

# Llais y Llan Mehefin 2016

Copi dyddiad ar gyfer rhifyn nesaf – 25 Gorfennaf 2016

Cyhoeddwyd gan Llanpumsaint Cyfnewid Gwybodaeth Gymunedol

[www.llanpumsaint.org.uk](http://www.llanpumsaint.org.uk) [info@llanpumsaint.org.uk](mailto:info@llanpumsaint.org.uk)

**Beth sy' Mlaen yn y Pentref yn y misoedd nesaf**

Noson Stêc y Rheilffordd pob Nos Fercher 01267253643

Bowlio pob Nos Lun a Nos Iau 7.30 – 9.30 o 1 Medi check

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

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

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

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

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

Mehefin 22 Dydd Mercher 1.00 Hyfforddiant CPR / Diffibriliwr Neuadd Goffa

Mehefin 25 Dydd Sadwrn 2.30 Ffet Bronwydd

Mehefin 25 Dydd Sadwrn Gantorion Sine Nomine Eglwys y Plwyf Tocynnau Marice Sherlock  
253195

Mehrefin 26 Dydd Sul Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Goffa

Mehefin 26 Nos Sul 8.00 Cwis Hollybrook

Mehefin 27 Dydd Llun 1.45 Clwb 60+ Neuadd Bronwydd

Mehefin 28 Nos Fawrth 7.00 Mark Evans Gild Menywod Bronwydd Neuadd Bronwydd

Mehefin 29 Dydd Mercher 60+Taith Penderyn Distillery

Mehefin 29 Dydd Mercher 12.00 – 5.00 Clinig Traed Neuadd Goffa

Gorffennaf 2 Dydd Sadwrn 11.00 Cerdded Bosherton

Gorffennaf 2 Nos Sadwrn 'This River' Neuadd Goffa Tocynnau Lynsey 253085 Moishe 253668

Gorffennaf 3 Dydd Sul Skanda Vale Gém Griced Elusennol Llandysul

Gorffennaf 5 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa

Gorffennaf 7 Nos Iau 7.30 Cór Llanpumsaint a'r Cylch Swper ac Adloniant yn Neuadd Goffa

Gorffennaf 9 Dydd Sadwrn Bore Coffi Eglwys y Plwyf Neuadd Goffa - gweler y posteri am  
fanylion

Gorffennaf 11 Dydd Llun Taith a Chavenage Manor Gild Menywod Bronwydd

Gorffennaf 13 Dydd Mercher Clwb 60+ Taith

Gorffennaf 13 Dydd Mercher 12.30 Clwb Cinio Tafarn y Rheilffordd Ffôn 253643  
Gorffennaf 19 Nos Fawrth 7.00 Cwis a Chyri £5.00 y pen, Tafarn y Rheilffordd  
Gorffennaf 24 Dydd Sul Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Goffa  
Gorffennaf 31 Nos Sul 8.00 Cwis Hollybrook  
Awst 6 Dydd Sadwrn 2.00 Cerdded Skanda Vale  
Awst 10 Dydd Mercher 12.30 Clwb Cinio Tafarn y Rheilffordd Ffôn 253643  
Awst 10 Dydd Mercher 12.00 – 5.00 Clinig Traed Neuadd Goffa  
Awst 16 Nos Fawrth 7.00 Cwis a Chyri £5.00 y pen, Tafarn y Rheilffordd  
Awst 17 Dydd Mercher Clwb 60+ Taith  
Awst 25 Nos Iau 8.00 CCB Clwb Bowlio Mat Byr Llanpumsaint a Nebo Neuadd Goffa  
Awst 28 Nos Sul 8.00 Cwis Hollybrook  
Medi 1 Nos Iau Clwb Bowlio Mat Byr Llanpumsaint a Nebo Dechrau Tymor Neuadd Goffa  
Medi 3 Dydd Sadwrn Skanda Vale ‘Sponsored Sky Dive’  
Medi 6 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint CCB Neuadd Goffa  
Medi 11 Dydd Sul Taith Maes Cymdeuthas Dewinwyr Gorllewin Cymru  
Medi 21 Dydd Mercher 12.00 – 5.00 Clinig Traed Neuadd Goffa  
Medi 25 Dydd Sul Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Goffa  
Medi 25 Nos Sul 8.00 Cwis Hollybrook  
Hydref 15 Nos Sadwrn ‘Pure Magic’ cyngerdd Neuadd Goffa – fwy o fanlion yn Awst Llais y Llan

### *Neuadd Goffa Llanpumsaint a Ffynnonhenri*

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

#### **Pwyllgor Rhieni ac Athrawon Ysgol Llanpumsaint.**

Ar Orffennaf 2 2016 fe fydd cyngerdd gan y grwp roc “This River” sydd yn dod o Abertawe. Maent yn ymddangos yn aml mewn clwbiau a thafarnau. Ym mis Hydref fe fuon nhw mewn cyngerdd yn “Café Lorenzo” yng Nghaerfyrddin ac yn chwarae cerddoriaeth at ddant pawb. Os am eu clywed cerwch i “You Tube” a chwilio am Idge Logan ( eu prif leisiwr) ac wrth hyn y medrwch glywed pa mor dalentog ydynt. Gellir cael tocynnau wrth Lynsey Jones 01267 253085, Moishe Merry 01267 253668 a Emma.

## **Gofal Traed.**

Hoffwn atgoffa fy nghleiantiaid i gyd am y newidiadau fydd yn digwydd yng Nglinig Mis Mehefin a hynny yn barhaol gwaetha'r modd. Fe fydd y tál yn codi o £1 i £11.

Dyma ddydiadau y 3 clinig nesaf:-

Mercher Mehefin 29 2016 o 11.00y.b. hyd 4.00 y.p.

Mercher Awst 10 2016 o 11.00y.b. hyd 4.00 y.p.

Mercher Medi 21 2016 o 11.00y.b. hyd 4.00 y.p.

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)

## **Eglwys y Plwyf.**

Neges gan Canon Aled W. Williams

Diolch i chi bawb am y fraint o gael gwasanaethu yn eich mysg, yn ystod y misoedd olaf hyn. Bu'n brofiad diddorol a dymunol, ond rhaid i chi edrych tuag ymlaen bellach, at eich gweinidogaeth newydd, beth bynnag fydd natur y drefn honno. Fe ddywedaf, fel Ioan Fedyddiwr, a fu'n paratoi'r ffordd ar gyfer 'Un mwy' – "Rhaid iddo ef/hi gynyddu ac i minnau leihau".

Fe fydd y cyfarfodydd yn cario ymlaen fel cynt ond os am ragor o wybodaeth mae'r manylion i gyd ar yr hysbysfwrdd y tu allan i'r Eglwys.

Fe fydd cyngerdd yn cael ei gynnal yn yr Eglwys ar nos Sadwrn, Mehefin 25 2016 gan y "Sine Nomine Singers" i ddechrau am 7.00 yr hwyr. Fe fydd posteri o amgylch y pentref yn fuan ond os am ragor o wybodaeth cysylltwch a Marice Sherlock ar 01267 253195

**Blaen Rybudd** - Fe fydd Bore Coffi yn cael ei gynnal yn y Neuadd Goffa ar ddydd Sadwrn Gorffennaf 9 2016 gyda'r elw yn mynd tuag at yr Eglwys. Fe fydd yno stondinau a raffl felly mae croeso i chi i ymuno a ni. Ceir rhagor o fanylion eto.

## **Gild Menywod Bronwydd.**

Fe fydd yr uchod yn cynnal Noson Agored ar nos Fawrth, Mehefin 28 2016 a'n gwestai fydd Mark Evans a fydd yn siarad ar ei yrfa fel Canwr Opera. Pris mynediad i'r rhai sydd ddim yn aelodau cyfredol fydd £3 ac fe fydd y noson yn dechrau am 7.00 y.h.

Fe fydd ein trip blynyddol eleni yn mynd ar ddydd Llun, Gorffennaf 11 2016 pan fyddwn yn ymweld a Chavenage Manor gerllaw Titbury lle maent wedi ffilmio llawer o raglenni teledu fel Poldark a Wolf Hall. Yn dilyn fe fydd pryd o fwyd yn yr "Old Barn" yn Magor.

Mae'r Gild yn cwrdd yn Neuadd Bronwydd ar yr ail nos Lun ymhob mis o 7.00 y.h. i 9.00 y.h.. Mae croeso i aelodau newydd.

