

Llais y Llan Chwefror 2016

Copi dyddiad ar gyfer rhifyn nesaf – 25 Mawrth 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 3 Medi

Cadw'n Heini 50+ pob Dydd Iau 2.00 – 300 Neuadd Bronwydd

Chwefror 2 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa

Chwefror 6 Dydd Sadwrn 10.30 Cerdded Pont Tyweli i Bancyffordd

Chwefror 6 Nos Sadwrn 7.30 Swing Boyz Neuadd Goffa

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

Chwefror 16 Nos Fawrth 8.00 Cwis a Chyri £5.00 y pen, Tafarn y Rheilffordd

Chwefror 19, 20, 21 Llandysul Penwythnos Garddio, Neuadd Tysul Llandysul

Chwefror 24 Dydd Mercher 12.00 – 5.00 Clinig Traed Neuadd Goffa

Chwefror 25 Nos Iau 8.00 Cyfarfod Cyffredinol Blynyddol Llais y Llan Neuadd Goffa

Chwefror 28 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Bronwydd

Chwefror 28 Nos Sul 8.00 Cwis Hollybrook

Mawrth 1 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa

Mawrth 4 Dydd Gwener 10.00 Cyngerdd Dewi Sant Cylch Meithrin Neuadd Bronwydd

Mawrth 5 Dydd Sadwrn 10.30 Casglu Sbwriel Neuadd Goffa

Mawrth 9 Dydd Mercher 12.30 Clwb Cinio Tafarn y Rheilffordd Ffôn 253643

Mawrth 15 16 Nos Fawrth 8.00 Cwis a Chyri £5.00 y pen, Tafarn y Rheilffordd

Mawrth 27 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymryu Neuadd Goffa

Mawrth 27 Nos Sul 8.00 Cwis Hollybrook

Ebrill 5 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa

Ebrill 6 24 Dydd Mercher 12.00 – 5.00 Clinig Traed Neuadd Goffa

Ebrill 9 Dydd Sadwrn Cerdded Henllan Cyswllt Carolyn Smethurst 01267 253308 i gael manylion

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

Ebrill 19 16 Nos Fawrth 8.00 Cwis a Chyri £5.00 y pen, Tafarn y Rheilffordd

Ebrill 20 Dydd Mercher Clwb 60+ Taith i Camlas Abertawe

Ebrill 23 Dydd Sadwrn Gardd Agored Bodran Felin

Ebrill 24 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymryu Neuadd Goffa

Ebrill 24 Nos Sul 8.00 Cwis Hollybrook

Mai 21 Nos Sadwrn Cor Meibion Dyffryn Tywi Neuadd Goffa

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

LLONGYFARCHIADAU

Llongyfarchiadau i Aled Davies, mab ifancaf Mair a'r diweddar Huw Davies, Hafod Wen, Nebo a wŷr Marina Davies (Lleine gynt) ar gael ei ddewis yn aelod o Garfan Rygbi Cymru ar gyfer y Gemau Rhyngwladol sydd i'w cynnal yn ystod yr wythnosau nesaf. Anrhydedd o'r mwyaf yw hyn ac fel ardal ymfalchiwn yn ei lwyddiant a dymuno iddo pob lwc i'r dyfodol.

Cadw'n Heini 50+

A ydych eisiau gwella cyflwr eich cyrff ar ôl y gor-fwyta dros gyfnod y Nadolig?

Os felly, mae dosbarth "aerobics" yn cael ei gynnal bob dydd Iau rhwng 2 a 3 o'r gloch yn Neuadd Bronwydd. Mae sesiwn yn costio £1.50 croeso i bawb.

Os am ragor o wybodaeth cysylltwch a Val Lock ar 253524

Clwb 100 Llanpumsaint

Fe wnaed tyniad am fis Ionawr yng nghyfarfod o Ymddiriedolwyr y Pwyllgor Lles ac Adloniant a'r enillwyr lwcus oedd fel a ganlyn:-

1af	Rhif 23	£20	Molly Grindley
2il	Rhif 40	£10	Peter Webb
3ydd	Rhif 38	£5	Elfyn Lewis
3ydd	Rhif 5	£5	Nick Stoneman

Fel sydd wedi digwydd yn flaenorol ni fydd tyniad ym mis Chwefror er mwyn cael amser i baratoi y Fantolen Flynyddol a hefyd danfon allan llythyron i'r aelodau i adnewyddu eu tanysgrifiadau a hefyd geisio cael aelodau newydd. Os oes diddordeb gyda chi i ymaelodi yn y Clwb 100 a fydddech cystal a chysylltu a'r Trysorydd ar 253524 am ragor o wybodaeth.

Mae pob elw sydd yn cael ei wneud o'r Clwb 100 in mynd i goffrau y Pwyllgor Lles ac Adloninat er mwyn cynnal a chadw y Cae Chwarae. Derick Lock, Trysorydd.

Clwb Bowlio Llanpumsaint a Nebo

Ar hyn o bryd yr ydym wedi chwarae 14 o gemau, ennill 7, 4 gêm gyfartal a cholli 3. Yr ydym ar hyn o bryd yn 3ydd yn yr Adran 1af o Gynghrair Sir Gaerfyrddin. Byddwn yn chwarae tim A Llanboidy oddi – cartref yn y rownd rhagarweiniol o'r Cwpan yn y dyfodol agos.

Yr ydym fel arfer yn chwilio am aelodau newydd ac os oes gennych ddiddordeb mae croeso i chi ddod i'n noson ymarfer bob nos Lun rhwng 7.30 a 9.30 yn y Neuadd. Does dim eisiau profiad mae gyda ni Hyfforddwyr Profiadol wrth law i'ch cynorthwyo.

Os am ragor o wybodaeth cysylltwch a'r Ysgrifennydd Derick Lock ar 253524

Côr Llanpumsaint a'r Cylch

Mae'r Côr yn awr wedi ail- ddechrau ymarferion ar ôl toriad dros y Nadolig. Cyn hynny bu'r Côr yn canu carolau yn Noson Fictoriaidd yng Nghastellnewydd Emlyn gyda'r arian a gasglwyd yn mynd i Ambiwylans Awyr Cymru. I orffen y tymor cafwyd noson gymdeithasol yn Nhafarn y Tanerdy yng Nghaerfyrddin. Ar hyn o bryd mae'r Côr yn ymarfer ar gyfer perfformiad o "The Crucifixion" gan John Stainer a fydd yn gael ei gynnal yn ystod cyfnod y Pasg. Nid yw'r dyddiad, lleoliad na'r elusen wedi ei benderfynnu eto felly cadwch lygad am y posteri a fydd allan cyn bo hir.

Os oes unrhyw un a diddordeb i ymuno a'r Côr a fydddech cystal a chysylltu a Gwyn Nicholas ar 01267 253686 neu unrhyw aelod o'r Côr.

Clwb Cerdded Llanpumsaint

Ein taith gyntaf am 2016 oedd ar ddydd Sadwrn Ionawr 16 - diwrnod sych o'r diwedd. Roedd dau ddeg un o gerddwyr wedi ymgynull gyda ystod oedran o 7 hyd 78, a thri chi. Cerddon ni o'r Coopers ar hyd y llwybr i Nebo a wedyn drwy goedwig Bettws tuag at Rheilffordd Gwili.

Gyda chaniatad caredig fe gerddon ni ar hyd y rheilffordd hyd Neuadd Bronwydd. Roedd y daith yn ddiddorol iawn – jyst y peth ar ôl y Nadolig. I orffen aethon ni i Dafarn Nantgelynen am ginio a hefyd cynnal ein Cyfarfod Blynnyddol. Mae manylion y cyfarfod hwn ar wefan y pentref, www.llanpumsaint.org.uk Hefyd ar y wefan mae manylion dros dro o'n teithiau am 2016.

Ar ddydd Sadwrn Ebrill 9ed am 2.00 y prynhawn fe fyddwn yn cerdded o amgylch Henllan. Cerdded ar hyd lannau'r afon Teifi gyda'i blodau hyfryd a thrwy gaeau a nôl wedyn i'r Teifi. Nid yw'r manylion yn gyflawn eto ond os ydych chi eisiau ymuno a ni a fydddech cystal a chysylltu yn agosach at y dyddiad. Fe fydd y manylion yn llawn ar ein Gweplyfr yn fuan.

