

# Llais y Llan Hydref 2013

Copi dyddiad ar gyfer rhifyn nesaf – 30 Tachwedd 2013

Cyhoeddwyd gan Llanpumsaint Cyfnewid Gwybodaeth Gymunedol

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

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

Dawnsio Zumba yn y Neuadd Goffa bob nos Fawrth 6.30 – 7.30

MOBI tu allan i'r Neuadd Goffa pob nos Fercher o 17.30 tan 19.30

Merched Y Wawr trydydd Nos Lun pob mis yn y Neuadd Goffa am 7:30

Hydref 22 Dydd Mawrth 12.15 Clinig 'Happy Feet' Neuadd Goffa

Hydref 22 Nos Mawrth 5.30 – 6.30 Police tu allan i'r siop

Hydref 23 Dydd Mercher 7.30 Lles Pryd Elusen, Tafarn y Rheilffordd

Hydref 24 Nos Iau 7.00 Cwis a Chyri £5.00 y pen Tafarn y Rheilffordd

Hydref 25 Dydd Gwener Taith Feicio Noddedig Cylch Meithrin Bronwydd

Hydref 27 Dudd Sul 1.45 Cymdeithas Daroganwyr Gorllewin Cymru Neuadd Bronwydd

Hydref 27 Nos Sul 8.00 Cwiz Hollybrook 8.00

Hydref 28 Dydd Llun 2.00 RNLI Clwb >60 Bronwydd Hall

Hydref 29 Dydd Mawrth 8.00 – 1.00 Amnest Teiars a Gwastraff Ysgol Cae'r felin Pencader

Tachwedd 5 Nos Fawrth 6.30 Noson Tân Gwyllt Y Cae Criced Bronwydd £5

Tachwedd 5 Nos Mawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa

Tachwedd 8 Nos Wener 6.00 – 8.00 Disgo (oed 0 –11) Clych Meithrin Neuadd Bronwydd

Tachwedd 8 Nos Wener 7.00 C C B Llanpumsaint Cynaliadwy Neuadd Goffa

Tachwedd 9 Nos Sadwrn Cyri Ac Adloniant C Rh A Ysgol Neuadd Goffa

Tachwedd 10 Dydd Sul 10.45 Gwasanaeth Coffa Neuadd Goffa

Tachwedd 11 Nos Llun 7.00 Nia Clement Urdd Merched Neuadd Bronwydd

Tachwedd 13 Dydd Mercher 12.30 Clwb Cinio, Tafarn y Rheilffordd Ffôn 253643

Tachwedd 21 Nos Iau 7.00 Cwis a Chyri £5.00 y pen Tafarn y Rheilffordd

Tachwedd 23 Dydd Sadwrn 10.30 Cerdded Neuadd Goffa Ceinewydd

Tachwedd 23 Nos Sadwrn 'Meat Loaf Tribute Band' Neuadd Goffa Tocynau £10

Tachwedd 24 Dydd Sul 1.45 Cymdeithas Daroganwyr Gorllewin Cymru Neuadd Bronwydd

Tachwedd 24 Nos Sul 8.00 Cwiz Hollybrook 8.00

Tachwedd 25 Dydd Llun 2.00 Gerald Brown Clwb >60 Neuadd Bronwydd

Tachwedd 25 Nos Llun Noson ar Waith Ysgol Llanpumsaint

Tachwedd 26 Nos Mawrth 5.30 – 6.30 Police tu allan i'r siop

Tachwedd 30 Nos Sadwrn 7.30 Elijah Côr Llanpumsaint Capel y Tabernacl

Rhagfyr 3 Dydd Mawrth 12.15 Clinig 'Happy Feet' Neuadd Goffa

Rhagfyr 5 Dydd Iau 'Singing in the Rain' Clwb >60

Rhagfyr 6 Nos Wener 7.30 Swper a 'Swing' Neuadd Goffa Tocynau £10 - 01559 389044

Rhagfyr 7 Dydd Sadwrn 11.00 Cerdded Coed y Foel Llandysul + GCB Porth Hotel

Rhagfyr 7 Dydd Sadwrn Ffair Nadolig C Rh A Ysgol Neuadd Goffa

Rhagfyr 9 Dydd Llun Cyngerdd Nadolig Ysgol Llanpumsaint

Rhagfyr 13 Nos Wener 7.30 Bingo Neuadd Goffa

Rhagfyr 14 Dydd Sadwrn Cyngerdd Nadolig Cylch Meithrin Neuadd Bronwydd

Rhagfyr 15 Dydd Sul 3.00 Gwasanaeth Nadolig Capel Nebo

Rhagfyr 15 Nos Sul 6.00 Gwasanaeth Carolau, Eglwys Llanpumsaint

Rhagfyr 17 Dydd Llun Cinio Nadolig Clwb >60 Hollybrook

Rhagfyr 24 Dydd Llun Santa Parêd

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

### **Neuadd Goffa Llanpumsaint a Ffynnonhenri**

Profodd y sioe Ffasiwn ddiweddar gan 'Nanette's Fashions' o Gydweli, i fod yn noson hynod o boblogaidd. Daeth dros 60 o fenywod a dynion i'r noson a chafwyd arddangosfa broffesiynol o ffasiynau'r Gaeaf unwaith yn rhagor.

Bydd unrhyw elw, sydd dal yn cael ei gasglu, yn mynd tuag at gynnal a chadw'r neuadd.

Gwylïwch allan am bosteri yn hysbysebu'r Noson Bingo (7.30 Rhagfyr 13) sydd gerllaw, a hefyd y noson gyda band teyrnged Meatloaf ar nos Sadwrn 23<sup>ain</sup> o Dachwedd. Bydd y ddau ddigwyddiad yn y neuadd.

### **Côr Llanpumsaint a'r Cylch**

Ar hyn o bryd mae'r côr yn hynod o brysur yn paratoi ar gyfer eu Cyngerdd Blynyddol sydd yn cael ei gynnal ar nos Sadwrn, Tachwedd 30<sup>ain</sup> 2013 am 7.30 yr hwyr yng Nghapel y Tabernacl, Caerfyrddin. Eleni fe fydd y côr yn perfformio yr "Elijah" gan Mendelssohn. Yr artistiaid gwadd fydd Ros Evans; Soprano, Rhian Williams Owen; Mezzo soprano, David Fortey; Tenor ac Adam Gilbert; Bariton. Yr organydd eleni yw Martin Jones ac fe fydd grŵp offerynnol yn cynorthwyo o dan ofal Mansel Hughes. Pris mynediad yw £10.00 a gellir cael tocynnau oddi wrth aelodau'r côr neu'r Stiwdio Gerdd yng Nghaerfyrddin.

## Nebo

Ar y 15ed o Ragfyr mi fyddwn yn cynnal ein Gwasanaeth Nadolig yn y Capel am 3 o'r gloch. Rydym yn gobeithio bydd Sion Corn yn dod I ymweld a'r plant ar ol y gwasanaeth. Croeso I bawb.

## Cymdeithas Lleisant Adloniant Llanpumsaint

Yng nghyfarfod diwethaf yr ymddiriedolwyr fe benderfynwyd mai ein Elusen ddewisol am 2013 bydd yr Adran Glyw yn Ysbyty Glangwili am ei gwaith yn cynorthwyo plant gydag anawsterau clywed. Bydd yr elusen yn buddio o'r arian a godwyd gan y Gymdeithas drwy'r noson 'Charity Bottle' ar y bar yn Nhafarn y Rheilffordd, y Pryd Bwyd Elusennol sydd i ddod yn Nhafarn y Rheilffordd ac unrhyw dderbyniadau o Orymdaith Siôn Corn eleni ar Noswyl Nadolig.

Diolch i Jayne, Mike a Nick o Dafarn y Rheilffordd, rydym yn cynnal Pryd Bwyd Elusennol yno ar ddydd Mercher 23<sup>ain</sup> o Hydref am 7.30 y.h. Bydd tocynnau yn £12.00 - bydd £5 ohono yn mynd tuag at yr elusen. Bydd y pryd yn cynnwys pastai stêc a chwrw cartref Mike, neu ddewis arall llysieuol. Bydd pwddin ar gael am £3.00. Mae tocynnau ar gael oddi wrth yr ymddiriedolwyr - os oes unrhyw ymholiadau cysylltwch gydag ein Cadeirydd Pam Jones, ar 253 257, neu ein Ysgrifennydd Derick Lock, ar 253 524.

Bu'r Helfa Drysor ar y 1<sup>af</sup> o Fedi yn llwyddiant mawr, gan godi £121 i gronfa'r Gymdeithas. Mae'r enillwyr wedi gwirfoddoli i drefnu Helfa arall flwyddyn nesaf ar y 31<sup>ain</sup> o Awst.

Diolch unwaith eto i ein cyfeillion yn y Rheilffordd am ddarparu bwyd ar gyfer ein holl Helwyr Trysor.

Gwylwch am fanylion ein Gorymdaith Siôn Corn ar Noswyl Nadolig yn rhifyn nesaf Llais y Llan. Yn y cyfamser ceisiwch feddwl am syniadau a phenderfynwch pa wisg ffansi ydych am ddod i'n cefnogi ynddo. Yn wir, mae'n rhoi hwb mawr i'r digwyddiad os bydd y plant a'r oedolion i gyd yn cymryd rhan.

Gobeithio eich bod wedi sylwi ar y gatiâu newydd sydd wedi cael ei gosod ym mynedfa'r parc, yn agos i'r lle chwarae. Yn ogystal â rhoi mynediad ag allanfa cyflym a diogel i'r parc mae hefyd wedi agor allan yr olygfa dros y cae yn y fan yna.

Ers dwy flynedd bellach, mae'r ymddiriedolwyr wedi gweithredu gwasanaeth glanhau sbwriel wythnosol o amgylch y cae chwarae. Er bod tri bin du gan y Cyngor Sir tu allan y parc ac mae tri bin melyn tu fewn i'r parc, mae sbwriel dal yn cael ei ollwng; yn arbennig o amgylch y lle chwarae. Rydym yn ffodus iawn o gael cae chwarae yng nghanol y pentref, felly os gwelwch yn dda helpwch yr ymddiriedolwyr drwy roi eich sbwriel yn y bin yn hytrach na'i adael i eraill ei ddacluso.

