Gadwch Gymru'n Daclus a Brian Moghead o Gyngor Sir Caerfyrddin am fenthyg y cyfarpar angenrheidiol ac am gasglu'r bagiau ar y diwedd.

Dagrau'r holl fenter oedd gweld sbwriel o'r newydd yn hagrau'r pentref a'r heolydd ychydig oriau yn unig wedi i ni orffen. Rhyfedd o fyd!

Cymdeithas Dewinwyr Gorllewin Cymru - Digwyddiadau'r dyfodol

Sul Ebrill 24ain --Sarah Howcroft - Dysgu Ffugiaeth drwy ddrymio. Os oes gennych ddrwm dewch a hi! **Dalier sylw** - bydd Tim Walters nawr yn siarad ym Mis Mai.

Sul 8fed o Fai - Diwrnod Rhyngwladol Dewinio yng Nghenarth a Rhaeadr Ffynone.

Sul 22ain o Fai -- tîm Walters yn siarad am yr Elfennol.

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

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

Am wybodaeth bellach cysylltwch â Sandy: 253547

Gardd Agored - Bodran Felin 23ain Ebrill 2.00– 500 y.p

At Achos yr Adfywiwr

Pan gytunais yn Chwefror i agor yr ardd at achos yr Adfywiwr gobeithiwn weld terfyn ar y glaw di-baid. Bu'n rhaid aros hyd Fawrth cyn y hynny ddigwydd er mwyn rhoi trefn arni. Dal yn wlyb mae rhai o'r borderi a bydd rhaid aros i weld os yw'r planhigion wedi boddi.

Sylwch siŵr o fod ein bod wedi cael gwledd o Lilwen Fach a Blodau Mis Mawrth (Cennin Pedr), yn ein gerddi ac ar draws y cloddiau, dros y mis diwethaf yma. Anaml eu gweld allan dai gilydd ac oherwydd y gwlybanaeth bu'r Blodau Mis Mawrth yn hynod o ffrwythlon.

Erbyn y 23ain gobeithiwn weld y Cennin Pedr diweddar a'r carnasis yn eu blodau. Daeth Clychau'r Gog i'r wyneb ac efallai byddant hwythau mas hefyd. Bu'r Gwyddau o Ganada yn cecran am safleoedd nythu dros y mis ac erbyn hyn mae o leia 5 par yn eistedd. Ta fel bo'r tywydd daw'r cywion gŵydd erbyn Ebrill, ac ar ôl diodde'r holl dwrw cewch weld y cywion yn bwydo neu nofio ar y llyn.

Bydd te, coffi a chacennau ar gael, a phabell i gysgodi os daw glaw, a bydd llyfrau a phlanhigion hefyd ar werth. Felly dewch i fwynhau ymlwybro drwy'r coed ac o amgylch y llyn er mwyn codi arian am ail Declyn Adfywio i'r ardal. Bydd bwcedi casglu a digon o le parcio!

Carolyn a Brian Smethurst

Wythnos Arfordir Glân

Bydd y pedwerydd Wythnos Arfordir Glân blynyddol, a noddwyd gan Bwytaï Mc Donalds Cyf, yn digwydd o **23 Ebrill - 1 Mai**.

Mae Cadwch Gymru'n Daclus yn chwilio am wirfoddolwyr ar draws Cymru i ddod at ei gilydd i helpu i ofalu am ein harfordir arobryn.

I gymryd rhan mewn un o'n digwyddiadau glanhau neu i drefnu digwyddiad eich hun, ewch I www.keepwalestidy.org/arfordirglan

Newyddion Eglwys y Plwyf

Neges oddi wrth Ganon Aled W Williams

Bu'n braf cwrdd â chymaint ohonoch yn dilyn y gwasanaeth croeso twymgalon yn Chwefror i'm gwraig Eirian a minnau. Edrychaf ymlaen nawr at gwrdd â phawb cyn hir. Gai elwa ar y cyfle yma i gyflwyno ychydig amdanaf fy hun.

Yn frodor o Forgannwg ces fy nghodi ym Mhontypridd cyn symud i ardal Aberystwyth o Geredigion. Astudiais yno ac wedyn yng Nghaerdydd cyn cael fy ordeinio yn 1971. Yna bûm yn gwasanaethu mewn nifer o blwyfi cyn yn derfynol dod yn gydrifol am 13 o eglwysi yn ardal Llamed, ne i mi ymddeol yn 2011. Dau o blant sydd gennym; Lois yn athrawes, a Rhun yn ffermwr defaid, ac mae yna dri **Ŵyr**.

Ar gais yr Esgob gwirfoddolais i wasanaethu ardal Llanpumsaint yn rhan amser, hynny yw ar wahân i'r Suliau byddaf ar gael am ddau ddiwrnod arall. Fel arfer anelaf at Ddydd Llun Dydd Iau, ond byddaf yn hyblyg, a gallwch gysylltu â mi unrhyw amser os yw'n argyfwng. Wedi dweud hynny rydym yn byw yn Llanllwni sydd ddim ond rhyw ugain munud i ffwrdd. Byddaf yn dechrau ymweld â phobl cyn bo hir, felly os oes 'na rywun mewn ysbyty neu'n anhwylyus adre rhwch wybod i mi.

Yn ôl trefn yr Esgob rhan o'm swydd fydd ymbaratoi'r ardal at y newidiadau fydd ar y gweill o gyd gysylltu nifer o eglwysi yn y dyfodol agos. Anodd yw newid yn aml iawn ond gydag agwedd gadarnhaol mae unrhyw beth yn bosib. Mi dybiaf i eich bod chi yma ar y trywydd iawn yn barod. Diolch am y croeso twymgalon a estynnwyd i mi i'ch plith eisoes. Edrychaf ymlaen at gydweithio â chi, yn ystod y misoedd sydd i ddod Bendith fo arnoch bawb/

Aled Ffon. 01559 395802 Email/Ebost pedrbrefi@btopenworld.com
<<mailto:pedrbrefi@btopenworld.com>>

Bydd y gwasanaethau'n parhau yn ôl y patrwm arferol ac yn weladwy y tu allan i'r eglwys.

Blaen rybudd - Bydd yna gyngerdd gan Gantorion Sine Nomine yn yr eglwys ar y 25ain o Fehefin. Daw manylion pellach eto.

Diwrnod Hwyl – Sadwrn 7fed o Fai

Yn y gobaith fod **DŴr** Cymru yn cadarnhau i'r Cae Chwarae fod ar gael dyma fydd y rhaglen am y dydd --

3.30 y.p - Ras Hwyaïd - trefnir gan Gapel Nebo.

4.30 y.p. - Rasys Moch - Trefnir gan Ymddiriedolwyr y Neuadd.

5.30 y.h. -- Rhostio Mochyn - Trefnir gan y Pwyllgor Lles ac Adloniant.

Wedyn bydd y noson yng ngofal Huw Ifans gyda'i adloniant "*Country & Western*" - mynediad yn £2 gyda Bar ar gael.

Cyfrifoldeb Cymdeithas Rhieni ac Athrawon yr ysgol fydd y stondinau ar y cae. Gellir cysylltu â'r Gadeiryddes Lynsey Jones 253085. Daw poster!

CEREBRA Elusen Caerfyrddin i blant a chyflwr Niwrolegol

'Rwy'n gweithio i Elusen sy'n ymchwilio i ddulliau o osgoi a thrin y cyflwr niwrolegol, ac ymwneud hefyd ag agweddau cyfreithiol, cymdeithasol ac addysgiadol. Fel arfer 'rwy'n dod i gysylltiad wedi i'r rhiant dderbyn adroddiad diagnostig, pan fyddant yn awyddus i ddeall cyflwr y plentyn a beth ellir ei wneud. Ceisiaf egluro pethau mewn iaith syml a'u cyfeirio at lwybrau cymorth i'w plentyn yn y dyfodol, er mwyn sicrhau'r profiadau bywyd gorau posib.

Mae yna sawl cyflwr niwrolegol, dyma restr o'r rhai i ni yn eu trin --

Parlys ymenyddol -- --

Anrhefn spectwm awtistig

Anrhefn ddatblygol fel oedi datblygiad hollfydol, Dyspraxia ac anabledd dysgu.

Trawiad epilepsi a gwahanol syndromau.

ADHD a niwed ymenyddol trawmatig fel niwed i'r pen neu syndrom ysgytwol babi.

Niwed ymenyddol oherwydd gwahanol heintiau, gan gynnwys llid yr amenydd, trawiad, tyfiant yr amenydd, digwyddiad hipocsia, neu waedlyd.

Syndrom Down neu gyflwr genidol tebyg.

Annormaledd yr amenydd

Camffurfiad a dirywiad yr amenydd

Dwrben

Syndrom alcohol y ffoetws a thebyg yn deillio o wenwyno.

Ffurfiwyd yr Elusen unigryw genedlaethol yma yn 2001 i wella cyflwr plant yn diodde'n niwrolegol, drwy ymchwilio, rannu gwybodaeth a chefnogaeth uniongyrchol. Mae byw gyda'r cyflwr yma yn gallu bod yn anodd i'r teulu hefyd, heblaw am y plentyn. Gyda chymorth ein gwirfoddolwyr bwriad Cerebra yw ceisio ysgafnhau'r baich.

Yr Ymchwilio

Mae Cerebra yn noddi ymchwilio mewn chwe Adran Prifysgol fyd-eang gyda'r nodau canlynol --

- Caniatáu meddygon i ddifynio camau priodol cynnar wnâi wella cyfleoedd babanod i oroesi.
- Rhagweld y mamau hynny'n debygol o enedigaeth gynnar er mwyn osgoi'r problemau allai ddeillio o hynny.
- Creu gwell dealltwriaeth o ymddygiad a chyflwr emosiwn plant gyda chyflwr anhrefnus.
- Canolbwyntio ar iechyd y plentyn, y rhieni, brodyr a chwiorydd, ac o bosib wyron hefyd.
- Ymglymu'r teuluoedd i mewn i'r ymchwilio er mwyn sicrhau i'r ymchwilio hynny fod yn berthnasol iddynt.
- Sicrhau fod y teuluoedd yn ymwybodol o'u hawliau cyfreithiol am iechyd a gofal cymdeithasol.