Casglu Sbwriel

Ar ddydd Sadwrn Mawrth 5ed fe fyddwn yn cynnal ein Diwrnod Casglu Sbwriel o amgylch y pentref fel rhan o ymgyrch Balchder yn eich Ardal, Sir Gâr. Fe fyddwn yn cyfarfod ym maes parcio y Neuadd am 10.30 y bore. Fe fydd yna ddigon a siacedu lliwgar, menig, offer a bagiau ar eich cyfer. Os bydd yna ymateb teilwng wedyn fe fedrwn rannu yn ddwy garfan i hwyluso y y gwaith. Os bydd yna ddigon o fobl, dim ond ychydig dros awr fydd eisiau i wneud y pentref i gyd. Mae croeso i chi ddod a'ch plant gyda chi – maent yn arbennig o dda am gasglu sbwriel a gobeithio y bydd hyn yn eu hargyhoeddi i fynd adre a'i sbwriel bob amser. A fydddech mor garedig a gwisgo esgidiau pwrpasol achos bod ochr y cloddiau yn tueddu i fod yn wlyb ar ôl yr holl law yn ddiweddar.

Taer erfyniwn am eich cefnogaeth - y mwyaf o gasglwyr, y mwyaf o sbwriel.

Mae bob amser yn bleser gweld y bagiau sydd yn llawn o sbwriel ar ddiwedd yr ymgyrch.

Os am ragor o fanylion cysyllter a Carolyn Smethurst ar 01267 253308

Clinig Gofal Traed

Fe'i gynhelir nawr ar ddydd Mercher, felly bydd y clinig nesaf ar Chwefror 24 2016 rhwng hanner dydd a 5.00 o'r gloch. Ar ôl hyn, y clinig nesaf wedyn bydd ar Ebrill 6 2016

Neuadd Llanpumsaint a Ffynnon Henri

Mae Swyddogion y Neuadd yn gobeithio bod pawb wedi mwynhau y goeden Nadolig tu allan i'r neuadd unwaith eto, anwedig gyda'r nos pan fod y goleuadau yn disgleirio.

Rydym yn ddiolchgar am garedigrwydd Mrs Fiona Roderick perchen 'J L Jones' gwerthwyr glo Llandysul am noddur goeden bob blwyddyn.

Ewch adre a'ch sbwriel.

I gadw y pentref yn lân a thaclus ar ôl Mawrth 5 a fyddech mor garedig a mynd adre a'ch sbwriel. Y rhan fwyaf o'r sbwriel i'w caniau diodydd, cartonau cludfwyd sydd yn cael eu taflu allan o foduron ar ôl gorffen eu bwyta – pam na all pawb fynd adre a'i sbwriel?

Ffynhonnell arall o sbwriel yw baw cŵn sydd yn cael ei hongian ar y cloddai o amgylch y pentref. Oes, mae yna rai anghyfrifol yma o hyd sydd yn rhoi eu baw cŵn mewn bagiau pwrpasol ac yn eu gadael ar ochr y cloddiau i bawb i gael eu gweld. Mae yna finiau pwrpasol o amgylch y pentref felly gofynnwn yn garedig i chi eu defnyddio neu mynd adre a'ch sbwriel.

Faint o sbwriel sydd?

Mae tua 2.25 miliwn a o ddarnau sbwriel yn cael eu gollwng ar strydoedd y Deyrnas Unedig bob dydd. Mae tri deg miliwn a dinellu o sbwriel yn cael ei gasglu oddiar ein strydoedd bob blwyddyn. Mae hyn yn ddigon i lenwi Stadiwm Wembley bedair gwaith.

Mae Asiantaith y Ffyrdd Mawr yn casglu tua 180,000 o fagiau o sbwriel oddiar ein priffyrdd a'n heolydd. Gallai fod 46,000 o ddarnau o blasting yn arnofio am bob milltir sgwar o'n cefnforoedd. Mae tua wythdeg o bob cant o'r sbwriel yn dod o'r tir. Mae plastig yn cymeryd o leiaf 450 o flynyddoedd i bydru yn nŵr y môr.

Yn 2013/14 deliodd Awdurdodau Lleol a 852,00 o ddigwyddiadau o dipio anghyfreithlon yng Nghymru a Lloegr a'r gost yn £45 miliwn o bunnoedd. Mae'r RSPCA yn cael 7,000 o alwadau mewn blwyddyn am anifeiliaid sydd wedi cael eu hanafu gan sbwriel. Mae'r sbwriel ar ein traethau wedi dwbli dros y 15 blynedd ddiwethaf. Mewn astudiaeth gan y RSPB darganfuwyd bod naw deg pump y cant o adar sydd yn cael golchu i'r lan yn farw ar arfordiroedd Môr y Gogledd wedi llyncu plastig yn y gorffennol. Faint o amser mae y canlynnol yn gymeryd i bydru:-

Bag papur - hyd at un mis. Croen oren - hyd at 2 flynedd Croen banana - hyd at 2 flynedd

Bagiau plastig - hyd at 10 i ugain blynedd Stwmpiau sigarets - hyd at 12 blynedd

Boteli plastig - hyd 450 o flynyddoedd Nid yw boteli gwydr na gem cnoi yn bydradwy

Beth yw y gost?

Mae yn costio bron a bod £1 bilwn bob blwyddyn i gasglu sbwriel oddiar ein strydoedd

Mae yn costio bron a bod £60,000 i glanhau gwm cnoi oddiar canol ein trefi.

Mae Network Rail yn amcan ei bod yn costio 2.3miliwn oherwydd tipio anghyfreithlon.

Yn ôl adroddiad Cadw Prydain yn Daclus 2014 os byddem yn ail gylchu pum deg y cant o'n sbwriel yn Lloegr byddai yn cael gwerth economaidd o leiaf £14.8miliwn .

Os byddai pob oedolyn yn casglu un darn o sbwriel a'i roi mewn bin, byddai hyn yn golygu bod mwy na 50 miliwn a sbwriel yn cael ei waredu. Dychmygwch petasai pob un yn casglu un darn bach o sbwriel bob dydd byddai ein gwlad yn lân iawn a hefyd yn arbed llawer o arian.

Codwch neu talwch

Sir Gar swyddogion gorfodi materion amgylcheddol y Cyngor ar batrôl yn rheolaidd yn y sir a bydd unrhyw un a gaiff ei ddal yn methu â chodi baw ei anifail anwes yn cael Hysbysiad Cosb Benodedig o £75. Gallai methu â thalu o fewn 14 diwrnod arwain at ddirwy o £1,000 trwy gael eich erlyn yn Llys yr Ynadon.

Cadw Llygad ar Gŵn – Rhoi gwybod!

Os gwelwch chi rywun sydd heb lanhau baw eu ci, rhowch wybod i ni cyn gynted â phosibl, os gwelwch yn dda, fel rhan o'r cynllun 'Cadw Llygad ar Gŵn'. Dylech nodi'r amser, y dyddiad a'r lleoliad, disgrifiad o'r ci, a disgrifiad o'r person oedd yn gyfrifol am y ci. Os bydd y baw cŵn yn cael ei adael ar adegau rheolaidd, gellir cynnal patrolau wedi'u targedu, a dirwyo'r troseddwy'r.

Ewch i <http://lleoli.sirgar.llyw.cymru/rhoi-gwybod/> am faw cŵn neu ffoniwch 01267 234567

Pwyllgor Lles ac Adloniant, Llanpumsaint.

Roedd Gorymdaith Santa y llynedd yn lwyddiant ysgubol ar waetha'r tywydd ofnadwy.

Diolch i bawb a gymerodd ran yn enwedig i Santa a'u gynorthwywyr, i Jane a Nick yn Nhafarn y Reilffordd am y croeso a'r cawl a.y.b.

Diolch hefyd i Martin Dickenson am ei gymorth ac i Ann Wyke a Carolyn Smethurst am y Mins Peis.

Roedd cyfanswm y casgliad ar yr orymdaith, elw y raffl a'r botel yn y dafarn wedi dod i £800 a fydd yn y dyfodol agos yn cael ei drosglwyddo i'r elusen ddewisiedig am 2015 sef Ambiwylans Awyr Cymru.

Yr elusen ddewisiedig am 2016 bydd Bad Achub Glan y Fferi.

Mae yn debygol iawn bydd Dŵr Cymru yn dal i fod yn y Maes Chwarae tan ddiwedd mis Mai o leiaf er mwyn gwella y drefniadaeth garffosiaeth yn y pentre.