**Clwb 100 Llanpumsaint** - Gwobr Gyntaf £20, Ail Wobr £10, Trydedd Wobr £5 (dau enillydd)

Tynnwyd rhifau mis Awst a Medi gan yr ymddiriedolwyr yn ei cyfarfod ar y 10<sup>fed</sup> o Fedi;

Awst	1 <sup>af</sup>	Rhif 57	Bob Jameson
	2 <sup>il</sup>	Rhif 34	Carolyn Smethurst
	3 <sup>ydd</sup>	Rhif 93	Tafarn y Rheilffordd
		Rhif 5	Eirlys Lloyd
Medi	1 <sup>af</sup>	Rhif 54	Pam Jones
	2 <sup>il</sup>	Rhif 86	William Marshall
	3 <sup>ydd</sup>	Rhif 31	Mathew Jones
		Rhif 96	Kate Frost

Mae'r Clwb 100 wedi'i gofrestru gyda Cyngor Sir Gaerfyrddin o dan reolau Atodlen 11, Deddf Gamblo 2005.

Bydd rhifau mis Hydref a Thachwedd yn cael eu tynnu yng nghyfarfod nesaf y gymdeithas ar ddydd Mawrth 12<sup>fed</sup> o Dachwedd. Am fanylion pellach cysylltwch â'r Trysorydd Derick Lock ar 253 524.

**Mobi** Os y medrwch fod o gymorth cysylltwch a Carys 01267 221551

## **CYLCH MEITHRIN BRONWYDD**

Neuadd Bronwydd, Bore Dydd Mawrth, Mercher, Iau a Gwener 9:15 – 12:00

*Cylch Ti a Fi - Bore Dydd Gwener 10:00 – 12:00* (Ygost am “Ti a Fi” yw £2.50)

Mae Cylch Meithrin Bronwydd yn cynnig gofal plant o ansawdd uchel i blant 2 ½ oed hyd at oedran ysgol. Rydym yn credu mewn creu amgylchedd diogel, hapus a chroesawgar ar gyfer y plant, staff a rhieni. Bydd eich plentyn yn cael cyfle i gymryd rhan mewn nifer o weithgareddau addysgol, llawn hwyl a sbri.

Mae Cyngor Sir Gâr yn cynnig 10 awr o addysg am ddim i blant dros 3 blwydd oed. Os nad ydy eich plentyn yn gymwys yna rhaid talu £6 y bore, yn cynnwys byrbrydau a llaeth. Am ragor o wybodaeth cysylltwch ein Arweinydd ar 01558 822652.

Mae gennym y digwyddiadau canlynol wedi’u trefnu ar gyfer flwyddyn yma:-

25<sup>ain</sup> o Hydref - Taith Feicio Noddedig ar gyfer plant Meithrin

8<sup>fed</sup> o Dachwedd – Disgo Dewn yn Neuadd Bronwydd 6 y.h. – 8 y.h. (Ar gyfer plant oed 0-11)

14<sup>eg</sup> o Ragfyr - Cyngerdd Nadolig yn Neuadd Bronwydd

## **Clwb Bowlio Llanpumsaint a Nebo**

Cynhaliwyd Cyfarfod Blynnyddol y Clwb ar y 29<sup>ain</sup> o Awst, lle wnaeth y bobl ganlynol gael eu hail-ethol;

Cadeirydd	Malcolm Howells
Ysgrifennydd	Derick Lock
Trysorydd	Gethin Edwards
Archwiliwr	Alan Dentry
Capten	Aled Edwards
Is-gapten	Alan Dentry

Dechreuodd tymor 2013/14 ar y 2<sup>il</sup> o Fedi a bydd aelodau’r clwb yn cwrdd fel arfer ar nos Lun a nos Iau am 7.30 y.h. hyd 9.30 y.h. Chwaraewyd gêm gartref gyfeillgar yn erbyn Meinciau ar y 9<sup>fed</sup> o Fedi a orffennodd mewn gêm gyfartal 4-4.

Mae tymor y gynghrair wedi dechrau. Ar y 27<sup>ain</sup> o Fedi, cafwyd gêm gyfartal 4-4 gartref yn erbyn Pontargoeth a cholli 6-2 yn erbyn Llandyfaelog ‘A’.

Ar ddechrau’r tymor roedd 15 chwaraewr wedi’u cofrestru gyda’r tîm, ond rydym o hyd yn chwilio am aelodau newydd. Am unrhyw wybodaeth bellach cysylltwch â Malcolm Howells (Cadeirydd) ar 253 297 neu Derick Lock (Ysgrifennydd) ar 253 524.

## **Pwyllgor Treftadaeth Llanpumsaint**

Mae’r bwrdd treftadaeth yn barod - bydd yn cael ei godi tu allan y Neuadd Goffa unwaith bydd caniatâd cynllunio yn cael ei roi. Yn y cyfamser, gallwch gael gwybodaeth am GERDDED TREFTADAETH LLANPUMSAINT ar <http://www.llanpumsaintwalk.org.uk/>. Bydd y daith gerdded yn dechrau yn Neuadd y pentref ac yn 1.5 milltir gan gymryd tuag awr. Mae mwyafrif o’r daith ar dir gwastad gydag ond ychydig o godiad wrth bont y rheilffordd. Mae’r brif daith ar hyd yr heolydd tarmac ac felly ni fydd angen unrhyw esgidiau arbennig.

Mae dewis i ddilyn llwybr Ystum Gwili tua hanner ffordd drwy’r daith, bydd hyn yn ychwanegu tua 3 milltir arall i’r daith. Bydd yn golygu cerdded mewn rhai mannau serth a drwy gaeau felly mae’n gynghorol i wisgo esgidiau cryf. Bydd hyn hefyd yn golygu cerdded am tua 2 awr ychwanegol.

## **"Happy Feet" gyda 'Wellbeing Regeneration's Footcare Service'**

Mae'r gwasanaeth torri ewinedd traed yn dod i Neuadd Goffa Llanpumsaint bob chwe wythnos. Mae'r sesiwn nesaf yna ar y 22 Hydref ac yna ar y 3 Rhagfyr am 12.15y.p.. Ffoniwch i archebu eich lle. Pris y sesiwn yw £8.50 ond mae angen taliad cychwynnol o £26.50 am bâr o glipwyr a rhatell eich hunan. Am wybodaeth ac archebu: 01554 744896 - oriau swyddfa 9.30 hyd 4.30 y.p.

[http://www.wellbeingregeneration.org.uk/cms/index.php?option=com\\_content&view=article&id=56&Itemid=18](http://www.wellbeingregeneration.org.uk/cms/index.php?option=com_content&view=article&id=56&Itemid=18)

## **Clwbgwili 60+**

Cynhaliwyd cyfarfod blynyddol y clwb ar ddiwedd mis Medi. Roedd digon o bobl wedi dod i gefnogi ac roedd lluniaeth ysgafn ar gael wedi'r cyfarfod i ddathlu'r deuddeg mis ers i'r clwb ddechrau. Mae'r clwb bellach wedi'i sefydlu yn gryf ac mae aelodau yn edrych ymlaen at deithiau a thripiâu'r flwyddyn sydd i ddod. Dymunodd y Cadeirydd Mr. Peter Giles pob llwyddiant ar gyfer y dyfodol. Mae pob croeso i aelodau newydd.

Roedd aelodau wedi mwynhau yn fawr y trip i Erddi Dyffryn yn ddiweddar, wedi'i ddilyn gan bryd bwyd yn Nhafarn y Millers, Ynystawe. Mae trip arall wedi'i drefnu ar gyfer y 5<sup>ed</sup> o Dachwedd i weld perfformiad prynhawn o 'Singing in the Rain' yng Nghanolfan y Mileniwm Caerdydd. Byddwn yn gobeithio cael pryd bwyd yn y nos cyn dychwelyd i Fronwydd.

Mae ein cyfarfod clwb nesaf ar y 28<sup>ain</sup> o Hydref a Mr David Rees o'r RNLI yn Hwlfordd bydd y siaradwr gwadd. Bydd cyfarfod mis Tachwedd ar ddydd Llun 25<sup>ain</sup> a Mr Gerald Brown bydd y siaradwr gwadd. Mae ein cinio Nadolig ar y 17<sup>eg</sup> o Ragfyr yn Nhafarn yr Hollybrook, ac felly ni fydd cyfarfod ym mis Rhagfyr. Val Giles 01267 281194

## **Urdd Merched Bronwydd**

Yn ein cyfarfod ar y 9<sup>fed</sup> o Fedi yn Neuadd Bronwydd, ein siaradwr gwadd oedd Kebin Sibyer sydd wedi arwain operau 'Gilbert and Sullivan' ers dros 50 mlynedd. Cafodd aelodau wledd o gerddoriaeth baled a chaneuon amrywiol.

Yn ein cyfarfod ar y 14<sup>eg</sup> o Hydref y siaradwraig gwadd oedd Polly Davies o America, a drafododd tarddiad Diwrnod Diolchgarwch. Cafodd aelodau gyfle i gael blas o bastai pwmpen.

Yn ein cyfarfod ar yr 11 o Dachwedd, bydd aelodau yn cael arddangosfa o emwaith cartref gan Nia Clement.

Mae'r Urdd yn cyfarfod yn Neuadd Bronwydd ar yr ail ddydd Llun o'r mis o 7.00 y.h. i 9.00 y.h. - bydd croeso cynnes i unrhyw aelodau newydd. Am unrhyw fanylion pellach cysylltwch â Val Lock ar 01267 253 524, neu Sandra MacDonald ar 01267231265.

## **Cyngor Bro Llanpumsaint**

Mae'r Cyngor Cymuned yn cyfarfod ar nos Fawrth gyntaf ym mhob mis (ac eithrio misoedd Rhagfyr ac Awst) am 8 yr hwyr yn y Neuadd Goffa ac mae pob cyfarfod yn agored i'r cyhoedd. Mae ein Clerc yw Phillip Jones, a gellir cysylltu ag ef ar 01267 253512, neu [philko@yahoo.co.uk](mailto:philko@yahoo.co.uk) Ymysg eitemau eraill, dros y ddau fis diwethad mae'r cyngor wedi trafod y diffyg gweithredu gan Cyngor Sir Gar am broblemau sydd wedi cael eu hysbysu iddynt, ynghyd a'r ateb wrth y Prif Swyddog Gweithredol Mark James. Bydd y Cyngor Cymuned yn dal i geisio atgyweirio y pethau pwysig er gwaethaf hinsawdd economaidd gyfyngedig. Nid oedd unrhyw geisiadau adeiladu i'w drafod.