Mae Cerebra yn cefnogi teuluoedd mewn gwahanol ffyrdd

- Cynnig gwybodaeth a chynghor ar amrywiaeth o bynciau dros y ffon neu ar y wefan.
- Cymorth uniongyrchol drwy ein rhwydwaith o Swyddogion Rhanbarthol, i lenwi ffurflenni, llythyr, lwfans byw i'r anabl, cyfarfodydd lleol, neu weithgareddau eraill.
- Gwasanaeth cymorth cysgu
- Grantiau hyd at 80% am gyfarpar neu wasanaethau i hwyluso bywyd.
- Gwasanaeth post rhad am lyfrau llyfrgell ac offer hybu'r sensorau.
- Gwasanaeth ymgynghorol rhad ar y ffon.
- Cartref gwyliau

- Cynllun ewylllys ac ymddiriedol
- Portffolio personol i hybu'r plentyn i gwrdd â phobl o'r newydd.
- Canolfan arloesol i ddylunio cyfarpar priodol i'r teulu.
- Cylchlythyr misol yn llawn gwybodaeth, erthyglau a hanesion.
- Fforwm Rhanbarthol Cefnogol i'r teulu.

Ariannu

Codi'r arian drwy loteri wythnosol, cymynroddai, rhodd-daliadau, chwaraeon heriol noddedig, parasiwtio, diwrnodau hwyl deuluol, boreuon coffi, bingo, rasys hwyaid, disco, karioci, gerddi agored a llu o weithgareddau arail. Os ydych am helpi i godi arian mae yna nifer o awgrymiadau ar ei gwefan <http://w3.cerebra.org.uk/fundraise/fundraising-for-cerebra/>

Noson Cwis fydd ein hymgyrch nesaf ar y 9fed o Fehefin 2016. Cynhelir hon yng nghlwb Pêl droed Caerfyrddin - sa311hz - o 6.30 o'r gloch hyd 10 y.h. Rhagor o fanylion oddi wrth <http://w3.cerebra.org.uk/whats-on/cerebra-quiz-evening/>

Anthea Wright Swyddog Ymchwil Cerebra.

Clwb Cerdded Llanpumsaint

Croeso i ymuno a ni ar ein teithiau dros y misoedd nesaf.

Cynhelir y daith gynta' ar y 9fed o Ebrill am 2.00 y.p., rhyw ddwy filltir a hanner o amgylch Henllan. Bydd yn gymysgeth o goedwig, golygfeydd o'r afon Teifi a chaeau gyda pheth cerdded ar heolydd. Y man cyfarfod fydd y maes parcio ar yr A484 (cyf. Map 353401) rhyw chwarter milltir tu draw i Bont Henllan.

Dychwelwn i ardal Lanpumsaint ar y 7fed o Fai i gerdded un o'r Ffosdeithiau lleol (copïau ar gael o'r Siop). Awn tua Alltgaredig a choedwig clychau'r gog, gan gychwyn am 2.00 o'r gloch o Bodran Felin. Fe gymerith tua 4 awr drwy gaeau, coedwig a heolydd bach. Yna am 11.00 y.b. ar y 7fed o Fehefin byddwn yn cychwyn o Garreg Cennen am goedwig gyntefig Tregib, gan gerdded drwy gaeau blodeuog a pheth coedwigaeth newydd. Ar ôl cwblhau 5 milltir cawn gwpaned o de yng nghaffi Carreg Cennen sydd islaw'r castell eu hun -- cyf map Landranger 159 sn669019. Toiledau yn y maes parcio. Yna ar y 21ain o Fehefin awn ar ein pererindod flynyddol i'r Pum Pwll, gan ddechrau o'r Neuadd am 6.00 o'r gloch y.h hwyr. Drwy gyniatad y tiffeddiannwr cerrwn drwy'r afon Cerwyn lan y cwm at y rhaeadr, felly bydd angen welingtons arnoch. Dewch a ffon hefyd oherwydd mae'r "cerrig yn slip". Os bydd amser gennym wedyn cerddwn ran o lwybr newydd tua'r Esgair, cyn dychwelid i'r Railwe.

Llyfrgell Deithiol - Bob 4 wythnos, ffl gael ffôn 01267 224830

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+

Dathlwyd Dydd GŴyl Dewi ar yr 22ain o Chwefror eleni. Diolchodd y Cadeirydd Peter Giles i Glyn a Maureen Ifans am yr holl waith o wneud a dosbarthu'r cawl bendigedig oedd at ddant pawb. Diolchwyd hefyd i bawb am ddod a gwahanol ddanteithion i ddilyn. Y siaradwr oedd Arwyn Thomas, wnaeth swyno'r gynulleidfa gyda'i destun "Hanes y rheilffordd drwy Fronwydd dros gyfnod o ganrif". Cynigwyd pleidlais o ddiolch gan Ralph Carpenter. Bu'n brynhawn hwylus gyda bron 90 aelod yn bresennol.

Daw Claire Greenhouse atom ar ddydd Llun 18fed o Ebrill o fudiad y Groes Goch. Bydd ein haelodau yn derbyn cwrs "Cymorth Cyntaf bob dydd", wedi ei ariannu gan y Clwb., ac mae 20 eisoes wedi cynnig eu henwau iddo. Trefnwyd 4 taith gogyfer a'r Gwanwyn a'r Haf. Daw'r cyntaf a'r 20fed o Ebrill ar gamlas Abertawe gyda the i ddilyn yng Ngwesty'r Ddraig. Ma' lawn bws da ni'n barod!

Yna ar ddydd Mercher 20fed o Mai awn i Gastell Picton a chinio bwffe wedyn yn y bwyty yno. Ar y 13eg o Fehefin daw ymweliad a Chanolfan Gwlypdir Llanelli ac yna ymlaen i westy'r Bridge Inn Llangennech am swper. Diwrnod llawn wedyn i ymweld â Chanolfan Treftadaeth y Rhondda ar y 17eg o Awst gan ddychwelid am bryd i Dafarn y Deri, Llanedi am fwyd y noson honno. Oherwydd poblogrwydd y Twrci a'r Tinsel y llynedd trefnodd Glyn Ifans un arall am eleni, i Westy'r Langham yn Eastbourne rhwng 21ain a'r 25ain o Dachwedd ar gost o £285. Mae yna rhai llefydd ar ôl, ond disgwylir i'r blaendal o £50 yn y pythefnos nesaf. Rhaid bod yn aelod o Glwb Gwili os ydych am ddod; cysylltwch â Glyn 01267236280.

Ar y 21 o Fawrth siaradodd Mr Alf Williams ar Bererindodau i Abatai'r Sistersiaid yng Nghymru. Er bod ein haelodaeth bellach yn croesi'r 130 mae yna groeso o hyd i aelodau newydd am £5 y flwyddyn. Cynhelir ein cyfarfodydd ar y 4dd Llun o bob mis am 2 o'r gloch yn Neuadd Bronwydd am 2 awr.

Clwb Bowlio Mat Byr Llanpumsaint a Nebo

Mae tymor y Gynghrair yn dod i ben, a chydag un gêm ar ôl rydym yn y bedwerydd safle gyda'r gobaith o orffen yn drydydd. Ond hefyd i ddod mae Noson Ffeinals y Clwb a dwy gêm erbyn Bronwydd (i ffrwd ag adre) am Gwpan Coffa Roy Bowen. Ar ôl hynny dyna derfyn y tymor a bydd hoe fach dros yr Haf nes ailgydio ar Nos Iau1af o Fedi..

Cynhelir y Cyfarfod Cyffredinol Blynyddol yn y Neuadd Goffa ar Nos Lun 29ain o Awst am wyth o'r gloch. Croeso i bawb!

Pwyllgor Lles ac Adloniant Llanpumsaint

Fel y gwyddoch fwy na thebyg, hyd yn hyn nid yw Dwr Cymru o hyd wedi gosod y biben garthffosiaeth drwy'r Cae Chwarae, i gyfeiriad Teras Gwili . Gwnaeth yr holl dywydd gwlyb dros y gaeaf ohirio pethau. Cynted fydd Dwr Cymru wedi cwpla byddwn yn gosod y pyst pêl droed newydd, y meinciau a'r Bin Sbwriel.

Dyddiad ein Cyfarfod Cyffredinol Blynyddol yw Dydd Mawrth 26ain o Ebrill am wyth o'r gloch yn y Neuadd Goffa.

Rheilffordd Nosweithiau Arbennig

Bydd 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 cwpl. Ffoniwch y Rheilffordd ar 01267 253643 i archebu.

Gwrandewch ar yr adar!

Mawrth, Ebrill a Mai, dyna'r misoedd gorau i fwyhau can yr adar bach. Mewn gwirionedd mor bell ac y mae'n adar cynefinol dyma'r unig gyfnod i'w clywed, oherwydd erbyn Mehefin maent wedi paro, canfod nyth ac yn prysur fwydo eu cywion. Erbyn hynny'r gwenoliaid fydd y mwyaf stwrlllyd drwy'r haf nes daw drycin yr hydref. Prin iawn erbyn hyn yw'r wennol ddu .

Dechrau'n gynnar fydd ein hadar preswyl, oherwydd unwaith daw gwres Ebrill bydd ein hymwelwyr yn cyrraedd i gystadlu am safleoedd nythu. A wyddoch chi fod nythai y rhan fwyaf o'n hadar bach sy'n canu yn nythu ar lefel isel, mewn drysni a thrash ac nid mewn coed uchel? Dyma gartrefi naturiol i'r dryw, y fronfraith, y deryn du, y titw a'r robin, mewn hen glawdd neu gornel ardd anniben.