Bydd cyfarfod nesaf o'r Ymddiriedolwyr yn cael ei gynnal ar nos Fawrth Mawrth 2il 2016 a'r Cyfarfod Blynyddol ar nos Fawrth Ebrill 26 2016. Derick Lock Ysgrifennydd.

Capel Ffynnonhenri

Dyma fanylion y gwasanaethau am fisoedd Chwefror a Mawrth 2016

Chwefror 14 2016 Cymundeb am 4.00 o'r gloch Parch Huw George

Chwefror 28 2016 Gwasanaeth am 2.00 o'r gloch Mr Wyn Maskell

Mawrth 13 2016 Cymundeb am 2.00 o'r gloch Mr Arwyn Pearce

Mawrth 27 2016 Gwasanaeth y Pasg am 10.30 o'r gloch
ym Methel Drefach Parch Gareth Morris

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

Newyddion Eglwys y Plwyf.

Pleser gennym groesawu Canon Aled Williams i Eglwysi Llanpumsaint, Llanllawddog a Sant Celynin. Fe fydd yn ymuno a ni fel Offeiriad rhan amser dros dro hyd nes y byddwn yn cael Offeiriad llawn amser. Ar hyn o bryd rydym yn gobeithio y bydd yn cychwyn ar ddechrau mis Chwefror a hynny am 3 diwrnod yr wythnos a fydd yn cynnwys dydd Sul. Does dim gwybodaeth eto a fydd trefniant y Suliau yn newid ond fe welir pob gwybodaeth ar Hysbysfwrdd yr Eglwys.

Dyma'r trefnaint cyfredol:-

Sul 1af	8.30 y.b.	Cymundeb
2il Sul	11.00 y.b.	Cymundeb ddwyieithog
3ydd Sul	11.00 y.b.	Boreol Weddi.
4ydd Sul	11.00 y.b.	Cymundeb Teuluol

Os bydd pum Sul yn y mis fe gynhelir Cymundeb Undebol yn yr Eglwysi yn eu tro. Bydd rhagor o fanylion am hyn ar Hysbysfwrdd yr Eglwys.

Capel Nebo

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

Capel y Bedyddwyr Caersalem, Llanpumsaint

“Cyhoeddwn Iesu Grist yn Waredwr ac yn Arglwydd”

Rhifau Cyswllt Mrs Eleri Morris 01267 253895

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

Curiad Calon Llanpumsaint.

Beth yw Curiad Calon, Llanpumsaint a pham ei ffurfiwyd? Mae'r grwp wedi cael ei ffurfio gan drigolion Llanpumsaint sydd wedi darganfod (fel pentrefi eraill yng Nghymru) bod yna ffordd i achub bywydau rhai pobl os bydd cymorth meddygol wrth law yn enwedig os bydd problemau gyda'r galon. Er ein bod yn byw yn agos iawn i Orsaf yr Ambiwylans, pan fydd argyfwng, oherwydd yr heolydd troellog fe all y siwrnai gymeryd 15 munud neu fwy a fydd gwaetha'r modd yn rhy hwyr i rai cleifion. Felly mae grwp wedi ei ffurfio i godi arian i gael 2 Ddiiffibriliwr yn y pentref a fydd ar gael mewn dau leoliad cyfleus. Fe fydd Curiad Calon Llanpumsaint yn ceisio codi arian ar y dudalen yma a hefyd yn cadw mewn cysylltiad a'r trigolion am bob gwybodaeth. Gobeithio bydd pawb yn y pentref yn ein cefnogi yn y fenter hon achos does neb yn gwybod pwy fydd angen y peiriant yma nesaf!!

Os am ragor o wybodaeth am y grwp, a'r digwyddiadau a fydd yn cael eu trefnu ymunwch a ni ar Weplyfr Curiad Calon Llanpumsaint i geisio codi y swm o £1500 er mwyn cael y diffibriliwr cyntaf.

Gardd Agored gyda'r elw yn mynd i Gronfa'r Diffibriliwr

Mae'r tywydd wedi bod yn gyfnewidiol iawn eleni, mae Cenin Pedr wedi blodeuo cyn y Lili Wen Fach wrth ochr y cloddiau a mae'r ddaear yn rhy wlyb i ddechrau paratoi yr ardd ar gyfer y Gwanwyn. Mawr obeithio y cawn dywydd gwell.

Er hyn byddwn ni yn agor gardd Bodran Felin ar ddydd Sadwrn Ebrill 23 2016 i godi arian tuag at gael Diffibriliwr. Bydd manylion pellach yn y rhifyn nesaf o Lais y Llan. Gobeithir cael Stondin Blanhigion felly os bydd gyda chi blanhigion dros ben byddwn yn ddiolchgar. Hefyd bydd yna Stondin Lyfrau ac eto byddwn yn ddiolchgar am bob cyfraniad. Carolyn a Brian Smethurst

Cymdeithas Dewinwyr Gorllewin Cymru

Digwyddiadau yn y dyfodol:-

Chwefror 28 2016 Robert Narayon-Taylor

“Meditation a Mindfulness”

Mawrth 20 2016 Cyfarfod Blynyddol ac Ymarfer (noder bod y dyddiad wedi newid oherwydd bod Sul y Pasg ar y pedwerydd Sul)

Ebrill 24 2016 Steve Dawson

“Hartmann and Curry Grids”

Mae darogan yn grefft ddefnyddiol a diddorol a gall unrhyw un ei 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 a.y.b. Mae rhai yn gwirio am straen ddaearogol yn ei amgylchedd. Y gred bresennol yw hyn, sydd heb gael ei brofi yn wyddonol hyd yn hyn.

Pam na ddewch chi ddydd Sul i brofi dros eich hunan? Dewch i ymuno a ni yn Neuadd

Bronwydd am 1.45 y.p.. Mae mynediad yn £4 y person sydd yn cynnwys paned o de a bisgedi.

Nid yw offer yn angenrheidiol, eich presenoldeb sydd eisiau.

Am ragor o wybodaeth cysylltwch a Sandy ar 01267 253547

Llais y Llan drwy E-bost

Mae Cyfnewidfa Wybodaeth Gymunedol Llanpumsaint wedi bod yn argraffu Llais y Llan ers 5 mlynedd – dyma fydd ein degfed argraffiad ar hugain. Mae pob argraffiad yn cael ei drosglwyddo i'r rhan fwyaf o dai yn y pentref a'r cyffiniau gyda rhyw 35 yn cael eu postio i'r ardaloedd mwyaf gwledig. Mae hefyd 30 yn ei dderbyn drwy e-bost. Rydym yn hapus iawn i ddanfôn drwy e-bost i unrhyw un a hynny ar ddiwrnod ei argraffu drwy "Word" neu "PDF" Mae hyn yn arbed amser ac arian i ni, os byddech yn dewis i wneud hyn. Os yw hyn yn gyfleus i chi a fydddech cystal a chysylltu ar info@llanpumsaint.org.uk er mwyn rhoi eich enw ar y rhestr. Medrwch weld copiau o argraffiadau blaenorol ar www.llanpumsaint.org.uk a hefyd darganfod llawer o wybodaeth am y pentref, cyngor cymuned a gweithgareddau eraill.

Fe fydd y Gymdeithas yn cynnal ei Cyfarfod Blynyddol yn y Neuadd Goffa ar Chwefror 25 2016 am 8.00 yr hwyr. Mae yna groeso i bawb yn enwedig i aelodau newydd er mwyn cynorthwyo gyda argraffu Llais y Llan a hefyd i gadw y wefan yn gyfredol. Os am ragor o wybodaeth cysyllter a fi ar 01267 253308 neu ar e-bost info@llanpumsaint.org.uk Carolyn Smethurst.

Ysgol Llanpumsaint

Yn ystod y tymor diwethaf fe gafwyd nifer o ddigwyddiadau. Cafwyd noson agored er mwyn I'r rhieni gael cyfle i weld gwaith y plant, ac roedd yn bleser clywed y plant yn trin a thrafod eu gwaith gyda'r rhieni. Aeth tim pêl-droed yr Ysgol i dwrnament yr Urdd ac fe wnaethant yn arbennig o dda a dod yn ail agos iawn. Cynhaliwyd y Ffair Nadolig flynyddol, a'r plant yn diddanu, a'r gynulleidfa yn ymuno wrth ganu carolau. Diolch i bawb am drefnu a chefnogi.