Os am ragor o wybodaeth cysylltwch a Val Lock ar 01267 253524 neu Sandra Macdonald ar 01267 253265.

## **Newyddion o Skanda Vale**

Mae Hospis Skanda Vale yn brysur ar hyn o bryd yn gwau eliffantod ac yn cael eu hysbrydoli gan eu heliffant byw, sef Valli. Mae hyn er mwyn codi arian i gael uned newydd i gleifion preswyl. Os hoffech gael patrwm ffoniwch 01559371222 neu ar y wefan [www.skandavalehospice.org](http://www.skandavalehospice.org) Hefyd ar Orffenaaf 3ydd fe fydd Gém Griced Elusennol yn cael ei chynnal yn Llandysul. Fe fydd gwsteion arbennig yn cymeryd rhan a bydd yr enwau yn cael eu cadarnhau maes o law. Bydd yna adloniant a bwyd – cyfle da i chi i gefnogi achos teilwng. Os am ragor o wybodaeth ffoniwch 01559 371222.

Ar Fedi 3ydd fe fydd “Sky Dive” Noddedig yn cael ei chynnal yn Abertawe. Eto,os am ragor o wybodaeth ffoniwch 01559 371222 neu ar e-bost: [sister.ally@skanda.vale.org](mailto:sister.ally@skanda.vale.org)

## **Cymdeithas Dewinwyr Gorllewin Cymru.**

Ar Fehefin 21 2016 am 6.00 y.h. fe fyddwn yn ymuno a Cherddwyr Llanpumsaint ar eu taith i weld y Pum Pwll sydd yn nant Cwm Cerwyn. Mae'r pyllau wedi eu henwi ar ôl y pum saint sef Gwyn, Gwynno, Gwynoro, Ceitho a Chelynin. Maent yn dweud i'r pum brawd adeiladu Eglwys y Plwyf yn y 5ed neu 6ed ganrif. Roedd y pyllau yma yn fangre i bererinion oedd yn dod i'r pentref yn ystod y Canol Oesoedd a hyd at y ddeunawfed ganrif.

Dyma fanylion am y cyfarfodydd am y 3 mis nesaf:-

Sul Gorffenaaf 26 2016 Steve Dawson “Curry and Hartman Grids”

Mis Awst Dim cyfarfodydd

Sul Medi 11 2016 Trip Manylion I ddod

Sul Medi 25 2016 Diwrnod Ymarfer.

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

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

Am wybodaeth bellach cysylltwch â Sandy: 253547

## Clwb Cant Llanpumsaint.

Yng nghyfarfod o Bwyllgor Llës ac Adoloniaent Llanpumsaint ar Ebrill 26ain fe dynnwyd y rhifau lwcus am fisoedd Mawrth, Ebrill a Mai. Dyma'r enillwyr:-

Mawrth	1af	8	£20	John Francis
	2ail	32	£10	Kenneth Buttifintcarr
	3ydd	77	£5	Mary Howell
Ebrill	3ydd	10	£5	Dave (W.D.Robinson)
	1af	83	£20	Brian Gillham
	2ail	106	£10	Llewellyn Charles
Mai	3ydd	13	£5	Clwb Bowls
	3ydd	63	£5	Nivina Davies
	1af	83	£20	Brian Gillham
	2ail	17	£10	Mo Jameson
	3ydd	84	£5	Rita Gillham
	3ydd	28	£5	Joe Latter

Nid yw yn rhy hwyr i ymuno a'r Clwb, os oes gennych ddiddoedeb cysylltwch a Derrick Lock ar 253524.

## Clwb 60+

Mae'r clwb yn cael amser prysur iawn ar hyn o bryd gyda'r aelodaeth wedi codi i 140 Croesawodd y Cadeirydd Mr Peter Giles bawb i gyfarfod mis Ebrill ac fe gyflwynodd y siaradwr gwadd sef Lt. Col. John Skipper a roddodd araith arbennig ar ei brofiadau yn y lluoedd arfog. Roedd 60 o aelodau yn bresennol a chafwyd prynhawn hwylus iawn. Hefyd ym mis Ebrill cafwyd trip ar Gamlas Abertawe a the yng Ngwesty'r Ddraig yn Abertawe i ddilyn. Ar ôl hyn aeth bawb i fwynhau y tywydd braf ar y Gwyr a hefyd hufen ia yn y fargen. Cynhaliwyd cyfarfod mis Mai ddoe pan roddodd Mrs Janice Richards OBE MBE hanes ei gyrfa yn swyddfa y Prif Weinidog yn Llundain. Roedd yn brynhawn arbennig gyda Mrs Richards wedi gweithio gyda chwech Prif Weinidog yn ystod ei gyrfa o 29 blynedd. Cafwyd te a bisgedi i ddilyn. Fe aeth trip mis Mai i Erddi a Chastell Picton a phryd o fwyd ysgafn i ddilyn. Eto buodd y tywydd yn garedig iawn.

Mae Mr Glyn Evans ar hyn o bryd yn trefnu trip i Bendersyn a Chamlas Aberhonddu ar Fehefin 29 2016 gyda phryd o fwyd yn Nhafarn Nantgelynnen i orffen y dydd. Gwaetha'r modd nid oes rhagor o seddau rhydd ar y bws. Mae Mrs. Val Giles yn trefnu trip I Wlypdir Llanelli ar Orffenaf 13 2016 a mae seddau rhydd ar y bws ar hyn o bryd. Byddwn yn galw am bryd o fwyd yn y "Bridge Inn" yn Llangenench cyn mynd am adre. Hefyd mae trefniadau yn cael eu gwneud i fynd ar Awst 17 2016 i Ganolfan Treftadaeth y Rhondda ac os oes gennych ddiddordeb a fyddech cystal a chysylltu a Val (Ysgrifenyddes) ar 01267 2811974 am ragor o fanylion.

Bydd y cyfarfod nesaf ar ddydd Llun, Mehefin 27 2016 pan fydd Mr Johnny Thomas yn siarad ar Hen Geir.

Mae'r aelodau yn bwriadu mynd eleni eto i Dwrci a Thinsel ym mis Tachwedd a'r tro hyn i "Eastbourne"

## **Curiad Calon Llanpumsaint**

Ar ddydd Sadwrn, Mai 7ed dadorchuddiwyd yr Adfywiwr cyntaf yn swyddogol y tu allan I'r Neuadd gan y Cynghorydd Sir, Mr Irfon Jones. Mae'r Adfywiwr yma wedi ei gofrestru gyda Gwasanaeth Ambiwlans Cymru ac y mae yn awr yn weithredol. Mae'r Adfywiwr ar bwys y Brif Fynedfa i'r Neuadd Goffa. A fydddech mor garedig a chyfarwyddo a'r lleoliad ond da chi peidiwch a'i agor o achos y mae yn gwneud swm ofnadwy.

Mae wedi bod yn ymdrech hynod nodedig mewn amser byr gan y trigolion lleol a hefyd y gymuned estynedig i brynu yr Adfywiwr yma sydd yn medru achub bywyd. Mae'r gefnogaeth i ddigwyddiadau a hefyd cyfraniadau preifat wedi bod yn galonogol a dweud y lleia.

Bwriedir yn awr i brynu rhagor a'i gosod yn ardaloedd Nebo a Ffynnonhenri ac yn olaf yr ail un yn y pentref a fydd yn cael ei osod ger Tafarn y Rheilffordd.

Cofiwch bob amer os bydd unrhyw un yn cael trawiad ar y gallon, deialwch 999 a wedyn yn syth cariwch allan y **"CPR"** a danfonwch rhywun i hól yr Adfywiwr. Mae'r Gwasanaethau Brys yn gwybod am leoliad yr Adfywiwr a byddant yn rhoi cyfarwyddiadau nes i'r ymatebydd Cyntaf gyrraedd. Mae aelodau o'r Gwasanaeth Tân wedi cael eu hyfforddi a efallai mae'r Injan Dán fydd y cyntaf i gyrraedd nid yr Ambiwlans.

Yn y dyfodol agos fe fyddwn yn trefnu Diwrnodau Hyfforddiant gan fobl Proffesiynol o'r elusen "Fy Nghariad". Fe fydd yr un cyntaf ar Fehefin 22ain am 1.00y.p. yn y Neuadd Goffa. Fe fydd y sesiwn yn para am rhyw 90 munud ac fe fydd te a choffi hefyd!

