



Cronfa Amaethyddol Ewrop ar gyfer Datblygu
Gwledig: Ewrop yn Buddsoddi
mewn Ardaloedd Gwledig
The European Agricultural Fund for
Rural Development: Europe Investing in
Rural Areas



Llais y Pentref

Ebrill 2011

Mae Llais y Pentref yn flwydd oed y mis hwn – diolch yn fawr i bawb sydd wedi cyfranu a diolch arbennig i'r cyfieithwyr. Cofiwch edrych ar y wefan www.llanpumsaint.org.uk. Carwn ddatblygu casgliad o luniau a Lanpumsaint. Os oes gennyf rai yn eich meddiant y carech rannu a ni cofiwch gysylltu.

Os carech dderbyn y cylchlythyr hwn trwy e-bost ac wrth wneud hynny arbed cost postio a throel 'sgidiau gadewch i ni wybod trwy e-bost ar info@llanpumsaint.org.uk. Gobeithio y byddwch yn dal i fwynhau darllen ein cylch-lythyr a chofiwch gysylltu â ni os hoffech rannu eich newyddion gyda'r plwyfolion.

Copi Dyddiad ar gyfer Edition Mehefin - 1 Mehefin. Anfonwch eitemau i info@llanpumsaint.org.uk neu drwy'r post i Bodran Felin Llanpumsaint SA33 6BY

Pwyllgor Gwaith Llanpumsaint a Nebo

2 Mai bydd yr Helfa Drysor Flynyddol yn dechrau o'r tafarn rheilffordd. Croeso i bawb ddechrau rhwng 4.30y.p. a 6.00y.p. Pris y daith fydd £3.00 y car. Ar ddiwedd y daith bydd lluniaeth yn y dafarn leol.

Cynhelir y Ras Hwyaidd ar nos Fercher Mai 4ydd. Bydd yr hwyaid yn cychwyn ar eu taith ar hyd y darn o'r afon sydd o fewn terfynnau'r cae chwarae am 6.30y.p. Bydd cŵn poeth a diodydd oer ar gael ar y cae o 6.00y.h. ymlaen. Os bydd y tywydd yn caniatu cynhelir chwaraeon ar y cae.

Bydd aelodau'r pwyllgor yn chwilio am noddwyr hwyaid am bris o £1.00.

Y dail daith gerdded flynyddol Pentref o'r tu allan i Dafarn Rheilffordd am 6.30 ar Dydd Gwener Mai 6ydd - croeso i bawb, dewch i fwynhau taith gerdded drwy'r pentref, ar y ffyrdd daeth i'r llwybrau troed. Bydd y daith yn dod i ben am Tafarn Rheilffordd.

Dydd Hwyl yn y Neuadd Goffa – Dydd Sadwrn 7ef o Fai 2.00y.p. tan yr hwyr.

Trefnir y digwyddiad uchod gan Bwyllgor y Neuadd Goffa, cysyllter â Kathleen Morris ar 01267 253583 am ragor o fanylion.

Gall unigolion a grwpiau gael stondinau – tâl £5.00. Yr elw mynd i ddeiliaid y stonidin.

Cist Car - £5.00 gwaredwch yr hyn nad oes angen arnoch yn eich cartref.

Trefnwyd disgo a rasys ceffylau gyda'r nos ynghyd â rhostio mochyn a bar trwyddedig.

Croeso i bawb.



Cronfa Amaethyddol Ewrop ar gyfer Datblygu
Gwledig: Ewrop yn Buddsoddi
mewn Ardaloedd Gwledig
The European Agricultural Fund for
Rural Development: Europe Investing in
Rural Areas



Llywodraeth Cynulliad Cymru
Welsh Assembly Government

Village Voice

April 2011

Village Voice is one year old this month – many thanks to all our contributors and special thanks to our translators. Don't forget to look at the website as well www.llanpumsaint.org.uk. We would like to build up a library of pictures of Llanpumsaint – if you have any that you would like to share, please let us know. If you are happy to receive the newsletter via Email and thereby helping us to save either postage cost or shoe-leather, please let us know by emailing at info@llanpumsaint.org.uk. We hope you carry on enjoying the newsletter and please contact us if you wish to share any of your news with your fellow villagers.

