

Llais y Llan Mehefin 2017

Copi dyddiad ar gyfer rhifyn nesaf – 24th Gorffennaf 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 'Fitness Fun' Nos Fawrth 6.30 Neuadd Goffa £4

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

Ebrill 19 Dydd Mercher 11.00 – 4.00 Clinig Traed Neuadd Goffa

Mehefin 3 Dydd Sadwrn Cerdded

Mehefin 6 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa

Mehefin 9 Nos Wener Cinio Blynyddol Clwb Bowlio Tafarn y Rheilffordd

Mehefin 11 Dydd Sul 11.00 Dyddiad P'ch Dyddiadur Esgair

Mehefin 13 Nos Fawrth 8.00 Neuadd Goffa Llanpumsaint a Ffynnonhenri CCB

Mehefin 14 >60 Clwb Taith Castell Cardigan

Mehefin 14 Dydd Mercher Orsaf Heddlu Symudol yn y pentref.

Mehefin 14 Dydd Mercher 6.00 Clwb Swper Tafarn y Rheilffordd Ffôn 253643

Mehefin 20 Nos Fawrth 7.00 Cwis a Chyri £5.00 y pen, Tafarn y Rheilffordd

Mehefin 21 Nos Fercher 6.00 Cerdded lan drwy'r afon Cerwyn i byllau'r Saint.

Mehefin 23 – 25 Te Parti Mawr Marie Curie

Mehefin 24 Dydd Sadwrn 12.00 – 3.00 Dydd Agored Ysgol Llanpumsaint

Mehefin 24 Nos Sadwrn 7.00 Sine Nomine Singers Eglwys Llanpumsaint

Mehefin 25 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Bronwydd

Mehefin 25 Nos Sul 8.00 Cwis Hollybrook

Mehefin 26 Dydd Llun 2.00 >60 Clwb Neuadd Bronwydd

Gorffennaf 1 Dydd Sadwrn 11.00 Cerdded Ystradfellte

Gorffennaf 4 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa

Gorffennaf 6 Nos Iau 7.30 Cór Llanpumsaint a'r Cylch Swper Blynyddol Neuadd Goffa

Gorffennaf 9 Dydd Sul Amgylch Llundain er mwyn codi arian i'r Uned Hosbis

Gorffennaf 12 Dydd Mercher 11.00 – 4.00 Clinig Traed Neuadd Goffa

Gorffennaf 12 Dydd Mercher 6.00 Clwb Swper Tafarn y Rheilffordd Ffôn 253643
Gorffennaf 15 Dydd Sadwrn 10.00 – 12.00 Eglwys Bore Coffi Neuadd Goffa
Gorffennaf 18 Nos Fawrth 7.00 Cwis a Chyri £5.00 y pen, Tafarn y Rheilffordd
Gorffennaf 23 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Bronwydd
Gorffennaf 24 Dydd Llun 2.00 >60 Clwb Neuadd Bronwydd
Awst 9 Dydd Mercher 6.00 Clwb Swper Tafarn y Rheilffordd Ffôn 253643
Awst 11 Nos Wener 7.30 ‘The River’ Neuadd Goffa £7.50
Awst 15 Nos Fawrth 7.00 Cwis a Chyri £5.00 y pen, Tafarn y Rheilffordd
Awst 31 Nos Iau 8.00 CCB Clwb Bowlio Neuadd Goffa
Medi 5 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa
Medi 9 Dydd Sadwrn y weiren Zip Skanda Vale
Medi 24 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Bronwydd
Hydref 13 Nos Wener Noson Rasys Neuadd Bronwydd

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

Clwb Bowlio Nebo a Llanpumsaint

Trueni i ni golli'r em olaf erbyn Llandyfaelog B oherwydd byddai buddugoliaeth wedi sicrhau'r ail safle i ni am y tro cynta'. Felly'r ystadegau terfynol oedd - Chwarae 22 - Ennill 14 - Colli 5 - Cyfartal 3

Salem enillodd y bencampwriaeth Adran Gyntaf a hynny am y tro cynta' gyda 125 pwynt, Llanboidy yn Ail gyda 114 a Llanpumsaint yn drydydd ar 111 pwynt. Cynhelir ein Cyfarfod Blynyddol ar Nos Iau 31ain o Awst yn y Neuadd goffa am wyth o'r gloch. Os am ymuno a'n Clwb cyfeillgar dewch draw! Am y tro cyntaf ers blynyddoedd cipiodd Bronwydd Darian Roy Bowen, a'r fuddugoliaeth honno'n haeddiannol. Yn y Railwe fydd ein Cinio Blynyddol ar y 9fed o Fehefin, ac yno cawn wybod pwy fydd wedi ennill Tarian y Railwe am chwaraewr y flwyddyn.

Llongyfarchiadau hefyd i dri o'n chwaraewyr Ifanc, Rosalin Day, Catrin Williams a Rhys Williams, oll wedi cwblhau eu hail dymor gyda ni a chwarae'n dda dry'r tymor. Gobeithiwn groesawu dau chwaraewr ifanc newydd gogyfer a'r tymor nesaf pan ddaw Mis Medi.

Derick Lock – Ysgrifennydd

Cymhennu'r Cae Chwarae a Chornel y plant dy dd Sadwrn 3dd o Fehefin

Byddwn yn cyd-gyfarfod ar y dyddiad uchod am ddeg o'r gloch y bore. Bydd ein gwaith yn cynnwys glanhau'r Llwybr Cylch i'w faint gwreiddiol a golchi holl offer y Cornel. Bydd angen menig, rhaw, tociwr, bwced a brwsh arnoch - dim creosot eleni!

Cyrhaeddodd ein torrwr porfa newydd, gobeithio i chi sylwi ar y newid yno!

Clwb Cant Llanpumsaint

Tynnwyd enillwyr Mawrth, Ebrill a Mai yng nghyfarfod diweddar y Pwyllgor Lles ac adloniant.

Mawrth £20 – rhif 97 – Pat Jones ** £10 – rhif 2 – Val Lock **
£5 – rhif 9 – Keith Tozer ** £5 – rhif 5 – Marjorie Dentry

Ebrill £20 – rhif 36 – Jill Edwards ** £10 – rhif 10 – Dee Tozer **
£5 – rhif 33 – Arwel Nickolas ** £5 – rhif 75 – Joe Latter

Mai £20 rhif – 39 – Pamela Jones ** £10 – rhif 84 – Brian Gillham**
£5 – rhif 108 – Sara Ryder-Owen ** £5 – rhif 19 – Bob Jameson.

Nid yw'n rhy hwyr i ymuno am eleni – ffoniwch y Trysorydd Derick Lock 253524

Heddlu

Bydd yr Orsaf Heddlu Symudol yn ôl yn y pentref Ddydd Mercher 14eg Mehefin ym maes parcio Neuadd y Pentref. Dewch draw am sgwrs.

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

Pwyllgor Lles ac Adloniant.

Yn y Cyfarfod Cyffredinol apwyntiwyd y Swyddogion canlynol am 2017-8

Cadeiryddes – Pamela Jones - Is-Gadeiryddes Cath Vimpany

Ysgrifenydd – Derik Lock - Trysorydd Sarah Moore

Archwiliwr – Mary Howell - Trysrydd y Clwb Cant – Derick Lock

Archwiliwr y Clwb Cant – Alan Dentry

Bydda'r Pwyllgor yn croesawu wynebau newydd ac yn enwedig rhieni ifanc, o gofio i'r Cae Chwarae a Chornel y Plant fod yn bennaf at ddefnydd plant dan ddeunaw oed. Os am fod yn Ymddiriedolwr yna cysylltwch â'n Cadeirydd, Pamela Jones 253257 neu'r Ysgrifennydd Derick Lock 253524. Cyfarfodydd bob yn ail fis.

Diwrnod Hwyl a Sbri - Sadwrn 6ed o Fai

Bu'n ddiwrnod o lwyddiant a mwynhad diolch i'r tywydd braf ac ymdrechion diflino Capel Nebo, Y Pwyllgor Lles ac Adloniant a Phwyllgor Rhieni ac Athrawon yr Ysgol. Diolch arbennig i Dave ac Alison Hume am wneud y Rasys Ddefaid gymaint o hwyl.

