

Llais y Llan Chwefror 2017

Copi dyddiad ar gyfer rhifyn nesaf – 25 Mawrth 2017

Cyhoeddwyd gan Llanpumsaint Cyfnewid Gwybodaeth Gymunedol

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

Beth sy' Mlaen yn y Pentref yn y misoedd nesaf

Noson Stêc y Rheilffordd pob Nos Fercher 01267253643

Noson Cinio Rhost y Rheilffordd pob Nos Iau 01267253643

Bowlio pob Nos Lun a Nos Iau 7.30 – 9.30

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

Chwefror 7 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa

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

Chwefror 11 Dydd Sadwrn 10.00 Cerdded Llanpumsaint, Nebo, Bronwydd

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

Chwefror 25 Dydd Sadwrn 11.00 CCB Cymdeithas Rhandiroedd

Chwefror 26 Dydd Sul 1.45 Cymdeithas Dewinwyr Gorllewin Cymru Neuadd Bronwydd

Chwefror 26 Nos Sul 8.00 Cwis Hollybrook

Chwefror 27 Dydd Llun 2.00 Clwb 60+ Neuadd Bronwydd

Chwefror 28 Nos Sadwrn 7.30 CCB Llanpumsaint Heartbeat Neuadd Goffa

Mawrth 2 Nos Iau 8.00 CCB Llais y Llan Neuadd Goffa

Mawrth 7 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa

Mawrth 8 Dydd Mercher 11.00 – 4.00 Clinig Traed Neuadd Goffa

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

Mawrth 11 Dydd Sadwrn 10.00 Cerdded Carmarthen - cwrdd yng nghanolfan hamdden

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

Mawrth 23 Nos Iau 7.00 'Rotary' Cwis Carmarthen Football Club

Mawrth 26 Dydd Sul 1.45 Cymdeithas Dewinwyr Gorllewin Cymru Neuadd Bronwydd

Mawrth 26 Nos Sul 8.00 Cwis Hollybrook

Mawrth 27 Dydd Llun 2.00 Clwb 60+ Neuadd Bronwydd

Ebrill 4 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa

Ebrill 12 Dydd Mercher 6.00 Clwb Swper Tafarn y Rheilffordd Ffôn 253643

Ebrill 18 Nos Fawrth 7.00 Cwis a Chyri £5.00 y pen, Tafarn y Rheilffordd

April 19 Dydd Mercher 2.00 Clwb 60+ Taith Royal Mint

Ebrill 19 Dydd Mercher 11.00 – 4.00 Clinig Traed Neuadd Goffa

Ebrill 23 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Bronwydd

Ebrill 23 Nos Sul 8.00 Cwis Hollybrook

Ebrill 24 Dydd Llun 2.00 Clwb 60+ Neuadd Bronwydd

Mai 6 Dydd Sadwrn Diwrnod Hwyl

Mai 22 Dydd Mercher 2.00 Clwb 60+ Taith Royal Mint

Mehedin 11 Dydd Sadwrn 11.00 Dyddiad i'ch Dyddiadur Esgair

*Neuadd Goffa Llanpumsaint a Ffynnonhenri
I logi'r Neuadd Goffa, ffoniwch Derick Lock 01267253524*

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

CYLCH MEITHRIN BRONWYDD

Os hoffech fwy o wybodaeth am y Cylch Meithrin , cysylltwch a ni ar 07929 431652 (Verona).

Cylch Meithrin (Bore Mawrth, Mercher, Iau a Gwener 9.15 yb – 12.00 h.d.)

Cylch Ti a Fi –Dydd Gwener 10.00yb – 12.00 hd

CPR a Defibrillator Hyfforddiant Noson Ionawr 25

Cafwyd noson ddiddorol ar y 18fed o Ionawr pan ddaeth Anthony Hamilton-Shaw o'r elusen Cariad i'n hyfforddi ar sut i ddefnyddio defibrillator fel sydd ar wal y neuadd. Daeth rhyw 35-40 o bobl o bob oed ynghyd ac roedd yr hyfforddwr yn wybodus ac yn ddifyr ei ffordd. Atebodd nifer o gwestiynau wrth y gynulleidfa a cawson ni i gyd gyfle i ddefnyddio'r peiriant. Fe wnaeth e ein sicrhau na allwn ni niweidio'r claf ond os na wnawn ni rywbeth, marw fydd y person. Mae'r peiriant ei hun yn rhoi cyfarwyddiadau ac ni fydd yn rhoi sioc os na fydd rhaid.

Y bwriad yw i gael 3 neu 4 peiriant o gwmpas y pentre fel ein bod yn gallu eu cyrraedd yn glou gan fod yr amser i adfywio rhywun yn fyr iawn. Dyna pam mae cymaint yn marw cyn i'r ambiwlans gyrraedd. Cafwyd ffeithiau diddorol. Yn Seattle yn America, os byddai eich calon yn stopo curo y tu fâs i ysbyty, 7% o siawns oedd gennych o oroesi felly aethpwyd ati i roi defibrillators mewn llawer o fannau cyhoeddus. Mae rhyw 70% o'r boblogaeth wedi derbyn hyfforddiant ar sut i'w defnyddio a bellach mae'r siawns o oroesi wedi codi i 67%! Yng Nghymru, dim ond 3% o siawns sydd y gwnewch chi fyw felly dyna nod i ni anelu ati. Cafwyd paned ar ddiwedd y noson a diolch i bawb fu'n trefnu'r digwyddiad. Da chi, ewch i gael hyfforddiant tro nesa y cynhelir noson o'r fath. Falle taw chi fydd yn achub bywyd eich cymydog!

D = Danger. Edrychwch o'ch cwmpas am unrhyw beryg.

R = Response. A yw'r claf yn ymateb i'ch llais neu gyffyrddiad ysgafn?

S = Shout. Gwaeddwch am help.

A = Airway. Gofalwch nad oes dim yn atal iddynt anadlu.

B = Breathing. Rhowch eich boch yn eu hymyl i deimlo am anadl.

C = Cylchrediad - pwyswch yn galed ac yn gyson ar y frest. Eleri Morris

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>, <http://llanpumsaint.org.uk/communitycouncil/>

Cais Cynllunio – Llyn Fach Troed yr Aur

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

Heddlu

Martin Dickenson 8046, Swyddog Cymorth Cymunedol, Heddlu Dyfed Powys, Gorsaf Yr Heddlu Carmarthen Police Station 101 Ex 25344 / 25343 martin.dickenson@dyfed-powys.pnn.police.uk

Nebo Chapel

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”

"O, deuwch ac addolwn..." Gwasanaeth carolau dwy-ieithog dan ofal y Parch Martin Williams

Rhagfyr 18 am 2.30pm

Rhifau Cyswllt Mrs Eleri Morris 01267 253895

Capel Ffynnonhenri

Dyma fanylion am y gwasanaethau am fisoedd Chwefror, Mawrth ac Ebrill 2017

Chwefror 26 2017 Gwasanaeth am 2.00 o'r gloch Mr Wyn Maskell

Mawrth 5 2017 Gwasanaeth Undebol yn Hermon am 2.00 o'r gloch

Mawrth 19 2017 Cymundeb am 2.00 o'r gloch Parch Huw George

Ebrill 16 2017 Sul y Pasg, Cymundeb yng Nglawddcoch am 10.30 o'r gloch,
Parch Gareth Morris

Ebrill 30 2017 Gwasanaeth am 2.00 o'r gloch Parch Huw George

Os am fanylion pellach cysylltwch a Danny Davies , Trysorydd ar 01267 253418 neu Gwyn Nicholas, Ysgrifennydd ar 01267 253686

Newyddion Eglwys y Plwyf

Mae'r gwasanaethau'n cael eu cynnal fel a ganlyn:-

Sul cyntaf o'r mis 8.30 y.b. Cymun Bendigaidd

Ail Sul o'r mis 11.00 y.b. Cymun Bendigaidd

Trydydd Sul o'r mis 11.00 y.b. Boreol Weddi

Pedwerydd Sul o'r mis 11.00 y.b. Cymun Bendigaidd

Os bydd pum Sul yn y mis cynhelir gwasanaeth o Gymun Bendigaidd gyda Eglwysi Llanllawddog a Sant Celynin yn eu tro. Gwelir manylion o'r gwasanaethau ar yr hysbysfwrdd tu fâs i ddrws y festri. Hefyd mae pob gwybodaeth ar ein tudalen ar wefan Gymunedol Gyfnewidiol Llanpumsaint.

Diolch o galon i bawb a'n cefnogodd ar ein stonddin yn Ffair Nadolig Pwyllgor Rhieni ac Athrawon, Ysgol Llanpumsaint. Codwyd swm sylweddol tuag at goffrau'r Eglwys.

Yn y dyfodol agos fe fyddwn yn chwilio am rywun i gymeryd gofal o'r fynwent. Golyga hyn dorri'r porfa tua 8 gwaith y flwyddyn ac os oes unrhyw un a diddordeb a fyddech cystal a chysylltu a Marice Sherlock ar 01267 253195 i gael rhagor o wybodaeth. Diolch yn fawr iawn i Mathew Jameson am ei with trylwyr dros y blynyddoedd.