Canlyniad Etholiad Diwrthwynebiad:- Elfed Davies, Danny Davies, Malcolm Howells, Dylan Jones, Arwel Nicholas, Wyn Thomas, Carolyn Smethurst.

## Y Llwybr i Wellhad Rhan Olaf –Bob Conyard

Wedi beicio am dri diwrnod llawn arhoson yn nhref hanesyddol Compiègne yng ngogledd Paris. Yma am 11.00 y.b. ar y 11<sup>eg</sup> o Dachwedd 1918 mewn cerbyd rheilffordd wnaeth yr Almaenwyr stopio ymladd. Yn anffodus roedd ein gwesty ar gyrion y dref felly ni chawsom gyfle i ymweld â chanol y dref.

Er bod y diwrnod olaf ond yn tua 60 milltir, cafodd ei drefnu bod tua 600 o feicwyr o bedair taith wahanol ar y daith elusennol yn cwrdd tu allan i Baris. Wedyn byddem yn beicio mewn un neidr hir i lawr y Champs Elysee ac ymlaen gyda'n gilydd i'r Twr Eiffel.

Dechreuodd Gareth, y mab, Tina a finnau ein ffordd mewn grŵp o tua ugain a llwyddon i aros gyda'n gilydd er gwaethaf y rhiw serth a chyrhaeddom yr orsaf 'tour ensemble'. Drwy gydol y bore wnaethom feicio drwy lonyddwch a phrydferthwch y pentrefi hanesyddol a oedd yn achosi hafog i ein beiciau a'n hesgyrn.

Yn ein harhosfa olaf cyn dod i mewn i Baris roedd yr awyrgylch yn wahanol, roedd pawb yn gyffrous ac yn disgwyl yn eiddgar, ond sylwais ar un person digymell ni wnaeth fwyta. Unwaith i bawb fwyta dechreuom y daith a chyn hir nes i gyfarfod y beiciwr digymell. Roedd yn dioddef yn wael gan nad oedd wedi bwyta. Ar ôl gofyn dywedodd ei fod heb aros yn y gweryll gan ei fod yn poeni ei fod yn araf ac nid oedd eisiau cyrraedd Paris yn y 'broom wagen'. Nifer o weithiau pan oeddwn yn ifancach doedd dim gwybodaeth am bwysigrwydd cadw lefelau egni yn uchel ar gael, ond nawr rwy'n gwneud siŵr bod digon o fisgedi a gel egni uchel gennyf pan byddaf yn beicio. Gorfodais iddo i fwyta, ei wthio ymlaen eto gyda fi nes iddo deimlo'n well a chefais fawr fwynhad yn ei weld yn gwenu eto.

Wnaethom nesáu at Baris o'r gogledd yn union o dan lwybr hedfan maes awyr Charles De Gaulle. Er bod rhyfeddod gwylio'r awyrennau yn glanio a hedfan yn mynnu fy sylw, roedd disgwyliad beicio i lawr y Champs Elysee y diwrnod cyn diwrnod olaf y Tour de France yn llawer llawer fwy. Aeth ein taith ymlaen drwy ardal liwgar St Denis ac ymlaen drwy ran ddiwydiannol Afon Seine ac i'r brifddinas.

Er bod yr heolydd yn brysur ofnadwy, roedd agwedd y gyrwyr a'r cyhoedd yn wych, roedd cynn yn canu o'n cwmpas gyda phobl yn clapio a gwaeddu wrth i ni feicio ymlaen. Roedd beicwyr lleol yn ymuno gyda ni yma a thraw yn holi am ein taith.

Dywedodd y trefnwyr wrthym fod y 600 ohonom am gael ein tywys i gyrion canol y ddinas, lle byddwn yn ail-grwpio cyn rhan olaf ein taith anhygoel. Fe wnaeth gymryd awr dda i'r rhai cyflym, araf, hen a'r rhai mwyaf cyffrous i gofrestru, trefnu eu hunain i grwpiau a oedd yn gwneud rhyw fath o synnwyr ac yna mynd ymlaen i gael ein tywys i ganol traffig prysur Paris. Ein cyfarwyddiadau oedd aros yn dynn gyda'n gilydd, ac i anwybyddu unrhyw olau coch! Roedd yn anhrefn - ond gyda rhyw fath o drefn, wrth i feicwyr a cheir wasgu drwy'r strydoedd cobls. Wnaeth y grŵp droi i'r chwith, beicio i lawr y rhiw fechan a dyna le roeddem .... Waw..... y Champs Elysee enwog ond ychydig o flaen yr Arc de Triomphe. Roedd yr awyrgylch yn wefreiddiol, roedd y llwyfan yn barod ar gyfer diwedd ein taith. Roedd pobl ymhobman yn ein cefnogi, roedd ein ffrindiau yn chwifio baneri ac yn gwaeddu eu cefnogaeth a roedd hi'n anodd ddim i lefain gyda'r holl falchder.

Mae'n anodd i ddisgrifio fy nheimpladau ... yn gorwedd yn yr ysbyty ddwy flynedd ynghynt, mae un syniad bach wedi troi mewn i batrymedd ffitrwydd mawr, gan godi arian i elusen mor arbennig... roeddwn wedi gwneud cyflawniad anhygoel. Yn sicr roedd fy nagrau yn llawn hapusrwydd a balchder wrth i mi feicio gyda Tina a fy mab dros Place de la Concorde a'r heol olaf tuag at y Twr Eiffel.

Yr olygfa gyntaf welais oedd fy nheulu, ffrindiau, cyd-feicwyr, trefnwyr yr elusen, a'r wasg. Ond yn fwy pwysig oedd yr awyrgylch anhygoel wrth i bawb gyfarfod gyda'i gilydd unwaith yn rhagor a'r llawenydd ymysg ein cyd-feicwyr a oedd bellach â chymaint o barch at eu gilydd.

Cafodd y daith yma o Lundain i Baris lle mewn hanes fel y grŵp cyntaf o feicwyr i godi dros filiwn o bunnoedd ar gyfer unrhyw elusen.

Gwnaeth Tina a minnau gyfarfod nifer o bobl aruthrol o bob gwlad, doctoriaid, gweithwyr ysbyty, pobl busnes a rhai wedi ymddeol a wnaeth ein taith mor ddiddorol a chyfoethog. Gwnaeth yr holl brofiad sbarduno fi a Tina i feicio o Lundain i Baris yn achos 'Action Medical Research' eto yn 2012. Yr ail dro, roedd Tina yn llawer mwy profiadol ar gefn y beic - gan feicio pob modfedd o'r 320 milltir wrth fy ochr.

Felly beth nawr? Wedi meddwl am hir ac yn drylwyr - am ychydig eiliadau, rwyf wedi penderfynu beicio'r daith anhygoel yma unwaith eto yn 2015 i ddathlu fy mhen-blwydd yn 70.....Unrhyw ddiddordeb i ymuno gyda fi? Cewch gip olwg ar yr elusen a'i digwyddiadau ar [www.action.org.uk](http://www.action.org.uk)

### **Clwb Cerdded Llanpumsaint**

Bydd ein taith nesaf o amgylch Ceinewydd ar ddydd Sadwrn 23<sup>ain</sup> o Dachwedd - gyda John, un o drigolion Ceinewydd yn ein harwain. Byddwn yn dechrau tu allan Neuadd Goffa Ceinewydd, SA45 9QQ am 10.30 y.b. Gadewch i mi wybod os ydych am ddod er mwyn i ni allu rhannu ceir.

Mae taith ddiwethaf y flwyddyn yng nghoedwig Coed y Foel, ar ddydd Sadwrn 7<sup>fed</sup> o Ragfyr yn dechrau am 10.00 y.b. Mae mapiau ar gael yma:

<http://www.woodlandtrust.org.uk/en/layouts/woodlandtrust/FullScreenMap.aspx?mode=Wood&wood=4193&zoom=14&clat=52.060050&clon=-4.294388&ms=s&layers=562949953421320&LegendGroups=OurWoods>

Wedi'r daith byddwn yn mynd i Westy'r Porth, Llandysul ar gyfer cyfarfod blynyddol y clwb. Eto, bydd yn syniad da i rannu ceir; gan fod maes parcio Coed y Foel yn fach, felly gadewch i mi wybod os ydych am ddod.

Mae ein teithiau cerdded yn agored i bawb. Am fwy o wybodaeth cysylltwch â Carolyn ar 01267253308, [info@gwilimill.co.uk](mailto:info@gwilimill.co.uk)

### **Cymdeithas Daroganwyr Gorllewin Cymru**

Mae cyfarfod nesaf Daroganwyr De Cymru ar ddydd Sul 27<sup>ain</sup> o Hydref am 1.45 y.h. yn Neuadd Bronwydd. Bydd hon yn sesiwn ymarfer ar gyfer daroganwyr nofydd i ddysgu mwy o sgiliau ac er mwyn i ddaroganwyr mwyaf profiadol cael cyfle i ehangu eu gwybodaeth. Byddwn hefyd yn adeiladau a cherdded drysfa (labyrinth.)

Ar ddydd Sul Tachwedd y 24<sup>ain</sup>, mae gennym Vivianne Ancliff, 'Moments with Megaliths' yn y cyfarfod.