Bu'r rhai ohonoch fu'n ddigon ffodus gael gafael ar docyn (gwerthwyd y cyfan) yn mwynhau cyngerdd Teyrnged Tina Turner yn y Neuadd.

Daw tocynnau gogyfer a Noson Deyrnged Elvis Presley yn yr Hydref ar werth yn ystod Awst. Cadwch lygad am wybodaeth bellach yn y Llais y Llan nesaf.

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

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

Neuadd Goffa Llanpumsaint a Ffynnonhenri

Bydd y Cyfarfod Blynyddol yn dechrau'n brydlon am wyth o'r gloch Nos Fawrth 13eg o Fehefin. Estynnir croeso i bawb gan yr Ymddiriedolwyr oherwydd i'r Neuadd fod at ddefnydd pawb. Rhaid i unrhyw Gynnig i'w drafod fod yn ysgrifenedig yn llaw'r Ysgrifennydd, gyda chynnig ac eilydd, fod yn llaw'r Ysgrifennydd Derick Lock erbyn Dydd Mawrth 6ed o Fehefin. - Maesyfelin, Llanpumsaint sa336by 01267 253524.

Cymdeithas Rhandiroedd Llanpumsaint

Daeth aelodau i arwyddo am y flwyddyn i'r Cyfarfod Cyffredinol ar y 25ain o Chwefror. Dilynwyd hyn gan ddiwrnod o gymhenni ar y 9fed o Ebrill, pan fwynhawyd tywydd heulog wrth fwrw ati o ddifri i wella'r safle. Bu brechdanau bacwn Shirley yn hwb i bawb.

Aeth yr aelodau ati hefyd i wella'r cyflenwad dwr drwy ychwanegu rhagor o gasgenni a'u cysylltu i'r Tai Gwydr. Gobeithio i hyn ysgafnhau'r biliau dwr yn sylweddol eleni. Croeso o hyd i aelodau newydd drwy gysylltu â Keith 253375 neu Ray 253157.

Clwb Gwili Chwedeg Bronwydd

Rydym newydd gyrraedd adre ar ôl tridiau yn ardal Telford, a bu'r tywydd yn garedig wrthym unwaith eto. Wedi cychwyn ar y dydd Iau cawsom ginio yn nhref hynafol ac yna cyrraedd ein gwesty Buckatree Hall Hotel ger Wellington. Dydd Gwener cawsom ddiwrnod llawn o ymweliad i Geunant Ironbridge, y pentref a'r bont ei hun wrth gwrs. Yna ymlaen i amgueddfa awyr agored Blists Hill, lle gwelwyd y trigolion wedi eu gwisgo fel ag yn Oes Fictoria yn ail greu'r profiad o fyw yn yr oes honno.

Wedir brechwast llawn fore Sadwrn aethom i Amgueddfa Llestri Tsieina yn Coalport, cyn aneli am adre gan alw yn yr Amwythig am ginio ysgafn. I orffen y daith galwon am swper yng Ngwety'r Cottage ger Llandeilo.

Daw'r daith diwrnod nesaf ar y 14eg o Fehefin pan ymwelwn â Chastell a thref Aberteifi, gyda gwledda i ddilyn yn Ffostrasol. Mae Glyn Ifans wrthi'n ddyfal yn cynllunio'r pum diwrnod o Dwrci a Thinsel fydd yn digwydd rhwng Hydref 30ain a Thachwedd y 3dd. Byddwn yn mynd i Paignton eleni ac mae yna rai seddi ar ôl yn ôl Glyn. Felly cysylltwch ag e' 01267 236280

Cyfarfûm yn fisol ar y pedwerydd Llun am 2 o'r gloch, gyda siaradwr bob tro, ac mae'r aelodaeth yn dal i fod yn £5.

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

Cyflwyno Skanda Vale

Er ein bod wedi bod yma ers deugain mlynedd bellach 'rwy'n siŵr fod yna sawl un yn dymuno gwybod beth i ni'n ei wneud. 'Does dim digon o le yma i wneud cyfiawnder a'r pwnc felly pam na ddewch chi lan i gael sgwrs a ni a holi beth yw beth wrth gerdded o amgylch. Fe ddechreuon ni bant ar ugain erw'r hen fferm Cwmcreigiau pan oedd y trenau'n dal i redeg heibio, ond erbyn hynny codi'r trac oedden nhw. Er hynny cawsom ambell lift!

Sefydlwr y Gymuned Gwrw (sy'n golygu Athro) wnaeth osod esiampl o weithio'n galed, a bu hynny'n sioc i ambell bwdryn newydd gyrraedd cefn gwlad. Rhaid oedd palu'r ardd yn ddyfal, clirio'r cerrig a chlirio'r holl drangwns ymaith. Disgwylid i bawb wneud diwrnod gonest o waith ac yn hynny o beth 'does dim wedi newid hyd y dydd heddiw. Rhaid i bob ymwelydd gyflawni pedair awr o waith ar ben y cyfnodau gosod o addoli, i gychwyn am bump o'r gloch y bore gan orffen am naw'r hwyr.

Pan osododd y Gwrw drefn hwn credai nifer i'r peth fod yn hollol ddwl, "*Pwy sy'n mynd i godi am bump y bore? O ble i ni gyd yn cael bwyd?*" Ni ellir felly or- bwysleisio cyfraniad y Gwrw Subramanium wrth sefydlu'r Gymuned. Er iddo bellach farw deng mlynedd yn ôl rydym yn dal i ganlyn ei gynllun a'r egwyddorion uchel wnaeth osod. Yr oedd yn ddyn swynol a charismatig, ond gallai fod yn gwerylgar a phenstiff ar adegau hefyd. Cysegrodd ei holl fywyd i wasanaethu Duw, "*Mae gwasanaethu Duw yn gohygu gwasanaethu hynny. Os nag oes yna gariad 'does yna ddim Duw!*"

Mynachod dan brawf yw'r mwyafrif yma, yna Mynachod Ordeiniedig, Lleianod a Swamis. Rhaid i'r Ordeiniedig gymerid llw dlodi, dirweideb ac ufudd-dod, sef addunedau'R Sant Ffransis ei Nawdd Sant. Hefyd gellir cael lleygwyr sydd wedi dewis y ffordd yma o fyw.

Ni thelir neb ac mae pawb yn byw bywyd syml o dderbyn anghenion sylfaenol yn unig. Rheolir y Gymuned yn ddyddiol gan Gyngor y Swamis gyda chyfrifiodeb am bob dim, megis trefnu gwaith bob dydd, cyd-gysylltu cyweithiau mwy fel ail-adeiladu'r Hosbis neu ymateb o ofynion pererinion. Cofrestrwyd y Gymuned yn elusennol yn gynnar, ac mae yna Ymddiriedolwyr sy'n goruchwyllo pethau a chydymffurfio a gofynion y Comisiynydd Elusennol.

Ar hyn o bryd rhyw ddau ddwsin ohonom sydd yma. Gellir rhannu ein cyfrifoldebau rhwng addoli yn y Templau, gofalu am bererinion, gofal am anifeiliaid, yr Hosbis, addysg a rhedeg rhaglen cymorth bwyd. Ond canolfan ein bywydau yw'r addoli dyddiol. Mae cydnabod pob crefydd yn hanfodol i gred Skand Vale, er bod y prif ffocws i'r grefydd Hindŵ, cynhelir gwasanaeth Cristionogol bob Nos Sul ac adeg y Pasg a Nadolig. Cynhelir gwyliau Bwda hefyd ond nid ydym fyth yn ceisio darbwylllo neu achub pobl o un grefydd i'r llall. Er bod gennym lawer o anifeiliaid Valli yr eliffant yw'r enwocaf, ac achubwyd nifer o'r gweddill er mwyn iddynt barhau byw hyd yr eithaf.

Yn yr Hosbis gofalwn am gleifion y siroedd Caerfyrddin, Ceredigion a Phenfro ac ymhellach weithiau, drwy gynnal Canolfan Gofal Dyddiol. Cynigwn y Gofal Seibiant ar y safle i'r rhai hynny sy'n wynebu afiechyd terfynol yn rhad ac am ddim. Telir dwy ran o dair o gostau'r Hosbis gan gyfraniadau'r pererinion sy'n ymweld. Daw'r staff sy'n wirfoddolwyr trwyddedig o'r gymuned leol a'n haelodau ni. Hyd yma ond un aelod meddygol cyflogedig sydd yno.