Y cyntaf i'r felin mor gynnar ag Ionawr yw'r Titw Mawr gyda'i alwad unigryw *ti-tsier ti-tsier ti-tsier*, i'w ddilyn gan *tsier-err-err-err*, y Titw Tomos Las o'r cloddiau. Ers dechrau Chwefror mae'r fronfraith wedi bod yn cannu ei chalon mas o ganghennau'r onnen ar waelod yr ardd. Os yw'r gan yn hir uchel a chymhleth, ac yn ailadrodd, gellwch fentro taw'r fronfraith sydd wrthi. Os clywch ganiad melys yn cyrraedd uchder eich pen, yna Llwyd y Gwrych sydd yno. Edrycha fel rhyw robin bychan llwydlas ei olwg gyda choesau bach pinc a phig finiog. Mae sŵn bwrlwm drwm o gyfeiriad y coed yn datgelu fod y Gnocell Fraith Fwyaf yn brysur. Er hefyd yn brysur tawel yw'r Aderyn Du adeg y gwanwyn cynnar, ond erbyn Mis Mai mae'n choedid i bawb ei bod yn dywydd eistedd allan.

Aderyn hynod o liwgar yw'r Asgell Fraith adeg magwraeth a'i chan yr un mor lliwgar hefyd. Ond yr uchaf ei chloch o'r holl adar yw'r lleiaf mewn maint, daw can y dryw yn ffrwydrol i'n clustiau.

Erbyn Ebrill mae'r ymwelwyr cynta' wedi llwyddo i oresgyn y Sahara ac osgoi drylliau'r ddynoliaeth sy'n awchu eu saethu. Un o'r cynta' yw'r Siff-Saff , sy'n swnio'n gywir fel ei enw - plinc-plonc i'r mis wedyn. Y nesaf yw fy ffefryn, Telor yr Helyg, sy'n mynd yn brin, yn hoff o'r coed helyg a chanu o'r onnen dal pan fydd y dail yn egino. Mae'r gan yn sgwd ddisgynnol o sŵn arian - sŵn y gwanwyn fel y dywedodd ffrind wrtho'! Daw uchafbwynt corws y gwanwyn wrth i'r Telor Penddu gyrraedd. Wrth i'r dail agor prin yw'r cyfleoedd i weld yr adar bychan llwydwyrdd yma, ond gallwch fentro os yw'r holl adar eraill mewn côr, mae'r telor penddu yn opera yn ei hun.

Mwynhewch tra bo'r cyfle! Ann

Cyngor Cymuned Llanpumsaint

Phillip Jones yw'r clerc a gellir cysylltu ag e' ar 01267 253512 neu clerc@llanpumsaint.org.uk <<mailto:clerc@llanpumsaint.org.uk>>. Gall y trigolion lleol fynychu unrhyw gyfarfod o'r Cyngor.

Trafodir yn bennaf drwy'r Gymraeg ond mae cyfleusterau cyfieithu llawn ar gael. Cynhelir y Cyfarfod Cyffredinol Blyneddol ar y 3dd o Fai i'w ddilyn gan gyfarfod arferol y Cyngor. Bydd Cyngor Sir Caerfyrddin yn gweithredu nifer o welliannau diogelwch. Cwtogir cyflymdra i 20 milltir yr awr dros y ffyrdd canlynol -

- O waelod rhiw Cwppers, heibio Rhydygaer, yr Eglwys a'r Ysgol i waelod rhiw Llandre

-- O'r Eglwys, lawr heibio Teras Gwili, a dros y bont hyd Bodran Felin

-- o'r bont ger Post Bach, heibio'r Siop a'r Ficerdy hyd yr hewl fawr.

Hefyd bwriedir cwtogi cyflymdra ger Gwarcwm i 40 milltir. Cyhoeddir eu bwriadau ac os nad oes gwrthwynebiad bwriedir cychwyn ar y gwaith cyn gynted â phosib.

Ceisiadau Cynlluniau Diweddaraf

W/33248 - Safle Dwr gwastraff Llanpumsaint - Codi caban

W/33248 – Codi sied dractor mewn cae.

Band eang Cyflym Iawn- Y diweddaraf

Ar ddydd Llun 21ain o Fawrth es i gyfarfod a alwyd gan Angela Burns yn Saundersfoot er mwyn i Ed Hunt Cyfarwyddwr Band Cyflym Iawn Cymru ateb cwestiynau, un sydd yn byw yng Nghymru ac eto heb dderbyn y gwasanaeth cyflym. Eglurodd fel a ganlyn --

Ariannu'r cynllun gan y Senedd a'r Undeb Ewropeaidd.

Derbyniodd BT contract i osod band eang Ffibr i 95% o ardaloedd Cymru

Diffiniad Mr Hunt o fand eang Cyflym Iawn yw 30 MB.

Mae'r Rhaglen i orffen yn ystod Haf 2017.

Gwelwch islaw am fanylion sut i gael band eang Cyflym Iawn i ardaloedd diarffordd neu anymarferol. <http://www.superfast-openreach.co.uk/rural-broadband/>

Dyma a ofynnais i Mr Hunt ai atebion yntau i mi -

Cwestiwn -- Pam rhoi blaenoriaeth i ardaloedd sydd eisoes yn derbyn gwasanaeth derbyniol dros lefydd fel ni sydd yn rhedeg ar gyn lleied â 0.5 MB?

Ateb -- Oherwydd bod yr arian o Ewrop wedi cyrraedd chwe mis yn hwyr, golygodd hynny fod y rhannau rhwyddaf wedi eu gwneud gynta', er mwyn cadw at yr amserlen.

Cwestiwn -- Oherwydd bod Llanpumsaint a'r rhan uchaf o Fronwydd yn rhan o ateb cymhleth a oes yna bosibilrwydd fydd ein hamserlen yn newid eto?

Ateb -- Yr ydych o hyd o fewn cyrraedd o Ffibr i'r Adeilad (FTTP) ac mae hynny'n llawer mwy cymhleth na Ffibr i'r Cabinet (FTTC) oherwydd yr angen am rwydwaith mewnol newydd, megis polion a weiren newydd o'r gyfnewidfa i'r adeilad. Daethom o hyd i anawsterau fel dwythell gaeedig yn eich ardal, ond deil y nod i orffen ddiwedd Haf neu Fis Medi. Ni allwn ar hyn o bryd roi dyddiad pendant na chwaeth pa adeiladau fydd yn gynwysedig. Rydym wrthi yn ceisio gwella'r wybodaeth am hynt a helynt FTTP ar ein gwefan, er mae prin yw'r atebion ar hyn o bryd.

Byddaf yn dal ati i geisio'r diweddaraf neu newid i'n disgwyliadau ac yn rhoi gwybod i Lais y Llan.

Police

Yn ystod y misoedd diwethaf, rydyn ni wedi derbyn sawl adroddiad am gerbydau amheus yn ein hardal heddlu. Byddwch yn wylidwrus, ac os yw cerbyd yn ymweld â'ch eiddo chi ac rydych chi'n teimlo bod yr ymweliad yn amheus, galwch ni ar 101 gan ddyfynnu rhif cofrestru'r cerbydau. Byddwn ni'n dilyn yr adroddiad hwn ac yn gweithredu'n briodol.

Byddwn ni'n cynnal patrolau Cadw Llygad ar Gyflymder yn y Gymuned yn yr ardal dros y misoedd nesaf. Mae'r prosiect wedi'i sefydlu ar gyfer cynnwys aelodau o'r cyhoedd a fydd yn gweithredu dyfais mesur cyflymder yng nghwmni SCCH ac yn casglu'r wybodaeth a fydd yn cael ei hanfon at ein swyddfa docynnau ganolog. Bydd hyn yn arwain at geidwad y cerbyd yn derbyn llythyr rhybudd a fydd yn ei hysbysu am ei drosedd ac yn sôn wrtho y bydd yn derbyn 4 pwynt os fydd yn cael ei ddal eto. Rydyn ni'n chwilio am wirfoddolwyr i ymuno â ni yn Llanpumsaint gan fod yr ardal hon yn un o 3 sydd wedi'u dewis ar gyfer treialu'r cynllun yn Sir Gaerfyrddin.

Yn olaf, ar ôl imi bron â dioddef damwain fy hun, hoffwn atgoffa beicwyr, cerddwyr, rhedwyr, marchogion ac unrhyw un arall sy'n defnyddio'r briffordd eich bod chi'n llai ymwybodol o'r hyn sydd o'ch cwmpas os ydych chi'n gwrando ar gerddoriaeth neu'n gwneud galwadau ffôn ac yn defnyddio clustffonau. Medrwrch roi'ch hun ac eraill mewn perygl o ddioddef damwain. Weithiau mae'r damweiniau hyn yn rhai mân, ond mae rhai'n ddifrifol ac yn newid bywydau. Byddwch yn ymwybodol o'r hyn sydd o'ch cwmpas pan fyddwch allan ac arhoswch yn ddiogel.

Martin Dickenson 8046, Swyddog Cymorth Cymunedol, Heddlu Dyfed Powys, Gorsaf Yr Heddlu

101 Ex 25344 / 25343 martin.dickenson@dyfed-powys.pnn.police.uk

Band eang cyflym iawn ddim ar gael eto

Os nad yw band eang cyflym iawn ar gael i chi eto, yna mae'n bosibl y gall cynllun Mynediad i Fand Eang Cymru eich helpu i gysylltu â'r gwasanaeth.

Mae'r cynllun hwn yn rhoi grantiau i ariannu (neu dalu'n rhannol) am gostau gosod band eang newydd mewn cartrefi a busnesau yng Nghymru. Nid yw'n cynnwys costau rhentu misol.

Trwy'r cynllun hwn, mae'n rhaid i gyflymder lawrlwytho'r cysylltiad newydd fod ddwy waith yn gynt na'r hen gysylltiad lawrlwytho e.e. mae'n rhaid i gyflymder y cysylltiad presennol gynyddu o 10Mbps i 20Mbps o leiaf.