Mae gennym rai Citiau Ymarfer a fedrwch eu benthyg er mwyn dysgu y pethau sylfaenol am **"CPR"** yn eich cartref – a hefyd DVD a fydd yn rhoi pob cyfarwyddiadau i chi er mwyn ymarfer sut i roi **CPR**. Anogwch y teulu i gyd i gael eu hyfforddi – fe allai achub bywyd yn y dyfodol.

Llawer o ddiolch am bob cefnogaeth.

Mike Poston. Cadeirydd.

## **Neuadd Goffa Llanpumsaint a Ffynnonhenri**

Cynhelir Cyfarfod Blynnyddol o'r uchod ar nos Fercher Mehefin 15ed 2016 am 8.00y.h. Mae yna groeso i bawb ac os oes gennych ddiddordeb i ymuno a'r pwyllgor cysylltwch a Arwel Niocholas Cadeirydd ar 281365 neu'r Ysgrifennydd Derick lock ar 253524.

Fe fydd cyhoeddiad maes o law ynglŷn a thocynnau ar gyfer y cyngerdd "Pure Magic" a fydd yn cael ei gynnal ar nos Sadwrn, Hydref 15 2016. Pris tocynnau fydd £12.50 yr un.

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

## **Dydd Sul y Fferm Agored**

Fe wnaith dros 60 obobl gwario ddiwyrnod mwynhad yn ymweld ag Esgair ar ddydd Sul yr phumed o Fehefin. Ar ei daith o amgylch yr ffarm fe welwyd ieir, moch bach, gwartheg ai lloi ac amrywiaeth o cheffylau. Gellir ymwelwyr ymchwilio I fewn i'r broses o gynhyrchdd ac thyfu barlys gallant gweld yr peiriannau I gyd a ddefnyddir yn ystod y broses gan gynwys combine harvester. Roedd yna chyfle I phobl cael llun ar un o dractors yr ffarm. Roedd yr holl dydd yr rhad ac am ddim.

Darganfyddwch Fwy ar [www.pastureperfect.com](http://www.pastureperfect.com)

## **Clwb Cerdded Llanpumsaint.**

Mae Cyngor sir Gár wedi cadarnhau bod y Llwybr Cyhoeddus yn Nantgwyn wedi cael ei ddargyfeirio ac y mae yn awr ar agor. Mae'r arwydd i'w gweld o Heol Llandysul.

Pan fyddwch yn cerdded ar dir amaethyddol a fyddech mor garedig a chadw at y canlynnol:-

### **Parchu, Diogelu a Mwynhau.**

Parchu pobl eraill.

- Ystyriwch y gymuned leol a phobl eraill.
- Gadael gatau ac eiddo unrhyw un arall fel yr ydych yn eu cael a dilyn y llwybrau yn drwyadl.

Diogelu'r Amgylchedd Naturiol

- Peidiwch gadael unrhyw sbwriel ar eich hól. Cofiwch fynd a fe adre gyda chi.
- Cadwch eich cŵn ar dennyn.

Mwynhau yr awyr agored.

- Cynlluniwch ymlaen llaw.
- Dilynwch pob cyngor ac arwyddion lleol.

Ar nos Fawrth Mehefin 21ain byddwn yn cerdded unwaith eto i'r Pum Pwll gan ddechrau yn y Neuadd Goffa am 6.00y.h. Diolch i'r tîrffeddiawr am ganiatâd i gerdded drwy Afon Cerwyn.

Cofiwch bydd yn ofynnol i chi wisgo dillad addas (h.y.wellingtons) a dod a ffon gan fod cerdded yn yr afon yn gallu bod yn lithrig iawn.

Ar ddydd Sadwrn, Gorffanaf 2ail byddwn yn mentro rhywfaint ymhellach i fwynhau yr olygfa yn Bosherton a cherdded wedyn i Gei Stackpole. Fe fyddwn yn dechrau o Faes Parcio Bosherton am 11.00y.b. ac yn cyrraedd Stackpole, gobeithio, am ginio tua 1.00y.p. Ceir manylion ar y wefan:-

<http://www.nationaltrust.org.uk/stackpole/trails/stackpole-wildlife-walk>.

Ar ddydd Sadwrn, Awts 6ed am 2.00y.p. fe fyddwn yn cerdded o'r pentref a'r tro hyn i Skanda Vale. Yn dechrau o Dafarn y Rheilffordd a cherdded tuag at Landysul, troi i'r dde (ar bwys Tegfan) a cherdded ymlaen o dan pont y rheilffordd a thrwy'r caeau i'r heol sydd yn arwain i Skanda Vale.

Mae yn daith tua 5 milltir. Wedi dychwelyd i'r pentref fe fydd bwyd ar gael yn Nhafarn y Rheilffordd.

Os hoffech ymuno a ni cysylltwch a Kay Bowen, ein hysgirfenyddes ar 07766 105122 neu ar e-bost:- [kaybowenis@googlemail.com](mailto:kaybowenis@googlemail.com)

Hefyd os hoffech ddod ar unrhyw un o'r teithiau cysylltwch a Kay – byddai medru rhannu trafndiaeth yn ffafriol yn enwedig i Sir Benfro.

### ***Rheilffordd Nosweithiau Arbennig***

*Bydd Jayne a Nick yn cynnal Noson Stêc i 2 bob dydd Mercher - 2 x10oz Celtic Pride stêc ffolen gyda sglodion cartref a garnais salad a photel o win tŷ; am £25 y cwpl. Ffoniwch y Rheilffordd ar 01267 253643 i archebu.*

## **Gwelliannau ar Ddiogelwch y Ffyrdd yn Llanpumsaint**

Mwy na thebyg yr ydych wedi sylwi ar y posteri o amgylch y pentref ynglyn a'r newidiadau sydd i'w gwneud i Gyfyngder Cyflymdra yn y pentref. Bwriedir cael 20 m.y.a. gerllaw yr Eglwys a'r Ysgol hyd at y Neuadd Goffa. Fe fydd cyfyngder o 40 m.y.a. y tu allan i'r pentref wrth ddod o gyfeiriad Caerfyrddin.

Unwaith y bydd y newidiadau hyn wedi eu cadarnhau fe fydd yr arwyddion yn cael eu gosod.

## Heddlu

Yn ddiweddar, rwyf wedi gweld cynnydd sylweddol o ran baw cŵn yn y pentref a'r cyffiniau, ac rwy'n siomedig bod cerddwyr cŵn yn teimlo ei bod hi'n iawn i adael y baw ar y ffordd. Mae rhai cerddwyr cŵn yn teimlo ei bod hi'n iawn i'w orchuddio â phorfa a chwyn - nid yw hyn yn dderbyniol. Os ydych chi'n cerdded eich cŵn ar y ffyrdd o gwmpas Llanpumsaint, neu'n cerdded cŵn pobl eraill, mae'n rhaid i chi lanhau eu baw. Os ydych chi'n cerdded cŵn ar gyfer pobl eraill, dylen nhw roi bagiau i chi lanhau'r baw ac yna cael gwared arno. Mae sawl bin o gwmpas y pentref ar gyfer y diben hwn. Os yw hyn yn parhau, byddwn ni'n edrych ar drefnu digwyddiad gydag Iechyd yr Amgylchedd, a fydd yn edrych ar erlyn unrhyw droseddwyr.

Rydyn ni dal yn gobeithio lansio cynllun Cadw Llygad ar Gyflymder yn y Gymuned yn yr ardal, ond mae angen o leiaf 4 person arall arnom sydd â diddordeb mewn cymryd rhan yn y cynllun. Mae angen i ni gynnal gwiriadau ar y partïon sydd â diddordeb ac mae gennym ffurflen gais i'w llenwi. Yna, medrwn gyflwyno'r cynllun yn y pentref, a gobeithio gwneud gwahaniaeth. Am ragor o fanylion, cysylltwch â mi ar 101 est 25344 neu drwy e-bost ar [martin.dickenson@dyfed-powys.pnn.police.uk](mailto:martin.dickenson@dyfed-powys.pnn.police.uk).