Daw nifer i ymweld o bell ac agos, yn ysgolion, colegau a grwpiau lleol, oherwydd i'r Deml gynnig cyfleoedd aml- grefydd addysgiadol. Yn ôl traddodiad daw'r pererinion ac anrhegion o ffrwythau a gwahanol fwydech. Y llynedd wedi bwydo pawb ddaeth drwy'r fynedfa llwyddom i gyfrannu dros 70 tonnell o fwyd at elusennau lleol a rhyngwladol. Mae'n hynod o beth i ddatgan fel mynachod a Lleianod nad ydym yn ystyried ein hunain yn grefyddol. Cawn ein gyrru ymlaen gan y cyfle i wasanaethu bywyd, a thrwy hynny newid a chyfoethogi ein bywydau ein hunain. Yn rhy aml o lawer cyfyngir crefydd gan reolau, dogma a masnacheiddiwch. Sefydlwyd a chynhaliwyd Skanda Vale a'r Hosbis yn llwyr gan gyfraniadau gwirfoddol, ni chodwyd tal fyth ar neb am ein gwasanaeth.

Fe'm cynhelir gan bobl o bob cefndir pell ac agos sydd wedi dod at ei gilydd i gyd-weithio'n anhunanol.

Newyddion o Hospis Skanda Vale

Cychwynnwyd ar y cynllun *Noddwch Nyrs*, er mwyn ehangu ein Gofal Seibiant o 5 i 10 diwrnod y mis. Bwriedir ymestyn y gwasanaeth o Fis Awst eleni. Felly ewch i'n gwefan

www.skandavalehospice.org <<http://www.skandavalehospice.org>> er mwyn cychwyn taliad i wella ein gofal meddygol.

Cynhelir Ras Hwyl (a thipyn bach o gerdded) ar Sul y 9fed o Orffennaf o amgylch Llundain er mwyn codi arian i'r Uned Hosbis. Bydd y daith heibio i Big Ben a'r Senedd ac ar hyd y Tafwys yn denu miloedd o bob oed a chefnidir, i gyd yn cefnogi gwahanol elusennau. Gobeithio bydd pawb yn gwenu ar y dydd ac yn mwynhau'r picnic ym Mharc Sant Iago ar y diwedd. Dewch bawb!

Byddwn hefyd yn trefnu ymweld â'r Wyddfa mewn ymgyrch arall Codi Arian ar y 9fed o Fedi. Bydd mynd ar y weiren Zip yn brofiad newydd. Am fwy o wybodaeth am yr uchod cysylltwch â'r Hosbis 01559 371222 neu E-bost sister.ally@skandavalehospice.org

<mailto:sister.ally@skandavalehospice.org>

Diolch am y gefnogaeth.

Clwb Cerdded Llanpumsaint

Bu'r ymweliad a Choed Moel yn hyfryd - clychau'r gog ymhobman! Mae'r lluniau ar ein gwefan. Trefnwyd y tair taith nesaf :-

Ar Sadwrn y 3dd o Fehefin cadwn yn lleol drwy aneli am Gwmgreigiau Bach o'r cwm cuddiedig. Yna drwy Skanda Vale cyn dychwelid i'r pentref, sydd yn rhyw 5 milltir. Felly caniatewch 3 awr, wedi gadael y Neuadd am 2 o'r gloch. Ffoniwch yr arweinydd Mike Richardson os ydych yn dod - 01559 384797.

Hefyd, ar y diwrnod hiraf, 21ain, ym Mehefin byddwn, gyda chaniataid, yn cerdded lan drwy'r afon Cerwyn i byllau'r Saint. Cyfarfod am chwech yr hwyr ger y Neuadd eto. Bydd angen wellingtons ac mi ffeindiwch fod pastwn o gymorth, oherwydd bod cerrig yr afon yn slip a bydd rhaid dringo dros ambell gangen coeden. Ond bydd cyrraedd y rhaedrau yn werth yr ymdrech! Os am ddod rhwch wybod i Nick Stoneman 253547.

Ar Sadwrn y cyntaf o Orffennaf byddwn yn aneli am Raeadr Ystradfellte gan ddechrau am 11 o'r gloch - parcio yng Ngwm Porth SN928124 cod post cf449jf. Bu raid gohirio hon y llynedd oherwydd y tywydd blin. Mae'n weddol hawdd o'r maes parcio ar hyd yr afon Mellte, gan fynd heibio Sgwd Clun-gwyn a Sgwd-isaf Clun-gwyn. Yr uchafbwynt fydd cyrraedd Sgwd yr Eira gyda'r llwybr anturus y tu ôl i'r rhaedr, ond byddwch yn ofalus mae'n llithrig yno. Er hynny dyma brofiad unigryw i weld y dŵr yn llifo dros y creigiau o'ch blaen. Bydd dod a lluniaeth a gwisgo esgidiau cerdded a rhwch wybod i Carolyn Smethurst os am ddod 253308

Gwybodaeth bellach ar y wefan www.llanpumsaint.org.uk <<http://www.llanpumsaint.org.uk>>

band eang Ffibr - y diweddaraf

Yn dilyn Y Llais olaf ni ar i hol hi o hyd - B T yn beio'r Senedd a'r Senedd yn beio B T! Ond mi addawodd yr aelod Angela Burns fod popeth i fod i fwcl erbyn 31ain o Fai. Aros i ni o hyd gyda'r amcan o'r dyddiad gorffenedig yn ddau fis. Fe welwyd peirianwyr yn y pentref yn cysylltu'r gwifrau ffibr ond bellach maent wedi diflannu, felly aros mae'r mynyddai mawr!

Daeth peth gwybodaeth i law am yr wyth cam yn yr holl broses; cam 5 yw'r adeiladu felly falle daw hwn i ben erbyn diwedd Mai. Cam 6 - cysylltu; Cam 7 - cychwyn; Cam 8 - derbyn archebion; felly mae sawl milltir i fynd eto. Byddaf yn dal i adrodd yn ôl, ond os ewch ar wefan Openreach gallwch gadw llygad ar bethau eich hunan. Daliwch ati!

Carolyn Smethurst

Cymdeithas Rhieni ac Athrawon Ysgol Llanpumsaint

Digwyddiadau

Sadwrn Mehefin 24ain – Dydd Agored – O hanner dydd hyd dri o'r gloch.

Nos Wener Awst 11eg – Noson Band *The River* – Neuadd Goffa - 7.30 yh.

Dydd Agored

Mae'r Ysgol a'r Gymdeithas yn eich gwahodd i'r Dydd Agored ar Sadwrn 24ain o Fehefin o 12 tan dri, pan agorir yr achlysur gan un o'r sêr rygbi lleol. Yna bydd y plant yn tywys pobl o amgylch gan arddangos eu gwaith iddynt. Bydd lluniaeth wrth law gyda stondinau crefft, raffl, gemau a pherfformiadau gan y plant.

Noson y Band

Yn dilyn eu llwyddiant y llynedd bydd *The River* yn dychwelid ar Nos Wener 11eg o Awst. Maent yn honni o Abertawe ac yn chwarae'n rheolaedd yn Lorenzo Caerfyrddin. Wedi mwynhau mas draw llynedd maent yn hapus i ddychwelid . Tocynnau £7.50 yw prynu yn y Dydd Agored.

Codi Arian yn Hawdd

Os ydych yn siopa ar y We yna gallwch helpi'r Gymdeithas Rieni drwy ymaelodi ar

www.easyfundraising.org.uk/causes/llanpumsaint

<<http://www.easyfundraising.org.uk/causes/llanpumsaint>> PTA neu gysylltu Emma Brown.

Os oes yna rywun yn y gymuned sy'n gallu hawlio £4E/match funding drwy eu gwaith neu ryw fodd arall ac yn barod i ganiatáu'r Gymdeithas Rieni i hawlio'r tal yna cysylltwch â Becky James 01267 253 560.