Mae'r grant yn dibynnu ar gyflymder y cysylltiad newydd:

- £400 ar gyfer 10Mbps neu uwch
- £800 ar gyfer 30Mbps neu uwch

Ymgeisio am y grant:

1. A ydych chi'n gymwys – gallwch ddod o hyd i'r manylion yn y ddogfen 'Meini prawf cymhwysedd ac amodau'r' cynllun yn yr adran lawrlwytho dogfennau.
2. Ystyriwch yn ofalus pa gyflymder y mae eich cartref neu fusnes ei angen heddiw a thros y 12 mis nesaf.
3. Dewiswch Ddarparwr Gwasanaeth Rhyngryd (ISP) – chwiliwch am restr o gyflenwyr ISP all ddarparu'r gwasanaeth i chi.
4. Llenwch y ffurflen gais – lawrlwythwch y ffurflen gais sydd ar gael yn yr adran lawrlwytho dogfennau..
5. Anfonwch eich cais at Lywodraeth Cymru i gael ei chymeradwyo gyda'r dyfynbris gan yr ISP yr ydych wedi'i ddewis.
6. Os caiff eich cais ei gymeradwyo, cewch lythyr cynnig. Yna, mae'n rhaid i chi drefnu i'ch offer band eang cyflym iawn gael ei osod gan eich ISP. Unwaith y bydd wedi cael ei osod ac mae'r cyflymder newydd wedi'i gadarnhau, bydd y cyllid yn cael ei ryddhau ar eich rhan.

Os oes gennych chi unrhyw gwestiynau, ffoniwch 0300 025 8893/8887 neu e-bostiwch broadband@wales.gsi.gov.uk.

Clinig Gofal Traed

Fe'i gynhelir nawr ar ddydd Mercher, felly bydd y clinig nesaf ar Ebrill 6 2016 rhwng hanner dydd a 5.00 o'r gloch. Ar ôl hyn, y clinig nesaf wedyn bydd ar Mai 18, Mehefin 29

Cymdeithas Rhandir Llanpumsaint

Yn y cyfarfod blynyddol ym Mis Chwefror etholwyd Cadeirydd ac Ysgrifennydd newydd a daeth nifer o aelodau eto i ymuno. Wedyn cawsom gyfarfod ar y safle i gymynu tipyn, daeth yr hen ac ifanc a chyda cymorth yr ymborth cyflawnwyd lawer. Trefnir arwerthiant planhigion i Fis Mai gan dyfwr proffesiynol. Bydd e'n arddangos basgedi crog, a chynhwysydd planhigol i'r patio. Estynnir croeso arbennig i aelodau newydd, ac os oes gennych blanhigion sbâr dewch a nhw i drwco neu roi'n anrheg i rywun. Cadarnheir y dyddiad cyn hir a bydd y manylion yn ymddangos ar hysbysfwrdd y Neuadd

Capel Nebo

Ebrill	3ydd	Mr Peter Harries- 10:30y.b.
	10fed	Dr Dai Lloyd- 10:30y.b.
	17eg	Mr Wyn Maskell- 10:30y.b.
Mai	1af Parch	John Morgan 10:30y.b.
	22ain	Mr Dylan Jones- 2:00y.p
Mehefin	5ed	Parch Emyr Evans- 10:30 y.b.
	19	Parch Roger Thomas- 2:00 y.p
	26ain	Parch Andrew Lenny- 2:00y.p

Mi fyddwn hefyd yn rhan o ddiwyddiad cymunedol y pentref ac yn gyfrifol am y ras hwyiaid ar y 7fed o Fai.

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”

Rhifau Cyswllt Mrs Eleri Morris 01267 253895

Capel Ffynnonhenri

Dyma fanylion y gwasanaethau am fisoedd Ebrill a Mai 2016

Ebrill 3 2016	Cymundeb am 3.00 o’r gloch	Parch Desmond Davies
Ebrill 17 2016	Gwasanaeth am 2.00 o’r gloch	Parch Carl Williams
Mai 8 2016	Gwasanaeth am 2.00 o’r gloch	Mr Arwel Evans
Mai 22 2016	Cymundeb am 3.00 o’r gloch	Parch Roger Thomas

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

Ffwrdd a hi a bant a’r cart!

Nos Sadwrn y chweched o Chwefror oedd yn y Neuadd, ar noson codi arian cyntaf i Gurad Calon, a’r lle’n orlawn a phob tocyn wedi diflanni. Wedi i Mike Poston gadarnhau pwysigrwydd y fenter aeth band y Swing Boyz, dan arweiniad Barry Wade, ati i chwarae cerddoriaeth y pedwardegau. Cafwyd amser difyr wrth ddawnsio’r hen ffyrdd a gwnaeth Colin Bowen gyfraniad cerddorol hefyd.

Pryd dau gwrs o fwyd cartre’ blasus am bris rhesymol i ddilyn at ddant pawb. Gydag elw’r Bar a’r raffl casglwyd swm anhygoel o £877 tuag at **Adfywiwr** cynta’ Llanpumsaint. Diolch y Ann Pettitt am drefnu’r coginio a hefyd i Sandy Maher, Kay Bowen a Carolyn Smethurst am eu cyfraniadau. Trefnydd y raffl oedd Sarah Moore, diolch! Rhaid peidio anghofio’r rhai fu’n addurno’r Neuadd ac yn golchi lan ar y diwedd!

Codi Arian Hawdd Os ydych yn siopa ar y We yna gallwch helpi i godi arian i’r ysgol drwy gofrestri ar www.easyfundraising.org.uk/causes/LlanpumsaintPTA neu gysylltu ag Emma Brown

Andrew Penbontbren

Oherwydd taw Emrys Pwmps oedd ei dad, Andrew Pwmps fydde fe i bawb hefyd. Yn ei gyfraniad gwreiddiol iawn i lyfr Canmlwyddiant a Hanner Ysgol Llanpumsaint, ceir hanes ei blentyndod ganddo –

“Wedi cau siop Gwili Vale a’r Farmers co-op, aeth fy rhieni, Emrys a Nansi, ati i agor gorsaf betrol yn Penbontbren, ac ychwanegu at yr elw drwy werthi wahanol fwydydd. Bydde’r lle’n llenwi a phlant ar y ffordd gatre o’r ysgol, pedair ceiniog am boteled fach o Tovali pop a cheiniog ‘nol am botel wag. A dyna lle bydde pawb yn casglu ar brynhawn dydd Sul, marce pedwar i bump o’r gloch, i g’al pop a crisps. Nansi yn y siop, Emrys yn godro yn y boudy bach, ac Eirwyn Green a Huw yn poeni’n nhad drwy ollwng dŵr o’r cafan, a drygioni tebyb - lot o sbri diniwed!”

Plentyndod hapus iawn, a gellir gweld gwreiddioldeb Andrew yn disgleirio yn y darn uchod . Gwreiddioldeb oedd i’w weld yn llwyddo mewn amryw o feysydd yn ystod ei yrfa rhy fyr o lawer. Erbyn hyn mae llawer iawn yn gweithio i Larymau Dyfed, ond faint ohonoch a Wŷr mae Andrew Pwmps oedd y cyntaf i’w gyflogi gan y cwmni - cyn Chris Hewitt hyd yn oed! Yno dysgodd ei grefft fel trydanwr. Dysgodd ei grefft fel drymiwr hefyd, a ffurfiwyd band eiconig y cyfnod, sef Eryr Wen, i deithio yn y fan o Lanpumsaint led led Cymru i gynnal Gig ar ôl Gig. Yna ymunodd a’r enwog ffotograffydd Ken Davies fel dyn sain, a buont yn cydweithio gyda Alun Lenny dros yr wythdegau, yn dilyn storiâu mawr y dydd, o brotest Byncer Caerfyrddin i’r Cwotas Llath a Streic y Glowyr. Medd Alun amdano. *“Roedd ei waith camera i raglenni fel Cefn Gwlad gyda’r gorau dwi 'di weld erioed mewn chwarter canrif fel gobeydd teledu. Roedd ganddo bygad naturiol am shot oedd yn wahanol.”*

Benthycwyd lori o’r cwmni teiars, ac aeth Wil A.T.S a Wyn Pentan ati i symud celfi Andrew i’r gogledd, pan ymunodd a chwmni Barcud. Llifogydd mawr dros y wlad a’r ffordd wrth bont Machynlleth dan ddŵr, ond llwyddodd y lori fynd drwyddo. O’dd dwr ynddi drannoeth hefyd, yn ol Wyn, wedi iddynt ddychwelid i Bensarn. Bu’r symud yn dyngedfennol am reswm arall, cyfarfu Andrew a Llio, a chyn hir fe briododd y ddau ym Mhortmeirion. Wedyn dychwelid i ardal Llandeilo i godi teulu o bedwar, sef Brieg, Gronw, Efa ac Iago.

Fel dyn camera teithiodd dros y byd gan gynnwys ymweliad ag Ynysoedd Malvinas. Daeth dau fachgen o Lanpumsaint yn enwau cyfarwydd ar y credits Cefn Gwlad, Andrew'r dyn camera a’i gyfaill Huw Davies, y dyn sain. Tra bydd yna ail darlledu bydd yr enwau yn dal i ymddangos ar y sgrin. Diddorol nodi fan hyn i fab talentog arall gael ei godi ar aelwyd Penbontbren, genhedlaeth ynghynt. Dafydd Rhys Jones (Dai Penbontbren - mab Ifor a Maggie) oedd hwnnw, aeth yn ddarlithydd yng Ngholeg Normal Bangor ac yn Gynghorwr gweithgar i Blaid Cymru ar Gyngor Gwynedd.