Bu diwedd tymor diwethaf yn brysur iawn a bwrlwm y Nadolig yn amlwg. Aeth yr adran Iau i weld Sioe Mega yn Theatr y Lyric, ac fe gafodd disgyblion y Cyfnod Sylfaen gyfle i fynd i weld Sioe Cyw. Perfformiwyd Sioe Nadolig, a gwnaeth y plant eu gwaith yn wych, ac fe ddaeth ymwelydd heibio ag anrhegion i'r plant am weithio mor galed. Diolch Siôn Corn! Fe gafodd y plant syrpreis arall hefyd, sef mynd i'r Sinema a chael cinio yn Frankie and Benny's. Roedd pawb wedi mwynhau mas draw.

Mae nifer o weithgareddau ar y gorwel y tymor yma sef Eisteddfod yr Urdd, Dydd Gwyl Ddewi a Diwrnod y Llyfr, ac mae'r paratodau yn mynd yn eu blaen.

Cymdeithas Rhandir Llanpumsaint

Roedd cynhyrchiolaeth deilwng yn ein Cyfarfod Blynyddol ar Ionawr 8ed pan gytunwyd yn unfrydol, gyda chyd-weithrediad Llanpumsaint Cynhaliadwy, i greu ardal i hamddena ar y Iard. Bydd yn cael ei leoli yn gyfleus ar bwys y rhandiroedd a bydd o fudd i bawb yn y gymuned. Cynhaliwyd cyfarfod arall ar Ionawr 24ain ar safle'r rhandir i gytuno manylion y brosiect a hefyd i ystyried y gost. Yn ychwanegol at y gwaith sylfaenol o glanhau'r ardal bydd yn rhaid ystyried ble i roi y ffens i wahanu yr ardal yma oddiwrth y rhandiroedd – hwn fydd y rhan gyntaf o'r prosiect. Cafodd cyfaddasrwydd ysgubor fach sydd ar y safle yn barod ei hystyried. – bydd adeilad fel hyn yn addas i gysgodu pan fydd y tywydd yn anffafriol. Byddai gosod seddau yn yr ysgubor yn fanteisiol a hefyd safle i gynnal barbaciw,. Gall y prosiect yma hyrwyddo rhagor o weliau o fewn y rhandir ac os bydd y galw , mwy o dwneli.

Grwp cyfeillgar o arddwyr ydyn ni o bob safon a phob amser yn croesawu aelodau newydd. Os am ragor o wybodaeth cysylltwch ar e-bost a keith.tozer@btinternet.com

Gwasaneth Achub a Thân Canolbarth a Gorllewin Cymru yn rhoi rhybudd o Wenwyn Carbon Monocsid.

Yn dilyn llawer i ddigwyddiadau sydd yn gysylltiedig a Charbon Monocsid dros Sir Gâr a hoffai'r Gwasanaeth Achub a Thân achub ar y cyfle i rhoi cyngor i drigolion Llanpumsaint ynglŷn a'r uchod.

Mae Rheolwr Diogelwch yn y Cartref sef Adrian Smith yn dweud:-

Mae Carbon Monocsid yn wenwynig iawn a gwaetha'r modd heb liw, blas nac arogl. Gall offer llosgi tanwydd sydd wedi ei osod yn anghywir, simneiau sydd heb eu glanhau a.y.b. cynhyrchu Carbon Monocsid. Mae nwy, olew, coed a glo yn medru cynhyrchu Carbon Momocsid.

Mae gormod o fobl yn marw'n ddi-angen neu yn mynd yn ddifrifol wael o achos eu bod yn cael eu gwenwyno gan Garbon Monocsid – gwaetha'r modd gellid cymeryd y symptomau fel ffliw neu blinder. Y broblem fwyaf yw nad yw pobl yn deall beth mewn gwirionedd yw.

Cynhyrchir Carbon Monocsid pan mae rhai tanwydd ddim yn cael eu llosgi yn gywir. Fel esiampl – glo, olew, coed a nwy. Gall hwn ddod i mewn i'ch cartrefu pan mae tai yn rhannu simneau ac ambell waith drwy wal neu blaster.

Yr ydych mewn perygl o gael eich gwenwyno os:-

Yw eich offer llosgi tanwydd ddim wedi cael ei osod yn gywir.

Nid yw eich offer wedi cael gwasanaeth yn flynyddol

Nid yw eich simnai wedi ei chlanhau neu wedi blocio.

Nid oes larwm pwrpasol wedi cael ei osod.

Er mwyn osgoi yr uchod fe ddylai pawb ddilyn y canlynnol:-

Fitio larwm pwrpasol

Rhoi gwasanaeth i'ch offer yn flynyddol

Peidio cau unrhyw awyriant.

Os hoffech gael rhagor o wybodaeth ynglŷn a hyn cysylltwch a ni ar ein gwefan sef:

<http://mawwfire.gov.uk/English/Safety/At home/Pages/Home-Fire-Safety-Check.aspx>

Jennie Eirian (Llandre) 1925-82

Fe'i ganed ar ffarm Waunyrhefa yn 1925 cyn i'r teulu symud i gaeau ffrwythlonach y Llandre ynghanol pentref Llanpumsaint. Felly i'r hen genhedlaeth Jennie Llandre fuodd hi wedyn. Ochor draw'r sied wair oedd yr ysgol, a thynged arferol merched y cyfnod hynny oedd gollwng eu haddysg i ddychwelid adre i'r ffarm neu fynd yn forwyn neu wniyddes. Ond sylwodd Mr. Johns yr ysgolfeistr fod hon yn wahanol gan ei hannog i eistedd ac ennill ysgoloriaeth i Ysgol Ramadeg y Merched yng Nghaerfyrddin. Cerdded bob dydd ymhob tywydd fu ei thynged bellach, heibio ffarm Y Bryn mas i Benrhewlgam, i ddal y bws ysgol. Wedi graddio ym Mhrifysgol Aberystwyth dychwelodd Jennie yn chwa o awyr iach fel athrawes ysbrydoledig i'w hen ysgol yn y dre.

Daeth yn aelod brwd o Blaid Cymru gan sefyll dau Etholiad Seneddol drostynt; 1955 yn erbyn Syr Rhys Hopkin Morris y Rhyddfrydwr, a 1957 pan enillodd Megan Lloyd George dros y Blaid Lafur. Cynyddu gwnaeth cefnogaeth Plaid Cymru bob tro i osod sylfaen gadarn i fuddugoliaeth ysgubol Gwynfor Ifans yn 1966. Yn areithwraig benigamp, yn llenor diddorol a heriol, yn feirniad trwyadl a theg ac adolygydd teledu heb flewyn ar dafod, datblygodd Jennie Eirian i fod yn un o'n cewri llenyddol. Pan etholwyd hi'n Llywydd Merched y Wawr bu'r ymateb yn drydanol. Beirniadwyd i'r cylchgrawn **Y Faner** fod ar ei draed olaf cyn iddi hi ddod yn olygydd, i'w ysgwyd a'i ysbrydoli i fod yn ddylanwad poblogaidd unwaith eto. Bu ei marwolaeth yn 57 oed yn golled aruthrol - - *"Mae galar drwy bedwar ban, Hiraeth am Jennie Eirian"*

Addasiad o gyfraniad 2011 yn Llais y Llan - Arwyn.

Cronfa Jennie Eirian

Er I blant Ysgol Llanpumsaint dderbyn arian yn flynyddol ers I'r Gronfa gael ei sefydlu yn y 90'au cynnar, ni wnaethpwyd taliadau am rhai blynyddoedd oherwydd fod graddfa llog banc mor isel, ond ar ôl I Sion Eirian, mab Jenny Eirian glywed am drafferthion y Gronfa, danfonodd siec I'r Ysgol ym Mis Medi llynedd, wnaeth alluogi'r plant I dderbyn nifer o lyfrau Cymraeg cyfoes gan awduron newydd. Roedd staff a disgyblion yr Ysgol yn dra diolchgar am yr ychwanegiad annisgwyl I'w llyfrgell!

Gwersi Ffidil

Mae gan hyfforddwraig ym Mronwydd lefydd gwag – Pob oed! Pob safon!