Dyddiad i'ch Dyddiadur

Ar ddydd Sul Mehefin 11 2017 ymwelwch a chymeryd rhan mewn Dydd Agored y Diwydiant Ffermio lle gwelir ffermydd yn agor eu drysau a chroesawu ymwelwyr. Am 11.00 y bore ar y dyddiad uchod bydd Martin, Nicky, Carwyn a Ceri yn croesawu pawb i'r Esgair yn Llanpumsaint i ymweld a'r fferm, gweld sut y maent yn cadw'r anifeiliad, beth sydd yn cael ei gynhyrchu a hefyd sut mae gwyddoniaeth yn effeithio ar amaethyddiaeth. Cewch hefyd baned a chacen.

Mae mynediad am ddim ond os hoffai unrhyw un roi cyfraniad tuag "Parkinson, UK" fe'i derbynnir gyda diolch. Os am ragor o wybodaeth cysylltwch a www.farmsunday.org

Gwefan Gymunedol Llanpumsaint.

Cynhelir ein Cyfarfod Blynnyddol ar nos Iau Mawrth 2 2017 a 8.00 yr hwyr yn y Neuadd Goffa. Croeso i bawb.

Help!!

Argraffir Llais y Pentref bob dau fis ac y mae y rhan fwyaf o drigolion yr ardal yn ei dderbyn drwy eu drysau. Fel y gallwch ddychmygu mae llawer o waith yn cael ei wneud i argraffu a dosbarthu pob argraffiad. Mae yn costio tua £130 pob tro – cost yr inc sydd fwyaf a chymerir bron 4 awr i argraffu rhyw 330 o gopiau.

Byddem yn ddiolchgar am unrhyw gymorth ac os oes gennych amser sbâr cysylltwch a Carolyn Smethhurst ar 01267 253308. Mae eisiau help i gyfieithu, argraffu a dosbarthu i bob tŷ.

Os hoffech gael eich copi drwy e-bost cysylltwch a Carolyn ar info@llanpumsaint.org.uk

Byddai hyn yn arbed 40 ceiniog y copi – cofiwch bod pob ceiniog yn help.

Llwyddiant eto i'r” Swing Boys”

Ar ôl bron i dri mis o beidio a mynd y tu allan o'r tŷ ers i ni symud i'r pentref roedd yn hyfryd cael mynd i weld yr uchod yn y Neuadd Goffa nos Wener diwethaf. Nid oedd gennym syniad beth i'w ddisgwyl a hynny achos nid oeddem wedi bod yn y math hyn o beth erioed. Ond i chi na fuodd yno fe gollasoch wledd. Roedd popeth yn wych yn enwedig y bwyd a oedd y tu hwnt o flasus. Hefyd r'oeddem yn hapus iawn i weld bod yna ddewis o fwyd llyseuol. Cafodd Phyl hwn ond fel hollysydd cefais i y dewis arall.

Roedd y gerddoriaeth yn dda iawn – nid yn rhy gryf i glywed eich hunan yn meddwl. Roedd ymddangosiad Lou yn wych a hefyd fe wnaethom fwynhau y gerddoriaeth ar y gitar yn ystod bwyta'r cinio.

Gwaetha'r modd ni wnaethom ni ddawnsio ond ni wnaeth hyn amharu ar ein mwynhad. Pleser hefyd oedd gweld y gwisgoedd - ymdrech dda i gyfleu dillad y cyfnod.

Yn gyfangwbl diolch yn fawr i bawb a hoffwn archebu tocynnau ar gyfer yr un nesaf a theimlais fy mod i nól yn y pedwardegau ond heb yr awyrgylch fwglyd.

Angela Bearman, Pantycelyn.

Pwyllgor Rhieni ac Athrawon Ysgol Llanpumsaint

Ffair Nadolig

Cynhaliwyd y Ffair Nadolig Flynyddol ar ddydd Sadwrn Rhagfyr 4ydd 2016. Roedd yna dros 20 o stondinau a hefyd fe gafwyd datganiadau gan blant yr ysgol. – diwrnod llwyddiannus iawn. Diolch i i'r gymuned leol am eu cefnogaeth i'r ffair hon yn flynyddol sydd yn awr yn rhan o galendr codi arian tuag at yr ysgol.

Digwyddiadau yn y dyfodol

Ffair Haf. Cynhelir hon eleni yn yr ysgol i gydfynd a'r Diwrnod Agored . Fe fydd digon o bethau i'ch diddanu ac fe'i cynhelir ym mis Mehefin, y dyddiad i'w benderfynnu eto. Talwch sylw am y manylion yn y rhifyn nesaf o Lais y Pentref.

Noson gan “This River”

Gobeithir cael noson gan yr uchod eto eleni ar ôl y llwyddiant ysgubol y llynedd. Fe fydd y dyddiad yn cael ei hysbysebu yn y rhifyn nesaf o Lais y Pentref.

Os ydych yn siopa ar y we gallwch chi nawr helpu i godi arian tuag at yr ysgol drwy gofresri ar www.easyfunding.org.uk/causes/LLanpumsaintPTA neu cysylltu a Emma Brown am y linc.

Os oes unrhyw un yn y gymuned leol sydd yn gallu noddri drwy eu gwaith neu unrhyw ffordd arall a fyddech cystal a chysylltu a Becky James ar 01267 253560

Curiad Calon Llanpumsaint

Roedd o fis Ionawr hyd at fis Mai 2016 yn gyfnod prysur iawn i ein grwp bach gyda boreau coffi, digwyddiadau a chreu ymwybyddiaeth o'r angen i gael difribliwr yn y gymuned leol.

Cawsom gefnogaeth wych gan y gymuned a llwyddon ni i godi digon a arian i brynu y difribliwr cyntaf llawer ynghynt na'r disgwyl. Cafodd hwn ei ddadorchuddio tu allan i'r Neuadd Goffa ar Fai 7 2016. Y bwriad yn awr yw i brynu rhagor i'r pentref a'r ardal o amgylch.

Nid oes cymaint o bwyslais wedi bod ar godi arian ers mis Mai ond ym mis Medi fe gawsom newyddion da sef ein bod yn medru ceisio cael nawdd oddiwrth y "Big Lottery Fund" Felly llenwyd y ffurflenni gyda'r gobaith o gael llwyddiant.

Pleser yn awr i'w dweud ein bod wedi bod yn llwyddiannus ac wedi cael addewid am £4050.00 Wrth hyn fe fyddwn yn awr yn medru prynu 3 didfribliwr arall a hefyd cypyrddau i'w hamddiffyn. Gosodir rhain yn Nebo, Ffynnonhenri a Llanpumsaint.

Cynhelir ein Cyfarfod Blynyddol ar Chwefror 28 2017 am 7.30 y.h. yn y Neuadd Goffa. Croeso cynnes i bawb ac yn enwedig y rhai sydd a diddordeb i ymuno a'r grwp bach.

Diolch eto am eich cefnogaeth.

A ydych yn aros am Fandlydan gyflym? Peidiwch dal eich anad!!!

Mae Kay, sydd yn arbenigo mewn band-lydan, wedi rhoi gwybodaeth ar y cynnydd, neu dim cynnydd o sefydlu ffibr i ardal Llanpumsaint. Dyma'r diweddera' oddiwrth susi.marston@bt.com

Mae'r tîm yn gweithio ar waith uniadau ar gyfer y strwythur hyn. Mae hyn yn cael sylw blaenllaw gan "Openreach". Rydyn yn rhoi y wybodaeth orau sydd gennym ac hefyd mae'r newidiadau i'r dyddiadau yn rhwysredig iawn ond hoffem dynnu eich sylw at y ffaith nad ydym o dan unrhyw rwymedigaith i gyflawni y gwaith yma i'r gymuned erbyn dyddiad penodol. Mae'r gwaith yn mynd yn ei flaen yn yr ardal ond falle nid gan beiranyddion "Openreach" – mae peth o'r gwaith yn cael ei gyflawni gan gontractwyr eraill.

Ni fyddwch yn gweld unrhyw weithgaredd ar bwys y cabinet achos ni fydd cabinet ffibr (DSLAM) yn cael ei sefydlu fel ffibr nes bod (FTTP) yn cael ei leoli.

Gallaf eich sicrhau bod "Openreach" yn gwneud pob ymdrech i orffen y gwaith cyn gynted a phosibl.

Roedd addewidion BT i orffen y gwaith yn 2016 ddim wedi cael ei anrhydeddu ac y mae'n bur debyg nad oes dyddiad penodol i gwblhau y gwaith yn Llanpumsaint yn y dyfodol agos.

Clwb Cerdded Llanpumsaint

Bydd y teithiau ym mis Chwefror a Mawrth yn dechrau yn y bore ac wrth hyn fe allwch chi ddod nôl i weld y gemau rygbi.

Ar ddydd Sadwrn Chwefror 11 2017 byddwn yn dechrau am 10.00y.b. o Lanpumsaint, dros y llwybrau i Nebo, lawr i Rheiffordd Gwili ac i Neuadd Bronwydd. Wedyn fe fydd bwyd ar gael yn Nhafarn Nantgelynen. A fydddech cystal a parcio eich ceir ym maes parcio y Neuadd Goffa ac ar ôl gorffen fe wnawn yn siwr eich bod yn cael trafndiaeth i ddod nôl i Lanpumsaint. A fyddch cystal a dod ac offer gyda chi rhag ofn y bydd rhwystrau ar y llwybrau.