Bu Nansi, Mam Andrew yn wyneb cyfarwydd y tu ol i gownter Siop y Pentan am dros ugain mlynedd, cyn i’r gelyn canser ei chipio hithau yn 2007. Er hynny pan wnaeth Wyn ymddeol yn 2009 prynwyd y busnes gan Andrew a Llio i barhau’r cysylltiad teuluol. Erys yr hiraeth am y wen ddireidus a’r winc fach gyfeillgar wnaeth Pwmps yn ffrind i bawb. Arwyn 2016

Village Voice

April 2016

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

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

Every Wednesday Steak Night at the Railway Inn 01267 253643

Every Monday and Thursday from 1 September 7.30 – 9.30 Bowls at Memorial Hall

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

April 6 Wednesday 12 – 5pm Foot Clinic Memorial Hall

April 9 Saturday 10.00 Coffee Morning in aid of Defibrillator Memorial Hall

April 9 Saturday 2.00 Walk around Henllan

April 12 – 19 Bags 2 Collection Llanpumsaint School

April 13 Wednesday 12.30 Luncheon Club Railway Inn – 253643 to book

April 14 Thursday 7.30 Llanpumsaint Choir Llandysul Parish Church Tickets £10

April 18 Monday 1.30 60+ Club Everyday First Aid Bronwydd Hall

April 19 Tuesday 7.00 Curry & Quiz £5 per head Railway Inn

April 20 Wednesday 60+ Club trip to Swansea Canal

April 23 Saturday 2.00 Garden Open in aid of Defibrillator Bodran Felin

April 23 – May 1 Clean Coast Week, see Keep Wales Tidy

April 24 Sunday 1.45 West Wales Dowsers Bronwydd Hall

April 24 Sunday 8.00 Quiz Hollybrook Inn

April 26 Tuesday 8.00 AGM Welfare and Recreation Association, Memorial Hall

May 3 Tuesday 8.00 Llanpumsaint Community Council Memorial Hall

May 7 Saturday 10.00 Walk from Bodran Felin to Allt Garedig

May 7 Saturday 3.30 Fun Day Playing Field Llanpumsaint (Subject to Field availability)

May 8 Sunday West Wales Dowsers Field Trip

May 11 Wednesday 12.30 Luncheon Club Railway Inn – 253643 to book

May 17 Tuesday 7.00 Curry & Quiz £5 per head Railway Inn

May 18 Wednesday 60+ Club trip to Picton Castle

May 18 Wednesday 12 – 5pm Foot Clinic Memorial Hall

May 21 Saturday 7.00 Vale of Towy Choir Concert Memorial Hall Tickets £6.50

May 22 Sunday 1.45 West Wales Dowsers Bronwydd Hall

May 29 Sunday 8.00 Quiz Hollybrook Inn

June 4 Saturday 11.00 Walk Carreg Cennen to Tregrib Woods

June 7 Tuesday 8.00 Llanpumsaint Community Council Memorial Hall

June 9 Thursday 6.30 Quiz in Carmarthen Town Clubhouse for Cerebra

June 15 Wednesday 12.30 Luncheon Club Railway Inn – 253643 to book
June 15 Wednesday 8.00 AGM Memorial Hall Trustees
June 21 Tuesday 6.00 Walk to the Five Pools, Llanpumsaint
June 21 Tuesday 7.00 Curry & Quiz £5 per head Railway Inn
June 25 Saturday 2.30 Bronwydd Annual Fete. More details in next Village Voice
June 25 Saturday Sine Nomine Concert in Church – more details next Village Voice
June 26 Sunday 8.00 Quiz Hollybrook Inn Bronwydd
June 29 Wednesday 12 – 5pm Foot Clinic Memorial Hall
July 2 Saturday ‘This River’ band Memorial Hall – more details next Village Voice
August 29 Monday 8.00 AGM Bowls Club Memorial Hall
September 1 Thursday Bowls Season Starts Memorial Hall

Llanpumsaint and Ffynnonhenry Memorial Hall

To book phone Arwel Nicholas on 281365

Ysgol Llanpumsaint PTA

The Christmas Fair raised well over £1000 for the school, including donation from Barclays Bank. This is a really well supported event, and wouldn't happen without the wonderful support of the community and local businesses. Thank you ever so much to everyone who supported us. The Fair is held on the first Saturday in December each year, anyone interested in having a stall on the 4th December please get in touch with Emma Brown, Lynsey Jones or Moishe Merry.

We also would like to thank the parents for supporting the Lasagne Night on the 8th March in the Railway Inn; it successfully raised £180 including the raffle. Thank you to Jane and her staff for making it such a lovely evening.

For anyone looking at spring cleaning over the coming weeks, the school are holding a Bags 2 School collection on Tuesday 19th April @ 9.00. They pay 40p a Kilo to the PTA which soon adds up. You can use your own black bin bags, and can include paired shoes, hats, belts, handbags, soft toys, and hats, as well as clothing. Items that can't be included are bedding, curtains, towels, linen and bric a brac. Bags can be dropped off after between the 12th and 19th April at the school.

Over the Easter Holidays, the parents and pupils will be having another work day on the school building, around the garden, replacing the old shed, and decorating the school fence. If anyone has a surplus of bedding plants, they would be very gratefully received. Also - if anyone has any unwanted items that need 'regifting', the school are looking for raffle prizes for future events.

For further information contact Moishe Merry, PTA Secretary on 01267 253668 or themerrys@live.com

2ND JULY - Band concert – ‘This River’ is an indies/rock band based in Swansea. They travel all over and play in local clubs and pubs. This River played in Cafe Lorenzo, Carmarthen back in October and played varied but knowledgable music, covering many decades! For a sneak preview before they come to Llanpumsaint in July, look for Idge Logan (he's the main singer) on You Tube and you'll be able to see their talent for yourselves!! More details Lynsey Jones.

Llanpumsaint Allotment Association

The Association's AGM in February was well attended, during which a new Chairperson and Secretary were elected and several new members were welcomed. A site tidy up day subsequently took place on 13th March which was also very well attended by young and not so young, and who, through a lot of hard work (boosted by plenty of refreshments), achieved a great improvement to the area.

A plant sale is now being arranged for early May, which will be held by a professional grower who will also give a demonstration of hanging basket/patio container planting. Non members are very welcome to attend and anyone with spare plants can bring them for swapping (or donation to others if you're feeling generous!). The date of this event will be confirmed shortly and details placed on the Memorial Hall notice board.

Llanpumsaint Heartbeat – Raising Funds to get Defibrillators for Llanpumsaint

We are pleased to announce that we now have raised nearly £1500 so we can now plan to install the first defibrillator for the Village. But we are planning to get more – so that areas like Nebo and Ffynnonhenry will also have a defibrillator, so please keep giving.

£877 was raised at the Swing Boyz evening, and on 29th February at the Ivy Bush hotel, Carmarthen Rotary Club generously donated a cheque for £500 to Llanpumsaint Heartbeat. Many thanks to Rotarian Sandy Mather for bringing our group to the attention of Carmarthen Rotary Club. We have also received a number of private donations.

Anyone who would like to become secretary of our committee please contact Mike Poston 253725. We are also looking for new members to join our small committee to assist in this fundraising project. In the meantime we will continue to raise funds locally within the community.

Our next event will be a coffee morning on Saturday 9th April, from 10.00am, in the Memorial Hall. A representative from Welsh Ambulance Service will be joining us, and at 11.00am will give a talk on defibrillators in the community, CardioPulmonary Resuscitation (CPR) training, (**CALL, PUSH, RESCUE**) and demonstrate the use of a defibrillator. We will also be able to demonstrate the use of the CPR kits. Remember that we now have a community CPR training kit available for anyone in the community to use free of charge, so why not learn CPR in the comfort of your own home with your family, it takes 30 minutes to learn a life saving skill. Everything you need including a DVD are provided. Contact Mike Poston on 01267 253725 or

llanpumsaintheart@btinternet.com. Those that have already shown an interest in CPR training will be contacted soon. We would be very grateful for donations of cakes to serve with the Tea and Coffee, and to sell to raise funds.

The other Fundraising events planned are the open garden at Bodran Felin on 23rd April, and a Concert with the Vale of Towy Male Voice Choir and other acts on 21st May, see more details in this edition.

Keep up to date with our activities on our Facebook site - Llanpumsaint Heartbeat. Many thanks.

Fun Day – Saturday 7th May

Subject to Welsh Water confirming the Playing Field would be available for use, the programme of events will be as follows:

Duck Race at 3.30pm, organised by Nebo Chapel

Pig Racing at 4.30pm, organised by the Hall Trustees

Hog Roast at 5.30pm organised by the Welfare and Recreation Association

For the evening, the Hall will be hosting Huw Evans, Country and Western Artist, admission £2, bar facilities.

The School PTA will arrange for stalls on the field. Anyone wishing to have a stall should contact the School PTA Chair, Lynsey Jones, on 253085.

See posters for any changes.

Concert May 21st – Vale of Towy Male Voice Choir in the Memorial Hall

The Vale of Towy Male Voice Choir, guest appearances and singing from Pontlliw Players, and with Mike Cauley compering the whole event will be a great evening for families and friends to enjoy. Doors open at 7.00pm, show starts at 7.45pm, with an interval of 30 mins.

You can buy food from Steve's Van, with a choice of Chicken Curry, Burgers, Sausages and Chips.

Mathew will be running the bar. Tickets are £6.50 (does not include food and drink).

Proceeds will be split between Sustainable Llanpumsaint, New Barbecue area at the Station Yard for the Village, and Llanpumsaint Heartbeat.

Full details on posters nearer the event – contact Bob Conyard for information.

Llanpumsaint and District Choir

As mentioned in the previous edition of the Village Voice the choir will be performing "The Crucifixion" by John Stainer in Llandysul Parish Church on Thursday, April 14 2016 at 7.30p.m.

Assisting the choir will be Sion Owen, Tenor and Rev Aled Williams, Bass. Gwyn Nicholas will be the conductor and Lynne James the organist.

All proceeds will be donated to the Welsh Air Ambulance and the tickets are £10.00 each. They can be obtained from any choir member or at the door on the night. Please support this very valuable cause.

Zing! went the strings of my heart

On Saturday the 6th of February, the Memorial Hall hosted the very first fundraising event for Llanpumsaint Heartbeat. Mike Poston opened the evening, reminding us of the worthy nature of the fundraising cause. All tickets were sold out and to a packed audience, "The Swing Boyz" live band played 1940's music and a great evening was had by all. The band was led by Barry Wade and their supporters showed (some of us) how to dance 1940's style! Colin Bowen entertained us as well with some wonderful music.

A homemade, two-course meal was included in the very reasonable entrance fee – there was an array of choices and the food was delicious. The raffle and bar also contributed towards the proceeds and an amazing £877 was raised towards the first Llanpumsaint defibrillator.