## 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) <<mailto:clerc@llanpumsaint.org.uk>>. Gall y trigolion lleol fynychu unrhyw gyfarfod o'r Cyngor. Trafodir yn bennaf drwy'r Gymraeg ond mae cyfleusterau cyfieithu llawn ar gael

## Ceisiadau Cynlluniau Diweddaraf

W/33739 Dolwerdd - Single storey rear extension

W/33800 Skanda Vale – Replacement pilgrim accommodation etc

## Cór Llanpumsaint a'r Cylch

Cynhaliwyd perfformiad llwyddiannus iawn o'r "Crucifixion" gan John Stainer yn Eglwys Llandysul ar nos Iau Ebrill 14eg 2016. Cafwyd ymateb teilwng iawn gyda'r Eglwys yn llawn. Yn cynorthwyo'r Cór oedd Sion Owen Tenor a'r Parch Aled Williams, Bass. Yr arweinydd oedd Gwyn Nicholas a'r organyddes oedd Lynne James. O ganlyniad i hyn fe fydd sic o £1000 yn cael ei chyflwyno I Ambiwlans Awyr Cymru yn y dyfodol agos.

Ar nos Iau, Gorffennaf 7ed 2016 mae'r Cór yn bwriadu cynnal Swper ac Adloniant yn Neuadd Goffa Llanpumsaint am 7.30y.h. Pris tocynnau fydd £15.00 yr un. Ceir rhagor o fanylion maes o law. Cadwch lygad am y poster.

**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](http://www.easyfundraising.org.uk/causes/LlanpumsaintPTA) neu gysylltu ag Emma Brown

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

## **Pwyllgor Llës ac Adloniant, Llanpumsaint.**

Cynhaliwyd Cyfarfod Blynyddol o'r uchod ar Ebrill 26 2016 ac fe ail etholwyd y canlynol:-

Cadeirydd	Pamela Jones
Is- Gadeirydd	Brian Smethurst
Ysgrifennydd	Derick Lock
Trysorydd	Sarah Moore
Archwilydd	Mary Howell
Trysorydd Clwb Cant	Derick Lock
Archwilydd	Alan Dentry

Aelodau eraill o'r pwyllgor yw:- Elfed Davies, Gavin Harding, Mathew Jones, Meinir Jones, Dorrien Thomas a Cath Vimpany.

Os oes unrhyw un a diddordeb i ymuno a'r pwyllgor a fydddech mor garedig a chysylltu a Pamela Jones, Cadeirydd ar 253257 neu'r ysgrifennydd Derick Lock ar 253524

Mae'r offer yn y Cae Chwarae wedi neu yn cael eu trwsio a hefyd mae Bin Sbwriel newydd wedi ei osod yn y Lle Chwarae.

Ar ddydd Sadwrn, Mehefin 16 2016 fe fyddwn yn cynnal Diwrnod Glanhau yn dechrau am 9.00y.b. Croeso cynnes i bawb ond cofiwch ddod a'ch offer gyda chi (menig, bwced, rhaw a.y.b.) Mae eisiau peintio'r gâtiau a'r ffensydd a hefyd cynnal a chadw y llwybrau o amgylch y cae. Mae Dŵr Cymru wedi addo tarmacio'r llwybr ar bwys y Cwrt Tennis cyn iddynt orffen defnyddio'r cae. Fel y gwyddoch mae aelodau'r pwyllgor wedi bod yn eu tro bob wythnos yn casglu sbwriel yn y cae a gofynnir yn garedig i bawb ddefnyddio'r biniau sydd ar gael. Mae dau ar bwys y fynedfa gyferbyn a'r Neuadd, un yn y Lle Chwarae a un ar bwys y Cwrt Tennis.

Cynhelir y cyfarfod nesaf ar nos Fercher Gorffennaf 6ed yn y Neuadd Goffa am 8.00y.h.

## **Teithiau Cerdded Hanesyddol Tref Caerfyrddin**

Mae Cyngor Tref Caerfyrddin a Chyngor Sir Gaerfyrddin yn trefnu teithiau cerdded yn ystod misoedd y Gwanwyn, Haf a'r Hydref yn ymdrin â Hanes tref Caerfyrddin nol i adeg y Rhufeiniad. Mae'r teithiau yn cymryd lle ar ddydd Mercher am 11.30 a.m. ac yn parhau am tuag awr. Ynghyd a hyn, mae'r Cynghorau yn trefnu teithiau arbennig i grwpiau a chymdeithasau unrhyw amser, naill a'i theithiau Hanesyddol arferol y dref neu ar ardaloedd arbennig e.e. Y Tuduriaid, Amgueddfa'r Cwryglau, Rhys ap Thomas, Afon Tywi ayyb

Mae'r teithiau i gyd yn rhad ac am ddim a gellir ei gwneud drwy gyfrwng y Gymraeg neu'r Saesneg, neu i ymwelwyr o wledydd tramor mewn amryw o ieithoedd arall. (Mae'r teithiau ar ddydd Mercher yn tueddu i fod ar gyfer ymwelwyr ac yna drwy gyfrwng y Saesneg)

Manylion cyswllt ar gyfer trefnu taith yw Canolfan Gwybodaeth Twristiaeth Caerfyrddin, rhif ffôn 01267 231557

## Capel Nebo

Mehefin 19 Parch Roger Thomas- 2:00 y.p  
26ain Parch Andrew Lenny- 2:00y.p

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

## Capel y Bedyddwyr Caersalem, Llanpumsaint

“Cyhoeddwn Iesu Grist yn Waredwr ac yn Arglwydd”

Rhifau Cyswllt Mrs Eleri Morris 01267 253895

## Capel Ffynnonhenri

Dyma fanylion am y gwasanaethau am fisoedd Mehefin, Gorffenaaf ac Awst 2016.

Mehefin 26 Cwrdd Undebol am 10.30y.b. Parch Gareth Morris

Gorffenaaf 10 Cymundeb am 2.00y.p. Mr Arwyn Pearce

Gorffenaaf 24 Gwasanaeth am 4.00y.p. Parch Goronwy Wynne

Mis Awst Dim Cyfarfodydd

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

## Clwb Bowlio Llanpumsaint a Nebo.

Cafwyd diwedd glo cyffrous i'r tymor gyda'r Clwb uchod yn gorffen o un pwynt yn y trydydd safle yn adran gyntaf o Gynghrair Bowlio Mat Byr Sir Gaerfyrddin. Y ddau dîm disgwyliadwy a ddaeth yn gyntaf ac ail.

### League Standings – Division 1

Team	Played	Won	Drawn	Lost	Shot diff.	Points
Llanboidy A	22	18	4	0	502	144
Salem	22	17	3	2	334	134
Llanpumsaint	22	10	7	5	139	100
Meiniciau	22	10	6	6	69	99
Pontargothi	22	11	6	5	60	99
Llandyfaelog A	22	9	3	10	-3	86
Llandyfaelog B	22	6	9	7	-101	85
Alma	22	7	4	11	-33	80
Bronwydd	22	6	5	11	-107	70
Llanboidy B	22	5	3	14	-83	65
Cwrt Henri	22	3	3	16	-375	50
Whitland	22	0	7	15	-402	44

Yn flynyddol mae Bronwydd a ninnau yn chwarae am Droffi y diweddar gaptan sef Roy Bowen. Mae'r gêmâu bob amser yn gyfeillgar iawn ac fe enillon ni y gem gyntaf oddi cartref o 7 i 1 ond Bronwydd enillodd yr ail gêm yn Llanpumsaint o 6 i 2. Felly ar gyfartaledd yr ydym ni yn cadw'r troffi am flwyddyn arall.

Fel arfer, cyflwynyd y troffi i'n capten, Aled Edwards gan Janet Bowen, gweddw y diweddar Roy. Fe fydd ein Cyfarfod Blynnyddol ar nos Iau Awst 25 2016 am 8.00y.h. yn y Neuadd Goffa ac fe fydd ein hymarferion yn ail-gychwyn yn y Neuadd eto ar nos Iau Medi 1af o 7.30y.h. tan 9.30y.h. Croeso cynnes i bawb.

## Llanpumsaint yn 1916

Gaeaf gwlyb iawn fu hi yn 1916 hefyd! Ar 19eg o Ionawr gan mlynedd ‘nol, bu cymaint o law fel na chyrhaeddodd ond dyrned o blant gat yr ysgol. Caewyd y Gofrestr ac aeth pawb adre’n stêcs. I wneud pethe’n wath torrodd y dwymyn goch allan yng Ngwili Teras. Hyd yn oed erbyn canol Ebrill nid oedd pall ar y glaw, gyda’r plant yn eu dillad sopen yn cael eu hanfon eto’n syth adre. Yn y dyddiau hynny cerdded i’r ysgol oedd tynged pob plentyn, lan at dair milltir yn aml, drwy bob tywydd. Un fantais o gyrraedd yr ysgol yn wlyb diferi oedd ennill diwrnod ychwanegol o wyliau annisgwyl.