Mae darogan yn ymarfer defnyddiol a diddorol a gall bron unrhyw un ei ddysgu. Dywed ei fod wedi deillio o'r Aifft neu hyd yn oed ynghynt mewn hanes. Mae nifer o gwmnïoedd yn defnyddio gwasanaeth daroganwyr profiadol i chwilio am ddŵr, mwynau, olew, ceblau trydan ayyb. Mae rhai yn chwilio am fwyd ac eraill yn chwilio am unrhyw dynfa daearyddol yn ei amgylchedd; ond mae darogan yn gred bersonol ac nid yw wedi'i brofi yn wyddonol. Felly pam na ddewch chi i'r cyfarfod dydd Sul? Mae mynediad yn £4 y person gan gynnwys lluniaeth ysgafn yn y toriad. Am wybodaeth bellach: Sandy 01267 253 547

**Beiciau Mynydd ar Gael** 6 beic mynydd i'w llogi am ddim. Ceir manylion pellach ac allwedd i'r sied yn y siop.

## Capel Ffynnonhenri

Dyma fanylion y gwasanaethau am fisoedd Tachwedd a dechrau mis Rhagfyr

Tachwedd 3 2013 Cymundeb am 10.30 y bore Parch Wyn Vittle

Tachwedd 24 2013 Gwasanaeth am 2.00 y prynhawn Manylion pellach i ddilyn

Rhagfyr 8 2013 Cymundeb am 10.30 y bore Parch Desmond Davies

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

## Capel y Bedyddwyr Caersalem, Llanpumsaint

“Cyhoeddwn Iesu Grist yn Waredwr ac yn Arglwydd”

Dydd Sul: 10.00am Ysgol Sul I Oedolion (Cymraeg)

2.00pm Oedfa Bregethu (Cymraeg) Sul ofa'r mis - Oedfa Saesneg

Dydd Mawrth 1.00pm Dosbarth Beiblaidd Dwyieithog yn ein chwaer Eglwys Penuel

Dydd Iau 2.00pm Cwrdd Gweddi

Rhifau Cyswllt Mrs Eleri Morris 01267 253895

## Eglwys Llanpumsaint

Gwasanaeth Sul y Cofio am 10.45 y.b. ar ddydd Sul 10 o Dachwedd yn y Neuadd Goffa

Gwasanaeth Carolau Nadolig ar ddydd Sul 15 o Ragfyr am 6 y.h. yn yr eglwys

Noswyl Nadolig - cymundeb cyntaf y Nadolig am 11.30 y.h.

Diwrnod Nadolig - cymundeb teuluol am 10 y.b.

Mae manylion unrhyw wasanaethau arall ar hybysfwrdd yr eglwys.

**Swper Cynhaeaf y Pentref** - Diolch i bawb a gefnogodd ar y diwrnod a'r noson, i bawb wnaeth baratoi a darparu bwyd ac am bob cyfraniad. Diolch am bob cefnogaeth, hebdo'ch ni fyddai'r noson wedi bod mor llwyddiannus a chymdeithasol. Diolch am bob cefnogaeth.

Gwefan :- [llanpumsaintparish.org](http://llanpumsaintparish.org) , 01267 253205 neu E-bost:- [vicar@llanpumsaintparish.org](mailto:vicar@llanpumsaintparish.org)

## Cynaliadwy Llanpumsaint

Cynhelir Cyfarfod Cyffredinol Blyneddol Llanpumsaint Cynaliadwy ar yr 8fed o Dachwedd, yn y Neuadd am 7.00yh. Croeso I bawb - dewch I glywed beth sydd wedi bod yn digwydd ar safle'r Hen Orsaf, ac am gynlluniau i'r dyfodol!

## Newyddion Heddlu

Mae nifer o wiriadau cyflymdra wedi'i gwneud yn ystod y mis diwethaf o ganlyniad i bryderon am gerbydau yn mynd yn rhy gyflym drwy'r pentref. Bydd y trefniadau yn parhau a rhybuddiwn bobl i fod yn wyladwrs o'i cyflymdra ar bob amser.

Mae ein meddygfa heddlu symudol yn cael ei gynnal unwaith y mis drwy ddefnyddio gorsaf heddlu symudol tu allan siop y pentref. Y dyddiadau ar gyfer rhain yw [Dydd Mawrth 22<sup>ain</sup> o Hydref](#) a [Dydd Mawrth 26<sup>ain</sup> o Dachwedd rhwng 5.30 y.h. a 6.30 y.h.](#) Bydd yr Heddwes Cefnogol Cymunedol Martin Dickenson ar gael i gynnig cymorth.

Mae'r feddygfa heddlu wedi bod gweithredu am nifer o fisoedd ond nid yw pobl i'w weld yn frwdfrydig i siarad gyda'i swyddogion lleol - mae croeso i'r holl bobl y pentref alw mewn wrth iddynt basio heibio neu wrth wneud eu siopa. Os oes unrhyw broblemau, neu unrhyw ymholiadau ffoniwch 101 a gofynnwch am PCSO 8046 Martin Dickenson.



## **C.Rh. A Ysgol Llanpumsaint**

Mae C.Rh. A Ysgol Llanpumsaint yn cynnal noson o gyri ac adloniant, nos Sadwrn 9fed o Dachwedd yn neuadd y pentref. Amser i'w gadarnhau. Fe fydd posteri o gwmpas y pentref yn fuan gyda'r holl fanylion. Croeso cynnes i bawb.

Ar ddydd Sadwrn y 7fed o Ragfyr fydd ein ffair Nadolig yn cael ei chynnal yn neuadd y pentref. Amser i'w gadarnhau. Fe fydd amrywiaeth o stondinau, raffl, adloniant gan blant yr ysgol a lluniaeth.

Os oes gan unrhyw un diddordeb mewn llogi stondin, cysylltwch â Lynsey Jones ar 01267 253085. Hoffwn manteisio ar y cyfle i ddiolch i bawb sydd wedi ein cefnogi dros y flwyddyn diwethaf. Rwy'n siŵr bod chi gyd yn ymwybodol mai ysgol fach ydyn ni ac mae rhifau'r plant yn cynyddu'n raddol ac mae pob ceiniog rydym yn codi yn cael eu buddsoddi yn addysg y plant er mwyn iddynt gael yr offer addas er mwyn galluogi pob plentyn i ddatblygu eu hanghenion addysgol. Gobeithio gweld chi yn ein digwyddiadau!! Steve Merritt. Cadeirydd C.Rh.A.

## **Neges gan y Cynghorydd Irfon Jones**

Helo bawb nodyn bach i gadw mewn cysylltiad. Yr hen gwynion sydd yn codi o fis i fis, tyllau yn y ffordd, cloddiau heb eu torri, ysbwriel o amgylch y pentref, ond y peth mwyaf sydd yn poeni bobl yw baw cŵn ar y ffordd ac ar ymyl y ffordd. Mae'r warden cŵn yn cadw golwg er mwyn dal y troseddwr. Gobeithio erbyn mis nesaf fydd rhain wedi eu dal. Ar nodyn mwy hapus mae trigolion Parcgwyn Trevaughan, Fronheulog Conwyl a Brynywawr Llanpumsaint wedi cael dau gyfarfod llwyddiannus gyda Chyfarwyddwr Tai Mr Robin Staines, Rheolwr Tai Mr Les James a aelodau o'r Bwrdd Gwaith Tai a Gwasanaeth Cymdeithasol Cyngh Tegwen Devich a Cyngh Jane Tremlet, i rhoi eu cwynion a gofynion iddynt yn bersonol. Mae Nadolig yn dod a fel rydych yn gwybod rydym yn ystod y blynyddoedd diwethaf wedi cynnal Apel "Christmas Toy Box". Mae hwn yn apel drwy Sir Gaerfyrddin am degannau, llyfrau, dillad a.y.y.b sydd yn cael eu dosbarthu i blant a fyddai fel arall ddim yn derbyn anrhegion adeg Nadolig. Rydych hefyd yn wybodol o brofiad helbul ariannol trigolion y Sir. Y flwyddyn olaf dosbarthwyd 2500 o rhoddion i blant mewn angen; roedd hwn yn lleihau y baich ar rieni amser hyn o'r flwyddyn. Gallwn sicrhau bod y plant sydd yn derbyn anrhegion yn blant sydd a anghenion ac mae rhestr o'u henwau yn dod o gyrff swyddogol e.e. Gwasanaeth Cymdeithasol, Penaethiaid Ysgol a.y.y.b. Os hoffech wneud cyfraniad ariannol mae cyfrif banc ar gael ar gyfer hyn. Gallwch ddod a'r anrhegion i mi adref a fyddai i yn mynd a nhw i'r lle priodol.

## **Amnest Teiars a Gwastraff – Dydd Mawrth, 29 Hydref, 8.00 – 1.00**

Chymer 'ch gwastraff (Dim paent, cemegion gardd, baris car, poteli nwy, gwastraff asbestos, gwastraff adeiladu a gwastraff masnach) a teiars (Uchafswm o 10 teiar fesul cartref, dim teiars loriau/tractorau) at Ysgol Cae'r Felin, Pencader. Preswylwyr Sir Caerfyrddin yn unig – dewch âphrawf o'ch cyfeiriad gyda chi. Fe gewch fag o Gompost Hud Myrddin am ddim.

## **Tywyddgall Hydref 2013**

Os bu y tywydd yn gybyddlyd yn ystod 2012-13 wrth gadw nôl gwres a heulwen, rhoddwyd mesur hael dros ben o dymheredd cynnes a hafaidd unwaith wnaeth y Gwanwyn didrugaredd sleifio i ffwrdd. Wrth i'r misoedd garlamu i gyfeiriad y gaeaf, hamddena wna'r tywydd yng nghwmni yr hydref, ac yn caniatáu cyfleoedd i ffermwyr i wneud rhagor fyth o silwair, neu i gadw'r anifeiliaid allan yn pori llawer hwyrach eleni nad oedd yn bosib y llynedd. Dywedwyd gan llawer ffarmwr yn y gwanwyn, na fydd hi'n bosib i adenill yr holl borthiant a fwytawyd yn ystod gaeaf llym y llynedd o fewn blwyddyn, ond mae'r ddau dymor diwethaf wedi rhagori ar ddeisyfiadau hyd yn oed y ffermwyr mwyaf digalon ac erbyn hyn mae'r ysguboriau'n llawn, a'r glaswellt sydd yn ychwanegol, yn cael ei wneud yn fyrnau mawr. Wnaeth yr anifeiliaid hefyd fwynhau gwres y dydd yn treiddio drwy e'u crwyn; mae golau cynnes yr haul yn iachusol ac yn cynorthwyo'r corff i gynhyrchu fitamin D sydd megis tonic i anifeiliaid y maes. Deffrodd y gwres a'r dyddiau di-nifer o heulwen, y pryfed, a chlywyd sibrwd eu prysurdeb yn llenwi'r llwyni a'r coed; sŵn na chlywyd ers hafau cyson gynnes y 70'au. Eto, nid llesol oedd gweithgaredd pob pryfyn ychwaith; fyddai'r defed ac wyn yn chwysu oherwydd y gwres, ac mae arogl gwlan chwyslyd yn denu y gleren sy'n dodwy wyau yn y cnu. O fewn 8 awr fydd yr wy wedi datblygu I fod yn gynrhonyn, ac er mwyn I'r gynrhon aeddfedu, rhaid iddo borthi ar gnawd, ac yn fuan ar ôl deor mi fydd yn gwledda ar gig a gwaed anifail byw; profiad erchyll I ddafad neu oen ddiymadferth. Diolch fod yna driniaethau effeithiol ar gael sy'n ymarfogi'r ffarmwr yn y frwydyr gyda Natur sydd weithiau yn gweithredu yn wyrdraws. Nid pell yw'r cwmwl du hyd yn oed pan fydd glesni di-fesur yn y ffurfafen!