Cór Llanpumsaint a'r Cylch

Cynhaliwyd perfformiad llwyddiannus iawn o Olivet to Calvary gan J.H.Maunders gyda eitemau amrywiol yn yr ail hanner yn Eglwys y Plwyf, Llandysul ar nos Wener Ebrill 28ain 2017. Arweiniwyd y cór gan Gwyn Nicholas a'r organydd oedd Lynne James. Yr artistiaid gwadd oedd Arwel Evans, Tenor a Gwyn Morris, Bariton. Cafwyd ymateb teilwng iawn ac roedd yr elw yn mynd tuag at elusen ddewisiedig y cór am 2017 sef M.S. Bwriedir cynnal rhywbeth eto cyn diwedd y flwyddyn tuag at yr elusen hyn. Cadwch lygaid am y poster. Ar Orffenaaf 6ed 2017 bydd y cór yn cynnal ei noson Swper ac Adloninat blynyddol yn y Neuadd Goffa am 7.30y.h. Pris tocynnau fydd £15.00 a byddant ar gael gan aelodau'r Cór. Ceir mwy o fanyion am y digwyddiad hyn cyn bo hir.

Te Parti Mawr Marie Curie

Ymunwch a theulu a chyfeillion a chymdogion i gynnal Te Parti Anferth rhwng 23ain a'r 25ain o Fehefin. Bydd eich te cacenni a'r danteithion yn codi arian er mwyn gofalu am ragor sy'n diodde' yn eu dyddiau olaf. Dibynnwn ar eich cefnogaeth a gellir cael pecyn Codi Arian rhad drwy ymweld â Mariecurie.org.uk/teaparty neu alw 0800716146

Cyngor Cymuned Llanpumsaint

Mae'r bleidlais bwysicaf wedi ei fwrw, hynny yw, yr Etholiadau Sirol mewn da o bryd I'r criw yna yn San Steffan I gecra dros eu seddau! Wyth Cynghorydd sydd yng Nghyngor Cymuned Llanpumsaint ac oherwydd I Wyn Thomas a Carolyn Smethurst ymddeol; rhyngddynt, maen't wedi gwasanaethu'r gymuned am 53 mlynedd, mae yna ddwy sedd wag. Eisioes mae yna unigolion gweithgar sydd am wasanaethu eu cymuned wedi cynnig eu henwau ac yng nghyfarfod Mehefin o'r Cyngor, penderfynnir pa ddau fydd yn cael eu dewis. Tebyg yw'r materion a drafodir gan y Cyngor o fis I fis gyda'r mwyafrif ohonynt yn gysylltiedig a'r priffyrdd, ac ar hyn o bryd, ceisio gofalu bod Cynllun Arafu'r Drafnidiaeth yn dod yn weithredol cyn diwedd y flwyddyn ariannol. Eto I ddod, mae newidiadau I'r cyffordd ar waelod Rhiw Cŵpers, ac arwyddion gwell wrth ddod I fewn I'r pentref I groesawu gyrrwyr. Wrth I adnoddau Cyngor y Sir brinhau, mae'n anoddach cael gwaith wedi ei wneud ond dyna paham fod yna Gyngor yn y Gymuned, sef I geisio'r gorau ar gyfer y pentref!

Gweithredu Ynni Lleol

Yng nghyfarfod Mis Ebrill o'r Cyngor anerchwyd Cyngor y Gymuned gan Paul Thomas, arweinydd y prosiect, a chafwyd esboniad a disgrifiad ar sut mae Clybiau Tanwydd yn gweithio, a'r arbedion sydd yn bosib wrth brynu ar y cyd. Manteision posib arall sydd ar gael yw, y gall aelodau'r Clwb Tanwydd arbed cost trydan naill ai wrth newid cyflenwr neu yr amodau cyfredol.. Pe bai Llanpumsaint yn cychwyn Clwb Tanwydd, efallai byddai modd creu Canolfan Galw Mewn fydde hefyd yn gallu cynnig gwasanaethau cyfrifiadurol. Os oes gan aelodau'r gymuned ddiddordeb cychwyn y fath fenter, cysylltwch gyda'r Clerc ar philkto@yahoo.co.uk ac fe drefnir cyfarfod er mwyn symud y syniad yn ei flaen.

Cymdeithas Dewinwyr Gorllewin Cymru

Sunday June 25th: Practical/Healing Day

Sunday July 23rd: TBA

August: No meeting

Sunday September 24th: Serena Rowney-Dougal – Theme to be confirmed

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

Gofal Traed

Dyma ddydiadau y clinig nesaf o 11.00y.b. hyd 4.00y.p, Dydd Mercher Gorffennaf 12

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)

Capel Nebo

Mehefin /June 4ydd Mr Peter Harries 10:30

11eg Mr Wyn Maskell 10:30

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

Caersalem, Llanpumsaint

Gan fwrw eich holl ofal arno Ef; canys y mae efe yn gofalu drosoch chiwi. 1 Pedr 5:7

Gwasanaeth Cymraeg pob prynhawn Sul am 2pm neu 2.30pm ar wahan i Sul ola'r mis pan mae'r oedfa yn Saesneg

Cwrdd gweddi bob prynhawn dydd Iau ac Ysgol Sul i oedolion ar fore Sul

Croeso i bawb

Am fwy o fanylion ffoniwch Eleri Morris ar 01267 253895

Capel Ffynnonhenri

Dyma fanylion am y gwasanaethau am fisoedd Mehefin a Gorfffenaf 2017.

Mehefin 11 Gwasanaeth am 2.00y.p. Prifardd Tudur Dylan

Mehefin 25 Gwasanaeth Undebol am 2.00y.p. yn Ffynnonhenri Parch Gareth Morris

Gorfffenaf 9 Cymundeb am 4.00 y.p. Parch Carl Williams

Gorfffenaf 23 Gwasanaeth am 2.00y.p. Mr Arwel Evans.

Os am ragor o wybodaeth cysylltwch a Danny Davies, Trysorydd ar 01267 253418 neu

Gwyn Nicholas, Ysgrifennydd ar 01267 253686

Eglwys y Plwyf

Gellir gweld rhestr o'r gwasanaethau ar y Bwletin y tu allan i ddrws y Festri, ac mae yna wybodaeth bellach am amrywiol weithgareddau ar y Wefan www.llanpumsaint.org.uk.

Noson Rasys Ceffylau yn Neuadd Bronwydd - 13eg Hydref

7.00yh - Ras Gyntaf am 7.30. Croeso i bawb dros oed 16. Mwy o wybodaeth nes ymlaen.

CYLCH MEITHRIN BRONWYDD

Mae wedi bod yn flwyddyn brysur yn y Cylch hyd yma. Ein thema yn nhymor y Gwanwyn oedd “Patrymau”, ac yna daeth Dydd Gwyl Dewi, Diwrnod Sant Padrig, Sul y Mamau a’r Pasg. Cynhaliwyd ein Cyngerdd Gwyl Dewi ar y 3ydd o Fawrth, a bu’r plant yn dysgu am fywyd Dewi Sant ac yn canu llu o ganeuon i ddathlu ein nawddsant. Tua diwedd y tymor, fel tipyn bach o hwyl i’r plant a’r rhieni, trefnwyd cystadleuaeth “Pobydd Penigamp” yn y sesiwn Ti a Fi olaf y tymor. Bu’r rhieni yn brysur yn coginio cacennau ac yn eu haddurno ar y thema Pasg. Llongyfarchiadau i’r ennillydd ,Hannah a’u chacen siap Wy Pasg..

Bu’r plant ar wibdaith i Fferm Ffoli cyn diwedd y tymor. Yn ffodus roedd y tywydd yn ffafriol a hyfryd oedd gweld y plant yn rhyfeddu ar yr holl wahanol anifeiliaid. Roeddent yn gyffrous iawn i weld y pengwiniad yn fwy na dim. Synnu oeddent wrth eu gweld mor agos drwy’r gwydr yn nofio o dan y dwr.

Ein thema y tymor yma yw “Fi fy hun” a byddwn yn canolbwyntio ar deimladau, synhwyrâu a bwyta’n iach.

Ar y 9fed o Fai cynhaliwyd “Parti Pyjamas Mwya’r Byd” gan y Mudiad Meithrin drwy Gymru gyfan. Daeth y plant a’r staff i’r Cylch yn gwisgo eu pyjamas.