Yn naturiol ddigon hanesion am y Rhyfel Mawr oedd yn hawlio’r sylw mwya’. Bu Dan Lewis o Fwlchyrhyd yn gweithio i’r adeiladwr George Daniel ym Mronwydd am bum mlynedd, ac yn lletya yno’n Gwyn Villa gyda’r teulu. Gorfodwyd Dan druan i ymuno a’r fyddin ac anfonwyd ef i Landudno i ymarfer, lle’r aeth yn sâl o lid yr amenydd. Er ei symud i Ysbyty Bangor bu farw yno yn Ebrill ychydig cyn i George Daniel gyrraedd. Claddwyd ef ym mynwent Capel Caersalem Llanpumsaint yn agos iawn at fedd Ben Davies Cwmcreigiaufach, y cyntaf o’r chwech lleol i gollu eu bywydau yn y gyflafan. Yn fuan wedyn daeth y neges fod Emrys Morris, y gwirfoddolwr brwdfrydig, mab y cyn Ysgolfeistr, yntau wedi ei ladd ger Ypres, ym mis Gorffennaf, yn fuan wedi cyrraedd Ffrainc. Mae yna eiriau coffaol amdano ar fedd y teulu ym mynwent Capel Bethel. Yna rhagor o newyddion drwg o Gilfachfach lle bu popeth yn ddigon hamddenol amser cinio. Dychwelodd Hannah Griffiths i’r tŷ am chwarter wedi tri ar ôl bod yn helpi gyda’r llafur, i ddarganfod ei modryb wedi crogi ei hunan yn ei hystafell wely.

I lawr ym Mronwydd, wedi colli ei drwydded gwerthu cwrw yn y Carpenters Arms (safai unwaith ger mynedfa i Ystâd Troedyrynys), aeth y tenant druan ati i werthi wyau Ancona am bedwar swllt. Methiant fu’r fenter newydd, ac yn fuan wedyn mae’r perchennog yn hysbysebu am denant newydd. Aeth nifer fawr o fechgyn ifainc i’r Tribiwnlys Apêl i geisio osgoi’r rhyfel. Er bod gan y saer olwynion George Daniel wraig a dau blentyn bach, gorfodwyd ef i fynd; ac felly hefyd un o ddau fab fferm Penrhiw yn Nebo. Ond daeth gwell canlyniad i’r melinydd yn Felinfach Bronwydd, oherwydd bod 80 i 90 o ffermwyr yn dibynnu arno i falu eu gwenith. Felly *Exempt* fu dyfarniad y Llys. Heb felinydd heb flawd fydde hi!

Ond yn y dyddiau tywyll hynny, ‘doedd dim yn well i godi calon na gweld priodas swanc. Felly trodd tyrfa fawr allan i wyllo seremoni Elizabeth Thomas Bwlchgwyn, Nebo, a David Thomas Pistillgwion, Llannewydd, yn Eglwys y Plwyf Llanpumsaint, ddechrau Mis Medi. Yna wythnos yn ddiweddarach priododd Pregethwr Ffynnonhenri, Y Parchedig Gwilym Morris ag Aliss Elisabeth Griffiths Ffynnonbumsaint. Ble? Yng nghapel Ffynnonhenri wrth gwrs! Dal i gylchdroi gwnâi arferion tymhorol y wlad hefyd. Cyfnod y Sels oedd yr Hydref, felly penderfynodd John Davies ymddeol gan drefnu i werthi holl stoc ac ogor fferm Pantglas. Wythnos neu ddwy wedyn gwelwyd Rhydygaer ym mhentref Llanpumsaint yn gwerthu lan. Gyda’r nosweithiau’n tywyllu dechreuodd yr eisteddfodau lleol unwaith eto, gyda gwell newyddion o Gilfachfach y tro hwn. Yn Eisteddfod fawr Pencader daeth Gwilym Bowi, y tenant newydd, yn gyntaf yn y brif gystadleuaeth canu penillion.

Cyn terfyn rhaid dychwelid i’r Ysgol a hynt y tywydd. Yn dilyn y gaeaf a’r gwanwyn anarferol o wlyb yn 1916,, mae Mr Johns yn nodi yn ei Gofrestr ar yr 8fed o Ragfyr, i wyth modfedd a hanner o eira ddisgyn dros nos, gyda llawer mwy o drwch ar y bryniau. Dim ond deg plentyn allan o 107 cofrestredig lwyddodd i gyrraedd iard yr Ysgol am rialtwch peli eira. Felly cofiwch y rhybudd, rhag ofn i hanes ail-adrodd ei hunan!

# Village Voice

# June 2016

Copy Date for next Edition 25<sup>th</sup> July

Village Voice is published by Llanpumsaint Community Information Exchange  
[www.llanpumsaint.org.uk](http://www.llanpumsaint.org.uk) email [info@llanpumsaint.org.uk](mailto:info@llanpumsaint.org.uk). Please send items to  
[info@llanpumsaint.org.uk](mailto:info@llanpumsaint.org.uk) or post to Bodran Felin, Llanpumsaint SA33 6BY

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

Every Wednesday Steak Night at the Railway Inn 01267 253643

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

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

June 15 Wednesday 12.30 Luncheon Club Railway Inn – 253643 to book

June 15 Wednesday 8.00 AGM Memorial Hall Trustees

June 18 Saturday 9.00 Clear-up day Playing Fields

June 21 Tuesday 6.00 Walk to the Five Pools, Llanpumsaint

June 21 Wednesday 7.00 Curry and Quiz £5 per head Railway Inn

June 22 Wednesday 1.00pm CPR and Defibrillator Training Memorial Hall

June 25 Saturday 2.30 Bronwydd Annual Fete.

June 25 Saturday 7.00 Sine Nomine Concert in Church – Tickets Marice Sherlock 253195

June 26 Sunday 1.45 Practice Session West Wales Dowsers Bronwydd Hall

June 26 Sunday 8.00 Quiz Hollybrook Inn Bronwydd

June 27 Monday 1.30 60+ Club Bronwydd Hall

June 28 Tuesday 7.00 Mark Evans at Bronwydd Ladies Guild Bronwydd Hall

June 29 Wednesday 60+ Trip to Penderyn Distillery and Brecon Canal

June 29 Wednesday 12 – 5pm Foot Clinic Memorial Hall

July 2 Saturday 11.00 Walk at Bosherton to Stackpole

July 2 Saturday 'This River' band Memorial Hall, tickets Lynsey Jones 253085, Moishe Merry 253668.

July 3 Sunday Skanda Vale Charity Cricket Match Llandysul

July 5 Tuesday Llanpumsaint Community Council Memorial Hall

July 6 Wednesday 8.00 Welfare Trustees Meeting Memorial Hall

July 7 Thursday 7.30 Supper & Entertainment Evening Llanpumsaint & District Choir Memorial Hall

July 9 Saturday Coffee Morning, stalls and raffle for Church Funds – see posters for details

July 11 Monday Ladies Guild Trip to Chavenage Manor

July 13 Wednesday 60+ Trip to Llanelli Wetlands

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

July 19 Wednesday 7.00 Curry and Quiz £5 per head Railway Inn

July 24 Sunday 1.45 West Wales Dowsers Bronwydd Hall

July 31 Sunday 8.00 Quiz Hollybrook Inn Bronwydd  
August 6 Saturday 2.00 Walk up to Skanda Vale  
August 10 Wednesday 12 – 5pm Foot Clinic Memorial Hall  
August 10 Wednesday 12.30 Luncheon Club Railway Inn – 253643 to book  
August 16 Wednesday 7.00 Curry and Quiz £5 per head Railway Inn  
August 17 Wednesday 60+ Trip to Rhondda Heritage Centre  
August 25 Thursday 8.00 AGM Bowls Club Memorial Hall  
August 28 Sunday 8.00 Quiz Hollybrook Inn Bronwydd  
September 1 Thursday Bowls Season Starts Memorial Hall  
September 3 Saturday Skanda vale Sponsored Sky Dive  
September 6 Tuesday Llanpumsaint Community Council Memorial Hall  
September 11 Sunday Field Trip West Wales Dowers  
September 21 Wednesday 12 – 5pm Foot Clinic Memorial Hall  
September 25 1.45 Practice Session West Wales Dowers Bronwydd Hall  
September 25 8.00 Quiz Hollybrook Inn Bronwydd  
October 15 Saturday 'Pure Magic' Concert Memorial Hall – more details in next Village Voice

### ***Llanpumsaint and Ffynnonhenry Memorial Hall***

*To book phone Arwel Nicholas on 281365*

#### **Ysgol Llanpumsaint PTA**

2ND JULY - Band concert – 'This River' is an indies/rock band based in Swansea. They travel all over and play in local clubs and pubs. This River played in Cafe Lorenzo, Carmarthen back in October and played varied but knowledgeable music, covering many decades! For a sneak preview before they come to Llanpumsaint in July, look for Idge Logan (he's the main singer) on You Tube and you'll be able to see their talent for yourselves!! Tickets from Lynsey Jones 01267 253085, Moishe Merry 01267 253668.