Thank you to Ann Pettitt who organised the menu and to the cooks (food was provided by Kay Bowen, Sandy Mather, Carolyn Smethurst, Anne Pettit and others). Many thanks also to Sarah Moore for organising the raffle, and to all of the helpers who decorated the hall to great effect and not least to Joy for washing up!

LLANPUMSAINT WALKERS ANNUAL LITTER PICK

On Saturday, 5th March, in and around the village, 16 people, ages ranging from 12 to 78, marched forth bearing the tools of their trade: rubber gloves, litter bags and pickers. This was the annual Litter Pick performed for the village by members of the Llanpumsaint Walkers group, together with partners and friends. For two hours on a cold, but sunny morning they battled their way through the undergrowth, spearing a variety of refuse, including the debris of take-away snacks thrown out of cars by uncaring travellers. This year, 20 bags of rubbish were collected including old plastic pipes and plant pots. Other strange trophies were a bra which could be a match to the pair of knickers found last year! Thanks to Dan Snaith from keep Wales Tidy, and Brian Mogford from Carmarthenshire County Council for the loan of the equipment necessary to carry out the work safely and competently, picking up the bags when we have finished.

The sad thing is that just hours after the spring clean, new litter was spoiling the village again along the roadsides.

West Wales Dowsers Society – Future Events

Sunday April 24th – Sarah Howcroft – teaching Shamanism with drumming. Bring own drum if you have one. (Please note Tim Walter will now be speaking in May!)

Sunday May 8th - International Dowsing Day at Cenarth and Ffynone Waterfall

Sunday May 22nd – Tim Walter speaking about Elementals

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.

Garden Open Bodran Felin 23rd April 2.00pm – 5.00pm in Aid of Defibrillator

When I said in February that we would open the garden to raise funds for a defibrillator, I had thought that it would stop raining soon. However, we had to wait to March for it to stop, but at last we have had some dry weather to get the garden ready to welcome visitors, though some of the borders are still very wet. We will have to wait to see how the plants have survived having their feet in water for the whole of the winter.

You have all probably noticed that both snowdrops and daffodils have graced our gardens and hedgerows for the past month, so unusual to see them together. And the daffodils have been so prolific, even the blind clumps from last year have bloomed this year – they obviously enjoyed the rain!

For April 23rd, we should have the late flowering daffodils and camassias in flower, as well as other bulbs, spring flowering shrubs and flowers. The bluebells are growing well in the wood, and may well be in flower.

The Canada geese have been fighting over nest sites for the past month, and there are at least 5 pairs with the female sitting on eggs. Every year, despite the weather, the first goslings are seen in the middle of April – so you may be rewarded for putting up with their noise for the past 2 months with a sight of the youngsters feeding on the grass or swimming on the lake.

There will be teas, coffees and cakes, and we will have a small marquee to shelter if it dares to rain. We will also have a book stall, and plants for sale – so please come along, enjoy a walk though the woods and around the lake, and help us raise money for the second defibrillator for the village – there will be buckets for donations! Plenty of parking. Carolyn and Brian Smethurst.

Ffynnonhenri Chapel

Details of services for the months of April and May 2016

April 17 2016 Service at 2.00p.m.Rev Carl Williams

Mai 8 2016 Service at 2.00p.m.Mr Arwel Evans

Mai 22 2016 Communion at 3.00p.m.Rev Roger Thomas

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

Nebo Chapel

April 3rd Mr Peter Harries- 10:30am, 10th Dr Dai Lloyd- 10:30am, 17th Mr Wyn Maskell- 10:30am

May 1st Rev John Morgan- 10:30am, 22nd Mr Dylan Jones- 2:00pm

June 5th Rev Emyr Evans-10:30am, 19th Rev Roger Thomas-2:00pm, 26th Rev Andrew Lenny- 2:00pm

We will also form a part of the community fun day on the 7th of May with the annual duck race.

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

Caersalem Baptist Chapel Llanpumsaint

“We proclaim Jesus Christ as Saviour and Lord”

Please contact Eleri Morris (Secretary) 01267253895

Llanpumsaint Church News

Services continue in the same pattern as previously. Please see the notices outside the church for further information.

Advance Notice - There will be a concert by the Sine Nomine Singers in church on 25th June. There will be further details nearer the time.

A message from Canon Aled W. Williams

It has been so good to meet many of you since the happy service of welcome at Llanpumsaint in February, when my wife, Eirian, and I were struck by the warmth of your greetings and fellowship. I look forward to getting to know you all in due course.

A word of introduction, I thought, might be helpful:

A native of Glamorganshire, I was brought up in Pontypridd, moving later to Cardiganshire (the Aberystwyth area). I studied at Aberystwyth and Cardiff prior to Ordination in 1971, serving subsequently in a number of parishes and terminating as leader of a Rectorial Benefice of 13 churches centred on Lampeter, Cardiganshire, from where I retired in 2011. We have two children, Lois a teacher and Rhun a farmer; also three grandchildren.

Recently invited by the Bishop to serve as Interim Minister for this benefice of Llanpumsaint, I have agreed to do so on a part-time basis. This means that, as well as Sunday duty, I shall be available on two other days, say, Monday and Thursday generally. Having said that, I will be flexible – please feel free to contact me if urgent, at any time; if I am here I will respond!

We live at Llanllwni, which is only a 20 minute drive away, so I shall be readily available, and I hope to begin some parish visiting soon. Please let me know of any one in hospital or unwell at home.

My brief, as expressed by the Bishop will be to help prepare the benefice for the change-over to an expanded Ministry Area, which, as you are aware, will be happening in the near future. Times of change are never easy, but with the right attitude, nothing is impossible. It seems to me that the concept of ministry and service is well-advanced among the lay people of this benefice, so you are well on your way!

Diolch am y croeso twymgalon a estynnwyd i mi i'ch plith eisoes. Edrychaf ymlaen i gydweithio â chi, yn ystod y misoedd sydd i ddod.

Bendith fo arnoch bawb/With every good wish

Aled Tel. 01559 395802 Email/Ebost pedrbrefi@btopenworld.com

Cerebra - The Carmarthen charity for children with neurological conditions

I work for a wonderful UK charity which conducts research into, the prevention of causes, intervention treatments, support and needs identified by families of children with neurological conditions, as well as legal, educational and social issues. My point of contact is usually after the parents have received a diagnosis and are having difficulty in understanding their child's condition and prospects for the future. I can de-mystify the medical terms and direct them to their local support services and explain many ways of dealing with the challenges their child may present, and in most cases the child will be given every opportunity to fulfil their maximum potential, for a good quality of life. Some of the neurological conditions we care for include the following:

- Cerebral Palsy
- Autistic Spectrum Disorders
- Developmental disorders like Global Developmental Delay, Dyspraxia and Learning Disabilities.
- Seizure disorders such as Epilepsy, West Syndrome, Lennox Gastaut Syndrome and Dravet Syndrome.
- ADHD
- Traumatic Brain Injury like head injury and Shaken Baby Syndrome.
- Acquired Brain Injury due to infections like Encephalitis and Meningitis, Stroke, Brain Tumours, Hypoxic Event or Haemorrhage.
- Down's Syndrome and other Chromosomal/Genetic conditions – Some examples being Trisomy 13 (Patau Syndrome) and 18 (Edward Syndrome), Fragile X, Angelman Syndrome, Prader-Willi Syndrome, Cornelia de Lange, Rett Syndrome, Williams Syndrome and chromosome deletion disorders.
- Brain Malformation/Abnormality like Agenesis of the Corpus Callosum, Dandy Walker Syndrome, Arnold Chiari Malformation, Lissencephaly, Microcephaly and Macrocephaly.
- Degeneration of the brain – Cerebral Atrophy and Periventricular Leukomalacia for example.
- Hydrocephalus
- Conditions caused in utero such as Foetal Alcohol Syndrome or as the result of some sort of toxin.

Founded in 2001, Cerebra is a unique national charity that strives to improve the lives of children with neurological conditions, through research, information and direct, on-going support. Living with neurological conditions can make life very hard, not just for the child, but for their family too. At Cerebra, with the help of our supporters, we aim to make it easier.

The Research

Cerebra sponsors research at six world leading university research departments, (Academic Chairs), which:

- would allow doctors to define measures for early interventions that would improve the life chances of babies
- aims to predict mums at risk of early delivery and prevent it from happening so that fewer babies need neonatal intensive care and do not suffer the complications of being born too early
- aim to understand the causes of cognitive, behavioural and emotional problems experienced by children with rare genetic disorders
- Focuses on the wellbeing of the child and their parents, siblings and, potentially, grandparents
- involves families affected by childhood disability in research to ensure research topics are relevant and important to families
- helps families access their legal rights and entitlements to health and social care

Cerebra supports families in many ways, with:

- information and advice on a number of topics, over the phone or through our website
- face to face support through our network of Regional Officers who can help with form filling and letters, completion of the Disability Living Allowance form, meetings, specific local information and activities

- a sleep service to give advice and support to families on a wide range of sleep issues
- grants of up to 80% of the cost of equipment and services to make life easier and more enjoyable
- a free postal lending library for books and sensory equipment
- a free telephone counselling service
- a holiday home
- a Wills and Trusts scheme
- 'Personal Portfolios' to help introduce children to new people they meet
- an innovation centre who design bespoke equipment to meet family's needs
- a monthly e-newsletter full of informative articles and stories
- regional family support forums

Funding

Funds are raised by a weekly Lottery, Bequests, Incidental Donations, Sponsored sporting challenges, from Abseiling to Zumba, Sponsored Runs, Parachute Jumps at Skydive Swansea, Family Fun Days, Raffles, Coffee Mornings, Bingo, Plastic Duck Races, Welly Discos, Karaoke, Open Gardens, and other special events. If you would like to raise some funds, there is an A-Z of good ideas on our website at:

<http://w3.cerebra.org.uk/fundraise/fundraising-for-cerebra/>

The next fund-raising event is a **Quiz Night** to be held on Thursday 9th June 2016, 6.30pm – 10.00pm, at the Carmarthen Town AFC Clubhouse, Richmond Park, Carmarthen, SA31 1HZ.