Bydd ein taith ym mis Mawrth ar ddydd Sadwrn Mawrth 11 2017 ac yn dechrau o'r Ganolfan Hamdden yng Nghaerfyrddin am 10.00 y..b. Fe fydd y rhan fwyaf o'r daith ar lwybr caled o amgylch Caerfyrddin. Os na fydd hi yn rhy wlyb falle wnewn i fentro i gerdded drwy rhai coedwigoedd, Fe fydd y daith yn cymeryd o amgylch 2 awr.

Ym mis Ebrill fe fyddwn yn troi ein golygon taug at yr arfordir, sef Llwyndafydd i Gwmtydi. Os am ragor o fanylion ewch i'n gweplyfr.

Mae croeso i bawb ymuno gyda ni. Rydym yn grwp cyfeillgar iawn ac yn cerdded ar gyflymdra sydd yn siwtio pawb. Os am ragor o fanylion cysylltwch a Carolyn Smethurst ar 01267 253308

Mae'r Gwanwyn ar y ffordd

Mae mis Chwefror yn gallu bod yn fis diflas a llwydaidd ond edrychwch ar yr adar. Maent yn barod yn edrych yn fwy disglair a hapusach. Mae gwahanol fathau o adar yn cadw swm o'n hamgylch fel, y gigfran, titw, telor y cnau, cnocell y coed, bronfraith heb anghofio'r robin goch. Tybed a ydych wedi sylwi bod swm yr adar wedi cynyddu ers y Nadolig ac ambell waith yn distewi pan fydd y tywydd yn rhewllyd. Ond pan fydd y tywydd yn cynhesu mae'r swm yn cynyddu eto. Dyma'r amser o'r flwyddyn sydd yn eiddo i'r adar sydd yn aros yma dros y gaeaf. Rhain sydd yn cael y siawns i gael y pryf cyntaf a hefyd y lle gorau i adeiladu eu nythoedd cyn i'r lleill gyrraedd ym mis Ebrill i lenwi y coedwigoedd a'r cloddiau gyda eu sain fendigedig.

Ann Pettitt

Gofal Traed

Dyma ddydiadau y clinig nesaf o 11.00y.b. hyd 4.00y.p, Dydd Mercher Mawrth 8, Ebrill 19
Dylai cleifion newydd gysylltu a Gary Robinson yn ystod yr wythnos rhwng 6 a 8 y.h. ar 07789 344488 fel y dylai cleifion cyfredol sydd yn dymuno canslo eu hapwynytiadau. (gofynnir am rybudd o leiaf 24 awr, plis)

Clwb Rotari Caerfyrddin

I chi sydd yn byw yn yr ardal ac yn hoffi cwis, mae y clwb uchod yn cynnal cwis fawreddog yng Nghlwb Pel-droed, Caerfyrddin ar Fawrth 23 2017 i ddechrau am 7.00 y.h.

Os am ragor o wybodaeth cysylltwch a Sandy Mather ar 01267 253457 neu drwy e-bost ar sandymather@gmail.com

Clwbgwili 60+

Mae'r clwb uchod yn dal i fynd yn gryf iawn gyda rhaglen ddiddorol wedi ei threfnu am 2017. Mae'r aelodau yn gyffrous iawn am y digwyddiadau sydd wedi eu trefnu gyda gwahanol siaradwyr wedi eu dewis a phedwar trip a hefyd y Twrci a Thinsel blynyddol

Dyma fanylion o'r gweithgareddau hyd at fis Mai. Mae'r cyfarfodydd yn cael eu cynnal yn Neuadd Bronwydd ar y pedwerydd ddydd Llun ymhob mis am 2.00 y.p.

Ionawr 23 Cyfarfod Siaradwr Mr Jerney John
Chwefror 27 Cyfarfod Siaradwr Mr Arwyn Thomas
Mawrth 27 Arddangosiad gan Mr Gareth Richards
Ebrill 24 Cyfarfod Siaradwr Mr Frank Barnett
Mai 22 Cyfarfod Siaradwr Mrs Betty Davies

Ar ddydd Mercher, Ebrill 19 mae trip wedi ei drefnu i'r Mint Brenhinol a Maenor Llangaeach Fawr. Ar Fai 18 mae'r clwb yn cynllunio i fynd am dri diwrnod i ymweld a "Ironbridge" gyda llawer o weithgareddau eraill yn ystod y cyfnod.

Os am ragor o wybodaeth cysylltwch a Val Giles, Ysgrifenydded y clwb ar 01267 281194

Clwb Cinio Tafarn y Rheilffordd – nawr Clwb Swper Tafarn y Rheilffordd

Rydym wedi cwrdd yn gyson bob mis ar yr ail ddydd Mercher ymhob mis am ginio ond nawr mae newidiaeth ar y gweill a byddwn yn cwrdd ar nos Fercher a'i alw yn Glwb Swper a hyn o Chwefror 8ed ymlaen a hynny am 6.00 y.h.

Mae croeso i aelodau newydd a does dim tál aelodaeth. Rydym yn griw hapus iawn.

Gobeithir cario ymalen a'r raffl fisol gyda'r elw yn cael ei roi yn y Botel ar y Bar a hynny er lles y Pwyllgor Llës ac Adloniant. Bydd hon yn cael ei hagor yn ystod Taith Sion Corn sydd yn cael ei chynnal bob blwyddyn.

Mae rhyddid i chi ddewis unrhywbeth o fwydlen y dafarn gan gynnwys y Stéc a Sglodion i ddau a botel o win sydd ar gael bob nos Fercher.

Ond mae yn ofynnol i chi gysylltu a Jane gyda'ch archeb erbyn y Sadwrn cyn dyddiad y swper.

Os hoffech ddod cysylltwch a Jane neu Nick yn y dafarn (253643) neu Derick Lock (2535245)

Clwb 100 Llanpumsaint

Mewn cyfarfod a gynhaliwyd yn ddiweddar tynnwyd y rhifau lwcus o'r uchod am fis Ionawr.

Dyma'r manylion:-

1af £20 Rhif 17 Mo Jameson
2ail £10 Rhif 6 Marlene Wareham
3ydd £5 Rhif 52 Gordon a Barbara Cable
3ydd £5 Rhif 16 Bob Jameson

Dyma'r tynniad olaf am 2016/17

Does dim tynniad ym mis Chwefror gan fydd y trysorydd yn paratoi y Fantolen Ariannol ac hefyd yn erbyn eich aelodaeth am y flwyddyn nesaf. (£12 y flwyddyn)

Ar ran y pwyllgor hoffwn ddiolch i bawb am eu cefnogaeth yn ystod 2016/17.

Mae croeso i aelodau newydd ac os oes diddordeb cysylltwch a Derick Lock ar 01267 253524am fanylion.

Clwb Bowlio Llanpumsaint a Nebo.

Ar hyn o bryd rydym ni hanner ffordd drwy ein tymor ac yn y 3ydd safle yn y gynghrair wedi ennill 12 gém, colli 3 a thair gém yn gyfartal.

Yn ein gém gartref olaf fe lwyddon ni i drechu tîm Salem sydd yn gyntaf yn y gynghrair o 7 i 1 – dyma'r tro cyntaf iddyn nhw gollu yn ystod y tymor.

Ar hyn o bryd mae 12 oedolyn a phedwar aelod iau yn y clwb. Mae croeso bob amser i aelodau newydd hyd yn oed os nad ydych wedi chwarae o'r blaen. Mae gennym hyfforddwyr profiadol wrth law i'ch helpu a offer o bob maent i chi gael ymarfer.

Am ragor o wybodaeth cysylltwch a Alan Dentry, Cadeirydd ar 253549 neu Derick Lock, Ysgrifennydd ar 253524.

Pwyllgor Llës ac Adloniant

Fe fu'r tywydd yn garedig iawn yn ystod Paréd Blynyddol Sion Corn y llynedd. Cafwyd yateb teilwng iawn gyda bron 60 o bobl wedi dod ynghyd.

Yr elusen ddewisiadol am 2016 oedd Bád Achub Glan y fferi a phleser oedd gweld chwech ohonynt yn bresennol ar y dydd.

Gan gynnwys y "Botel yn y Bar" yn nhafarn y Rheilffordd pleser mawr fydd trosgwlyddo sic o £800 i'r elusen a fydd yn cael ei ddefnyddio tuag at hofrenfad fach i helpu i achub bywydau ar yr afon.

Hoffem fel pwyllgor ddiolch i'r canlynnol am eu cefnogaeth yn flynyddol:-

Sion Corn, ei yrrwr a'i gynorthwywyr.

Jane a Nick yn nhafarn y Rheilffordd am eu haelioni a'i cydweithrediad bob amser.

Aelodau Clwb Cinio Tafarfn y Rheilffordd sydd dros y blynyddoedd wedi rhoi arian a gasglwyd yn y botel yn y bar sef elw y raffl fisol.

Ann Wyke a Carolyn Smethurst am ddarparu ymborth i bawb yn ystod y paréd

I'r gweddill ffyddlon sydd yn cefnogi y paréd yn flynyddol drwy bob tywydd.