Mae’r plant yn codi arian ar gyfer elusen “Save the Children” y tymor yma drwy fynd allan i’r awyr agored o gwmpas y Cylch i neidio mewn pyllau mwdlyd. Mae ‘r plant wedi codi £60 hyd yn hyn.

Bydd y plant yn mynd i Wyl Feithrin y Mudiad Meithrin ym Mehefin i wyllo Sioe Dewin.

Mae yn achlysur flynyddol bellach sydd yn cael ei gynnal yn yr Ardd Fotaneg , ac os bydd y tywydd yn braf, cawn bicnic ar y lawnt .

Y tymor yma, byddwn hefyd yn ymarfer ar gyfer y Mabolgampau ym mis Gorffennaf.

Felly tymor prysur arall i ni yn y Cylch.

Am 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

Croeso Cynnes.

‘Nol gartre o’r diwedd

Daeth nifer ynghyd i’r Eglwys ar Ddydd Sadwrn 1af o Ebrill i angladd Florence Mary Morgan, neu Florence Post fel ei adnabuwyd yn lleol. Dychwelodd i’w phentref genedigol gan mlynedd yn union wedi ei geni yno.. Hi oedd y drydedd ferch o bedair i Charlotte a William Lewis Y Swyddfa Bost yn Llanpumsaint. Dilynodd eu chwiorydd hyn Eunice a Rachel i ddinas fawr Llundain, tra arhosodd y ieuengaf, sef Mali Post, i ddatblygu’n un o hoelion wyth yr ardal leol yn ystod ail ran yr ugeinfed ganrif.

Dyma deulu wnaeth gyfrannu a dylanwadu’n helaeth iawn yn lleol ac yn ninas fawr Llundain. Mae’r stori’n cychwyn gyda Thomas Ifans, Gorsaf Feistr Llanpumsaint am ddeng mlynedd ar hugain, wnaeth adeiladu’r tafarn a’r Swyddfa Bost drws nesa’. Trosglwyddwyd ei ddawn busnes i’r ddau fab wnaeth godi eu pac ac aneli am Lundain, lle datblygodd D R Evans gwmni cyfanwerthol hynod o lwyddiannus, ac yn w’r dylanwadol dros ben ymysg y Cymry Llundain. Ond nid anghofiodd ei gefndir oherwydd ei rodd o £500 yn ei ewyllys wnaeth gychwyn yr ymgyrch i godi Neuadd yn Llanpumsaint. Daeth y brawd arall hefyd yn enwog wrth i Tim esgyn i fod yn Uchel Siryf Sir Gaerfyrddin. Mae’n ddiddorol i’r ddawn deuluol yma barhau pan welwyd William Lloyd, Sef mab Mali, gael eu hapwyntio’n Brif Weithredwr Cwmni Teiars A T S yn y genhedlaeth nesaf.

Ond ‘nol a ni i’r dechre unwaith eto, er i’r ddau frawd, sef D R a Tim, fynd bant, arhosodd ei chwaer Charlotte gartre i briodi William Lewis perchennog Ffatri wlân Glanyrynys, i redeg y Post a chodi’r pedair merch. Dan anogaeth Mr Johns yr Ysgol Feistr hedfanodd Florence drwy’r arholiadau a chychwyn cerdded mas i Benrhewlgam bob dydd i ddal y Bws am ysgol y dre. Wedyn bant a hi am Lundain i ddangos i’r byd fod ganddi feddwl annibynnol drwy droi i lawr y cynnig am swydd saff weinyddol ym musnes ei ewythr D R a dilyn ei thynged yn y byd Nyrsio.

Bu ynghanol twrw’r Ail Ryfel Byd yn Llundain, ac unwaith ond ei thŷ hi oedd yn sefyll ar ôl yn y stryd wedi un ymgyrch fomio. Ond daeth serch i’r adwy hefyd wrth iddo syrthio mewn cariad a Gweinidog golygus a phriodi’r Doctor Irvonwy Morgan . Bu bywyd yn greulon hefyd wrth iddi golli eu gŵr a’i dwy ferch ymhell cyn eu hamser. Er hynny nid gwraig i alari mewn cornel oedd Florence a thaflodd ei hun i mewn i fyw bywyd yn llawn. Gydol ei hoes bu’n gyson gefnogol i’r Eisteddfod Genedlaethol a’r byd theatr yn Llundain. Yna aeth ati’n awchus i ddysgu ieithoedd tramor gan gynnwys Sbaeneg, Ffrangeg ac Almaeneg, a’u hymarfer drwy ymweld â’r gwledydd hynny. Rhoddodd dro ar Rwsieg ac Arabeg hefyd. Yn un o’r cynta’ i hedfan ar yr awyren Concorde dathlodd ei phen-blwydd yn bedwar ugain ym Mharis. Yna cyrhaeddodd y nawdeg a’r cant yng nghwmni ei theulu gan fyw gartre o hyd. Ei gobraith oedd ymuno a dathliad cant a hanner Ysgol Llanpumsaint yn 2014 ond oedran a’i rhwystrodd. Ond mae wedi dychwelid o’r diwedd!

Arwyn 2017

Village Voice

June 2017

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

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

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

Every Wednesday Steak Night at the Railway Inn 01267 253643

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

June 3 Saturday 10.00 Playing Field Tidy Up

June 3 Saturday 2.00 Walk up to Cwm Creigiau Fach from Memorial Hall

June 6 Tuesday 8.00 Community Council Memorial Hall

June 9 Friday Bowls Club Annual Dinner Railway Inn

June 11 Saturday 11.00 Open Farm Sunday Esgair

June 13 Tuesday 8.00 Llanpumsaint & Ffynnonhenry Memorial Hall AGM Memorial Hall

June 14 Wednesday >60 Club day trip to Cardigan Castle

June 14 Wednesday Mobile Police station in village

June 14 Wednesday 6.00 Supper Club Railway Inn – 253643 to book

June 20 Tuesday 7.00 Curry and Quiz £5 per head Railway Inn

June 21 Wednesday 6.00 Walk to the Five Pools Llanpumsaint from Memorial Hall

June 23 Friday – 25 Sunday Marie Curie Great Tea Party

June 24 Saturday 12 .00 – 3.00 Open Day at Llanpumsaint School

June 24 Saturday 7.00 Sine Nomine Singers Llanpumsaint Church

June 25 Sunday 1.45 West Wales Dowers Bronwydd Hall

June 25 Sunday 8.00 Quiz Hollybrook Inn

June 26 Monday 2.00 >60 Club Bronwydd Hall

July 1 Saturday 11.00 Ysrtadfellte Waterfalls Walk

July 4 Tuesday 8.00 Community Council Memorial Hall

July 6 Thursday 7.30 Llanpumsaint Choir Annual Supper and Entertainment Memorial Hall

July 9 Sunday Fun Run in London for Skanda Vale Hospice

July 12 Wednesday 11.00 – 4.00 Foot Clinic Memorial Hall

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

July 15 Saturday 10.00 – 12.00 Church Coffee Morning Memorial Hall

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

July 23 Sunday 1.45 West Wales Dowers Bronwydd Hall

July 24 Monday 2.00 >60 Club Bronwydd Hall

August 9 Wednesday 6.00 Supper Club Railway Inn – 253643 to book

August 11 Friday 7.30 'The River' at Memorial Hall £7.50

August 15 Tuesday 7.00 Curry and Quiz £5 per head Railway Inn

August 31 Thursday 8.00 AGM Bowls Club Memorial Hall
September 5 Tuesday 8.00 Community Council Memorial Hall
September 9 Saturday Zip Wire at Snowdon in aid of Skanda Vale Hospice 01559 371222
September 24 Sunday 1.45 West Wales Dowsers Bronwydd Hall
October 13 Friday Race Night Bronwydd Hall

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

PLAYING FIELD AND PLAY AREA TIDY-UP - Saturday 3rd. June

A reminder that our annual tidy-up is taking place on the above date from 10.00a.m. and will include carrying on with the clearing back of the circular footpath to its original width and the washing down of the Play Area equipment.

If you would like to help, please bring with you gloves, spade pruner and/or bucket and scrubbing brush (no creosote this year!!!)

Our new mower has been delivered, hope you have noticed the difference!