#### **Llanpumsaint and District Choir**

A very successful performance of the Crucifixion by John Stainer was held at Llandysul Church on Thursday April 16 2016. It was well supported with no empty seats in the Church. The guest artists were Sion Owen, Tenor and Rev Aled Williams, Bass. The conductor was Gwyn Nicholas and the organist was Lynne James. As a result a cheque of £1000 will be presented to the Wales Air Ambulance in the very near future.

On Thursday, July 7th 2016 the choir intend to hold a Supper and Entertainment Evening in Llanpumsaint Memorial Hall at 7.30p.m. Tickets will be £15.00 each. Further details to follow on posters around the village.

## Open Farm Sunday Esgair

Over sixty people spent a very enjoyable day visiting Esgair on Sunday 5<sup>th</sup> June for Open Farm Sunday. They saw chickens, piglets, cows and their calves and horses. Visitors explored the process of growing barley and saw the machinery involved including a vintage combine harvester. There was a photo opportunity to sit on a tractor. The whole day was provided free of charge. Find out more at [www.pastureperfect.co.uk](http://www.pastureperfect.co.uk)

## Llanpumsaint Church News

A message from Canon Aled W. Williams

This brief communication will be my third and last. The diocesan authorities have confirmed that my period as Interim Minister of the Llanpumsaint Group will end on August 7<sup>th</sup>. This would suggest that plans for the new ministry are fairly well advanced, though I, myself, cannot provide you with any details. As Manuel, the waiter in 'Fawlty Towers' used to say – "I know nothing"!

However, let me just note how much I have enjoyed these last months in your company. As well as leading worship, I will have knocked on more than a hundred doors, and had the privilege, generally, of a courteous welcome, for which I have been very grateful. But, having said that, it has not been about me, rather about you. Reaching out to the Faithful, together with those on the fringes, shows, I hope, that the Church is concerned for her own people, also for those not directly a part of her membership.

I have found that each of the three churches has a small but solid body of faithful worshippers who display regular commitment and dedication and who exercise ministry in a variety of ways – and that is highly encouraging. What a joy it was, also, to prepare five young people for Confirmation, and to witness the Bishop's hands laid upon them. And, as the New Testament reminds us, we must all endeavour to be as 'light' and 'salt' in our communities.

Diolch i chi bawb am y fraint o gael gwasanaethu yn eich mysg, yn ystod y misoedd olaf hyn. Bu'n brofiad diddorol a dymunol, ond rhaid i chi edrych tuag ymlaen bellach, at eich gweinidogaeth newydd, beth bynnag fydd natur y drefn honno. Fe ddywedaf, fel Ioan Fedyddiwr, a fu'n paratoi'r ffordd ar gyfer 'Un mwy' – "Rhaid iddo ef/hi gynyddu ac i minnau leihau".

In thanking you and wishing you all well for the future – also the new Ministry Area Leader, whoever he/she may be – I would echo the words of John the Baptist as he considered the One who would follow him "He/she must increase, and I must decrease".

At the same time, be assured that I will honour my promise to bring my choir to perform the two concerts – at Llanllawddog on Sept. 24<sup>th</sup> and Bronwydd on Dec. 2<sup>nd</sup>. See you then!

Pob bendith/Yours sincerely

Aled Tel. 01559 395802 Email/Ebost: [pedrbrefi@btopenworld.com](mailto:pedrbrefi@btopenworld.com)

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

There is to be a concert in church on 25<sup>th</sup> June – An evening of Popular Sacred Choral Music with the Sine Nomine Singers. The concert will begin at 7 pm. There will be posters around the village shortly. Contact Marice Sherlock on 01267 253195 for tickets.

**Advance Notice** - There will be a coffee morning in aid of church funds in the Memorial Hall on Saturday 9<sup>th</sup> July. There will be stalls and a raffle so do come along and join us. Look out for the posters giving more details nearer the time.

## **Road Safety Improvements in Llanpumsaint**

You may have seen the notices around the village about the changes to be made to the speed limits in the village. It is proposed to have 20mph limit around the church, past the school, and past the Shop and Memorial Hall. There will be a 40mph limit coming in to the village from the Carmarthen direction. Once the speed changes have been confirmed, the new signage will be erected.

## **Llanpumsaint Heartbeat**

On Saturday 7th May the community's first portable assist defibrillator (PAD) was officially unveiled outside the Memorial Hall by County Councillor Irfon Jones. The Defibrillator has been registered with the Welsh Ambulance Service and is now fully operational. It is situated on the wall next to the main entrance of the Memorial Hall. Please familiarise yourselves with its location, but do not open the cabinet unless it is intended to be used as it gives off a loud alarm.

To purchase and install our 1<sup>st</sup> PAD has been a remarkable effort by all within the local and wider community to raise the funds required to purchase this item of life saving equipment in such a short space of time, and the support at events and private donations has been overwhelming.

The aim is now to purchase three more defibrillators within the community at Nebo, Ffynnonhenry and lastly a second one in the village of Llanpumsaint in the area near to the Railway Public House.

Remember in the case of a sudden cardiac arrest, call 999, then carry out CPR without delay and send someone for the defibrillator. Keep doing CPR until help arrives. The emergency services know the location of the defibrillator and will advise on action to take until the first responder arrives. Fire service personnel have been trained, so it may be that a fire engine will arrive before the ambulance.

We are planning training days in the near future, to be held by medical professionals from the My Cariad charity organization. The first date for training is 22<sup>nd</sup> June, 1.00pm, in the Memorial Hall – the session will last about 90 mins – there will be tea and coffee as well!

We do have some training kits for you to borrow, to learn the basics of CPR in your own home – a DVD takes you through what you need to do, and the instructions are simple and clear for you to practice CPR. Get the whole family trained – it may help to save a life in the future.

Many thanks for your continued support. Mike Poston, Chairman

## **Bronwydd Ladies Guild**

The Guild will be holding an Open Evening on Tuesday 28<sup>th</sup> June, when our speaker will be Mark Evans, talking about his career as an opera singer. There will be a charge of £3 for non-members and the evening starts at 7.00pm.

Our annual trip this year is on Monday 11<sup>th</sup> July when we will be visiting Chavenage Manor, which is an Elizabethan House near Tetbury where Poldark, Wolf Hall, and many other TV programmes and films have been made. The visit will be followed by an evening meal at the Old Barn in Magor. The Guild meets on the second Monday in each month at Bronwydd Village Hall from 7.00pm – 9.00pm. New members are always welcome. For further details please contact Val Lock on 01267 253524, or Sandra Macdonald on 01267 231265.

## **60+ Club**

The Club is having a busy time with ever increasing membership now up to 140 members. The Chairman Mr Peter Giles opened the April meeting welcoming all members and introduced the speaker Lt . Col. John Skipper who gave a very interesting talk on his experiences in the Armed Forces. There were over 60 members present and everyone enjoyed the afternoon. Also in April the members had a trip on the Swansea Canal followed by afternoon tea at The Dragon Hotel Swansea. This was followed by a sightseeing tour of The Gower. The weather was beautiful so members were able to enjoy an ice cream in Bracelet Bay.

The May Club Meeting took place yesterday and we were given a talk by Mrs Janice Richards OBE MBE on her career in the Prime Minister`s Office. It was a fascinating afternoon which spanned over a period of 29 years serving under six Prime Ministers. The members thoroughly enjoyed and it was followed by tea and biscuits. The May trip was to Picton Castle and Gardens and included a buffet lunch in the restaurant. Again the weather was kind to us.

Mr Glyn Evans is now arranging a trip to Penderyn Distillery and Brecon Canal on 29th June calling in The Hollybrook Inn for an evening meal. The coach is fully booked already.