Aelod o ESTA Cymdeithas Athrawon Llinynnol Ewrop

Ffon 01267 253911 Symudol : 07766 105122 E-bost kaybowenis@gmail.com

[<mailto:kaybowenis@gmail.com>](mailto:kaybowenis@gmail.com)

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

Cyngor Cymuned Llanpumsaint

Clerc i Gyngor Cymuned Llanpumsaint, Phillip Jones ar 01267 253512 neu ar clerk@llanpumsaint.org.uk

Heddlu

Yn ddiweddar, prynodd Heddlu Dyfed-Powys 4 gorsaf heddlu symudol newydd a fydd yn cael eu defnyddio'n bennaf mewn cymunedau gwledig i wella'n hygyrchedd a chynyddu'n hamlygrwydd. Bydd yr unedau symudol hyn yn cael eu lleoli ledled Sir Gaerfyrddin yn rheolaidd. Bydd yr orsaf heddlu symudol, a enwyd yn 'Nino' gan blant ysgol lleol, yn ardal Llanpumsaint ar y dyddiadau canlynol: Dydd Mercher 10 Chwefror, dydd Mercher 13 Ebrill, dydd Mercher 8 Mehefin, dydd Mercher 8 Mehefin, dydd Mercher 14 Medi a dydd Mercher 9 Tachwedd. Bydd y gan yn neuadd bentref Bronwydd rhwng 11.30 a 12.30 o'r gloch, Blaenycloed rhwng 1.00 a 1.30 o'r gloch, Hermon rhwng 1.45 a 2.45 o'r gloch, Cwmdwad rhwng 2.30 a 3 o'r gloch, Cynwyl Elfed rhwng 3.00 a 4.00 o'r gloch, a Llanpumsaint rhwng 4.15 a 5.15 o'r gloch.

Rwyf wedi derbyn sawl adroddiad yn ddiweddar mewn perthynas â'r defnydd o denynnau sy'n estyn sydd wedi arwain at yrwyr yn gweithredu'n sydyn i'w hosgoi wrth yrru drwy'r pentref pan mae'r ci'n eu hwynebu'r ochr arall i'r ffordd neu phan mae'n tennyn wedi ymestyn mor bell fel nad yw'r cerddwr ci'n medru gweld yr anifail. Ymgynghorwyd â milfeddyg lleol sy'n dweud ei fod wedi trin sawl ci sydd wedi dioddef damwain o ganlyniad i denynnau sy'n estyn, ac mae rhai wedi dioddef anafiadau difrifol iawn. Byddwch yn ymwybodol o leoliad eich ci a defnyddwyr eraill y ffyrdd wrth gerdded ar hyd ffyrdd y pentref.

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

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

Nodwch y Dyddiad Hwn

Mai 21 Nos Sadwrn Cor Meibion Dyffryn Tywi a Neuadd Goffa gyda'r elw yn mynd i Gronfa'r Diffibriliwr

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 cwpwl. Ffoniwch y Rheilffordd ar 01267 253643 i archebu.

Brutus - Mab y Crydd 1795 - 1866

Ddydd Nadolig 1795 yn ôl yr arfer cynhaliwyd gwasanaeth cymundeb eglwys Llanpumsaint, ychydig yn wahanol eleni oherwydd bod yna fedydd, mab y crydd a chlochydd hefyd. Yn yr oes honno diwrnod bach eithaf dinod oedd e', oherwydd ni ddaeth Siôn Corn, na'r goeden a'r cardiau a'r anrhegion i fri am hanner canrif arall. Dydd Calan deau'i holl ddathlu a rhialtwch bryd hynny. Er hynny yr oedd y Nadolig hwn yn arbennig i Joseph y crydd a'i wraig Rachel, wrth iddynt wahodd perthnasau a ffrindiau yn ôl i'w cartref ym Mhenybontfach am ddanteithion a chwrrw i ddathlu bedydd David Owen. Prin y gallai unrhyw un freuddwydio, wrth iddynt wasgu i mewn i'r bwthyn bach ar waelod y pentre' ger y Gwili, mae tynged y babi bach hwn fyddai tyfu i fod yn gawr llenyddol. Erbyn canol y bedwaredd ganrif ar bymtheg fe wyddai pawb yng Nghymru gyfan fod Brutus, y llenor, erthyglwr, bywgraffiadwr, ac yn bennaf golygydd fflamychol y cylchgrawn eglwysig Yr Haul, yn enedigol o Lanpumsaint. Gwnaeth yr hen grydd yn siŵr fod ei fab yn derbyn addysg dda a chlasurol ymhell tu hwnt bwydlen sylfaenol y dosbarth bach yng nghefn yr eglwys. Bryd David Owen oedd bod yn feddyg ond nid felly y bu, ac mi aeth yn bregethwyr gyda'r Bedyddwyr (enwad ei fam). Wedi mynd i drafferthion cafodd ei dorri allan, a dyma fe'n ail ymuno a sefydliad yr eglwys. Trodd ei law at nifer o gylchgronau cyn dod yn olygydd y cylchgrawn eglwysig Yr Haul, swydd a gadwodd hyd ddiwedd ei oes. Erbyn hyn cyfeiriwyd ato gan bawb fel Brutus, am iddo unwaith gyhoeddi erthygl yn pardduo'r Gymraeg yn Y Faner. Daeth yn gefnogwr pybyr a digyfaddawd o'r eglwys wladol, gan ymosod yn fflamychol ar Anghydffurfiaeth a gwawdio eu pregethwyr yn ddirmygus a'u galw'n Jacs. Mae ei lyfr *Wil Brydydd y Coed* yn enghraifft berffaith o hyn. Gellir cymhari ymosodiadau'r Haul ar ei elynion ac ymosodiadau dyddiol *The Sun* yn yr oes hon. Ond mi 'roedd yna ochr arall i'w gymeriad; yn awdur llenyddol hynod o ffrwythlon, gan gynnwys nifer o fywgraffiadau (o bregethwyr hefyd, megis ar John Elias). Mae'r gyfrol Brutusiana yn cynnwys llawer. Bu farw yn 1866 can mlynedd a hanner 'nol, a gwelir ei garreg fedd yn Llywel Sir Frycheiniog lle ymgartrefodd i godi teulu. Ni wnaeth yr eglwys fyth ei ordeinio; ormod o ffowlyn 'falle! Yn ddisgynnydd o chwaer Martha Llwyd, dyw e ddim syndod felly iddo fe drwy ei ysgrifau a hithau drwy ei hemynau sicrhau fod yr enw Llanpumsaint ar wefusau pawb yn y bedwaredd ganrif ar bymtheg.

Arwyn 2016

Village Voice February 2016

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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 Wednesday Steak Night at the Railway Inn 01267 253643

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

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

February 6 Saturday 10.30 Walk from Pont Tyweli to Bancyffordd

February 6 Saturday 7.30 Swing Boyz at Memorial Hall Tickets £10

February 10 Wednesday 12.30 Luncheon Club Railway Inn – 253643 to book

February 16 Tuesday 8.00 Curry & Quiz £5 per head Railway Inn

February 19, 20, & 21 10.00 – 5.00 Llandysul Gardening Weekend Tysul Hall Llandysul

February 22 Monday 1.45 60+ Club Bronwydd Hall

February 24 Wednesday 12 – 5pm Foot Clinic Memorial Hall

February 25 Thursday 8.00 AGM for LCIE (Village Voice) Memorial Hall

February 28 Sunday 1.45 West Wales Dowers Bronwydd Hall

February 28 Sunday 8.00 Quiz Hollybrook Inn

March 1 Tuesday 8.00 Llanpumsaint Community Council Memorial Hall

March 4 Friday 10.00 St David's Day Concert Bronwydd Hall - Cylch Meithrin Bronwydd

March 5 Saturday 10.30 Litter Pick in Llanpumsaint – meet at Memorial Hall

March 9 Wednesday 12.30 Luncheon Club Railway Inn – 253643 to book

March 15 Tuesday 8.00 Curry & Quiz £5 per head Railway Inn

March 27 Sunday 1.45 West Wales Dowers Bronwydd Hall

March 27 Sunday 8.00 Quiz Hollybrook Inn

April 5 Tuesday 8.00 Llanpumsaint Community Council Memorial Hall

April 6 Wednesday 12 – 5pm Foot Clinic Memorial Hall

April 9 Saturday 2.00 Walk around Henllan – contact Carolyn 01267253308 for details

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

April 19 Tuesday 8.00 Curry & Quiz £5 per head Railway Inn

April 20 Wednesday 60+ Club trip to Swansea Canal

April 23 Saturday Garden Open for Defibrillator Bodran Felin More details April Village Voice

April 24 Sunday 1.45 West Wales Dowers Bronwydd Hall

April 24 Sunday 8.00 Quiz Hollybrook Inn

May 21 Saturday Vale of Towy Choir Memorial Hall – More details in April Village Voice

Llanpumsaint and Ffynnon Henry Memorial Hall

To book phone Arwel Nicholas on 281365

CONGRATULATIONS

Congratulations to Aled Davies, youngest son of Mair and the late Huw Davies, Hafod Wen, Nebo and grandson of Marina Davies (late of Lleine) on being chosen as a member of the Welsh Rugby Squad for forth-coming International Games. This is a great honour and everybody in this area wishes him well for the future.