Gobeithir trosgwlyddo y sic o £800 i'r Bád Achub cyn bo hir ac hoffai unrhyw un fod yn bresennol cysylltwch a'r Ysgrifennydd sef Derick Lock ar 253524

Ar hyn o bryd nid ydym fel pwyllgor wedi penderfynnu ar yr elusen ddewisiedig ar gyfer 2017, felly os oes gennych syniadau cysylltwch a'r ysgrifennydd.

Dyddiadau i'ch Dyddiaduron

Diwrnod Hwyl Sadwrn Mai 6 2017

Swper Elusennol Nos Fawrth Medi 26 2017

Manylion pellach i ddilyn.

Cymdeithas Rhandiroedd Llanpumsaint.

Beth dych chi'n wybod am eich wniwys? Hoffech chi ddysgu rhagor, os hynny pam na wnewch ymuno a ni. Fel aelod mae'n bosibl i dyfu fwy o gennin na phlymiwr dibrofiad.

Grwp cyfeillgar iawn i ni sydd yn hoffi garddio gyda phawb yn cael gwely eu hunan (nid i gysgu) Hefyd mae gennym dŷ gwyr enfawr a llawer twnel ar y safle. Nid ydym yn gystadleuol am y llyisiau mwyaf a.y.b. ond mae ein haelodau sydd o wahanol safonau bob amser yn barod i helpu os bydd yna broblem.

Cynhelir ein Cyfarfod Blynyddol ar y safle ar fore Sadwrn Chwefror 25ain am 10.30 y.b. pan fydd yr aelodau presennol yn cofrestru am y flwyddyn sydd i ddod felly pam na ddewch chi i weld a fydddech yn hoffi ymuno a ni neu i gael rhagor o wybodaeth. Pris aelodaeth yw £35 am y flwyddyn gyntaf a wedyn £25 y flwyddyn. Nid yw oedran yn gwneud dim gwahaniaeth – fe fyddwn yn edrych ymlaen i'ch gweld.

Os nad ydych yn gwybod, mae'r rhandiroedd gyferbyn a Thafarn y Rheiffordd (trowch i'r dde) Os hoffech wneud unrhyw ymholiadau cysylltwch a Keith (253375) neu Ray (253157) fe fyddant yn fwy na pharod i'ch helpu.

Oes unrhyw un a diddoredeb mewn Myfyrdod?

Mae myfyrdod gyda eraill yn ymarfer rheolaidd. Rydw i a diddoredeb mewn ffurfio grwp anffurfiol am nosweithiau o fyfyrdod. Y syniad yw i'w wneud gyda eraill mewn awyrgylch anffurfiol ar nosweithau achlysurol.

Cysylltwch a Pete ar 07769 580040

Mae Larymau Mwg Yn Achub Bywydau

A oeddech chi'n gwybod?

- Rydych ddwywaith yn fwy tebygol o farw mewn tân os nad oes genych larwm myg sy'n gweithio
- Mae 18 bobl yn marw bob blwyddyn oherwydd nad oedd y batri yn eu larwm myg yn gweithio neu nad oedd batri wedi ei roi yn y larwm
- Mae dros hanner y tanau mewn cartrefi yn cael eu hachosi gan ddamweiniau coginio
- Caiff tri than y dydd eu cychwyn gan ganhwyllau
- Bob tridiau mae rhywun yn marw mewn tân a achoswyd gan sigarét
- Mae offer trydan diffygiol (dyfeisiau, gwifrau a socedi sydd wedi eu gorlwytho) yn achosi nifer o danau mewn tai ledled y wlad bob blwyddyn

Am archwiliad diogelwch rhag tân yn y cartref am ddim galwch 01267 262617 or 0800 169 1234

A fyddai EIRIOL o help i chi?

A oes gyda chi broblem iechyd meddwl neu a ydych chi yn gofalu am rhywun sydd a'r broblem hyn?

A oes gyda chi gonsyrn am y gefnogaeth rydych yn ei dderbynl gan yr Awdurdod Iechyd neu'r Cyngor?

A fyddech eisiau cymorth i ddeall beth yw eich hawliau a'ch dewisiadau?

Ers 2004 mae EIRIOL wedi cefnogi prosiectau i gynorthwyo oedolion sydd a phroblemau iechyd meddwl a hefyd wedi cefnogi ffrindiau a theluoedd sydd yn gofalu am y rhain. Elusen Annibynnol ydyn ni, felly nid yn rhan o'r Gwasanaeth Iechyd, Bwrdd Iechyd nac Awdurdodau Lleol. Rydyn ni yn helpu pobl i ddelio gyda eu gofidiau neu gwynion sydd gyda nhw am y gofal y maent yn derbyn. Mae'r gwasanaeth yn rhad ond ond r'ydyn yn cael ein noddi yn rhannol gan y cyngor a hefyd dibynnu ar grantiau a rhoddion gan y cyhoedd.

Nid cyfreithwyr ydyn ni ond ein pwrpas yw i gydweithio gyda ein cleientiaid i'w galluogi i wneud y dewisiadau cywir a hefyd ei hawliau ac wrth hyn gwella eu cyflwr a'u teuluoedd. Hefyd cefnogi pobl sydd yn methu siarad dros eu hunain ac wrth hyn rhoi llais, dewis a rheolaeth iddynt dros eu penderfyniadau. Fe fyddwn yn mynd i gyfarfodydd ar eu rhan, ysgrifennu llythyron, siarad ar y ffôn neu eu helpu i gysylltu a gwasanaethau eraill.

Ein cleientiaid yw calon ein gwaith. Rydym yma i'w helpu i gael pob gwasanaeth y teimlant y bod arnynt eu hangen. Rydym yn gweithio gyda Awdurdod Iechyd Hywel Dda, Awdurdodau lleol a unrhyw fudiad i helpu ein cleientiaid i gael y sylw sydd yn ddyledus iddynt. Gweithiwn bob amser gyda ein cleientiaid i ddelio yn fwy hyderus gyda phob sefyllfa fel bydd yr angen.

Dros y ddeuddeg blynedd ddiwetha dim ond nawdd i weithio yn Sir Gar yr ydyn wedi derbyn gwaetha'r modd ond diolch am nawdd fychan a ddaeth i law fe agoron ni wasanaeth bach yng Ngheredigion. Mae prosiect sef Prosiect Kinora ar agor un diwrnod yr wythnos yn Aberteifi ond os na ddaw rhagor o nawdd i law bydd rhaid ei gau ddiwedd mis Rhagfyr. Dros y ddwy flynedd ddiwetha yr ydym wedi cynnig llawer o gyrsiau i gynorthwyo teuluoedd a phobl sydd a phroblem iechyd meddwl. Yn gyfredol r'ydym yn cydweithio gyda'r awdurdod lleol ar gwrs i ddysgu pobl sut i dynnu sylw at achosion posibl o gam-drin pobl agored i niwed.

Rydym yn elusen barchus ac enwog. Gweithiwn bob amser i dynnu sylw at ein gwasanaethau. Byddwn yn presenoli ein hunain mewn cyfarfodydd sydd yn ymwneud o Iechyd Meddwl yn Sir Gar a Cheredigion. Mae ein gwaith hefyd yn cynnwys ymateb i ymgynghoriadau i Lywodraeth Cymru a chefnogi pob ymchwil a gymerir gan Brifysgolion Abertawe ac Aberystwyth a hefyd Iechyd Cyhoeddus Cymru

Os hoffai unrhyw un dderbyn o'n gwasanaeth gallwch gysylltu a ni ar y ffôn, e-bost neu ar ein tudalen ar y we. Gall gwasanaethau proffesiynol hefyd gysylltu a ni ond mae yn ofynnol iddynt gael caniatad eu cleientiaid.

Ffôn: 01267 231122 neru E-bost:- eiriol@eiriol.org.uk www.eiriol.org.uk

Sadwrn Hwyl

Cymhelir yr uchod as dydd Sadwrn Mai 6 2017. Yn ystod y prynhawn fe fydd y cnalynnol yn cael eu cynnal:-

Rhasus Hwyaidd o dan ofal Capel Nebo

Rhasus moch

Rhostio mochyn

Yn y nos fe fydd adloniant i'r teulu gyda "Theyrned i Tina Turner" a phris y tocynnau fydd £8 i oedolion a £2 i blant.

Fe fydd rhagor o fanylion yn y rhifyn nesaf o Lais y Pentref.

Gofal a Thrwsio yn helpu person lleol

Corff "nad yw'n gwneud elw" yw **Gofal a Thrwsio Sir Gaerfyrddin**, a'i bwrpas yw i rhoi cyngor a chymorth i bobl hŷn (60 +) sy'n berchen ar dŷ neu'n denant preifat, i barhau i fyw'n ddiogel, yn gynnes ac yn annibynnol yn eu cartrefi.

Maent yn gwneud hyn trwy drefnu atgyweirion neu addasiadau a helpu gyda cheisiadau am grantiau a ffynonellau ariannu eraill. Gallai'r gwaith gynnwys atgywerion bach (trwsio tap sy'n diferu, gosod canllaw, neu ffitio clô newydd) a gweithfeydd mwy o faint fel dylunio ac adeiladu ystafell ymolchi ar gyfer person anabl.