Details at: <http://w3.cerebra.org.uk/whats-on/cerebra-quiz-evening/>

Anthea Wright (Cerebra Research Officer)

Clwb Cerdded Llanpumsaint Walkers Club

We hope you will join us on our walks for the next few months.

The first walk is on 9th April at 2.00pm, about 2.5miles, around Henllan, a mixture of woodland with views of the river, fields, and some roadwalking. Meet at the parking area on the A484 Newcastle Emlyn road, Map ref 353401, which is about 2/10th of a mile beyond Henllan bridge.

On Saturday May 7th we will do one our the walks on the Ditchhikers Guide to Llanpumsaint (copies in the Shop) via Allt Garedig, through the bluebell wood – Start at 10.00am from Bodran Felin. Walk will take about 3hrs, through fields, woodland and country lanes.

In June, we have 2 walks as follows:

The first one on Saturday 4th June, starting at 11.00am is from Carreg Cennen to Tregrib Woods which consists of ancient woodland, wildflower meadows, new native woodland and enchanting sculptures. About 5 miles, the walk will finish at Carreg Cennen Castle tea rooms for a reviving cup of tea. Park in the large carpark below Carreg Cennen Castle, OS Landranger map 159 SN669019 – toilets available in car park

The second walk will be our pilgrimage to the Five Pools on Tuesday 21st June, starting at the Memorial Hall at 6.00pm. With thanks to the landowner who gives us permission to walk up the small river Cerwyn to the Five Pools – you will need Wellingtons, and a stick as the stones in the river can be very slippery. If there is time on our return, we will walk along a newly diverted footpath toward Esgair, and return to the Railway. More information from Carolyn Smethurst 01267253308

Mobile Library – Every 4 weeks – for details phone 01267 224830

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

Clwbgwili 60+

Club members celebrated St Davids Day at their Club meeting on 22nd February. The Chairman Mr Peter Giles thanked Mr and Mrs Glyn Evans for their great effort in making and delivering an excellent Cawl for everyone to enjoy as part of the celebration. He also thanked the Club members for bringing the refreshments that followed the Cawl. Mr Arwyn Thomas was the speaker for the afternoon. He never fails to keep his audience captivated giving a talk on "History of the Bronwydd Railway for the last 100 years" A vote of thanks was given by Mr Ralph Carpenter. It was a very enjoyable afternoon with nearly 90 members present.

Claire Greenhouse from The British Red Cross will be coming to Bronwydd Hall on Monday 18th April at 1.30pm. Members are having a course in "Everyday First Aid" funded by the Club. Twenty members have already signed up for it.

Four trips have now been organised for the spring/summer.

The first one planned for Wednesday 20th April is going on the Swansea Canal followed by afternoon tea at the Dragon Hotel Swansea. The coach is already full for that trip.

Wednesday 18th May we are going to visit Picton Castle followed by a buffet lunch at their restaurant.

A half-day trip is planned for 13th July visiting the Llanelli Wetland Centre and then on to The Bridge Inn Llangennech for an evening meal.

We have a full day excursion planned for 17th August visiting the Rhondda Heritage Centre and then returning for an evening meal at Tafarn y Deri Llanedi.

The Turkey and Tinsel break was such a success last year that Mr Glyn Evans is arranging another this year. The Club is going to The Langham Hotel Eastbourne on the 21-25th November Cost is £285pp.

There are still a few vacancies on the coach but the deposit of £50 is due within the next fortnight. Anyone wishing to join us is welcome but they will have to be club members. Contact Glyn for details Tel no 01267 236280

Although we have 130 members now we are still welcoming new members to our club. Membership costs £5 for a year and we meet once a month on the fourth Monday of each month at Bronwydd Hall at 2pm for 2 hours.

Further information available from Mrs Val Giles Tel no 01267 281194

Llanpumsaint Welfare and Recreation Association

As most of you will be aware, Welsh Water has yet to reach the playing field to lay the new sewer pipe from the sewage works through to the field behind Gwili Terrace.

It was hoped that the work would be completed by now, but all the wet weather during the winter months has severely delayed progress.

The promised new goalposts, benches and litter-bin will be installed once Welsh Water has vacated the field.

The Association's Annual General Meeting will be held in the Memorial Hall at 8.00pm on Tuesday 26th April – all are welcome to attend.

Llanpumsaint and Nebo Short Mat Bowling Club

Our league season is fast coming to a close. With one match to play, we are currently in fourth place in the First Division, with a chance of clinching third position.

We still have to hold our Club Finals Night, and our annual home and away matches with Bronwydd for the Roy Bowen Memorial Cup.

Once these matches have been played, our 2015/16 season comes to the end and we will return to the hall on Thursday 1st September.

Our Annual General Meeting will take place in the Memorial Hall at 8.00pm on Monday 29th August 2016. All are welcome to attend.

Listen to the Birds!

"March April and May are the best months to enjoy birdsong. In fact, for most of our native resident birds, this is the only time to hear them. By mid June they have paired up, found nest sites, raised chicks, and now they are busy feeding. The noisiest characters will be the swallows and martins whose friendly twitters will tell us it's summer right through to the first Autumn gale. Of swifts we sadly have precious few.

Our resident birds start as soon as they can. Once April really warms things up, there will be all the summer migrants arriving, competing for nest sites. Did you know (I didn't until recently) that most of our songbirds nest below waist level, not in trees but in dense scrub - brambles, blackthorn, willow. It's what farmers call "trash" but it ain't no trash to robins, tits, wrens, blackbirds, thrushes, finches - it's home. That's why untidy gardens, and those hard to reach overgrown dingles, are good for birds, and why West Wales, despite its farmers' best efforts, is still richer in birdsong than much of Britain .

First off the starting blocks, even in January, is the Great Tit. " teacher teacher" he goes, soon followed by the breezy little call of the blue tit from up in the hedgerow trees. Since early February a song thrush has been singing his heart out from the top of a tall ash below the garden. If you hear a song that is long, loud, complicated, and comes in tropes repeated three times, it's a thrush. If you hear a really sweet song, from a bird at shoulder height somewhere, it's a Dunnock- called a hedge sparrow, it is a kind of brown robin with pink legs and a sharp little beak. If you hear a very fast drumroll from a wood, it's the greater spotted woodpecker. The blackbirds are busy, but quiet in early spring. Mid May seems to be when they tell us that we can actually sit down outdoors. The chaffinch is gloriously bright in breeding colours, and with a cheerful loud song to match. The loudest song of all belongs to nearly the smallest, the wren, a startling explosion of clattery notes from knee height.

Early April the first migrant to have made it across the Sahara, past the European hunters who shoot tiny birds for fun, is the chiff-chaff. Sounds like its name. Plink-plonk, repeat for the next month. Next comes my favourite, the fast disappearing willow warbler. Likes willows, sings from taller ashes just as the leaves start to unfurl. The song is a wonderful descending cascade of silvery sound - the "Sound of Spring" as a friend once described it. I won't list them all, but the spring chorus comes to a crescendo with the arrival of the blackcaps. By now the leaves are really opening and your chances of seeing any of these birds - mostly small, greyish green- are slight, but if all the other birds are in a musical, the blackcap sounds like it is in an opera.

Enjoy it while you can." Ann

Llanpumsaint Community Council

Phillip Jones is Clerk to the Community Council, and he can be contacted on 01267 253512 or email clerk@llanpumsaint.org.uk 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.

Meetings are held on the first Tuesday on each month, except August and December. The Annual General Meeting will be held on 3rd May, followed by the normal business meeting.

Carmarthen County Council will be carrying out some road safety improvements in the village, starting with lowering the speed limit to 20mph on the roads from Coopers' junction past the church then past the School to the current 30mph limit. From the church past Gwili Terrace and Bodran Felin, and from the bridge near Gwili Terrace past the shop and hall to the main road. There will also be a 40mph limit applied to the road south of Gwarcwm by the old quarry to the existing 30mph. They will be advertising the proposals and if there are no objections, the work will be carried out as soon as possible.

Recent Planning Applications

W/33248 – Llanpumsaint Wastewater Treatment Works – Erection of a welfare cabin

W/33248 – Glandwr, Llanpumsaint – Erection in field of tractor shed.

Superfast Broadband Update

On Monday 21st March I travelled to Saundersfoot to attend a meeting arranged by Angela Burns, AM. Ed Hunt, Superfast Cymru Programme Director, was invited to attend to answer questions. Mr Hunt lives in Wales and is also in the remaining population to receive Superfast broadband. He explained the following:

The programme is funded by the Welsh Government and also European Union funding.

BT were awarded the contract to deliver fibre broadband to 95% of Wales

The definition of Superfast broadband for Mr Hunt's programme is 30MB

The programme is due to end in the summer of 2017

See this page below for more details about getting Superfast broadband to difficult to reach and/or commercially non-viable properties. <http://www.superfast-openreach.co.uk/rural-broadband/>

My questions to Mr Hunt and my recollection of his responses is given below:

Question: why have areas that already have an adequate broadband speed been prioritised in your programme over areas such as ours where many properties receive 0.5MB?

Answer: a major contributing factor was the late receipt (by more than 6 months) of European funding. This meant that a decision was taken to keep the timeline of the programme on track by beginning with 'low hanging fruit' (i.e. areas where the solution was relatively simple to implement).

Question: given that much of the Llanpumsaint/Upper Bronwydd area falls into the very complex solution category can you tell me if our date is likely to move again?

Answer: Your area is still in scope for Fibre To The Premises (FTTP) and this is far more complex than Fibre To The Cabinet (FTTC) as it requires new infrastructure (new telegraph poles, new cabling from the exchange to the properties etc). We have experienced issues in your area such as blocked ducting which can delay progress but the overall target remains late summer of this year, possibly around September. It is impossible at this early stage of the works to give an exact date or to guarantee that specific properties will be included. We are working to improve the level of information for the FTTP journey on our website as we are aware that this currently provides limited information on progress.

I will endeavour to find out about any developments or changes to our Superfast broadband delivery and print any such updates in the Village Voice.