Llanpumsaint Welfare and Recreation Association

Last year's Santa parade proved another great success, despite the changeable weather conditions!! Many thanks to all who participated with special thanks to Santa and his helpers, and to Jayne and Nick at the Railway for providing soup to Santa's followers, and for providing goody bags in Santa's Grotto.

Many thanks too, to Martin Dickenson for being tail-end Charlie during the parade, Ann Wyke for bringing out mince pies etc when the parade reached Parc Celynin, and to Carolyn Smethurst for her mince pies on the bar in the Railway.

The collection during the parade, the raffle profits and the Bottle on the bar in the Railway together raised £800.00 for the 2015 chosen charity, Wales Air Ambulance.

The charity chosen by the Association's Trustees for 2016 is the Ferryside Lifeboat.

It looks as if Welsh Water will be on site on the Playing Field until at least the end of May in respect of its work to up-date the sewage treatment works and install a larger sewage pipe.

The next meeting of the Trustees is on Tuesday 8th march and the Annual General meeting will be held on Tuesday 26th April. Derick Lock Secretary.

Llanpumsaint & Nebo Short Mat Bowling Club

At the time of writing, we have played 14 matches, winning 7, drawing 4 and losing 3. We are currently third in the First Division of the Carmarthenshire League, and are due to play away to Llanboidy A in the preliminary round of the Knockout Cup.

We are always on the look-out for new players and anyone interested in trying their hand is welcome to attend our practice evening every Monday between 7.30 and 9.30pm. No experience is needed as qualified coaches are always on hand.

Further details from our Secretary, Derick Lock, on 253524

Llanpumsaint Community Council

Clerk to the Community Council, who 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

Clwbgwili 60+ Club held their first meeting of the year on the 25th January. It was a large turnout to hear Mr. Jeremy John give a very entertaining talk on *Some Interesting Old Books*. A vote of thanks was given by Mr. Ralph Carpenter on behalf of the members. This was the third year we have had Mr. John to give us a talk and he never fails to captivate his audience and keep them laughing at all the funny stories.

The Chairman Mr. Peter Giles informed the members that one of our Committee members had passed away earlier this month. Mrs. Marian Smith was a hard working member and she will be sadly missed by us all.

Members were also informed of the day trips for this year. They are as follows:

20th April	Swansea Canal
18th May	Picton Castle
13th July	LLanelli Wetland Centre
17th August	Rhondda Heritage Centre

Mr Glyn Evans is planning another 5 day break again this year. Last year`s TURKEY AND TINSEL holiday was such a success and members have already started putting their names forward for this year. It is planned for 21st - 25th November going to the Langham Hotel, Eastbourne. £50 deposit required by the February meeting. Further details can be obtained from Mr. Glyn Evans Tel No 01267 236280

The next meeting is on 22nd February at 1.45pm in Bronwydd Hall when we are having another one of our favourite speakers Mr. Arwyn Thomas. It will also be his third year at the Club meeting. He is speaking about "The Railway Age around Bronwydd 1860--1960" On the same day we will be celebrating St. David`s Day with a bowl of Cawl kindly made this year again by Maureen and Glyn Evans. Members have been asked to bring refreshments such as bara brith, welsh cakes etc to follow the cawl. Further details can be obtained from Val Giles, Club Secretary 01267 281194

Llanpumsaint 100 Club

The January draw was made at the recent meeting of the Welfare and Recreation Association Trustees and the lucky winners are as follows:

1 st	No. 23	£20	Molly Grindley
2 nd	No. 40	£10	Peter Webb
3 rd	No. 38	£5	Elfyn Lewis
3 rd	No. 5	£5	Nick Stoneman

As usual there is no draw in February, which gives me time to prepare the annual statement, send out invitations to renew and seek new members.

Anyone interested in joining is welcome to contact me on 253524 for further information.

All profits from the Club go to the Welfare and Recreation Association to assist it in the maintenance and upkeep of the Playing Field and Play Area. Derick Lock Treasurer

21st May - Vale of Tywi Male Voice Choir Cor Meibion Dyffryn Tywi

Please put this date in your diary, the Vale of Towy Male Voice choir will be performing at the Memorial Hall on 21st May. Proceeds to the Defibrillator Fund. More details in April Village Voice.

Violin Lessons - Bronwydd based violin teacher has vacancies - all ages, all standards.

ESTA Member (European String Teachers Association)

Tel: 01267 253911 Mob: 07766 105122 Email: kaybowenis@gmail.com

Llanpumsaint Heartbeat

What is Llanpumsaint Heartbeat and why have we formed a group in the village? The group has been formed by residents in Llanpumsaint who recognise (like so many other villages in Wales and the UK) that the lives of some people could be saved if they receive medical help quickly...especially when sudden heart problems occur. Although we live within a 10 mile distance to the ambulance station, when emergency services are needed, due to roads into the village, the journey could take 15 minutes or more..... Too late for some. Therefore the group has been formed to raise funding to install two Defibrillators within the village at different locations. Llanpumsaint Heartbeat will promote fund raising events on their facebook page Llanpumsaint Heartbeat as well as keep people informed on successful progress. Everyone in our village owes it to ourselves and others to provide the opportunity to keep living. Please be involved and help us to help you! You can find out more about the group, and the events we will be organising by joining our Facebook page Llanpumsaint Heartbeat. Join us, and help us raise up to £1500 for our first defibrillator.

Garden Open – proceeds to the Defibrillator Fund.

It has been a funny year with our weather – daffodils out before the snowdrops on the road verges, and now the ground is too wet to get the garden ready for spring. Let's hope it stops raining for a while. But despite the weather, we will be opening the garden and grounds at Bodran Felin on Saturday 23rd April to raise money for the defibrillator. More details in the next edition of Village Voice, but there will be a plant stall. So please, if you are dividing perennials as you get your garden ready, please let me have any spare plants. Also we will have a bookstall, so let me know if you have any books that we can sell. Carolyn and Brian Smethurst 01267253308 info@gwilimill.co.uk

Llanpumsaint Allotment Association

At the Association's AGM on the 8th January, which was attended by a good number of members, it was unanimously agreed to pursue during the coming year, in conjunction with Sustainable Llanpumsaint, the proposal to create a recreation area at the Station Yard. This would be adjacent to and accessed via the allotment's grounds and would be available for and of general benefit to the community.

A subsequent meeting was held on 24th January at the allotment site to further agree details of the project, and consider costs and funding. In addition to the general work needed to tidy undergrowth from the proposed recreation area, the location of fencing to secure the allotment area from the recreation area was also discussed, as the first stage of the project. The suitability of an already available small dutch barn was considered. This will be subsequently erected within the recreation area to provide shelter from inclement weather. It was envisaged that some seating could also be provided along with barbecue facilities.

The location of the proposed recreation area will also facilitate future progress toward the provision of more outdoor raised beds within the allotment site, and even an additional polytunnel should there be the demand. We are a friendly bunch of growers greatly varying in expertise and who are always keen to welcome new members. Email keith.tozer@btinternet.com if you are interested in joining us.

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

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

Mid & West Wales Fire and Rescue Services Issues Carbon Monoxide Poisoning Warning

Following a number of incidents involving carbon monoxide exposure across Carmarthenshire, Mid and West Wales Fire and Rescue Service would like to take this opportunity to offer safety advice to the public of Llanpumsaint in relation to carbon monoxide exposure.

MAWWFRS Home Safety Manager Adrian Smith advises,

“Carbon monoxide is a highly poisonous gas that has no colour, taste or smell. Fuel burning appliances such as stoves, fires, boilers and water heaters can produce carbon monoxide if they are incorrectly fitted, badly repaired or poorly maintained or if flues, chimneys or vents are blocked. Gas, oil and solid fuels such as coal, coke and wood can all produce carbon monoxide.

Too many people die needlessly or become seriously ill because of carbon monoxide poisoning each year; early symptoms can easily be mistaken for flu or tiredness”.

“One of the problems that we find is that people often do not understand what it actually is:

Carbon monoxide is produced when certain fuels are not properly burnt. This includes gas, oil and solid fuels such as coal, coke and wood. Carbon monoxide can also seep into properties via shared flues or chimneys and can even permeate through brick walls and plaster.