Fibre Broadband Update

Well, after the last Village Voice, we ended up with what seemed like a stalemate – BT blaming the Welsh Government, the Welsh Government blaming BT! We did get a response via Angela Burns, Assembly Member that the estimated build completion date was 31st May. Well, we are still waiting, and the completion time for the installation is still an estimated 2 months, so no nearer forward. It was good to see the engineers in the village linking the fibre cables, but they have now gone, and we are still in limbo.

I have had some clarification re the 8 stages for getting broadband. Completion of the build is stage 5, so that may well occur by 31st May, but then we have stage 6 - connect, stage 7 - activation and then stage 8 - accepting orders. Long way still to go.

I will keep you updated, but if you go on the Openreach website, you will be able to keep up to date. Meanwhile, keep the jungle drums! Carolyn Smethurst

West Wales Dowsers Society – Future Events

Sunday June 25th: Practical/Healing Day

Sunday July 23rd: TBA

August: No meeting

Sunday September 24th: Serena Rowney-Dougal – Theme to be confirmed

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

Further Information: Sandy 01267 253547 Ring for details.

Llanpumsaint Community Council

The most important ballot is now over; in other words, the County Council Elections, just in time for the Westminster lot to fight for their constituency seats! Our Community Council is made up of 8 Councillors and due to Wyn Thomas and Carolyn Smethurst both standing down, there are now 2 vacancies. Already, some public spirited individuals have put their names forward and successors to the two hard working Councillors who retired after serving the community collectively for 53 years will be selected by the Council which will meet on the 5th of June. The issues that Councillors have been discussing and deliberating over during the past meetings have been varied but frequently highways improvements and repairs are debated and monitoring the phasing in of the Speed Reduction Programme which will, before the end of the next financial year, see changes to the road junction at the bottom of Coopers Hill and improved signage welcoming motorists to the village. As County Council resources are reduced, it becomes more difficult to get work done but it is what the Community Council is in existence for and that is, to strive toward getting the best for the village!

Local Energy Action

Paul Thomas, who works for the Project, addressed the Council in the April meeting and described how Fuel Clubs work and the potential savings that can be made through group buying. Other benefits can be achieved through the forming of a Fuel Club such as, it is also possible to find out from Fuel Club members what electricity supplier/tariff they are on and if there are better deals to be had. If Llanpumsaint were to set up a Fuel Club, possibly, a Drop-In Hub could be created where computer services could be provided in addition to the other benefits. If members of the community would be interested in setting up a Club, contact the Community Council Clerk on philkto@yahoo.co.uk and a meeting can be organised to move matters forward.

Clwbgwili 60+ Club Bronwydd

Club members have just arrived home after a 3-day break in Telford and the surrounding area. The weather was kind to us once more. We started our journey on Thursday stopping for lunch at the lovely market town of Ludlow arriving mid afternoon at the Buckatree Hall Hotel near Wellington. Friday we embarked on a full day excursion to the spectacular Ironbridge Gorge and Ironbridge village and of course the Ironbridge itself. We continued on to Blists Hill open air museum where townsfolk in traditional dress re-enact life in an authentic Victorian community. After a lovely breakfast on Saturday we visited The Coalport China Museum then started our journey home calling at Shrewsbury for a light lunch. The 3 day break ended with an evening meal at the Cottage Inn Llandeilo.

The next day trip is on 14th June when we will be visiting Cardigan Castle and the market town of Cardigan ending with a meal at Ffostrasol Arms.

Glyn Evans is now busy planning the next Turkey and Tinsel 5-day break which is on 30th October until 3rd November. We are going to Paignton this year. There are some seats available if you are interested. Further details from Glyn on 01267 236280

The club meets every month on the fourth Monday at 2 pm. We have a guest speaker each month and everybody is welcome. Membership costs £5 per year.

A brief introduction to Skanda Vale

Although we have been here for forty years I'm sure there are still many in the locality who may like to know more about Skanda Vale and what we do. There is not enough space here to do the subject justice, so if you want to know more, please come up and have a good wander, also feel free to grab any of us you seeing running around if you want a chat.

We started off with a 20 acre smallholding. There were still steam trains running down the valley in 1973, although at that point their only job was reclamation of materials from the track, if you were lucky they would give you a lift.

The founder of the Community, Guru, (which very roughly translates as teacher), set the example of hard graft, sometimes people would turn up, expecting to laze about in the countryside; they soon found themselves double digging the veg patch, moving piles of stones or clearing the debris left by previous owners. Everybody was expected to do a day's work. In this respect things haven't changed. Our rules for visitors still insist on a minimum 4 hours work on top of an exacting schedule of worship, the first service of the day at starting at five in the morning, and the last nine at night.

When Guru first set this in motion people thought he was mad. "No one's ever going to travel down there", "No one's going to get up at 5 am", "How will we feed ourselves?" It is not possible to overstate the role of Guru Subramaniam in the establishment of this Community. Although he died 10 years ago we are following the road map he set out and endeavouring to live up to the ideals which he exemplified. A naturally charming and charismatic individual, he could be pugnacious and obstinate when the occasion demanded it. His whole life was dedicated to the service of God, "Service to God means service to life. If there is no love there is no God."

The Community is composed largely of novices, ordained monks and nuns, and Swamis. Ordained community members take vows of poverty, chastity and obedience, the same vows of St Francis, who is our patron saint. In addition, there may be lay people, possibly married, who have demonstrated a commitment to this way of life.

No one is paid; we all lead a simple life with just our basic needs provided for. The community is governed on a day to day basis by a council of Swamis whose job is anything and everything from allocation of basic tasks, coordinating large projects such as the hospice rebuild, and responding to our pilgrim's needs. The community became a registered charity early in its history and there is a group of trustees to ensure the charity fulfils its stated objectives, answerable to the charity commission.

At present the Community numbers around two dozen members. Our activities can be broadly divided into: worship in the temples, care of pilgrims, animal welfare, the hospice, education and running a food aid program.

At the centre of our lives is our daily worship. Fundamental to Skanda Vale is the recognition of all religions; although the main focus is Hindu in origin, a Christian service is held every Sunday evening, Christmas and Easter are huge, Buddhist festivals are celebrated and more importantly we never try to 'convert' or change people, religion or no religion.

We have many animals, the most notable being Valli our elephant, many of these beings are rescued and allowed to live out the full natural span of their lives, recognising the divinity within them.

Likewise at the hospice we care for the terminally ill from Carmarthenshire, Ceredigion, Pembrokeshire and beyond, running a day care centre and an inpatient unit offering respite care, the only condition for using our service is that you have a life limiting illness, and of course this is provided completely free of charge.

Approximately two thirds of the hospice facility is funded by donations from our visiting pilgrims. The hospice is staffed almost entirely by fully qualified volunteers from the local community and ourselves. To date we only employ one full time member of staff, our clinical lead. Many school, college and university groups visit us, some local, others from further afield, the Community and its temples providing a unique multi-faith educational opportunity. As is traditional when coming on pilgrimage, visitors will bring donations of fresh and dried food. Last year after feeding and caring for every single person who came through our gates we were then able to donate over 70 tons of food, distributed to local, national and international charities. It may seem strange to say as monks and nuns that not one of us would call ourselves religious. What drives us is the opportunity to serve all of life, and in so doing change and refine our being. Religion is all too often involved in rules, dogma and commercialisation. Skanda Vale and the hospice have been built and sustained entirely by unsolicited donations, never has one penny been charged for any service that we provide. We are sustained by people from all backgrounds, from all walks of life coming together and working selflessly. Brother Francis.

News from Skanda Vale Hospice

We are starting to promote 'Sponsor a Nurse' where people can help us to fund our much needed nurses, so that we can extend our 5 day respite period to 10 days a month. We aim to start our extended respite this August. Please go to our website www.skandavalehospice.org and click on donate to set up a regular payment that will help provide regular income for our medical care. On Sunday July 9th 2017 join us for a fun run, jog (and occasional walk!) around central London to help raise money for our inpatient hospice unit.

It's an iconic route that takes in Big Ben, the Houses of Parliament and the Thames. Runners in their tens of thousands, and of all ages and abilities, unite in doing their bit for a wide range of charitable causes. It's one of those special days in London when everyone's smiling! After all the running, we get together for a giant celebratory picnic in the beautiful St James Park, where you can share your sandwich with the ducks and pelicans, enjoy a drink and bask in your great achievement. Total beginners are welcome!