Mrs Val Giles is arranging a half day trip to Llanelli Wetlands on 13th July and there are some seats available on the coach. We will be calling at the Bridge Inn Llangennech for an evening meal before returning home. Also in the pipeline is a trip to The Rhondda Heritage Centre on 17th August. Names are already being taken for that trip also. If you are interested contact Val the secretary on 01267 281194 for more details.

The next meeting will be on Monday 27th June when Mr Johnny Thomas will be with us talking about Veteran Cars.

Members are going yet again on another Turkey and Tinsel 5 day break in November, this year we are going to Eastbourne. Val Giles Club Secretary 281194

## **News From Skanda Vale**

Skanda Vale Hospice is knitting elephants inspired by their real life elephant Valli to raise funds for the new in-patient unit! For a pattern please phone 01559 371 222 or visit

[www.skandavalehospice.org](http://www.skandavalehospice.org)!

We have a charity cricket match taking place at Llandysul cricket club on the 3rd July! Special sporting guests to be confirmed! Food, entertainment, and a chance to help a good cause! For more details please phone 01559 371 222.

There will be a Sponsored Sky Dive in Swansea on the 3rd of September, again phone 01559 371 222 or email [sister.ally@skandavale.org](mailto:sister.ally@skandavale.org).

## **Head to Toes Footcare**

All clients please remember that with effect from the June Clinic, the fee will be increased by £1 to £11.

The next 3 clinics are as follows:

Wednesday 29<sup>th</sup> June from 11.00am – 4.00pm

Wednesday 10<sup>th</sup> August from 11.00am – 4.00pm

Wednesday 21<sup>st</sup> September from 11.00am – 4.00pm

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

## **Llanpumsaint 100 Club**

The March, April and May draw were made at the Llanpumsaint Welfare and Recreation Association's AGM on 26<sup>th</sup> April. The lucky winners are as follows:

March	1 <sup>st</sup>	No 8	£20	John Francis
	2 <sup>nd</sup>	No 32	£10	Kenneth Buttifintcarr
	3 <sup>rd</sup>	No 77	£5	Mary Howell
	3 <sup>rd</sup>	No 10	£5	Dave (W. D. Robinson)
April	1 <sup>st</sup>	No 83	£20	Brian Gillham
	2 <sup>nd</sup>	No 106	£10	Llewellyn Charles
	3 <sup>rd</sup>	No 13	£5	The Bowls Club
	3 <sup>rd</sup>	No 63	£5	Nivina Davies
May	1 <sup>st</sup>	No 83	£20	Brian Gillham
	2 <sup>nd</sup>	No 17	£10	Mo Jameson
	3 <sup>rd</sup>	No 84	£5	Rita Gillham
	3 <sup>rd</sup>	No 28	£5	Joe Latter

It is still not too late to join, please contact me on 253524, See the flyer enclosed for your number. Derick Lock, Treasurer.

## **Llanpumsaint and Ffynnonhenry Memorial Hall**

The Trustees will hold their Annual general meeting in the hall on Wednesday 15<sup>th</sup> June at 8.00pm. All are welcome to attend, and anyone interested in joining our committee is welcome to contact our Chair/Treasurer Arwel Nicholas on 281365, or the Secretary Derick lock on 253524 for more details.

An announcement will be made in the next edition of Village Voice with regard to the sale of tickets for the 'Pure Magic' concert in the Hall on Saturday 15<sup>th</sup> October. Tickets will cost £12.50 each. Derick Lock - Secretary

## **Police News**

I have recently witnessed a significant rise in the amount of dog faeces in and around the village, and find it quite upsetting that dog walkers feel it is ok to leave the mess in the road. Some dog walkers feel it is ok to cover it in weeds and grass, this is not acceptable. If you walk your dogs on the roadways around Llanpumsaint or you walk dogs for other people you are obliged to clear up after them. If you are walking dog's for other people, they should provide you with the bags to clear up and then dispose of them. There are several bins around the village for this purpose. If this continues we will look to organize an event with Environmental Health , who will be looking to prosecute any offenders.

We are still hopeful to launch community speed watch in the area but we need at least another 4 people who are interested in taking part in the scheme. We need to conduct certain checks on the interested parties and we have an application form to be filled in. We can then role this out in the village and hopefully make a difference. For further information contact me on 101 ext 25344 or email me at [martin.dickenson@dyfed-powys.pnn.police.uk](mailto:martin.dickenson@dyfed-powys.pnn.police.uk)

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

## **West Wales Dowzers Society – Future Events**

Tuesday June 21<sup>st</sup> 6.00pm: Join Llanpumsaint Walkers on their trip to see the five pools along the Nant-cwm-cerwyn which are named after each of the five Saints - Celynin, Gwyn, Gwynno, Gwynoro and Ceithio. The five brothers are said to have built the Llanpumsaint Parish Church around the 5th or 6th Century. It is thought that they built the church on a pre-existing pagan site. These pools were the destination for pilgrimages to the village during the Middle Ages until the eighteenth century.

Sunday July 26<sup>th</sup> Steve Dawson: Curry and Hartman Grids

### **August No meeting or field trip**

Sunday September 11<sup>th</sup> Field Trip TBA

Sunday September 25<sup>th</sup>: Practice Day

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

## **Historic Walking Tours of Carmarthen Town**

Carmarthen Town Council and the County Council organise walking tours covering the History of Carmarthen town back to Roman times in the Spring, Summer and Autumn months. These take place very Wednesday at 11.30 a.m. and last about an hour. Additionally, the Councils can organise special tours for groups and organisations at any time, either covering the normal Historic Town Tours or covering specialist areas in addition, e.g. The Tudors, the Coracle Museum, Rhys ap Thomas, The River Towy etc

All the tours are free of charge and can be conducted in English or Welsh, or for overseas visitors in various foreign languages. (The Wednesday tours tend to cater for tourists and are normally in the English language).

The contact for the tours is the Carmarthen Tourist Information Centre, telephone 01267 231557

## **Llanpumsaint Community Council**

Phillip Jones is Clerk to the Community Council, and he can be contacted on 01267 253512 or email [clerk@llanpumsaint.org.uk](mailto:clerk@llanpumsaint.org.uk) All Llanpumsaint residents are welcome to attend any of the Community Council meetings. These are conducted mainly in Welsh, but there are full translation facilities available.

Meetings are held on the first Tuesday on each month, except August and December.

### **Planning Applications**

W/33739 Dolwerdd - Single storey rear extension,

W/33800 Skanda Vale – Replacement pilgrim accommodation etc

## Clwb Cerdded Llanpumsaint Walkers

Carmarthenshire County Council have confirmed that the Public Right of Way at Nant Gwyn has been diverted, and the new path is now open. The path is signed from the Llandysul road.

Whenever you are walking across farmland, please observe the Countryside Code –

### Respect, Protect and Enjoy

*Respect other people*

- *consider the local community and other people enjoying the outdoors*
- *leave gates and property as you find them and follow paths unless wider access is available*

*Protect the natural environment:*

- *leave no trace of your visit and take your litter home*
- *keep dogs under effective control*

*Enjoy the outdoors:*

- *plan ahead and be prepared*
- *follow advice and local signs*

On **Tuesday 21<sup>st</sup> June**, we will be walking to the Five Pools starting at the Memorial Hall at 6.00pm. With thanks to the landowner who gives us permission to walk up the small river Cerwyn to the Five Pools – you will need Wellingtons, and a stick as the stones in the river can be very slippery

On **Saturday 2<sup>nd</sup> July**, we will be going a little further to enjoy the lily ponds at Bosherton and walk to Stackpole Quay. The walk will start at Bosherton NT Carpark at 11am, so that we will be at Stackpole Quay for lunch at around 1pm. Details on <http://www.nationaltrust.org.uk/stackpole/trails/stackpole-wildlife-walk>

On Saturday 2.00pm August 6<sup>th</sup>, we will do another walk from the village, this time to Skanda Vale following one of the walks on our 'Ditchikers Guide to Llanpumsaint'. This time will start outside the Railway Inn, and walk up towards Llandysul before going right along the lane to walk under the railway, and across the fields to the Skanda Vale road. The walk is about 5 miles long, up a lovely hidden valley. On return to the village we can have welcome refreshments at the Railway Inn.

Please let Kay Bowen, Secretary, know if you are joining us on these walks so that we don't leave without you, email [kaybowenis@googlemail.com](mailto:kaybowenis@googlemail.com), or text to 07766 105122. Also let Kay know if you are willing to share transport - especially for Bosherton.

See Llanpumsaint Walkers Club on Facebook for more information.