You are at risk of carbon monoxide poisoning if:

- Your fuel burning appliance was incorrectly or badly installed
- Your appliance has not been safety checked and serviced annually
- Your chimney or flue is blocked or has not been swept regularly
- There is no audible carbon monoxide alarm fitted and working in your home

To stay protected against carbon monoxide poisoning please follow these safety steps:

- Fit an audible alarm
- Service your appliances
- Don't block ventilation

If you would like to discuss a home safety check with us please contact us via our [website](http://www.mawwfire.gov.uk/English/Safety/At-Home/Pages/Home-Fire-Safety-Check.aspx) -

<http://www.mawwfire.gov.uk/English/Safety/At-Home/Pages/Home-Fire-Safety-Check.aspx>

Llanpumsaint School

During last term there were various activities. An open evening was organised for parents to come and see their children's work, and it was lovely to hear the children discussing their work with their parents. The football team went to the Urdd tournament and they did exceptionally well coming a very close second. The annual Christmas Fair was held where the pupils entertained, and the audience joined in singing carols. Thank you to everyone that organised and supported.

The end of last term was busy and the Christmas cheer was all around. The Juniors went to see a show by Mega in the Lyric Theatre and the Foundation Phase pupils had the chance to see a show by the characters of 'Cyw'. The pupils performed their Christmas show and they did their work excellently, and a very special visitor called with gifts for all their hard work. Thank you Santa Clause! The children had another surprise which was going to the Cinema and having lunch at Frankie and Benny's. Everyone enjoyed!

There are a number of activities to come this term, the Urdd Eisteddfod, St David's Day and World Book Day, and the preparations are well on the way.

Fitness for 50+

Ladies – Are you wanting to tone and exercise your bodies after the Christmas excesses? If so, join our aerobics class held every Thursday from 2.-3pm in Bronwydd Village Hall. A session costs £1.50 – everyone welcome. For further details contact Val Lock on 253524

Police News

Dyfed Powys police have recently purchased 4 new mobile police stations that will be used predominantly in rural communities to improve our accessibility and raise our visibility. These Mobile units will be deployed around Carmarthenshire at regular intervals. The Mobile station named 'Nino' by local school children will be in the Llanpumsaint area on the following dates: Wednesday 10th February, Wednesday 13th April, Wednesday 8th June, Wednesday 14th September and Wednesday 9th November, the van will be in Bronwydd Village hall between 1130 and 1230, Bleanycoed between 1300 and 1330, Hermon between 1345 and 1415, Cwmdud between 1430 and 1500, Cynwyl Elfed between 1500 and 1600 and Llanpumsaint between 1615 and 1715.

I have recently had several reports concerning the use of extending dog leads that have resulted in drivers taking sudden avoiding actions whilst driving through the village, when confronted by dogs either across the road or the lead has extended so far that the dog walker is out of sight of the dog. Having consulted with a local vet they report having received several canine accident victims as a result of the use of extending dog leads, some have been very serious. Please be aware when walking along the village roads of other road users and the location of your dog.

Martin Dickenson 8046 Police Community Support, Heddlu Dyfed Powys Police

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

West Wales Dowsers Society – Future Events

February 28th – Robert Narayan-Taylor, Meditation and Mindfulness

March 20th – AGM and Practice (Please note, Easter Sunday is on 4th Sunday, hence date)

April 24th – Steve Dawson: Hartmann and Curry Grids

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.

Village Voice by email?

Llanpumsaint Community Information Exchange has been producing Village Voice for 5 years – this is our 30th Edition. Each edition is hand delivered to the majority of houses in the Llanpumsaint area, with about 35 copies posted to the more outlying houses. We also send email copies to about 30 people. We are happy to send you a copy of Village Voice by email on the day of publication in both word and as a PDF if you would like. This saves us delivering a hard copy to you, and also saves us postage if you receive your copy of Village Voice in the post. Please let me know on info@llanpumsaint.org.uk and I will put you on the email list.

You can always see the back copies of Village Voice on our website www.llanpumsaint.org.uk, and find lots more information about the village, community Council, clubs, activities, and details of our advertisers.

Llanpumsaint Community Information Exchange (the group that produces Village Voice) will be holding its AGM on 25th February in the Memorial Hall at 8.00pm. Please come along – we would welcome more people joining us – especially for helping with the publication of Village Voice, and to help keeping the website up to date. If you want to know more about LCIE give me call on 01267 253308, or email me on info@llanpumsaint.org.uk - Carolyn Smethurst

Llanpumsaint & Ffynnonhenry Memorial Hall

The Hall Trustees hope that everyone enjoyed the sight of the Christmas Tree outside the Hall again, especially in the evening when it was illuminated.

It is thanks to the generosity of Mrs Fiona Roderick, trading as J L Jones Coal Merchants, that the tree is on display each year.

Caersalem Baptist Chapel Llanpumsaint

“We proclaim Jesus Christ as Saviour and Lord”

Please contact Eleri Morris (Secretary) 01267253895

Ffynnonhenri Chapel

Details of services for the months of February and March 2016

February 14 2016 Communion at 4.00p.m. Rev Huw George

February 28 2016 Service at 2.00p.m. Mr Wyn Maskell

March 13 2016 Communion at 2.00p.m. Mr Arwyn Pearce

March 27 2016 Joint Easter Service at 10.30a.m.
at Bethel Drefach Rev Gareth Morris

For further information please contact Danny Davies Treasurer on 01267 253418 or Gwyn Nicholas Secretary on 001267 253686

Nebo Chapel

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

Llanpumsaint Parish Church News

We are pleased to welcome Rev Canon Aled Williams to the Parishes of Llanpumsaint, St Celynin and Llanllawddog. He will be joining us as an interim minister on a part time basis until the appointment of a full time vicar. At the time of going to press he is hoping to start at the beginning of February and will be working 3 days a week, one of which will be Sunday. We do not know if he will be continuing with the existing rota of services but details will be on the Church Notice Board. The current arrangements appear below.

First Sunday	8.30 am	Holy Communion
Second Sunday	11 am	Bilingual Holy Communion
Third Sunday	11 am	Morning Prayer
Fourth Sunday	11 am	Family Communion

Any fifth Sunday will be a service of Holy Communion jointly with Llanllawddog and St Celynin, rotating between the three Churches. More details will be on the Church Notice Board.

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.

Llanpumsaint and District Choir

The rehearsals have now re-commenced after the break over the Christmas holidays. At the beginning of December the choir sang carols at the Victorian Evening at Newcastle Emlyn with the proceeds being donated to the Welsh air Ambulance. To end the season on a high note a social evening was held at Tafarn y Tanerdy in Carmarthen. Currently the choir are rehearsing for a performance of "The Crucifixion" by John Stainer which will be held over the Easter period. The date, location and charity have yet to be decided, so, keep an eye open for the posters which will be available before long.

Should anyone be interested to join the Choir please contact Gwyn Nicholas on 01267 253686 or any Choir member.

Clwb Cerdded Llanpumsaint Walkers

Our first walk of 2016 was on Saturday 16th January – a dry day at last! Twenty one walkers, aged from 7 to 78, and 3 dogs, walked from Coopers via footpaths and green lanes through Nebo and down through Bettws Wood to the Gwili Railway. With their permission, we walked down the railway tracks to Bronwydd Hall – a varied and interesting walk that tested our fitness after the Christmas festivities. We then repaired to the Hollybrook for lunch and AGM. Details of the AGM can be seen on the village website - www.llanpumsaint.org.uk. You will also be able to see the provisional list of walks for 2016.

On Saturday 6th February 10.30 we will be walking from Pont Tyweli to Bancyfford, following the old snowdrop lined railway. Park in Pont Tyweli

On Saturday at 2.00pm April 9th we will be walking in and around Henllan. Lovely riverside walk along the Teifi, with carpets of wood anemones, then through fields and back to the Teifi. Details are being finalised, so let me know if you want to join us nearer the date. Full details will be on our facebook page Llanpumsaint Walkers group soon.

Let me know if you will be joining us just in case we have to cancel due to inclement weather.

Carolyn Smethurst 253308, info@gwilimill.co.uk

Clwb Cerdded Llanpumsaint Walkers – Litter-pick

On Saturday March 5th, we will do our annual litter pick in and around Llanpumsaint as part of Carmarthenshire's Pride in your Patch campaign. We will gather in the Memorial Hall car park at 10.30. We have a supply of hi-viz jackets, gloves, litter pickers, bags etc for you.