Please remember, once you are able to receive Superfast service you will need to order this from a provider - it will not automatically happen. For FTTC customers (Llanpumsaint Cabinet 4 recently enabled) this will mean choosing an appropriate provider and tariff. For FTTP customers this will mean engaging a supplier to bring the fibre cable from the closest point to your premises (which I understand will be covered within the tariff that you choose).

There is a page on the Superfast-Cymru website that tells you how to go about taking up the service - there is also information on the benefits of Superfast and it is worth looking at the page called 'How it's Built':

<http://www.superfast-cymru.com/how-do-i-get-it>

Send me any specific questions to the address below and I will do my best to answer:

Kaybowenis@gmail.com

Llanpumsaint and Ffynnonhenry Memorial Hall

The Trustees will hold their Annual General Meeting in the Hall on Wednesday 15th June at 8.00pm. All are welcome to attend.

Another concert has been booked for this Autumn. The theme this year is 'Queen' and will be performed by 'Pure Magic'. Further details will appear in the next issue of Village Voice.

Impatient for Access to Superfast Broadband?

If you are not yet able to receive superfast broadband then you may be able to get connected via the Access Broadband Cymru scheme from Welsh Government.

<http://gov.wales/topics/science-and-technology/digital/infrastructure/superfast-broadband/step-four-superfast-not-available/?lang=en>

This scheme provides grants to fund (or part-fund) the installation costs of new broadband connections for homes and businesses in Wales. It does not include monthly rental costs.

New connections through this scheme must deliver a step change in speed - with at least double your current download speeds eg a current connection of 10Mbps must improve to at least 20Mbps.

The amount of funding you can receive depends on the speed of the new connection:

£400 for 10Mbps and above

£800 for 30Mbps and above

Applying for the grant:

1. Check eligibility – details can be found in the ‘Eligibility criteria and scheme conditions’ in the document downloads on the above link.
2. Carefully consider what speed connection your home or business requires today and over the next 12 months.
3. Choose an Internet Service Provider (ISP) – look at the registered prospective suppliers list to find ISPs that can provide eligible services.
4. Complete an application form – download the application form found in the document downloads.
5. Send your application to Welsh Government for approval along with a quote from your chosen ISP.
6. If approved, you will receive an offer letter. You can then contact your chosen ISP to install your superfast broadband equipment. Once installed and the new speeds have been confirmed funding can be released on your behalf.

If you have any questions ring us on 0300 025 8893/8887 or email us at broadband@wales.gsi.gov.uk.

Police news

In the last few months we have seen a number of reports of suspicious vehicles in our force area. Please be vigilant, if a vehicle visits your property and you feel that this visit is suspicious, ring us on 101 and quote the vehicles registration number. We will then follow up this report and act accordingly.

We will be conducting Community speed watch patrols in the locality over the next few months. This project has been set up involve members of the community who, in company of PCSO's will operate a speed detection device and collate the information, which will then be forwarded to our central ticket office. This will result in the keeper of the speeding vehicle being warned by letter of their recent misdemeanour and should they be caught again they will be liable for points. We are looking for volunteers to join us in Llanpumsaint as this is one of 3 areas chosen for the pilot of the scheme in Carmarthenshire. Finally after a recent personal near miss with a cyclist, I would like to remind cyclists, walkers, runners, horse riders and any other persons who use the highway, if you are listening to music or making phone calls and have earplugs or headsets attached to your devices you are less aware of your surroundings. Consequently you can put yourself or others at risk of being involved in an accident, sometimes minor but more often these incidents are serious and often life changing. Please be aware when you are out and about and stay safe.

Martin Dickenson 8046 Police Community Support, Heddlu Dyfed Powys Police

Carmarthen Police Station 101 Ex 25344 / 25343 martin.dickenson@dyfed-powys.pnn.police.uk

Railway Special Nights

Wednesday evening special is Steak Nights for 2 – 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.

Andrew Davies Penbontbren

He travelled all over the world behind his camera lens to create a uniquely recognisable style as a B.B.C photographer. His shots were always that little bit different. If you watch any of the Dai Jones Cefn Gwlad repeat programmes, his name often comes up on the credits, alongside another Llanpumsaint lad, Huw Davies his partner sound recordist.

He was known to all and sundry as Andrew Pwmps, a name inherited from his father Emrys Pwmps. The explanation lay in the fact that when Gwili Vale shop (by the Church) and the Farmers Co-op closed in the 1960's, it left a vacuum. In stepped Emrys to open a petrol station with wife Nancy selling pop and crisps at Penbontbren. They were soon busy, and noisily so, after the school bell rung in the afternoons. Andrew enjoyed a carefree upbringing at Llapumsaint School, getting into all manner of harmless pranks with the likes of Eirwyn Green.

In that era Dyfed Alarms began to operate but few realise that the company's first employee was Andrew, where he learnt his craft as an electrician. He also learnt his craft as a drummer, to set up a Band, Eryr Wen (White Eagle). His little van toured all over Wales to hold Gig after Gig; Eryr Wen became famous! Then the late famous photographer, Ken Davies, sought him out as a Sound Man; they became a team. Along with B.B.C Reporter Alun Lenny, they covered all the great stories of that era, in all weathers and all hours of the day. From Milk Quota protests, to floods, to the Carmarthen Bunker saga and the bitter Miners Strike, they were always there to keep the viewer informed. Alun Lenny described Andrew's camera work as the best he'd experienced during his career.

He'd been north, going to Bangor to work for Barcud Film Company, with his furniture moved up there by Wyn Pentan and Wil Lloyd in an ATS lorry through floods at Machynlleth. It proved a decisive move on a personal level, for he met Llio from Penrhyndeudraeth. They married at Portmeirion., and later settle to raise a family near Llandeilo. After the Penbontbren days, his mother Nansi served behind the counter at Siop y Pentan on Carmarthen Market for over two decades, before cancer cruelly took her in 2007. Then when Wyn retired in 2009 Andrew stepped in to buy the Welsh shop and maintain a family connection only to be tragically taken himself, this year.

Andrew Pwmps was such a creative talent, with so much more to give. His ready smile and disarming wink defeated any difficulty, to win him friends where ever he went. It is an interesting postscript that Penbontbren nurtured two talented individuals, in different fields, but both taken far too young. The other was Dafydd Rhys Jones (Dai Penbontbren, an academic who became a Lecturer at Bangor College (Dai Books to his students) and a distinguished Councillor on Gwynedd County Council. Pwmps was just 52. Arwyn 2016

Clean Coast Week

The fourth annual Clean Coast Week, sponsored by Mc Donald's Restaurants Ltd, takes place from **23 April - 1 May**. Keep Wales Tidy is searching for volunteers across Wales to get together and help care for our award-winning coastline. To take part in one of our clean ups events or to organise your own, visit www.keepwalestidy.org/cleancoast

<p align="center">PALU 'MLAEN FORWARD DIGGING Plant & Agricultural Contractor 3 tonne - 14 tonne Diggers, Site clearing, Landscaping, Steel sheds, Concrete work, Fencing, Hedge cutting and Much more! Just Ask Mathew Jones, 07970030679 Waun Wern, Llanpumsaint, Carmarthen, SA33 6LB</p>	<p align="center">Hollybrook Country Inn Bronwydd 4* accommodation Pub and Restaurant Tel 01267 233521</p>
<p align="center">Siop Penbontbren Stores Mon Tues Wed Frid Sat 8 - 3pm Thursday 8am – 8pm Sunday 9am – 1pm Hair & Beauty Salon - Phone for Appointment Tel: (01267) 253732</p>	<p align="center">Eifion Williams Builder General building Plastering, Patios etc 5 Parc Celynin Llanpumsaint 01267253523 07973842681</p>
<p align="center">Fferm-y-Felin Farm Guest House and Self Catering Cottages Enjoy a relaxing break at this beautiful guest house or in one of our stone cottages 01267 253498 www.ffermyfelin.com</p>	<p align="center">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</p>
<p align="center">Railway Inn Llanpumsaint Pub and Restaurant Tel: 01267 253643 Tues –Thurs open 4.30, Meals 6.30 – 9.00 Fri – Sat open 12 noon Lunch 12.00 – 2.00, Meals 6.00 – 9.30 Sunday open 12 noon Lunch 12 – 2.30 Jayne and Nick</p>	<p align="center">Multi Heat Boiler Care Servicing & Maintenance of Oil Boilers and Cookers Ground & Air Source Heat Pumps Solar Thermal Panels Unvented Cylinders 01559 370997 07966592183</p>
<p align="center">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 align="center">Gwalia Garage Peniel Road Rhydargaeau MOT's, servicing tyres, repairs & post office. Shop Tel: (01267) 253249 Garage Tel: (01267) 253599</p>

<p align="center">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 align="center">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 align="center">Gwili Mill Llanpumsaint Luxury 5* self catering Sleeps up to 15 Ideal for family and friends for celebrations, get-togethers, family holidays Team building www.gwilimill.co.uk 01267 253308</p>	<p align="center"><i>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.</i></p>

For Sale

For sale: Toshiba 20inch slimline digital colour TV, Model 20WLT56B with remote control and user manual, £100 o.n.o. Phone 253993

For Sale

4 x 16" Original Alloy wheels for Saab 95 – offers to 253308

For Sale

2 x Wooden step ladders, good condition 4 treads and a platform. Ideal for general use or painted for display purposes. £10ea. Contact: Chris 01267 253731/07952 578224

For Sale

Due to house refurbishment, the following second hand articles are for sale - price negotiable:

- 5 x 2ft 6ins x 6ft 6ins (approx. size) dark stained internal doors with Georgian style glazed panels with brass handles
- 1 x 2ft 6 ins x 6ft 5ins (approx. size) dark stained, 6 panelled internal door
- Several brass door handles matching those on the doors
- 1 x 4ft 9ins x 1ft 10 ins (size includes frame) full length wall mirror
- 3 x 5 bulb brass ceiling lights with frosted glass shades

Buyer to collect. All items sold as seen Please contact 01267 253195 (Llanpumsaint)

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