## **Ffynnonhenri Chapel**

Details of services for the months of June, July and August 2016

June 12	Local arrangements
June 26	United Service at 10.30a.m. Rev. Gareth Morris
July 10	Communion at 2.00p.m. Mr. Arwyn Pearce
July 24	Service at 4.00p.m. Rev. Goronwy Wynne
August	No Services

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

## **Nebo Chapel**

19th Rev Roger Thomas-2:00pm,

26th Rev Andrew Lenny- 2:00pm

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

## **Caersalem Baptist Chapel Llanpumsaint**

“We proclaim Jesus Christ as Saviour and Lord” Please contact Eleri Morris (Secretary) 253895

## **Llanpumsaint Welfare and Recreation Association**

The Association held its AGM in the Memorial Hall on 26<sup>th</sup> April. The following officers were re-elected:

Chair	Pamela Jones
Vice-chair	Brian Smethurst
Secretary	Derick Lock
Treasurer	Sarah Moore
Auditor	Mary Howell
100 Club Treasurer	Derick Lock
Auditor	Alan Dentry

The other committee members are Elfed Davies, Gavin Harding, Mathew Jones, Meinir Jones, Dorrien Thomas, and Cath Vimpany.

Anyone interested in joining the committee please contact Pamela Jones, our Chair, on 253257, or the secretary Derick Lock on 253524.

The damaged swings have now been repaired and new parts have been ordered for the broken rocker. The new litter bin has been placed in the play area.

We are holding a general clear-up day on the playing field on Saturday 18<sup>th</sup> June from 9.00pm. All are welcome - please bring along gloves, paint brushes, brooms, secateurs, spades, lawn edging tools and buckets.

The main areas of work are to paint the gates and fences (paint provided), and to cut back the circular pathway to its original width. Welsh Water has undertaken to tarmac over the missing lengths of path near the tennis courts before vacating the field.

As you may know, the committee members have an on-going weekly litter rota and everyone is requested to please use the litter bins provided. There are two by the entrances to the field opposite the Memorial Hall, one in the Play Area, and one by the tennis court.

The next meeting of Trustees is on Wednesday 6<sup>th</sup> July at 8.00pm in the Memorial Hall.

Derick Lock Secretary.

## Llanpumsaint and Nebo Bowling Club

In a thrilling final to the season, Llanpumsaint grabbed third place in the First Division of the Carmarthenshire Short Mat Bowls Association's Winter League by one point, the usual suspects taking first and second places.

### League Standings – Division 1

Team	Played	Won	Drawn	Lost	Shot diff.	Points
Llanboidy A	22	18	4	0	502	144
Salem	22	17	3	2	334	134
Llanpumsaint	22	10	7	5	139	100
Meiniciau	22	10	6	6	69	99
Pontargoethi	22	11	6	5	60	99
Llandyfaelog A	22	9	3	10	-3	86
Llandyfaelog B	22	6	9	7	-101	85
Alma	22	7	4	11	-33	80
Bronwydd	22	6	5	11	-107	70
Llanboidy B	22	5	3	14	-83	65
Cwrt Henri	22	3	3	16	-375	50
Whitland	22	0	7	15	-402	44

Each year we play the Bronwydd Club for the Roy Bowen Trophy in memory of our late, great Captain Roy Bowen.

The matches. Always played in a great spirit of friendship, were quite remarkable in that we won the first leg away 7 – 1, and Bronwydd won at our place by 6 – 2. We therefore retained the Trophy for another year. As usual, Roy's widow Janet was present to give the Trophy to our captain, Aled Edwards.

Our Annual general meeting is on Thursday 25<sup>th</sup> August at 8.00pm in the Memorial Hall and practice sessions recommence in the Memorial Hall on Thursday 1<sup>st</sup> September – 7.30pm – 9.30pm. All are welcome. Derick Lock Secretary 253524

### *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.*

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

## Llanpumsaint in 1916

This winter's been wet and so was 1916. On the 19<sup>th</sup> of January a hundred years ago, school attendance was so low that the Register wasn't marked, and it didn't help that Scarlet fever had broken out in Gwili Terrace either. Even by mid April the rain persisted, with soaked to the skin children being sent directly home on arrival and the rest released soon after. In those days when all pupils walked anything up to 3 miles, often in inadequate clothing, they often got very wet, but it did mean an odd extra day off now and again.

The First World War dominated the news. Dan Lewis of Bwlchyrhyd Llanpumsaint had been employed by Bronwydd builder George Daniel since 1911, living in with the family there at Gwyn Villa. Then forced to enlist, poor Dan was despatched to Llandudno for training, where he contacted meningitis, to later die at Bangor Hospital in April.. George Daniel arrived just too late, but brought the coffin back for the funeral at Caersalem chapel in his home village. Dan Lewis' grave lies close to Ben Davies', the first of 6 local lads who fell. In July news then came through that young Emrys Morris, barely 18 years old and an enthusiastic volunteer to the Welsh Fusiliers, had been killed near Ypres soon after arriving in France. Though buried out there a commemorative inscription can be seen on the family grave at Bethel Chapel graveyard. His father Griff Morris had been Headmaster of Llanpumsaint School before Mr Johns. Sad news also from Gilfachfach, where all had appeared normal at lunchtime that September day. Then when Hannah Griffiths returned to the house at 3.15, after helping the boy with the corn, she discovered her aunt had hanged herself in the bedroom.

Down in Bronwydd, the ex- landlord of the Carpenters Arms (once situated at the current entrance to Troedyrynys estate), no longer licensed to serve ale, tried his hand at selling "*High class Ancona eggs for 4 shillings*". No good! for the property was up for rent a few months later! Many young men went to Tribunal Appeal against being sent to war, but few succeeded. Wheelwright George Daniel despite having a wife and two children failed, so did one of two brothers at Penrhiw farm, Nebo. The flour miller of Felinfach Bronwydd was more fortunate, declared exempt, because his service to 80 or 90 wheat growing farmers was vital – No miller no flour!

You could always be sure that a jolly good wedding would lift the pervading gloom. So there was a big turnout at Llanpumsaint Church to witness the marriage of Elizabeth Thomas Bwlchgwyn, Nebo, to David Thomas Pistillgwion. Newchurch. One week later, on the 15<sup>th</sup> of September, the Rev. Gwilym Morris, the Minister of Ffynnonhenri exchanged vows with Aliss Elizabeth Griffiths of Ffynnonbumsaint; at Ffynnonhenri chapel of course. Despite the War the traditional farm sales continued in September, with John Davies selling up both stock and crop at Pantglas, and a few weeks later another clearout sale at Rhydygaer in Llanpumsaint village. The Eisteddfod competitions took off again towards winter with better news for Gilfachfach, when new occupant Gwilym Jones (Gwilym Bowy) won the Penillion singing at the big Pencader event.

And finally to return to the weather and the school! After all those wet days early in the year, on December the 8<sup>th</sup> 1916, Mr Johns recorded 8 and a half inches of snow in the village and much more on the hills. Just 10 out of 107 on roll made it for playground snowballs. So a hundred years later be warned lest history repeats itself!

*Arwyn 2016*

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<p align="center"><b>Siop Penbontbren Stores</b> Mon Tues Wed Frid Sat 8 - 3pm Thursday 8am – 8pm Sunday 9am – 1pm Hair &amp; Beauty Salon - Phone for Appointment Tel: (01267) 253732</p>	<p align="center"><b>Eifion Williams Builder</b> General building Plastering, Patios etc  5 Parc Celynin Llanpumsaint  01267253523 07973842681</p>
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<p align="center"><b>Railway Inn Llanpumsaint</b> <b>Pub and Restaurant</b> <b>Tel: 01267 253643</b> 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 <b>Jayne and Nick</b></p>	<p align="center"><b>Multi Heat Boiler Care</b> Servicing &amp; Maintenance of Oil Boilers and Cookers Ground &amp; Air Source Heat Pumps Solar Thermal Panels Unvented Cylinders 01559 370997 07966592183</p>
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<p align="center"><b>G J ISITT ROOFING</b>  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"><b>JOHN KERR</b>  MOTOR VEHICLE ENGINEER  Servicing • Diagnostics • MOT preparation •  Tyres  Gerwyn Villa Llanpumsaint  01267 253560 or 07980 982025  Email: johnworkshop@hotmail.co.uk</p>
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**WANTED. Small woodland area between 1-3 acres.**  
**Contact: Chris 01267 253731 / 07952 578224**

**For Sale**

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

**For Sale**

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

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

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

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