We will split you into teams to cover as many roads as we can depending on how many turn up. If there are enough pickers, it will only take an hour or so for us to clean the whole village and the approach roads. Please bring children as well – the youngsters are excellent at finding every last item of litter, and hopefully this will ensure that they will always take their litter home in the future. Please wear boots so that you can walk into the verge if you need to reach litter there.

Please come and join us – the more that turn up, the more roads we can clear. It is very satisfying to see the pile of bags full of rubbish at the end of the litter pick. More details Carolyn Smethurst 01267253308

Take your litter home!

To keep the village clean after our clean-up, please take your litter home. A lot of the litter comes from people throwing out drink cans and takeaway food wrapping from their car as they finish drinking or eating the food – why not take the rubbish home and put it in your own dustbin? Another source of litter are plastic bags full of dog poo hanging on the hedgerows around the village – yes, there are some irresponsible dog-owners who pick up the dog-poo, put it in a bag, then hang the bag in the hedgerow. There are lots of bins around the village, so it is not far to walk to dispose of the filled bag – but they prefer to hang it up for all to see – it can be there for weeks!

How much litter is there?

About 2.25 million pieces of litter are dropped on the streets of the UK every day. Thirty million tons of rubbish are collected from streets each year. That's enough to fill Wembley Stadium four times over.

The Highways Agency clears about 180,000 sacks of litter from motorways and A roads alone. There could be 46,000 pieces of plastic floating in every square mile of the ocean. About 80% of that comes from the land. Plastic takes at least 450 years to break down in seawater.

In 2013/14, local authorities dealt with 852,000 fly-tipping incidents in England and Wales. These cost roughly £45 million to clear up. The RSPCA receives 7,000 calls a year about animals injured by litter.

The amount of litter on UK beaches has almost doubled over the past 15 years. An RSPB study found that 95% of fulmars washed up dead on the North Sea coast had ingested plastic

How long does it take to biodegrade?

Paper bag up to one month,	Orange peel up to two years	Banana skin up to two years
Plastic bag up to 10–20 years	Cigarette butts up to 12 years	Plastic bottle up to 450 years

Glass bottles and chewing gum are not biodegradable

How much is it costing?

- It costs taxpayers almost £1 billion every year to clean up litter from our streets
- The cost of cleaning up chewing gum from a town centre is up to £60,000
- Fly-tipping costs Network Rail more than £2.3 million each year
- According to a 2014 Keep Britain Tidy report, if we recycled 50% of items littered in England, it would have an economic value of at least £14.8 million

If every adult picked up just one piece of litter and put it in a bin, that would be more than 50 million pieces of rubbish disposed of. Imagine if everyone picked up at least one piece of litter every day, how clean our country would be, and how much money would be saved!

Pick up or pay up

Carmarthen County Council environmental enforcement officers regularly patrol the county and anyone caught dropping litter or failing to clean up after their pet is issued with a fixed penalty notice of £75. Failure to pay within 14 days could result in a £1,000 fine through prosecution in the Magistrates Court.

Dog Watch - Report it!

If you see someone failing to clean up after their dog please report it to us as soon as possible under the 'Dog Watch' scheme. Include the time, date and location, a description of the dog and person in charge of the dog. If the dog fouling occurs at regular times targeted patrols can be carried out and offenders can be fined.

Report online on <http://ilocal.carmarthenshire.gov.uk/report> or Tel 01267 234567.

Jennie Eirian 2 -- 1925-82

Though women had gained full voting rights by 1928 opportunities remained restricted, particularly in rural areas. On completing compulsory education a girl's destiny directed her to the kitchen and cowshed until a successful marriage promised future stability. Well! For most! Born at Waunyrhelfa, Llanpumsaint, Jennie moved with her family down the hill to the larger Llandre farm opposite the church. Attending the village school next door Headmaster Jack Johns quickly realized he'd got an exceptionally talented pupil on his hands. He correctly insisted that this female should sit the scholarship examination for the Girls Grammar school in Carmarthen. She passed!

After farm work, Jennie Llandre often completed her homework as she walked the daily mile and a half out to meet the Lampeter/Carmarthen bus at Penrhewlgam. On rainy days she'd hurry along, umbrella in one hand and book in the other. All that effort ensured her a degree at Aberystwyth University, to return later to her old grammar school as an inspired and much loved teacher of Welsh. Jennie Eirian (now married) the politician, was committed to fight for Wales, addressing hundreds of meetings around Carmarthenshire as a candidate in the 1955 and 1957 Parliamentary Elections. She upped the fledgling Plaid Cymru vote by several thousand, laying firm foundations for Gwynfor Evans' astounding victory in 1966. A vibrant speaker, a challenging writer, a perceptive but fair adjudicator and a television critic who feared none, now a literary giant. The President who inspired Merched Y Wawr, took over the ailing Welsh weekly *Y Faner*, turning it into a lively discussion forum. . So one can hardly doubt the words on the commemorative stone outside the church - "*un o ferched disgleiraf Cymru*" (*one of Wales' most dazzling girls*)

Adapted from Llais y Llan 2011 article - Arwyn Thomas

Jenny Eirian Fund

The village school had until recently, benefitted annually from the Fund that had been set up in the early 90's, until low bank interest rates meant that there was insufficient money accrued to make the payment. When Sion Eirian heard that the fund set up in memory of his mother was no longer functioning, he unexpectedly mailed a cheque to the School, enabling the staff to purchase contemporary Welsh books written by a new generation of authors. Both pupils and teachers were very grateful for the new additions to the School library!

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.

BRUTUS 1795 - 1866

Christmas Day 1795 saw the usual communion service at Llanpumsaint Church, made livelier that year by the Sexton's son being christened. In that age the 25th of December was an uneventful occasion, not even a holiday. The bustle of Santa Claus, trees, cards and presents lay a good half century away in the 1840's. In 1795 all the fun and excitement happened at New Year. Yet today was special for Joseph Owen the shoemaker and Rachel his wife, as friends were invited back home to Penybontfach for cakes and newly brewed ale. Their home lay a few hundred yards away in the then tiny village, (opposite where Gwili Terrace would one day be built), near the flowing Gwili. As they savored the little celebration that Christmas day, little did anyone imagine that the admired babe in arms, christened David Owen, would one day grow into a literary giant. By the mid 19th century the whole of Wales would know that Llanpumsaint was the birthplace of Brutus renowned author, critic biographer and most of all editor of the famous church magazine Yr Haul (The Sun)

The old shoemaker sexton made sure that his young lad received an extensive and classical education, way beyond the basics meted out in the class at the back of the Church. David Owen never realized his ambition to become a doctor, so he hailed forth as a Unitarian preacher in North Wales. Then having fallen out and got into trouble with the Baptists he rejoined the Church. He tried his hand at various magazines before becoming editor of the church magazine Yr Haul (The Sun), a post he held for the rest of his life. Now known to all as Brutus (having once written a vitriolic article under that pseudonym), he became the great champion of the established church. His violent and persistent attacks on Nonconformity, as he poured scorn and satire on what he termed their Quack preachers, made Yr Haul as controversial as its modern day namesake The Sun. There lay another side to his character. Brutus was the author of many serious works and biographies (of nonconformist preachers too). His collected works were published as Brutusiana. He died 150 years ago, and gravestone can be seen at Llywel in Breconshire, where he'd settled to bring up a family. Despite all his voluble support, strangely enough the church never ordained him; too much of a hot potato perhaps! Descended from Martha Llwyd's sister, both he through his writings and she through her hymns, made sure that the name Llanpumsaint reverberated loudly throughout preachers too). His collected works were published as Brutusiana. He died 150 years ago, and gravestone can be seen at Llywel in Breconshire, where he'd settled to bring up a family. Despite all his voluble support, strangely enough the church never ordained him; too much of a hot potato perhaps! Descended from Martha Llwyd's sister, both he through his writings and she through her hymns, made sure that the name Llanpumsaint reverberated loudly throughout Wales during the first half of the 19th century and beyond

Arwyn 2016.

<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>
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For Sale

Large 75 Litre Plastic Storage Boxes/Packing crates - Strong, Heavy Duty & stackable.
Very useful for house moves and general storage. 10 available @ £5 per crate or Buy all 10 and pay £45.
2 x Wooden step ladders, good condition 4 treads and a platform. Ideal for general use or painted for display purposes. £10 ea. 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)

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.

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