We also plan to have another fun fundraising trip on the 9th September to Europe's longest zip wire in Snowdonia. This will be the first time we have done this so everyone is very excited to give it a go!

For details of all fundraising events and activities, either call the hospice on 01559 371 222 or email, sister.ally@skandavalehospice.org Thanks for your support.

Llanpumsaint Allotment Association

The Association held its Annual General Meeting on 25h February when members signed up for the current year.

A site tidy up day was subsequently held on 9th April when many members enjoyed a sunny day of hard work that further improved the site - and were greatly fuelled on by Shirley's very tasty bacon rolls!

Other members are working well this year to improve the site's water storage capability with additional water butts being connected to the greenhouse guttering, and so hopefully reducing the annual water bill to a trickle?

We are still keen to increase our membership, and anyone interested can contact Keith (tel: 253375) or Ray (tel: 253157) to join or for further details.

Llanpumsaint and District Choir

A very successful performance of Olivet to Calvary by J.H.Maunders with miscellaneous items in the second half at Llandysul Parish Church on Friday evening April 28 2017. The choir was conducted by Gwyn Nicholas and the organist was Lynne James. The supporting artists were Arwel Evans, Tenor and Gwyn Morris Baritone. It was very well supported with the proceeds going to the choir's 2017 charity which is M.S. It is the intention of the choir to hold another event during this year with the proceeds going to M.S. Further details in the next edition.

On July 6 2017 the choir will hold its Annual Supper and Entertainment evening at the Memorial Hall at 7.30p.m. Tickets will be £15.00 available from choir members. Further details to follow on poster around the area.

Marie Curie Great Tea Party

Get together with friends, family or colleagues and throw a Blooming Great Tea Party on weekend 23-25 June. Your tea and cake will raise money to care for more people with a terminal illness.

WE'RE COUNTING ON YOUR CUPPA

For your free fundraising pack visit mariecurie.org.uk/teaparty or call **0800 716 146**

LLANPUMSAINT AND FFYNNONHENRY MEMORIAL HALL

The Annual General Meeting is fixed for Tuesday, 13th June in the Hall commencing at 8pm sharp. All are welcomed by the Trustees to attend as, after all, it is for all to enjoy and use.

Any motions for consideration at the AGM must be in writing, properly proposed and seconded, and lodged with the Hall Secretary, Derick Lock, Maes Y Felin, Llanpumsaint SA33 6 BY (tel. (01267) 253524) no later than Tuesday, 6th June 2017.

ANNUAL FUN DAY - Saturday, 6th May

The Fun Day turned out to be a great success, thanks to the lovely weather and all the hard work of the members of the Nebo Chapel, Welfare and Recreation Association, Memorial Hall and School PTA Committees.

A special vote of thanks must go to Dave and Alison Hume for their efforts in making the Sheep Racing such a good laugh.

Those who were lucky enough to have a ticket for the Tina Turner Tribute that evening (a sell-out event) enjoyed a great night out.

Tickets for the Elvis Tribute Night in October will be on sale in August, watch out for further details in the next issue of Village Voice. Derick Lock.

LLANPUMSAINT 100+ CLUB

The Club's March, April and May draws were made at the recent meeting of the Welfare and Recreation Association and the winning numbers were as follows:-

MARCH: £20 97 Pat Jones; £10 2 - Val Lock; £5 9 - Keith Tozer; £5 5 - Marjorie Dentry.

APRIL: £20 36 - Jill Edwards, £10 10 - Dee Tozer, £5 33 - Arwel Nicholas, £5 75 - Joe Latter

MAY: £20 59 - Pamela Jones, £10 84 - Brian Gillham, £5 108 - Sara Ryder-Owen, £5 19 - Bob Jameson

It is not too late to join this year, just give me a ring on (01267) 253524 for details.

Derick Lock, Treasurer.

WELFARE AND RECREATION ASSOCIATION

At the Association's AGM, the following persons were elected as Officers for 2017/18:

Chair - Pamela Jones

Vice Chair - Cath Vimpany

Secretary - Derick Lock

Treasurer - Sarah Moore

Auditor - Mary Howell

100 Club Treasurer - Derick Lock

Auditor - Alan Dentry.

The Committee would welcome new members on to the Committee, especially young parents bearing in mind the playing field and play area are mainly for the benefit of the Village's under 18's. Anyone interested in becoming a Trustee should contact our Chair, Pamela Jones on 253257 or our Secretary, Derick Lock on 253524. We meet bi-monthly.

LLANPUMSAINT & NEBO BOWLING CLUB

Our season ended with an away defeat at Llandyfaelog 'B' which a shame as a win would have meant a second place finish for the first time ever.

So our final figures for 2016/17 were:- Played 22 Won 14 Drew 3 Lost 5.

The First Division title was won for the first time by Salem with 125 points, second were Llanboidy 'B' with 114 points and LLANPUMSAINT third with 111 points.

Our AGM will be held on Thursday, 31st August in the Memorial Hall from 8p.m. Anyone interested in joining our very friendly club is welcome to attend.

For the first time in several years, the Roy Bowen Memorial Trophy was taken from us by our friends in Bronwydd, who fully deserved their victory.

Our Annual Dinner will be held in The Railway on Friday, 9th June when the winner of The Railway Player of the Year Trophy will be announced.

Finally, congratulations must go to our 3 Junior Members Rosalin Day, Catrin Williams and Rhys Williams who have all completed their second season with us and who have all played extremely well this season. We hope to welcome two new Junior members to the Club when our next season starts in September. Derick Lock - Secretary.

Police News

The mobile police Station will be back in the village on Wednesday 14th June in the Village Hall car park, come along for a chat.

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

Head to Toes Footcare

The next clinic is on Wednesdays from 11.00am to 4.00pm - 12th July.

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)

Race Night at Bronwydd Hall Friday 13th October

7.00 – First Race 7.30 All welcome, 16years Plus. More details in next edition of Village Voice.

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

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

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

Clwb Cerdded Llanpumsaint Walkers

The walk in May through Coed Foel wood was great - bluebells everywhere! See our facebook page Llanpumsaint Walkers for pictures.

We have three more great walks for you as follows:

On Saturday 3rd June we will do one of the walks on our Ditchhikers Guide to Llanpumsaint map, up the lovely hidden valley to Cwmcreigiau Fach, then across towards Skanda Vale, and back to the village, about 5 miles. Allow at least 3 hours. Meet at the Memorial Hall to leave at 2.00pm. Mike Richardson will be leading this walk - please phone him if you will be coming, 01559 384797.

Also in June, we will do our annual walk, with kind permission of the owner of the land, to the Five Pools where the 5 Saints bathed, and where pilgrims congregated in centuries past, on Wednesday 21st June. Meet at the Memorial Hall at 6.00pm. You will need to wear wellies to walk up the stream to the pools, and please bring a stick to help with your balance – the stones in the river can be slippery. There are trees down across the stream, so there is some clambering, but it is worth it to get to the pools. The walk will take about 90 mins. Please let Nick Stoneman know on 01267253547 if you will be coming

Then we will be doing the Ystradfellte Waterfalls Walk on Saturday 1st July starting at 11.00am - park at Cwm Porth, SN928124, post code CF44 9JF. This was the walk that we had to cancel last year due to inclement weather.

This is a generally easy walk from the car park at Cwm Porth along the Afon Mellte. The route passes two main falls on the river, Sgŵd Clun-gwyn and Sgŵd Isaf Clun-gwyn. The climax of the walk is at Sgŵd yr Eira, Spout of Snow, that has a natural path behind the waterfall. We can walk along this path, but we need to be careful as it can be slippery. Well worth the experience as you watch the curtain of water tumble over the rock in front of you. Bring a packed lunch, and wear walking boots. Please let Carolyn Smethurst 01267253308 know if you will be coming on this walk. More information on our facebook page – Llanpumsaint Walkers, or on the village website www.llanpumsaint.org.uk.

CYLCH MEITHRIN BRONWYDD

It has been a busy year at the Cylch so far. Our Spring term theme was "Patterns", and then there followed St.David's Day, St.Patrick's Day, Mother's Day and Easter.

Our St. David's Day Concert was held on 3rd March, and the children had been learning about the life of St.David, and singing many songs to celebrate our patron saint.