Yn ddiweddar, cysylltodd Mrs Sandy Mather o Lanpumpsaint â'r Asiantaeth. Rhoddodd yr Asiantaeth enw adeiladwr dibynwy i Mrs Mather. Cytunwyd ar gost, a chyn bo hir, dechreuodd y gwaith. Wedi cwblhau'r gwaith, dywedodd Mrs Mather *"Nad oes modd ddweud faint o dawlch meddwl mae gwneud y gwaith wedi rhoi i mi. Rwy nawr yn teimlo'n fwy diogel"*

I drefnu ymweliad ich cartref, cysylltwch â Gofal a Thrwsio ar 0333 111333 (cyfraddau lleol) neu trwy e-bostio careandrepair@cccpartners.org.uk. Mae'r asesiad yn rhad ac am ddim heb unrhyw rhwymedigaeth.

Cymdeithas Dewinwyr Gorllewin Cymru

Dydd Sul Ionawr 22 2017 Michelle Prior

Dydd Sul Chwefror 26 2017 Robin Heath

Dydd Sul Mawrth 26 2017 Cyfarfod Blynyddol

Dydd Sul Ebrill 23 2017 Alanna Moore

Mae darogan 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 donai rhai daroganwyr profiadol i chwilio am ddŵr, mwynau, olew, ceblau trydan a.y.y.b. Mae rhai yn gwirio am straen daearegol yn eu hamgylchedd, cred bersonol yw hyn sydd heb gael ei brofi yn wyddonol hyd yn hyn.

Pam na ddewch chi i weld dros eich hunan? Dewch i ymuno a ni yn Neuadd Bronwydd am 1.45y.p. Pris mynediad yw £4 y person gan gynnwys paned o de a bisgedi. Does dim eisiau offer, dewch a'ch hunan.

Am wybodaeth pellach cysylltwch a Sandy ar 01267 253547

Atgofion Eira mawr 1947

Naw blwydd oed o'n ni ac yn cerdded o fferm Pantglas i Ysgol Llanpumsaint bob dydd. Lan rhiw Graig heibio Bryncene a Ffynnonfelen cyn cyrraedd gwastadedd sgwâr Cnwycpistyll, ac wedyn oledd bob cam i lawr. Yn ôl y rheolau newydd wedi'r Rhyfel, byddai pob plentyn yn byw dros dair milltir o'r ysgol yn cael eu cario. 'Roedd crwt y Wern, nes draw na'r Graig, yn sticio dau fis arnaf yn cerdded, mas o ffenest ôl taci Dai Bedw, wrth iddo wibio heibio lan y rhiw serth. Ond na fe, ces i feic o'i flaen e' ac mi gollodd e' lot o sbri cymdeithasol wrth i blant ardal Nebo gerdded gatre. Tase hi'n bwrw glaw bydde John Williams y postman yn garedig iawn, miwn a ni i gefen y fan, gan ofalu nad oedd y traed gwlyb yn trochi'r llythyron. A chafodd Alfie'r Wern erioed y wefr o ambell reid mewn lori lath.

Gall atgofion plentyndod am y tywydd fod yn hynod anghywir, dewiswn ddychmygu hafau hirfelyn heulog a gaeafau iachus o rew sych. Dewis y cof yn aml yw anwybyddu'r holl law amser cyneuaf a thywydd tywyll diflas Rhagfyr ac Ionawr. Ond gallaf gofio 1947 yn glir iawn. Bu'n aeaf caled o rew ag eira am gyfnod hir, ac yna ym Mis Mawrth daeth storom enbyd o eira, i'w dilyn gan wynt cryf o'r dwyrain wnaeth chwythu'r eira i bob twll a chornel. Hynod oedd edrych ar gaeau glan gwyrdd ond heolydd wedi diflannu dan flanced wen enfawr, a tho ambell dy yn pipo mas o'r lluwchfeydd rhewllyd. Ymhen amser daeth hen gopi llaith o'r Journal i law o rwle, yn son am longau'n cario bara i Bentywyn o'r môr, ac am ddyn wedi ei achub o ben coeden fawr ger Synod Inn.

Dim byd yn symud, nes i Cyril George Brynawel a'r unig lorri yn yr ardal yn arwain bydyn o ddynion a rhofiau i ddechrau clirio. Rhwng Rhiw Graig a sgwâr Cnwycpistyll, (cyffordd y ffordd i Nebo), diflannodd yr hewl yn llwyr a gorchuddiwyd y cloddie'n gyfangwbl. 'Radeg hynny 'doedd na'm haradr eira na'r un Jac Codi Baw wedi eu geni, felly nerth braich a rhaw ag un lorri amdani! Gan i'r her fod mor enfawr penderfynwyd torri tocyn mawr drwy'r gacen wen, digon i ganiatáu un cerbyd yn unig drwyddo. Rhaid oedd rhofio a rhofio bob cam lawr i gyffordd y Graig lle'r oedd Jennie yn berwi'r tecyl te. Dros wythnos flinedig wedyn gorchfygwyd y lluwch enfawr oedd wedi claddi popeth ger Plasybig, Bronwydd. Hwre! O'r diwedd gallai rhywun fynd i dre Caerfyrddin. O'dd un dyn bach wedi gwrthod helpi'r clirio. Fe oedd y cynta' i fynd drwyddo ar ei fotobeic, ond faddeuodd neb byth iddo!

Daw golygfa hynod arall i'r cof, gweld fy Wncwl Dai Bethoron yn cerdded yn hamddenol dry borfa las caeau Ffynnonfelen i bigo bara lan wrth fy mam ym Mhantglas. O'dd dim hewl i gal bellach! Gan fod cymdeithas cefn gwlad i raddau helaeth yn hunan cynhaliol bryd hynny 'doedd na'm perygl i neb lwgu. Dychmygwch yr olygfa pe bae hyn yn digwydd heddiw yn 2107; dwy neu dair hofrennydd a chriwiau teledu, haid o Jacs Codi Baw gyda rhai ohonynt yn cario nwyddau o'r archfarchnadoedd, a Facebook a Thrydar fel dau dderyn du.

Unwaith torrwyd sleisen o ffordd drwyddo a minnau bellach wedi hen flino ar ramant peli eira, dyma benderfynu ar antur fawr ac aneli am gerdded i'r Ysgol. Profodd y tamed hewl yn eithriadol o lithrig a'r perygl mwya' yn dod o'r talpiau mawr o eira rhewllyd yn llithro'n annisgwyl o'r nen. Felly penderfynais gerdded ar ben y lluwchfeydd ar dop y cloddiau, gan chwarae a'r gwifrau ffon rhwng fy mysedd. Jobyn da nad oedd trydan wedi cyrraedd yr ardal bryd hynny! Wedi cyrraedd cefais fy ystafell ddisbarth bron yn wag ar wahân i rai o blant y pentref. Rhyddhawyd ni'n gynnar a dyma gychwyn ar daith unig lan Rhyw Cwppers tua Nebo. Daeth neges wedyn o'r Prifathro Mr Johns, "*Does dim rhaid i chi hala fe Mrs Thomas!*".

Atebodd fy Mam "*Fi ffili stopo fe! Mae'n mynnu mynd!*". Yr hyn nad oedd y ddau wedi deall oedd bod 'na bron ddim cystadleuaeth bellach am lyfrau Llyfrgell yr Ysgol, a minnau a rhwydd hynt i ddewis beth fynwn.

Arwyn 2017

Village Voice February 2017

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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 Thursday Roast Dinner 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

February 7 Tuesday 8.00 Llanpumsaint Community Council Memorial Hall

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

February 11 Saturday 10.00 Walk from Llanpumsaint to Bronwydd via Nebo and Bettws

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

February 25 Saturday 11.00 Agm Llanpumsaint Allotment Society

February 26 Sunday 1.45 West Wales Dowsers Bronwydd Hall

February 26 Sunday 8.00 Quiz Hollybrook Inn

February 27 Monday 2.00 60+ Club Bronwydd Hall

February 28 Tuesday 7.30 AGM Llanpumsaint Heartbeat in Memorial Hall

March 2 Thursday 8.00 AGM for LCIE and Village Voice, Memorial Hall – all welcome

March 7 Tuesday 8.00 Llanpumsaint Community Council Memorial Hall

March 8 Wednesday 11.00 – 4.00 Foot Clinic Memorial Hall

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

March 11 Saturday 10.00 Walk in Carmarthen – meet at Leisure Centre

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

March 23 Thursday 7.00 Rotary Quiz Carmarthen Football Club

March 26 Sunday 1.45 West Wales Dowsers AGM Bronwydd Hall

March 26 Sunday 8.00 Quiz Hollybrook Inn

March 27 Monday 2.00 60+ Club Bronwydd Hall

April 4 Tuesday 8.00 Llanpumsaint Community Council Memorial Hall

April 12 Wednesday 6.00 Supper Club Railway Inn – 253643 to book

April 18 Tuesday 7.00 Curry and Quiz £5 per head Railway Inn

April 19 Wednesday 60+ Club Day Trip to Royal Mint

April 19 Wednesday 11.00 – 4.00 Foot Clinic Memorial Hall

April 23 Sunday 1.45 West Wales Dowers AGM Bronwydd Hall

April 23 Sunday 8.00 Quiz Hollybrook Inn

April 24 Monday 2.00 60+ Club Bronwydd Hall

May 6 Saturday Fun Day Afternoon and evening entertainment – more details in April Village Voice

May 22 Monday 2.00 60+ Club Bronwydd Hall

June 11 Saturday 11.00 Open Farm Sunday Esgair

Llanpumsaint and Ffynnonhenry Memorial Hall

To book phone Derick Lock on 253524

May Fun Day will be on Saturday 6th May. During the Afternoon we will have the Nebo Duck Race. Our second Pig Racing Event, and the Hog Roast. The evening entertainment for all the family is a Tina Turner Tribute, tickets for adults will be £8, and for children £2.