## **Ysgol Llanpumsaint**

Ar ddechrau tymor ysgol newydd, mae'n bleser croesawu Sion Jones sydd wedi dechrau yn yr 'ysgol fawr' o'r diwedd. Croeso cynnes hefyd i Bradley a Keira Carter, Kim a Josh Morgan, Chalice Jones a Jack Higgs.

Ar y 24ain o Fedi, budisgyblion yr ysgol ar drip addysgiadol i fwyty 'Pizza Express' yn Nghaeryrdin. Roedd yn fore buddiol iawn. Cafodd y plant gyfle i greu pizza, a mynd ag ychydig adref i'w teuluoedd.

Bu'r adran Iau mewn cyngerdd Cerddorfa yr Athrawon Peripatetig yn ysgol Q..E High yn ddiweddar. Roedden nhw wedi mwynhau yn fawr iawn.

Eleni eto, bu'r disgyblion yn brysur iawn yn paratoi ar gyfer gwasanaeth Diolchgarwch. Am y tro cyntaf, cynhaliwyd y gwasanaeth yng Nghapel Ffynnonhenri. Diolch yn fawr iawn i Mr Gwyn Nicholas am helpu i hyfforddi'r plant. Daeth y plant â gwahanol fathau o fwydydd ar gyfer Banc Bwyd Caerfyrddin. Cafwyd anerchiad bywiog gan y Parchedig H George!

Dyddiadau i'w cofio:

Noson ar waith yn yr ysgol ar y 25ain o Dachwedd;

Cyngerdd Nadolig ar y 9fed o Ragfyr.

## **“Fly Me To The Moon” – dawns a swper**

Band byw + 2 gwrs o fwyd cartref. Bar trwyddedig. Dydd Gwener 6ed o Ragfyr am 7.30 y.h. hyd 11.30 y.h. yn Neuadd Goffa Llanpumsaint. Y band lleol yw “Swing Boyz & Christiana” ac mae tocynnau yn £10 o siop y pentref neu ffoniwch 01559389044 i archebu tocynnau. Elw i gronfa 'Macmillan Cancer Support.'

## Mwya

Byddwn yn dwyn i gof amryw o atgofion pleserus am haf hirfelyn 2013, a rheini'n felysach oherwydd iddynt ddilyn yr holl oerni a lleithder y flwyddyn flaenorol. Daeth gwen i wyneb y garddwr wrth gasglu'r cnydau gwsberis, ffa a gynabens, daeth glaw a heulwen bob yn ail i chwyddo'r cnydau silwair a gwair a daeth digon o ddiwrnodau braf i'r plant fwynhau gwyliau. Ond yn bennaf oll dyma'r flwyddyn fwyaf ffrwythlon i fwyar ers cyn co'. Am wythnosau drwy ein haf bach Mihangel gwelwyd hwy yn hongian yn flasus a thoreithiog ar hyd ein caeau a'n cloddiau.

Mor wahannol yw'r wledd hon i'r gyflafan y llynedd. Cofiaf i mi bryd hynny droedio'r drain anghysbell, diodde' eu rhwygiadau creulon a phigiadau'r dined cudd, ac yna dychwelid adre a hanner llond basin diflas yn unig. A dyna beth oedd hanner tarten sur a phitw! Ond eleni bu'n hynod o hawdd casglu bwceddeidi o fwyar aeddfed a blasus heb orfod ymlwybro i safleoedd anghysbell. Bu'r cynnyrch mor ffrwythlon fel y gellid pigo digonedd o gloddiau heolydd bach y wlad. Rhaid llongyfarch ein Cyngor Sir am atal torri nifer o gloddiau, daw daioni o gwtogi weithiau.

Ond y syndod mwya' oedd sylwi nad oedd neb arall wrthi'n mwya. Nid yw'n ffasiynol bellach! Dysgwyd cenhedlaeth yr Ail Ryfel Byd i gasglu popeth o werth a mabwysiadu a thrwsio pob dim. A'r mamau a'r plant allan i fwyara ac a'r dynion a'r bechgyn ifenc i'r gelltydd yn hwylus a chyson i hel cnau. Danfonwyd plant allan i gasglu hopys a mwyar, a gwelwyd cogyddes yr ysgol yn blingo'r cloddiau i wneud tarten mwyar i'r disgyblion.

Yn ystod yr oes honno, gyda phawb wrthi'n gystadleuol mewn blwyddyn wael, byddai rhai yn celu'r gyfrinach wedi iddynt ganfod sbotyn neu fangre ffrwythlon. Rhaid gwneud yn siŵr nad oedd neb arall yn dod o hyd i'r wledd. Un o'r goreuon yn yr ardal hon oedd Marged Parce. O'dd dim ots pun ai blwyddyn dda, gymedrol neu wael oedd hi, yr oedd basged Marged bob tro yn llawn o'r ffrwyth du blasus. "Ble chi'n cal nhw Marged?"

"Cyfrinach!" ddeuai'r ateb bob tro. Bu ambell sbiwr yn ceisio ei gwyllo'n mynd allan ond ofer fu pob ymdrech i ddatrys y dirgelwch. Aeth y "Gyfrinach" i'r bedd gyda hi.

Erbyn heddi hwylusach lawer yw hi i wraig y tŷ gydio mewn pecyn o fwyar o silff yr archfarchnad ar ei ffordd adre o'r gwaith. Prin fod gan neb yr awydd i droedio'r hen lwybrau ffrwythlon bellach. A tase Marged yn dod 'nôl heddi a chyhoeddi o ben tŷ ei chuddfan sanctaidd efallai fydde neb am wybod y "Gyfrinach"! Arwyn 2013

## Cymdeithas Rhieni ac Athrawon Ysgol Gynradd Llanpumsaint

Mae'n eithaf syml - os ydych yn siopa ar y We cofrestrwch unwaith gyda

[www.easyfundraising.org.uk/causes/llanpumsaintpta](http://www.easyfundraising.org.uk/causes/llanpumsaintpta)

<<http://www.easyfundraising.org.uk/causes/llanpumsaintpta>>. Wedyn bob tro fyddwch yn siopa ar y we ewch i'r Wefan "Your favourites" a bant a chi.

Gellwch arbed arian gyda "easyfundraising" hefyd, oherwydd dewch ar draws gynigion rhatach yno. Felly byddwch yn ein helpi ni ac yn arbed arian yr un pryd. Cewch fwy o fanylion oddiwrth Sarah 253412.

# Village Voice October 2013

Copy Date for next Edition 30<sup>th</sup> November 2013

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 in the next few months –please put these dates in your diary**

Every Tuesday Zumba 6.30 – 7.30 Memorial Hall

Every Wednesday Mobi 5.30 – 7.30 Outside Memorial Hall

Third Monday each month 7.30 Merched yr Wawr Memorial Hall

October 22 Tuesday 12.15 Happy Feet Clinic Memorial Hall

October 22 Tuesday 5.30 – 6.30 Police outside the shop

October 23 Wednesday 7.30 Welfare Association Charity Meal, Railway Inn

October 24 Thursday 7.00 Curry and Quiz £5.00 Railway Inn

October 25 Friday Sponsored Bike Ride Cylch Meithrin Bronwydd

October 27 Sunday 1.45 West Wales Dowsers Society Bronwydd Hall

October 27 Sunday 8.00 Quiz Hollybrook Inn

October 28 Monday 2.00 RNLI Talk Gwili >60's Club Bronwydd Hall

October 29 Tuesday 8.00 – 1.00 Tyre and Waste Amnesty Cae'r Felin School Pencader

November 5 Tuesday 6.30 Fireworks Night Cricket Ground Bronwydd £5

November 5 Tuesday 8.00 Llanpumsaint Community Council Memorial Hall

November 8 Friday 6.00 – 8.00 Disco (ages 0 –11) Clych Meithrin Bronwydd Hall

November 8 Friday 7.00 AGM Sustainable Llanpumsaint Memorial Hall

November 9 Saturday Time to be confirmed Curry and Entertainment, School PTA, Memorial Hall

November 10 Sunday 10.45 Remembrance Service Memorial Hall

November 11 Monday 7.00 Nia Clement Jewellery Ladies Guild Bronwydd Hall

November 13 Wednesday 12.30 Luncheon club Railway Inn 253643

November 21 Thursday 7.00 Curry and Quiz £5 a head Railway Inn

November 23 Saturday 10.30 Walk from Memorial Hall New Quay

November 23 Saturday 7.30 Meat Loaf Tribute Band Memorial Hall Tickets £10

November 24 Sunday 1.45 West Wales Dowsers Society Bronwydd Hall

November 24 Sunday 8.00 Quiz Hollybrook Inn

November 25 Monday 2.00 Talk by Gerald Brown Gwili>60's Club Bronwydd Hall

November 25 Monday 'School at Work' Open Evening Llanpumsaint School

November 26 Tuesday 5.30 – 6.30 Police outside the shop  
November 30 Saturday 7.30 Elijah Llanpumsaint Choir Tabernacle Chapel. Tickets £10  
December 3 Tuesday 12.15 Happy Feet Clinic Memorial Hall  
December 5 Thursday 'Singing in the Rain' Millenium Theatre Cardiff Gwili >60 Club  
December 6 Friday 7.30 Supper and Swing Memorial Hall Tickets £10 01559 389044  
December 7 Saturday 10.30 Walk around Coed y Foel Llandysul, and AGM Walkers Club  
December 7 Saturday Time to be confirmed Christmas Fair School PTA  
December 9 Monday Christmas Concert Llanpumsaint School  
December 13 Friday 7.30 Bingo Memorial Hall  
December 14 Saturday Christmas Concert Cylch Meithrin Bronydd Hall  
December 15 Sunday 3.00 Christmas Service Nebo Chapel  
December 15 Sunday 6.00 Carol Service Llanpumsaint Church  
December 17 Monday Christmas Dinner Gwili >60 Club Hollybrook Inn  
December 24 Monday Santa Parade

*Llanpumsaint and Ffynnon Henry Memorial Hall  
To book the hall, phone Arwel Nicholas on 01267 281365*

### **Llanpumsaint Heritage Committee**

The Heritage Board is ready – it will be erected outside the Memorial Hall as soon as planning permission is given. In the meantime, you can find details of the LLANPUMSAINT HERITAGE WALKING TOUR on <http://www.llanpumsaintwalk.org.uk/>. The Walking Tour starts at the Village Hall and is 1.5 miles long taking approximately an hour. It is more or less on the flat with only a slight elevation near the railway bridge. The main walk is along tarmac roads so no special footwear is called for.