Towards the end of term as a bit of fun for the children and the parents, a Cooking Competition was held during the last Ti a Fi of the term. The parents got busy cooking cakes and decorating them with an Easter theme. Congratulations to the winner , Hannah with her Easter Egg shaped sponge.

The children enjoyed a day out to Folly Farm before the end of term. We were fortunate that the weather was in our favour, and it was lovely to see the children taking in the wonders of all the different animals. They were excited by the penguins more than anything. They were in awe of being able to see them swimming underwater so close through the glass.

This term's theme is "Me, myself and I" and we shall be concentrating on feelings, the senses and healthy eating.

On 9th May , the World's Largest Pyjama Party was held by Mudiad Meithrin throughout Wales. The children and staff came to the Cylch wearing pyjamas.

The children are raising money this term for "Save the Children" by going outdoors around the Cylch and jumping in muddy puddles. They have raised £60 so far.

The children will attend the Mudiad Meithrin Festival in June to watch the "Dewin Show" It is now an annual occasion held at the Botanic Garden. If the weather is fine we will have a picnic on the lawn.

This term we will also be training for the Sports Days in July.

It is another busy term at the Cylch.

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

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

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

Warm Welcome.

Ffynnonhenri Chapel

Details of services for the months of June and July 2017

June 11 Service at 2.00p.m. Mr Tudur Dylan

June 25 United Service at Ffynnonhenri at 2.00p.m. Rev Gareth Morris

July 9 Communion at 4.00p.m. Rev Carl Williams

July 23 Service at 2.00p.m. Mr Arwel Evans

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

Nebo Chapel

June 4th Mr Peter Harries 10:30

11th Mr Wyn Maskell 10:30

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

Caersalem, Llanpumsaint

Casting all your care upon Him; for He careth for you. 1 Peter 5:7

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

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

A warm welcome to all

For more details, please contact Eleri Morris on 01267 253895

Llanpumsaint Parish Church

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 community exchange web site which has news of any upcoming events - www.llanpumsaint.org.uk

We will be welcoming back the Sine Nomine Singers to provide entertainment on Saturday 24th June at 7 pm in church. Please look out for notices of the event on the church notice board and around the village. Tickets will be available nearer the time from Marice Sherlock 01267 253195.

We will also be holding our annual coffee morning on Saturday 15th July from 10 am to 12 noon in Llanpumsaint Memorial Hall. Apart from refreshments there will be cakes for sale, a bottle stall and a raffle. All welcome, we hope to see you there.

Ysgol Llanpumsaint PTA

Open Day

Ysgol Gynradd Llanpumsaint and Ysgol Llanpumsaint PTA would like to invite all to an Open Day at Ysgol Llanpumsaint on Saturday 24th June at 12pm-3pm. The day will be opened by a local rugby star and then the children will welcome the public to their school and show off all of the work and different activities that they do. There will also be refreshments, games, craft stalls, raffle and performances from the children.

Band Night

After the successful night last year, 'This River' will return on Friday August 11th, doors open 7.30pm at the Memorial Hall. The band originates from Swansea and are regulars at Lorenzo's in Carmarthen. The evening last year was enjoyed by all that attended including the band. Tickets will be £7.50 and can be bought at the Open Day.

Easy Fundraising

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

£4£ match funding

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

Home at last

On Saturday 1st of April Florence Mary Morgan returned to her native village of Llanpumsaint to be finally laid to rest in the churchyard, just over a hundred years after her birth. She was the 3rd of four daughters to Charlotte and William Lewis at the Post Office, and would follow elder sisters London bound Eunice and Rachel to the metropolis. The youngest, stayed in Llanpumsaint, to eventually run that Post Office, where Mali Post became one of the pillars of the community during the last half of the 20th century. This family exercised considerable influence locally and beyond in London.. It had all begun with Florence's grandfather, Thomas Evans, Llanpumsaint's dominant Station Master for 30 years, who built the Railway Hotel and the Post Office next door. Two sons who'd inherited his business acumen packed their bags to make it big time in London. D R Evans became a highly successful Wholesale Grocery Importer and a dominant figure in the London Welsh world. He never forgot his roots though, donating £500 in his Will to build Llanpumsaint's Hall, and presenting the newly formed Carmarthen Golf Club with their first and most revered D R Evans Cup. Brother Tim joined him in business and he later became High Sherriff of Carmarthenshire. That business gene pursued in the family as the late William Lloyd became the Chief of A T S Tyre Service in Britain and Ireland during the late 20th century.

Sister Charlotte married local Glanyrynys mill owner William Lewis to run the Post Office and bring up those four girls. Florence passed her scholarship to begin that two mile daily walk out to Penrhewlgam to catch the bus to town. Then off to London, but being strong willed and independent she turned down a secure administrative job in uncle D R 's business to pursue a nursing career. After one Second War Blitz only her house remained standing in the street. In the middle of all that she met a handsome rugby playing Methodist Minister, Dr Irvonwy Morgan, so much of the courting happened in air-raid shelters listening out for the next deadly doodle-bug. Despite losing both her husband and two daughters much too young Florence adopted a positive attitude to life. Regularly attending the National Eisteddfod and London theatres, she then took up learning other languages, French, German, Spanish, and travelled widely to practice them. She even had a go at Russian and Arabic. Florence celebrated her eightieth in Paris, became one of the first to fly on Concorde, and ninetieth and centenary with family. It was only age that prevented her from attending Llanpumsaint School's 150th Anniversary in 2014. But she finally made it home at last!

Arwyn 2017

<p align="center">PALU 'MLAEN FORWARD DIGGING Plant & Agricultural Contractor 3 tonne - 14 tonne Diggers, Site clearing, Landscaping, Steel sheds, Concrete work, Fencing, Hedge cutting and Much more! Just Ask Mathew Jones, 07970030679 Waun Wern, Llanpumsaint, Carmarthen, SA33 6LB</p>	<p align="center">Hollybrook Country Inn Bronwydd 4* accommodation Pub and Restaurant Tel 01267 233521</p>
<p>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">Eifion Williams Builder General building Plastering, Patios etc 5 Parc Celynin Llanpumsaint 01267253523 07973842681</p>
<p>Ffermy-Felin Farm Guest House and Self Catering Cottages Enjoy a relaxing break at this beautiful guest house or in one of our stone cottages 01267 253498 www.ffermyfelin.com</p>	<p align="center">Cobain Gas Services – Steve Cobain Natural Gas and LPG Gas Safe 568543 Boiler Servicing and Repair Landlords Certs Fires, Boilers, Cookers and Hobs Installation Dryslwyn House Llanpumsaint SA33 6BS 01267 253675 07976384857</p>
<p align="center">Railway Inn Llanpumsaint Pub and Restaurant Tel: 01267 253643 Tues –Thurs open 4.30, Meals 6.30 – 9.00 Fri – Sat open 12 noon Lunch 12.00 – 2.00, Meals 6.00 – 9.30 Sunday open 12 noon Lunch 12 – 2.30 Jayne and Nick</p>	<p align="center">Multi Heat Boiler Care Servicing & Maintenance of Oil Boilers and Cookers Ground & Air Source Heat Pumps Solar Thermal Panels Unvented Cylinders 01559 370997 07966592183</p>

<p align="center">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">Gwalia Garage Peniel Road Rhydargaeau MOT's, servicing tyres, repairs & post office. Shop Tel: (01267) 253249 Garage Tel: (01267) 253599</p>
<p align="center">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 align="center">Carmarthen Cleaning Service Do You Need a helping Hand? Domestic Cleaning, Spring Cleaning, Weekly, Fortnightly & One Off Cleans Contact Victoria At Pantglas 01267 253502 First Two Cleans Discounted</p>

For sale – Arwyn Thomas is selling the last copies of his books ‘Hanes Llanpumsaint a History’, and ‘Ysgol Gynradd Llanpumsaint – 150 mlwydd oed’, with proceeds generously to go to Macmillan Cancer Care.

Books are £10 each – please contact Carolyn Smethurst on 01267 253308, or email info@gwilimill.com for a copy

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

Local Business? You can advertise here for £50 to include a webpage linked to yours on www.llanpumsaint.org.uk including an advert in Village Voice for a year, or just £5 for one advert in Village Voice

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