Further details will appear in April Village Voice – please put the date in your diary now.

LLANPUMSAINT HEARTBEAT UPDATE

From January 2016 until May 2016 was a very busy time for our small group, with coffee mornings, events and generally raising awareness for the need for defibrillators to be made available within our community. With the fantastic support from the community we surpassed our expectations and raised the money for the first defibrillator quicker than we had expected. This was unveiled at the Memorial Hall on the 7th May at the village fun day.

Our aim from the beginning was to purchase more defibrillators in the village and the wider community. Since May the group has eased up on it's fundraising events, mainly to refocus our objectives and discuss our options going forward. In September we found that possible funding could be made available from the "Big Lottery Fund, Awards for All". So over the last four months we have been making our case and completing forms with the hope that we would be successful.

I am pleased to say that we have been successful and the "Big Lottery Fund," have recently confirmed our grant offer and are awarding Llanpumsaint Heartbeat £4050, which will fund the purchase of a further three defibrillators and protective external cabinets. These defibrillators are to be sited in Nebo, Ffynnonhenry and Llanpumsaint.

Our AGM will be on 28th February, 7.30pm, in the Memorial Hall – all welcome, and we would welcome new members to our small committee – all welcome.

Thank you once again for your continued support. Mike Poston

Spring is sprung!

February can be a dreary, grey month, but let's look at the birds. They are already looking brighter, sharper, perkier. If you hear ravens cronking above, look up – you may see their courtship flight, when the male does a sudden downwards dive with back-flip. Great tits are singing their tee-tew, tee-tew, spring song, woodpeckers are drumming already. They don't do it to find food, they do it purely to say "Here I am, come and find me" to a potential mate. Nuthatches are also vocal, they sound "quilt, quilt" high in the branches. In fact, the birdsong has been building steadily since Christmas, slowing down when it's frosty, then accelerating when it gets warmer. I can hear mistle thrushes, robins, dunnocks, blue, great and long-tailed tits, but no blackbird or chaffinch yet. Birds are much easier to identify by their song than trying to spot them flitting through the branches – there are plenty of websites to help. This is the time of year that belongs to the birds that stay the winter with us. They have the chance, when the first insects emerge, to find a mate, find a nest site (getting harder every year!) and rear some chicks before the spring migrants arrive in April, filling the woods and hedgerows with joyous song.

Ann Pettitt

Clwb Cerdded Llanpumsaint Walkers Club

Both the February and March walks will start in the morning, and so you will be able to get home in time to watch the 6 Nations!

On Saturday 11th February, starting at 10.00, we will walk from Llanpumsaint, across footpaths to Nebo and down the Gwili Railway to Bronwydd Hall, then back to the Hollybrook for refreshments. Park in the Hall car park, and we will ferry the drivers back to their cars at the end of the walk. Please bring secateurs to cut back any brambles that may have encroached the route.

Our walk in March will be on Saturday, 11th March and will start at Carmarthen Leisure Centre at 10.am (park in their car park). It will be on mainly tarmac paths around Carmarthen. If it's not too wet under foot we may walk through some woods. It will be a circular walk lasting about 2 hours.

In April, we head for the coast, Llwyndafydd to Cwmttydu – see our facebook page for details for details nearer the time.

All are welcome on these walks, we are a very friendly group, and walk at a pace to suit everyone – phone Carolyn Smethurst for more details 01267 253308.

Another Swing Boyz Success

After 3 months of barely going beyond our gates since we moved to Llanpumsaint, it was a lovely change to go to the dinner dance Friday night. We had no idea what to expect, having never attended a swing dance before but I must say those who didn't go, missed a treat.

Everything was exceptional, especially the food which was absolutely delicious. We were extremely pleased to see there was a veggie option, which Phil had but, as a confirmed omnivore, I partook of Dave's wonderful dish of scouse.

The music was fantastic and just the right volume, loud enough to still hear yourself think. We were very impressed when Lou' took the stage. Simply brilliant! We also enjoyed the guitar music, perfect whilst eating dinner.

Though we didn't dance, as, to use that over used film quote: "we feared lives might be lost!", a very kind young man did show me a few steps. Thank you, whoever you are. I was also pleased to see that quite a lot had made the effort to dress for the era. They looked great in their outfits and the hairstyles were amazing too. All in all a marvellous evening and we would like to make a reservation for the next one please. I for one definitely felt we were in a 1940's club, minus the smoky atmosphere of course! Angela Bearman, Pantycelyn.

(And we raised £300 for Macmillan as well! Thanks to all who helped, especially the washers up)

Ysgol Llanpumsaint PTA

Christmas Fair

The Annual Christmas Fair was on Saturday 4th December. With over 20 stalls in attendance and the children singing, the day was a success. We thank the local community for coming out to support this event that has become an annual feature of our fund raising calendar.

Future events

Summer Fayre - This summer the PTA will be holding a Summer Fayre at the school coinciding with an Open Day for the School. There will be stalls, traditional fayre games and lots of activities for all to get involved with. This will be held on a Saturday in June – date to be advertised in the next Village Voice.

Band Night – The PTA are hoping for a return of the popular 'This River' band from Swansea. The evening last year was enjoyed by all that attended including the band. The date for this evening will also be advertised in the next Village Voice.

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.

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

CPR and Defibrillator Training Evening 25th January

An interesting evening was held Wednesday, 18th January when Anthony Hamilton-Shaw of the charity MyCariad came to conduct training in the use of defibrillators, one of which is fixed to the wall near the door of the village hall. Between 35-40 people of all ages turned up and the presentation was both informative and hands-on with everyone being given the opportunity to try it out. There was also lively interaction between the instructor and audience. We were all encouraged not to be fearful of using it because you can't injure the person by doing anything wrong because the machine will give you instructions and can detect a heartbeat and won't, therefore, give a shock unless it's needed.

The intention is to have three or four installed in the village and surrounding areas so that we will all have quick access to one because time is of the essence. It was salutary to hear that if your heart stops beating when you're outside hospital, your likelihood of survival is only 3%. That's because it takes a while usually for the ambulance to reach you and that's why having the defibrillator close to you is so important. However, there were encouraging statistics from the American city of Seattle. Previously, the likelihood of surviving cardiac arrest outside hospital was 7% (still higher than Wales). A large number of defibrillators were installed in various public areas and up to 70% of the population have received training in the use of them and the survival rate has soared to 67%! So that's where Wales needs to be. The evening was rounded off with light refreshments. Thanks to all who were involved in arranging the evening and encouragement to everyone who hasn't already done so to attend the next training session! Someone's life may depend on it.

Something to remember in such an emergency – DRS ABC

D - Look around for any Danger

R - Check for any Response from the patient by calling out or touching

S – Shout for help

A – Check airway clear

B - Check for Breathing by placing your cheek by their face for 10 seconds

C – Circulation – now start chest compressions!

Eleri Morris

Llanpumsaint Community Information Exchange – Publishers of Village Voice

Our AGM will be held on Thursday 2nd March at 8 pm in the Memorial Hall – everyone welcome.

Help Needed

Village Voice is published every 2 months, and delivered by hand to most houses in the Llanpumsaint area. As you can imagine, there is a lot of work involved in getting each edition ready for printing and distribution. Printing costs per edition is about £130, most of that is the cost of the laser cartridge. Printing takes about 4 hours for the 330 copies that we print.

If you would like to help us to get the Voice ready, please contact Carolyn Smethurst on 01267 253308. We would welcome offers of translation, helping with editing, printing and delivering to each house. Help is needed just every 2 months.

And if you are happy to receive your copy by email, please let me know on info@llanpumsaint.org.uk - each emailed copy saves us about 40p – and every little helps!

Carolyn Smethurst

Carmarthen Rotary Quiz Thursday 23rd March

For the keen quizzers in the village, this is a great evening, very competitive and all for a good cause. It will be in the Carmarthen Football Club, starting at 7.00pm.

For more details and to book your ticket, contact Sandy Mather 01267 253547, or email sandymather@gmail.com

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

Waiting for Superfast broadband? – don't hold your breath!

Kay, our superfast champion, has given me the latest information on the progress, or lack of progress for the installation of fibre to premises in Llanpumsaint. This was the update on 23rd January from susi.marston@bt.com

“The team are working on jointing work for this fibre structure. This remains high on Openreach's priority list. We give the best information we have available to us and changes to dates are very frustrating I know, but please note that we're not under any obligation to provide a service to a community by a particular date.”

BT promises about completion in 2016 have obviously not been honoured, and it appears that there is no completion date for Llanpumsaint for the foreseeable future.

Stop Press – BT now say that the work should be completed by end of February, we are still holding our breath!!! Carolyn Smethurst

Open Farm Sunday 11th June 2017 – put this in your diary now so you don't miss it.