There is an option at about the halfway mark to extend the walking tour outside the village to the area known as Ystum Gwili and this adds another 3 miles, involving a walk uphill and across fields so it's recommended that stout shoes are worn if you take this option. The optional extension should add another two hours to the time that it takes to walk the tour.

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

The recent Fashion Show put on by Nanette's Fashions of Kidwelly once again proved to be a very popular evening. Over 60 ladies and gents attended and were treated to another very professional display of ladies winter fashions and accessories.

Profits, which are still being collected, will go towards the upkeep and maintenance of the hall premises.

Watch out for posters advertising a forthcoming Bingo Evening in the Memorial Hall on Friday 13<sup>th</sup> December at 7.30pm.

And now for something completely different – At the Memorial hall on Saturday 23<sup>rd</sup> November at 7.30pm an evening with Meat Loaf Tribute band, and supporting Music. Licensed bar. Come and support us for this Fun Evening. Tickets £10 each from the Hall Committee members, at the Village Shop, or at the door on the night.

## **MOBI Wednesday Evenings 17:30 – 19:30 outside Memorial Hall**

For more information, please contact Carys 221551

### **ClwbGwili 60+**

The Club held their Annual General Meeting at the end of September. It was well attended and followed by refreshments to celebrate twelve months since the Club started. The Club is now well established and members are looking forward to further activities and trips in the coming year. The Chairman Mr. Peter Giles wished the Club every success for the future. New members will be welcomed if wanting to join.

Members enjoyed a trip to Dyffryn Gardens recently followed by evening meal at Millers Arms Ynystawe. Another outing is planned on 5th December to see a matinee "Singing in the Rain" at The Millenium Theatre Cardiff. We hope to have an evening meal before returning to Bronwydd. Our next Club Meeting will be on 28th October when Mr David Rees from RNLI Haverfordwest will be the speaker. The November meeting will take place on Monday 25th November, the speaker being Mr Gerald Brown. The Christmas dinner is on 17th December at Hollybrook Inn, therefore we will not have a Club meeting in December.

For more details, contact Val Giles on 01267 281194

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

At the moment the choir are very busy preparing for their Annual Concert which is being held at the Tabernacle Chapel, Carmarthen on Saturday evening, November 30 2013 at 7.30 p.m. This year the choir will perform the "Elijah" by Mendelssohn. The guest artists will be Ros Evans, Soprano, Rhian Williams Owen, Mezzo Soprano, David Fortey, Tenor and Adam Gilbert, Baritone. The organist this year is Martin Jones who will be supported by an instrumental group led by Mansel Hughes. Tickets are £10.00 and can be obtained from any choir member or from the "Stiwidio Gerdd" at Carmarthen.

### **Llanpumsaint School**

At the start of the new school term, it's a pleasure to welcome Sion Jones who has at last started in 'big school.' A warm welcome also to Bradley and Keira Carter, Kim and Josh Morgan, Chalice Jones and Jack Higgs.

On the 24<sup>th</sup> of September, all pupils went on an educational visit to 'Pizza Express' in Carmarthen. It was a very successful and exciting morning. Pupils had the opportunity to make their own pizza and take it home to their family.

Recently, the Junior pupils attended the Peripatetic Concert in Q.E. High. A good time was had by all.

The school children have been busy preparing for our annual Thanksgiving Service again this year. For the first time, the service was held in Ffynnonhenri Chapel. A big thank you to Mr Gwyn Nicholas for coaching the children with their singing. The children brought a collection of dry foods and tins to donate to the Carmarthen Food Bank. The Reverend H. George addressed the children in a lively and entertaining manner!

Dates to remember:       'School at Work' open evening on the 25<sup>th</sup> of November.  
                                      Christmas Concert on the 9<sup>th</sup> of December.

## **Llanpumsaint Welfare and Recreation Association.**

At the last Trustees' meeting it was agreed that our chosen Charity for 2013 will be the Audiology Department at Glangwili Hospital for its work to assist children with hearing difficulties. The Charity will benefit from monies raised by the Association by means of the Charity Bottle on the bar at the Railway Inn, the forthcoming Charity Meal at the Railway Inn, and the proceeds we will raise at this year's Santa Parade on Christmas Eve.

Thanks to Jayne, Mike and Nick at The Railway, we are holding a Charity Meal there on Wednesday 23<sup>rd</sup> October from 7.30pm. Tickets will cost £12.00, of which £5 will go to the Charity. The meal will be Mike's home-made steak and ale pie, or a vegetarian alternative. Desserts will be available at cost price of £3.00. Tickets are available from the Trustees – any queries please contact our Chair, Pam Jones, on 253257, or the Secretary, Derick Lock, on 253524.

The Treasure Hunt on 1<sup>st</sup> September was a great success, raising £121.00 for Association Funds. The winners have volunteered to organize another Hunt next year on Sunday 31<sup>st</sup> August – so watch this space!! Thanks once again to our friends at The Railway for making food available to all our Treasure Seekers.

Please watch out for details on this Christmas Eve's Santa Parade in the next edition of Village Voice. Meanwhile put your thinking caps on to decide what fancy dress you will be coming in. Honestly it really does add to the occasion if children and grown-ups do turn up in disguise. We hope you have noticed the new staggered entrance gates installed at the park entrance by the playground equipment. As well as giving a quick and safe entry and exit to the equipment it has also opened up out the view into the field at that point.

For two years or so now, the Trustees have operated a weekly litter pick around the playing field. Although there are three black County Council bins outside the park entrances and three yellow bins inside the field, litter is still being dropped, especially around the play equipment.

We are very fortunate to have the playing field right in the center of the village, so please help the Trustees by binning your litter rather than leaving it for others to clean it up for you.

### **Welfare and Recreation Committee - Llanpumsaint 100 Club**

Winning Numbers for August and September were drawn by Welfare and Recreation Association Trustees at their meeting on 10<sup>th</sup> September as follows:

August	1 <sup>st</sup> Prize	No. 57	Bob Jameson
	2 <sup>nd</sup> Prize	No. 34	Carolyn Smethurst
	3 <sup>rd</sup> Prizes	No. 93	The Railway
September		No. 5	Eirlys Lloyd
	1 <sup>st</sup> Prize	No. 54	Pam Jones
	2 <sup>nd</sup> Prize	No. 86	William Marshall
	3 <sup>rd</sup> Prizes	No.31	Mathew Jones
		No. 96	Kate Frost

The 100 Club is registered with Carmarthenshire County Council in accordance with Schedule 11 to the Gambling Act 2005.

The draws for October and November will take place at the next meeting of the Trustees on Tuesday 12<sup>th</sup> November. For further information contact the Treasurer, Derick Lock on 253524.

## **Llanpumsaint and Nebo Short Mat Bowling Club**

The Club held its Annual General Meeting on the 29<sup>th</sup> August at which the following persons were re-elected unopposed:

Chair	Malcolm Howells
Secretary	Derick Lock
Treasurer	Gethin Edwards
Auditor	Alan Dentry
Captain	Aled Edwards
Vice Captain	Alan Dentry

The 2013/14 season started on 2<sup>nd</sup> September and Club Members will meet as usual on Monday and Thursday evenings from 7.30pm to 9.30pm. A home friendly match was played against Meinciau on 9<sup>th</sup> September which finished with a 4-4 draw.

The league season has commenced. As at the 27<sup>th</sup> September, we have drawn 4-4 at home with Pontgothi and lost to Llanyfaelog 'A' 6-2.

The Club has 15 registered players to start the season, but we are always looking for new recruits. Please contact Malcolm Howells (Chair) on 253207 or Derick Lock (Secretary) on 253524 for further details.

## **Urdd Merched Bronwydd Ladies Guild**

At our meeting on 9<sup>th</sup> September in Bronwydd Hall our speaker was Kevin Sivyer who for over 50 years directed Gilbert and Sullivan operettas. Members were treated to an evening of musical ballads, songs and snatches.

At the meeting on 14<sup>th</sup> October, the speaker was Polly Davies from America, who talked about the origins of Thnaksgiving Day. Members enjoyed the taster of Pumpkin Pie.

At our meeting on 11<sup>th</sup> November, members will be given a display and talk on handmade jewellery by Nia Clement.

The Guild meets in Bronwydd Hall on the second Monday of the month from 7pm - 9pm and new members will be given a warm welcome. For further details please contact Val Lock on 01267253524, or Sandra MacDonald on 01267231265.

## **Waste and Tyre Amnesty – Tuesday October 29<sup>th</sup> 8.00 – 1.00**

Take your waste (no paint, garden chemicals, car batteries, gas bottles, asbestos, construction and trade waste) and tyres ( max 10 per household, no lorry or tractor tyres) to Cae'r Felin School, Pencader. Carmarthenshire residents only – please bring proof of address. Get a free bag of Merlin's Magic Compost.