Visit a farm and take part in the UK's annual Farming Industry Open Day.

Sunday 11th June 2017 sees participating farms across the UK throwing open their gates and welcoming visitors.

Martin, Nicky, Carwyn and Ceri are hosting an Open Day at Esgair, Llanpumsaint, 11am to 4pm and looking forward to welcoming anyone who would like to visit the farm, see how the animals are kept, what products are produced, how science impacts agriculture and of course to join us for a cuppa and a Welsh Cake.

There is no charge for this event but if visitors wish to make an optional donation to Parkinsons UK they will be able to do so. Find out more at www.farmsunday.org

Clwbgwili 60+ Club

Clwbgwili 60+ Club are still going strong with a full Calendar of Events for 2017 planned. Members are excited at the forthcoming events with different speakers planned every month and four trips plus Turkey and Tinsel break booked for this year.

Here is a list of events up until May. Meetings are at Bronwydd Hall on the fourth Monday of every month at 2pm:

23rd January Club Meeting Speaker Mr. Jeremy John "Stanley and Thorpe"

27th February Club Meeting Speaker Mr. Arwyn Thomas "Saint and Place Names"

27th March Mr. Gareth Richards "Easter Theme"

Wednesday 19th April Day trip to Royal Mint and Llangaeach Fawr Manor

24th April Club Meeting Speaker Mr. Frank Barnett "Evacuee Remembers"

On Thursday 18th May the Club is planning a 3 day break visiting Ironbridge with several extra excursions booked in.

22nd May Mrs. Betty Davies "Frank Lloyd Wright"

Further details of any trips can be obtained from Val Giles Club Secretary 01267 281194

Llanpumsaint and Nebo Bowling Club

We are now halfway through our League Season, and at the time of writing (20th January) are in 3rd position having played 13 matches, winning 7 matches, drawing 3 and with 3 defeats.

In our last match at home to the current league leaders, Salem, we inflicted on them their first defeat of the season, 7 – 1.

Currently we have 12 adult members and 4 junior. New members are always welcome, and those never having played bowls before will receive assistance from qualified coaches.

The club has bowls of different sizes to practice with, so there is no need to buy your own initially.

For further information, please phone our Chair, Alan Dentry, on 253549, or our Secretary, Derick Lock on 253524.

The Railway Luncheon Club – now the Railway Supper Club

We have met each month on the second Wednesday for lunch, but now we are changing our name to The Railway Supper Club – we will still meet as above, but from Wednesday 8th February onwards it will be at 6.00pm.

We are looking for new members, there are no membership fees and we are a friendly bunch.

We hope to continue a monthly raffle, the proceeds from which are always put in the 'Bottle on the Bar' for the benefit of the Welfare and Recreation Association's Santa Parade nominated charity each year.

You can choose anything from the Railway's menu, including the Steak and Chips for 2 and a bottle of wine deal available each Wednesday evening.

However, Jayne must have your booking and order no later than the Saturday before the Supper date.

If you wish to come along, please speak with Jayne or Nick at the Railway (253643) or Derick Lock (253524). Hope to see you there.

Llanpumsaint 100 Club

At the recent meeting of the Welfare and recreation association, the 100 Club January Draw was made, and the winning numbers were:

- 1st Prize £20 No.17 Mo Jameson
- 2nd Prize £10 No.6 Marlene Wareham
- 3rd Prize £5 No. 52 Gordon and Barbara Cable
- 3rd Prize £5 No. 16 Bob Jameson

This is the final draw for the Clubs financial year 2016/17

As usual, there will be no draw in February, as I will be preparing my annual statement, and seeking your renewal payment (£12 p.a.)

Thank you on behalf of the Welfare and Recreation Trustees for your support over the last 12 months.

New members are always welcome, just phone me on 01267 253524 for details.

Derick Lock, Treasurer.

Welfare and Recreation Association

We were extremely fortunate with the weather on Christmas Eve for the Annual Santa Parade. Picking up people along the way, by the time we got back to the Railway there were over 60 followers.

Our chosen charity for 2016 was the Ferryside Lifeboat, and it was great to have 6 of their number in the parade, fully kitted out. With the money collected during the parade, money from the raffle and the contents of the 'Bottle on the Bar' in The Railway, we will be able to present the Lifeboatmen a cheque for £800, which we understand will be put towards the purchase, in due course, of a small hovercraft to assist in river rescues.

We would like to thank the following people who have, in different ways, supported the Association since it took over the Santa Parade:

1. Father Christmas, his driver, and his little helpers
2. Jayne and Nick at the Railway for their co-operation and Generosity
3. Members of the Railway Luncheon Club who over the past few years put the money collected from their monthly raffle into the 'Bottle on the Bar'
4. Ann Wyke and Carolyn Smethurst for providing mince pies for the Paraders en route, and in The Railway, respectively and
5. To all those loyal supporters who take part in the parade, regardless of the weather.

We intend presenting the £800.00 cheque to the Ferryside Lifeboaters soon, anyone wishing to attend should contact our Secretary, Derick Lock, on 253524.

We are now considering who we should choose as our nominated charity for 2017. Anyone with a bright idea, please contact Derick on 253524.

Charity Meal - Tuesday 26th September, more details in August Village Voice

Llanpumsaint Allotment Association

Do you really know your onions? If so, or you would like to learn more, why not come and join us. As an allotment member you could well end up with more leeks than an incompetent plumber! We are a friendly lot who really dig our work, although in the interests of propriety we do insist that members have separate beds (raised that is)! We also have a very large greenhouse and several large polytunnels on site where it's not only your pride that will quickly swell as you bring on items for early planting out. We are not competitive, in that we are not concerned with who has the fastest runner beans, but our members, whilst varying greatly in expertise, are always happy to help if any member is having growing pains.

Our annual meeting will be at the allotment site on Saturday 25th February at 10.30am when members register for the current year, so why not come along to see if you would like to join us, or just to find out a little more. Membership is £35 for the first year with an annual fee of £25 thereafter. Whether you're young or old, we'd love to see you.

The allotments are located in the old station yard opposite the Railway Inn. If you cannot make it then, you can contact Keith (tel: 253375) or Ray (tel: 253157) to join or for further details.

West Wales Dowers Society – Future Events

Sunday January 22nd: Michelle Prior: Contacting Your Angels

Sunday February 26th Robin Heath: Talking about his new book 'Stonehenge: Bluestone Enigma - Exploring the Megalithic Quarry in Wales'

Sunday March 26th: AGM

Sunday April 23rd: Alanna Moore – Dowser of 30 years, author, permaculturist and advocate of Energy Towers for boosting the growth of your vegetables.

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 dowers 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.

Anyone interested in meditation?

Meditating with others helps with regular practice. I am interested in forming an informal group for meditation evenings. The idea is to meditate with others with an informal atmosphere on occasional evenings.

Contact Pete 07769 580040

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

CYLCH MEITHRIN BRONWYDD

If you would like further information on the Cylch Meithrin, please contact us on 07929 431652

Cylch Meithrin (Mornings- Tuesday, Wednesday, Thursday, Friday- 9.15am until 12.00noon)

Cylch Ti a Fi (Fridays 10.00am until 12.00noon.) Verona

Head to Toes Footcare

The next clinics are on Wednesdays on the following dates from 11.00am – 4.00pm:

8th March, 19th April

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

Maybe Eiriol can help you?

If you have mental health problems, or are caring for someone who does?

If you have concerns about your support from the NHS or Council?

If you would like help understanding your rights and your choices?

Since 2004, Eiriol Mental Health Charity's advocacy projects have supported adults who have any form of mental health issues. We also support friends and family caring for those who have such problems. We are an independent charity, so not part of the NHS, Health Board or Local Authority. As such, we help people deal with any worries or complaints they have about care and support for themselves, or their loved ones. Our service to clients is free as we are funded partly by the council, various charitable grants and donations.

We are not lawyers; we work with clients as their spokespersons to help them understand their choices and their rights. Our objective is to improve the mental wellbeing of our clients and their families. We support people that are unable to speak up effectively for themselves, enabling them to have a voice, choice and control over decisions and to enforce their rights. This may involve speaking for them at meetings, writing letters, making telephone calls or putting them in contact with other support services.

We place clients are the heart of the advocacy we deliver and link in with all the services they feel they need to improve their mental wellbeing. Our advocates work on cases involving Hywel Dda Health Board, local authorities, and other organisations, to ensure an efficient approach to developing clients' care plans, reduce delays, and resolve complaints as quickly as possible. We try to reduce stress and help them deal with their issues, preferably before they become crisis level. We aim to help clients reach a point where they feel more confident about dealing with their concerns themselves if situations arise in the future.

For the past twelve years, we have only had funding to cover Carmarthenshire. However, thanks to a small amount of additional funding, we opened a small Ceredigion service in January 2016. This is a one day a week drop in and telephone project at The Kinora Project in St Mary's Street in Cardigan, but unless we secure more funding it will close at the end of December.

During the past two years, we have also offered Dementia Friends Training, Shared Reading Groups for older people in nursing homes, or on elderly wards to increase wellbeing, and a Voting Project enabling people on Elderly Mentally Ill Wards to register and vote. In addition, we are currently working with the local authority on "Keeping Safe" training highlighting potential abuse of vulnerable people.

We are a well-known and respected charity. We work hard to raise awareness of our services e.g., we give talks to a wide variety of organisations and also at numerous local and national meetings. We also regularly attend most of the Third Sector, Mental Health, Carers and 50+ forums in both Ceredigion and Carmarthenshire. Our work also includes responding to Welsh Government consultations and supporting research undertaken by Aberystwyth University, Swansea University and Public Health Wales.

If people would like our services they can contact us themselves by telephone, email or via our website. Professionals or organisations can also request our help as long as their client's consent is obtained. TEL: 01267 231122 or EMAIL eiriol@eiriol.org.uk www.eiriol.org.uk

Nebo Chapel

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

Caersalem, Llanpumsaint

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

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

A warm welcome to all

'We know that all things work together for good to them that love God.' Romans 8: 28

For more details, please contact Eleri Morris on 01267 253895

Ffynnonhenri Chapel

Details of services for the months of February, March and April 2017

February 26 2017 Service at 2.00 p.m. Mr Wyn Maskell

March 5 2017 United Service at Hermon at 2.00 p.m.

March 19 2017 Communion at 2.00 p.m. Rev Huw George

April 16 2017 Easter Sunday Communion at Clawddcoch at 10.30 a.m. Rev Gareth Morris

April 30 2017 Communion at 2.00 p.m. Rev Huw George

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

Llanpumsaint Parish Church News

Regular Services in the Parish continue as follows:

First Sunday 8.30 am Holy Communion

Second Sunday 11 am Holy Communion

Third Sunday 11 am Morning Prayer

Fourth Sunday 11 am Holy Communion

Any fifth Sunday will be a service of Holy Communion jointly with Llanllawddog and St Celynin, rotating between the three Churches.

A bulletin of services can be found on the notice board outside the vestry door. Please also see our web page on the Llanpumsaint web site which has news of any upcoming events -

www.llanpumsaint.org.uk

Thanks to all who supported our stall at the Llanpumsaint School PTA Christmas Fair. We raised a good sum towards church funds.

We will shortly be looking for someone to take over caring for the churchyard. This involves mowing and strimming when necessary, about 8 times during the year. If you are interested please contact Marice Sherlock on 01267 253195 to discuss and for further details. Our thanks to Matthew Jameson who has been doing such a good job in maintaining it to date.

Police news

Martin Dickenson 8046, Police Community Support, Dyfed Powys Police, Carmarthen Police Station, 101 Ex 25344 / 25343 martin.dickenson@dyfed-powys.pnn.police.uk

Llanpumsaint Community Council

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

Planning Application - Pond at Troed yr Aur, SA33 6BX

Llanpumsaint and District Choir

Rehearsals have now re-commenced after the deserving break over the Christmas period. Currently arrangements are being made to hold a concert during the month of April this year. The date and location has yet to be decided but details will be shown in the next edition of the Village Voice. Should anybody be interested in joining the choir please contact Gwyn Nicholas (Conductor) on 01267 253686 or any choir member.

Care and Repair helps local resident

Care & Repair Carmarthenshire is a 'not for profit' organisation working to help older (60 years plus) owner-occupiers and tenants of 'private' landlords to remain in their own homes in their own communities, living as independently as possible in a warm, safe and secure environment.

It does this by providing advice and practical assistance that can improve safety, security, comfort and convenience, bringing together the expertise and, where possible, the finance needed to carry out the required repairs, improvements and/or adaptations. The work undertaken can range from small items, (fixing a dripping tap, installing handrails or fitting new locks), to major jobs such as designing and building a bathroom for use by a disabled person.

Recently, Mrs Sandy Mather of Llanpumsaint contacted the Agency for help. They put Mrs Mather in touch with a reliable, reputable contractor. A cost was agreed between them and a start date set. On completion of the work, Mrs Mather said *'I can't tell you how much peace of mind having the work done has given me. I feel so much safer now.'*

To arrange a Caseworker visit, contact Care and Repair on 0300 111 3333 (local rates apply) or e-mail careandrepair@cccpartners.org.uk. The assessments are free and provided with no obligation.

Smoke Alarms Save Lives!!

Did you know?

- You're more than twice as likely to die in a fire if you don't have a working smoke alarm.
- 18 people die each year because the battery in their smoke alarm is flat or missing
- Over half the fires in the home are caused by cooking accidents
- Three fires a day are started by candles
- Every three days someone dies from a fire caused by a cigarette
- Faulty electrics (appliances, wiring and overloaded sockets) cause many house fires across the country every year.

For a free home fire safety check call 01267 262617, or 0800169 1234

1947 Snow – A personal memory

I was nine years old at the time, a pupil at Llanpumsaint School, walking there daily from Pantglas farm near Graig hill. Because that distance of two and three quarter did not qualify me for the three mile free taxi, I walked, but often got a lift from John Williams our kind Mail Van driver. Alfie, a boy who lived at Wern, beyond Graig, two fingered me most days as he sped past in Dai Bedw's taxi, but I got a bicycle before he did. I wasn't alone as most Nebo children walked and had a lot of fun too. Very rarely one got a lift in a milk lorry, and that was a real treat!

Memories of weather in those days are often vague and indistinct, or coloured by one's imagination of summer sunshine and bright frosty winter days. But I do remember the snow of 1947 very clearly indeed and there has never been anything quite like that ever since. It had been a long hard winter according to all the records with regular snowfall and weeks of frost, but my recollections are more specific. When March arrived further snow followed by gale force winds, which blew the drifts into a unique pattern, fields were green and clear whilst roads and all manner of crevices became packed with frozen snow for weeks. Nothing moved on any roadway or lane, until Cyril George Brynawel, Nebo, owner of the only local lorry, began the clearance. Between Pantglas my home farm, and the junction for Nebo a mile further up, the road had completely disappeared under a ten foot drift. The hedges had gone somewhere as well! Much later a soggy aged Carmarthen Journal would reveal incredible stories of how bread was delivered to Pendine by sea, and a man near Synod Inn being rescued, stuck up the branches of a tall tree.

This being an era long before snow ploughs and JCB's, men with shovels and this single lorry were the sole means of salvation in our patchy white world. They had to compromise, since clearing the whole road was too big a task. So they cut a slice down through this white Christmas cake the width of one vehicle, in order to get things moving again. All this had to be done for the whole length of road they were tackling. For days and days it went on as volunteers trudged and shovelling their way along. Finally they broke the back of a giant drift which had obliterated both Pasybig house and that corner in Bronwydd just beyond the Hollybrook. Great! The way was clear to town at last! A man on a motorbike was first through. He'd been the only one who'd refused to help with the clearance, and had the road to Coventry been open he'd have been sent straight there.

Meanwhile, ironically, my uncle Dai had walked casually unhindered, through the green fields of Ffynnonfelen farm to collect bread from my mother. Since farms were largely self-sufficient we wouldn't starve, so life went on. Had all this happened in 2017 there would have been helicopter drops, television cameras and snow ploughs by the dozen delivering super market goodies! Face book would have been full-up and Twitter teetering on overload.

Once that sliced track had appeared, and by now bored with snowballs, I ventured on an arctic expedition for the school in Llanpumsaint. The slippery surface proved dangerous, but worst were the occasional frozen heaps of snow falling unexpectedly from above.. So I clambered up and trudged over the top playing with the telephone wires hanging just above my head. A good job electricity didn't arrive till a decade later! My classroom was almost empty, only the village children had made it. After warmth and food we were sent home, a lonely trudge towards a childless Nebo direction. I continued to go each day. Mr Johns sent a message to my mother, "*You don't have to send him Mrs Thomas!*".

"But he insists on going!" came the reply. What neither understood was that now there was little competition for the school library books, and I could choose at leisure. *Arwyn 2017*

<p>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>Hollybrook Country Inn Bronwydd 4* accommodation Pub and Restaurant Christmas menus available Tel 01267 233521</p>
<p>Siop Penbontbren Stores Hair & Beauty Salon - Phone for Appointment Tel: (01267) 253732</p>	<p>Eifion Williams Builder General building Plastering, Patios etc 5 Parc Celynin Llanpumsaint 01267253523 07973842681</p>
<p>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>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>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>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>Harcourt Tree and Garden Services Tree Surgery, Felling and Removal 25 years experience Garden work All types of Fencing And Gwili Firewood Seasoned hardwood or softwood logs Ian Harcourt 01267253368 or 07812158825</p>	<p>Gwalia Garage Peniel Road Rhydargaeau MOT's, servicing tyres, repairs & post office. Shop Tel: (01267) 253249 Garage Tel: (01267) 253599</p>

<p 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 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">Harcourt Plumbing and Heating All aspects of plumbing Boiler services Heating installation and repairs Free Estimates - Fully Insured Oftec Registered 01267253368 07891887983 Lleifior Llanpumsaint</p>
<p align="center">You can advertise here for £50 Includes an advert in Village Voice for a year Plus A webpage linked to yours on www.llanpumsaint.org.uk</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

Half Glazed Hardwood Front Door, 77.5" x 33" x 1.5" £10

Pale grey ceramic shower tray 30" x 30" x 5.5" – offers?

Table Tennis Table – offers? Carolyn 01267 253308

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