## **"Happy Feet" with Wellbeing Regeneration's Footcare Service**

This toe-nail cutting service comes to Llanpumsaint Memorial Hall every six weeks. Next session 22<sup>nd</sup> October from 12.15pm, then 3<sup>rd</sup> December. Phone to book in. £8.50 per session plus initial payment only of £26.50 for your own personal set of clippers and file. Info and bookings: 01554 744896 - office hours 9.30am to 4.30pm

[http://www.wellbeingregeneration.org.uk/cms/index.php?option=com\\_content&view=article&id=56&Itemid=18](http://www.wellbeingregeneration.org.uk/cms/index.php?option=com_content&view=article&id=56&Itemid=18)



## **Clwb Cerdded Llanpumsaint Walkers Club**

Our next walk will be a walk round Newquay on Saturday 23<sup>rd</sup> November – led by Newquay resident John Evans. We will start outside the Memorial Hall in Towyn Road, Newquay, SA45 9QQ, at 10.30. Let me know if you will be coming so that we can share transport.

Our final walk of the year will be in Coed y Foel wood, Llandysul, on Saturday 7<sup>th</sup> December starting at 11.00am. The map is available here:

[http://www.woodlandtrust.org.uk/en/\\_layouts/woodlandtrust/FullScreenMap.aspx?mode=Wood&wood=4193&zoom=14&clat=52.060050&clon=-4.294388&ms=s&layers=562949953421320&LegendGroups=OurWoods](http://www.woodlandtrust.org.uk/en/_layouts/woodlandtrust/FullScreenMap.aspx?mode=Wood&wood=4193&zoom=14&clat=52.060050&clon=-4.294388&ms=s&layers=562949953421320&LegendGroups=OurWoods)

After the walk we will go to the Porth Hotel in Llandysul for the club's AGM.

Again, it will be a good idea to share cars, as the car park at Coed y Foel is small, so please let me know if you will be coming.

For more information contact Carolyn on 01267253308, [info@gwilimill.co.uk](mailto:info@gwilimill.co.uk)

## **Llanpumsaint Community Council**

The Community Council usually meets on the first Tuesday of each month (*Except December and August*) at the Memorial Hall 8.00pm - all are welcome to attend. The Clerk is Phillip Jones, and he can be contacted on 01267 253512, or email [philkto@yahoo.co.uk](mailto:philkto@yahoo.co.uk).

<http://www.carmarthenshire.gov.uk/english/environment/planning/pages/home.aspx>

Among other items, in the past 2 months the Council discussed the lack of action by Carmarthenshire County Council on items that have been reported to them, and the reply from Mark James, Chief Executive. The Community Council will endeavour to get critical items repaired despite the current economic climate.

There were no planning applications to discuss.

If you have any issues that you would like the Community Council to discuss, please phone or email the clerk, or contact any of the community councillors who are Elfed Davies, Danny Davies, Malcolm Howells, Dylan Jones, Arwel Nicholas, Wyn Thomas, and Carolyn Smethurst.

Council minutes are available on the village website [www.llanpumsaint.org.uk](http://www.llanpumsaint.org.uk)

## **Llanpumsaint School PTA**

The P.T.A committee of Llanpumsaint school are holding a curry and entertainment night on Saturday the 9th of November in the village hall. Time to be confirmed. Posters with all the information will be posted around the village soon. Everyone welcome.

On the 7th of December our annual Christmas Fayre will be held in the village hall. Time to be confirmed. There will be various stalls, raffle, entertainment by the school children and refreshments. Anyone interested in having a stall, please contact Lynsey Jones 01267 253 085.

I would like to take advantage of this opportunity to say a huge thank you to everyone that has supported our events over the past year. I'm sure that you are aware that we are a small school with the numbers of children increasing nicely and every penny raised is invested in the children's education by providing them with appropriate equipment that they need to develop their educational needs. Hope to see you at our events!! Steve Merritt. Chairman of the P.T.A.

## **Nebo**

On the 15th of December our annual Christmas service will be held at our chapel at 3.00pm. We hope Father Christmas will pay the children a visit. Welcome to all.

## Road to Recovery – Final Part Robert Conyard

After cycling a full three days we stayed in the historic town of Compiègne to the north of Paris. It was here at 11.00am on 11<sup>th</sup> November 1918 in a railway carriage that the German army called it a day and the guns stopped firing. Unfortunately our allotted hotel was on the outskirts of the town, so we were unable to visit the heart of the town, but its significance was not wasted on us.

Although the final day was only about 60 miles, it was organised in such a way that about 600 cyclists from the four routes in the charity ride were due to merge just outside Paris and to ride in a long snake down the Champs Elysee and onto the Eiffel Tower.

Gareth our son, Tina and I set out in a group of about twenty others and stayed together and despite the steep hill we arrived at the feed station 'tout ensemble'. Throughout the morning we rode through the tranquil and beautiful countryside passing through quaint villages with great slabs of uneven cobbles, which transformed our bikes into 'bone shakers'.

At the final feed stop before entering Paris there was a throng of cyclist, buzzing with anticipation and excitement, however I noticed one forlorn rider continue on route without eating any food.

Once we had all refuelled we set off to rendezvous with the entire cyclist and I very soon caught up with the forlorn cyclist. He was suffering due to lack of food. I asked him why he had not stayed longer at the feed station and eaten properly, he replied that he was really worried that he was too slow and that he wanted to cycle all of the way into Paris and not be 'mopped' up and finish the journey in the 'broom' wagon. There are many times when I was younger and information on the importance of keeping your energy levels up was not available, so now I always made sure I carried energy gels and high protein bars. I made him refuel, pushed him along with me until he felt better and was pleased to see him smile again.

We approached Paris from the North/North East directly under the flight path of nearby Charles De Gaulle Airport. Although the euphoria of watching the planes land and take off was tugging at me, the anticipation of riding down the Champs Elysee the day before the final stage of the Tour de France was far greater. Our journey continued through the very colourful area of St Denis and along the industrial part of the River Seine into the Capital.

Although the roads were extremely busy, the attitude of drivers and the public was fantastic, horns were tooting all around and people clapped and cheered as we rode by. Local cyclist rode a little way with us, asking about our adventure.

Our organisers had told us that all 600 cyclists would be herded in a park just outside the city centre, where we would re-group before the final section of our epic ride. It took a good hour for the fast, slow, young, elderly and most of all excited cyclist to register, form orderly groups and proceed under some sort of escort into the busy Saturday afternoon traffic of Paris. Our instructions were to stay close together and not to take any notice of red lights, just go...go...go... It was organised chaos as cyclist and vehicles squeezed along the cobbled streets. Our entourage turned left, went down a small hill and there we were...WOW...on the famous Champs Elysee just in front of the Arc De Triomphe. The atmosphere was electric, the stage was set for the end of 'Le Tour', people were lining the Avenue behind the barriers, friends of cyclist waved banners and screamed out names and when mutual recognition set in, the pride, tears, joy and congratulations echoed around.

The feeling I experienced at this moment is difficult to describe... Laying in the hospital bed some two years prior, a small acorn of an idea turning into a full blown fitness regime, raising money for such a wonderful charity and here I was... I had accomplished such a big achievement. It was with tears of pride and happiness that I rode with Tina and our son over the Place de la Concorde and the final road swinging around to under the Eiffel Tower.

The scene that greeted us was of our family, friends, fellow cyclists, charity organisers, press and most of all a truly amazing atmosphere of cheering and congratulations both from those there to meet the participants and between fellow cyclist who built up camaraderie and huge respect for each other.

This London to Paris Bike Ride went down in history as the first group of cyclist to raise over one million pounds for any charity. Tina and I met some wonderful people from all countries and from all walks of life, doctors, hospital workers, and business people, retired people whom made our journey so colourful and rich. The entire experience spurred both Tina and I to cycle the London to Paris ride in aid of Action Medical Research again in 2012. Second time around, as she was fully recovered and a lot more experience in her bike riding skills, Tina rode every inch of the 320 miles beside me.

So what now? Having thought about it long and hard, well, all of a few seconds, I have decided to do this epic ride just one more time in 2015 to celebrate my 70<sup>th</sup> Birthday....Anyone interested in joining me? Check out the charity and the events they organise at [www.action.org.uk](http://www.action.org.uk)

### **Weatherwise October 2013**

It's as if the weather took umbrage at an earlier Weatherwise comment; that for once there was no compensating good weather to make up for the bad, because the weather since the late spring ascended into an exceptional Summer has continued to amaze! Although in calendar terms the months are accelerating towards the year end and winter, the weather is strolling leisurely into Autumn, enabling farmers to make another cut of silage or keep cattle out grazing an abundance of pasture, way past what was possible last year. Farmers were heard to comment during the barren spring that it would be impossible to restore seriously depleted forage stocks in just one year yet the two succeeding seasons have surpassed the expectations of even the most cynical landowner and silage clamps are already full, with the surplus grass being conserved as big bales. Animals have thrived during the hot weather too; each hide and fleece becoming a solar panel generating valuable Vitamin D, a great feel good tonic for the beasts of the field. The heat and endless number of sunny days has brought out insects in their droves, filling the air with the hum of their activity, reminiscent of summer days in the 70's. Not all insect busy-ness has been beneficial however; the warm weather has caused sheep and lambs to perspire and sheep sweat seems to have a similar aroma as a corpse to the blowfly. *Lucilia cuprina* lays its eggs on the fleece of live sheep, which then hatch within hours into maggots that burrow into the skin and eventually the flesh of the poor unfortunate lamb or sheep. Hot weather accelerates the growth stages of the maggots, transforming eggs into damaging larvae in as little as 8 hours. Thankfully, there are insecticides manufactured nowadays that can treat incidences of fly strike and postpone further attacks for a month or more. Whenever there is something good, there will always be a 'fly in the ointment'!

### **Sustainable Llanpumsaint**

The Memorial Hall has been booked for the Sustainable Llanpumsaint AGM for Friday the 8th of November at 7.00pm. Everyone welcome – come and hear what has been happening with the allotments at Old Station Yard, and the plans for the future of the area.

**Mountain Bikes available!** Remember, there are 6 community Mountain bikes available to borrow free. The shed key and details in the shop.

## **From Your County Councillor Irfon Jones**

Hello everyone, just a few lines to keep in touch, it's the same old complaints that keep coming up month after month, pot holes, hedges not being cut, rubbish around the village, but the one thing that bothers most people is the dog mess on the roads and verges. The dog warden and his team are keeping their eyes open for the culprits and I hope that by next month these will have been seen to. On a brighter note the residents of Parcgwyn Trevaughan, Fronheulog Conwyl, and Brynywawr Llanpumsaint have had two very successful meetings with the Director of Housing Mr. Robin Staines, Housing Manager Mr Les James, the Executive Board members for Housing and Social Services Cllr Tegwen Devich and Cllr Jane Tremlet respectively, to put their complaints and needs over to them personally. Christmas is coming and as you are aware for the past few years we have run the Christmas Toy Box Appeal. This is an appeal throughout Carmarthenshire for new toys, books, clothes etc. that we donate to children who would otherwise have no presents at Xmas. You are also aware of the financial distress experienced by many residents. Last year 2500 gifts were distributed for needy children; this eased the burden on the parents at this time of year. We can assure you that the children in receipt of these presents are all needy children and the names are given to us by many official bodies e.g. Social Services, Head teachers etc. If you would rather make a cash donation, there is a separate bank account especially available for these. You may drop the toys etc off with me at home; I will then take them in.

## **Caersalem Baptist Chapel Llanpumsaint**

“We proclaim Jesus Christ as Saviour and Lord

Sunday 10.00am Adult Sunday School (Welsh)

2.00pm Preaching Service (Welsh) Last Sunday each month – English Service

Tuesday 1.00pm Bilingual Bible Study at sister Church Penuel Carmarthen

Thursday 2.00pm Prayer Meeting

Contact Mrs Eleri Morris (Secretary) 01267 253895

## **Llanpumsaint Church**

Remembrance Service at 10.45 am on Sunday 10 November at the Memorial Hall.

Christmas Carol Service Sunday 15 December at 6pm in the church.

Christmas Eve - the first communion of Christmas 11.30 pm

Christmas Day family communion 10 am

Details of other services are on the notice board by the church.

## **Village Harvest Supper**

Many thanks to all those people who gave donations towards, prepared and provided food, and helped on the day and evening, and to those who came to support, without whom the evening would not have been such a successful and sociable event. Thank you for your support.

## **Ffynnonhenri Chapel**

Details of services for the months of November and the beginning of December 2013

November 3 2013                      Communion at 10.30 a.m.                      Rev Wyn Vittle

November 24 2013                      Service at 2.00 p.m.                      Further details to follow

December 8 2013                      Communion at 10.30 a.m.                      Rev Desmond Davies

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

## **West Wales Dowzers Society**

The next meeting of the West Wales Dowzers club takes place on Sunday, October 27<sup>th</sup> at 1.45 p.m. in the Village Hall, Bronwydd. This will be a Practise Session enabling novice dowzers to learn more skills and for more experienced dowzers a chance to expand your knowledge. We will also be building and walking a labyrinth.

On Sunday November 24<sup>th</sup>. We have Vivianne Ancliff, Moments with Megaliths.

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? 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, Website: <http://www.westwalesdowzers.co.uk/>

## **CYLCH MEITHRIN BRONWYDD Bronwydd Hall**

Tuesday, Wednesday, Thursday & Friday mornings 9:15 – 12noon

Cylch Ti a Fi (Parent a baby/toddler group – 0 to 4 years) Fridays 10am – 12 noon

Cylch Meithrin Bronwydd offers high quality childcare for children between the ages of 2 ½ up to school age. We believe in creating a safe, happy and welcoming environment for the children, staff & parents. Your child will get the opportunity to take part in a variety of fun and educational activities each day.

Carmarthenshire County Council will pay for up to 10 hours of education for children over 3 years of age. For those children who do not qualify, the cost is £6 per session, which includes a snack & a glass of milk.

*There is a charge of £ 2.50 for the "Ti a Fi" sessions on a Friday.*

For further information, please contact the Leader on 01558 822652.

We have the following events arranged this year:-

25th October - Sponsored Bike Ride for the Meithrin Children

8th November - Disgo Dewin/Dewin's Disco in Bronwydd Hall 6pm - 8pm. (For 0 - 11years)

14th December - Christmas Concert in Bronwydd Hall.

## **Police News**

A number of ad hoc speed checks have been carried out during the last month due to concerns over speeding vehicles in the village. These will continue to be done as duties allow and people should be advised that this may well be outside of the times that they might expect to see an officer holding a speed gun in the village.

Our mobile police surgeries take place once a month utilising a mobile police station outside the village shop. The dates for these Police Surgeries are Tuesday 22<sup>nd</sup> October and Tuesday 26<sup>th</sup> November, between 1730 and 1830. The local Police Community Support Officer Martin Dickenson will be on hand to offer advice on everything from keeping your property secure to reporting issues of concern locally.

If there is anything that you can think of to ask or would like to know please ring 101 and ask for PCSO 8046 Martin Dickenson.

## **Blackberrying**

We will no doubt fondly recall memories of the summer of 2013 for some time, and all the sweeter in that it followed the cold wet and miserable previous year. Gardeners will boast their bumper gooseberry, broad and runner bean crops, whilst sunshine and rain on cue ensured bountiful silage and hay harvests. Then there were plenty of sunny days to please children on holiday. But to cap it all this became the best year for blackberries in living memory with the whole countryside festooned with succulent shiny black fruit hanging plentifully from roadside hedges and fields. This bounty was all the sweeter since it followed on immediately from last year's disastrous yield. Then I well remember clambering and bleeding through cruel brambles, being stung by sniper nettles, to end up with a mere half basin of measly acidic mouldy fruit. That did not translate into a very nice tart. So different was it this year, as I casually gathered bucketfuls of ripe juicy succulent black beauties from the easiest and friendliest locations. This year because the County Council trashed fewer country lanes you could just park your car and take your pick. Cutbacks aren't always bad news;....it's an ill wind.....

The biggest surprise was that one hardly saw anyone else bothering with this uniquely unusual harvest. It's no longer a fashionable pastime it seems! The generation brought up during the War years were trained to collect anything of value, repair, mend and make do. Mothers took their daughters out blackberrying whilst fathers and sons took to the woods in search of nuts. Schoolchildren were despatched out to collect hops and berries from the hedgerows, and one could see the School cook busily harvesting enough for those blackberry tarts.

In those days with so many out gathering it could get quite competitive especially in a bad year. If you hit upon a fruitful spot you had to keep it secret otherwise others would descend and take all. So you had to be very careful to keep the location to yourself. Marged who lived in Parce proved to be the most adept at keeping vital information to solely to herself. Even in a very bad year, when others had failed, her basket overflowed with enviable ripe healthy berries and many enquired "Where do you get them from Marged?"

It was always the same short answer, "Secret!" One or two tried to spy on her, attempting to track her as she sallied out basket in hand bound for the hidden location. They all failed, so the "Secret" accompanied Marged to the grave. Nowadays it's much more convenient for the housewife to whip a packet into her basket at the supermarket on the way home from work. So should Old Marged miraculously re appear ready and willing to at last divulge her lifelong Secret location, no one might be interested. Oh dear! Arwyn 2013

**"Fly Me To The Moon" – dance and supper.** Local Live Band + 2-course home-cooked meal . Licensed Bar. Friday 6 December 7.30 p.m. – 11.30 Llanpumsaint Village Hall. "Swing Boyz & Christiana" £ 10. tickets from village shop or book by phone 01559389044. Profits to Macmillan cancer support.

To advertise here contact Carolyn 01267 253308 or [info@llanpumsaint.org.uk](mailto:info@llanpumsaint.org.uk), Domestic sales and wants free.  
 Business adverts £5 per issue. A5 flyer distributed with Village Voice £10 per issue.

<p><b>Palu 'Mlaen</b>                  Mathew Jones                  Agricultural Contractor And Plant Hire                  Mobile 07970030679 Tel 01267 253372                  3 – 14t diggers                  Site clearing - Drainage – Excavator                  Muck Spreading                  And many other jobs undertaken</p>	<p><b>Hollybrook Country Inn</b>                  Bronwydd                  4* accommodation                  Pub and Restaurant                  Christmas Menus now Available                  Tel 01267 233521</p>
<p><b>Siop Penbontbren Stores</b>                  General Stores &amp; Hairdressers                  Fish and Chips Tuesdays and Fridays                  Open Mon – Sat 8 – 8                  Sunday 9am – 1pm                  Tel: (01267) 253732                  Steve and Roz Evans</p>	<p><b>Eifion Williams Builder</b>                  General building                  Plastering Patios etc                    5 Parc Celynin Llanpumsaint                    01267 253523 07973842681</p>
<p><b>Fferm-y-Felin Farm Guest House                  and Self Catering Cottages</b>                  Enjoy a relaxing break at this beautiful                  guest house or in one of our stone                  cottages                  01267 253498                  www.ffermyfelin.com</p>	<p><b>Cambrian Chimney Liners</b>  <i>Also Damp-proofing &amp; Timber Treatment                  (Sovereign Contractor)</i>                  Telephone: (m) 07814802047                  (h) 01267 253712                  e-mail: <a href="mailto:info@CambrianChimneyliners.co.uk">info@CambrianChimneyliners.co.uk</a>  <a href="http://www.CambrianChimneyliners.co.uk">www.CambrianChimneyliners.co.uk</a></p>
<p><b>Webs Wonder Design.</b>                  Content managed websites for                  Businesses                  Organizations                  Community groups.                  Visit <a href="http://www.webswonder.co.uk">www.webswonder.co.uk</a>.</p>	<p><b>D.A. Evans</b>                  Plumbing and Heating                  Central heating, Boiler servicing,                  Bathrooms                  Installations and repairs                  Gwarcoed Rhos Llandysul SA44 5EQ                  01559 370997 07966 592183</p>
<p><b>Railway Inn Llanpumsaint</b>  <b>The Home of Quality Foods</b>  <b>Christmas Menus Now Available</b>                  En-suite accommodation                  Fine Ales and Wine                  Tel: 01267 253643</p>	<p><b>Cakes by Donna Maria</b>  <b>Delicious cakes</b>  <b>for all occasions</b>                  Contact Donna                  01267 253582 or 07766 000137  <a href="http://www.cakesbydonnamarie.co.uk">www.cakesbydonnamarie.co.uk</a></p>

## Harcourt Tree and Garden Services

Tree Surgery, Felling and Removal  
25 years experience  
Garden work and Fencing

### And Gwili Firewood

Seasoned hardwood or softwood logs  
Contact Ian Harcourt  
01267253368 or 07812158825

## Gwalia Garage

Peniel Road Rhydargaeau

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