Copy Date for next Edition 1st June – please send items to info@llanpumsaint.org.uk or post to Bodran Felin, Llanpumsaint SA33 6BY

Fundraising Committee

The Annual Treasure Hunt on the 2nd May will leave from outside the Railway Inn. Cars and their occupants can start the course from between 4.30 pm and 6 pm. Entry fee is £3 per car. Refreshments will be available in the Railway Inn at the completion of the Hunt.

The Annual Duck Race takes place along the stretch of the River Gwili within the Village Field on the 4th May. The ducks will go in the river at 6.30 pm. Hot dogs and cold drinks will be available on the field from 6 pm and, weather permitting, some entertaining games on the field.

Committee members will be looking for duck sponsors any time now - £1 per duck.

The Annual Village Walk leaves from outside the Railway Inn at 6.30 pm on Friday 6th May and coincidentally ends there too!

Fun Day at the Memorial Hall

From 2pm till 5pm on Saturday 7th of May 2011, this event is being organised by the Memorial Hall Committee, more information from Kathleen Morris 01267 253583. There will be stalls available for all groups and individuals, £5 a pitch, all proceeds will go to the stall holder. Car boot £5 a pitch – sell all those items stored in your home. A disco and horseracing has been arranged for the evening, with a pig roast and licensed bar. Everyone is welcome – come and join in the fun.

What's On in the Village in the next few months

Every Tuesday 6.15pm - 7.15pm in the Village Hall, ZUMBA Dance/Fitness Classes with Sue Greensmith.

24 April Sunday 8.00pm Quiz night at Hollybrook, Bronwydd

2 May Monday Treasure Hunt leave Railway Inn from 4.30 – 6.00pm

4 May Wednesday 6.00pm Duck Race in park

6 May Friday 6.30pm Village Walk from Railway Inn

7 May Saturday 2.00pm – 5.00pm Fun Day Memorial Hall – followed by Disco, Horse Racing with pig roast and licensed bar.

11 May Wednesday 12.30 Luncheon Club Railway Inn - to book phone 01267 253643

12 May Wednesday PTA meeting at the school at 7.30pm

14 May Saturday Walk in the Preseli's, meet Rosebush Carpark at 11.00am

19 May Thursday 7.00 Quiz and Curry night at Railway £5 per head

29 May Sunday 8.00pm Quiz night at Hollybrook, Bronwydd

8 June Wednesday 12.30 Luncheon Club Railway Inn - to book phone 01267 253643

16 June Thursday 7.00 Quiz and Curry night at Railway £5 per head

18 June Saturday 2.00pm Walk 2 leaving from Bodran Felin

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

Llanpumsaint Welfare and Recreation Association runs the Llanpumsaint 100 Club. The subscription is £12 a year with a monthly draw for cash prizes. The proceeds help to maintain the playing field, playground and tennis courts for the benefit of all residents of the village. If anyone is interested in joining the 100 Club contact Elizabeth Webb (Secretary) on 01267 253053.

Beth sy' 'mlaen yn y Pentref yn y misoedd nesaf

Dawnsio Zumba yn y Neuadd Goffa bob nos Fawrth 6.15 – 7.15 y.h.

24 Ebrill Dydd Sul 8.00 y.h. Noson Gwis Tafarn Nantcelynen, Bronwydd.

2 Mai Dydd Llun Helfa Drysor 4.30 – 6.00y.h. Tafarn y Rheilffordd

3 Mai Dydd Mawrth Cyfarfod Blynyddol y Pwyllgor Cymuned 8.00y.h. Neuadd Goffi

4 Mai Dydd Mercher Ras Hwyaidd yn y parc 6.00 y.h.

6 Mai Dydd Gwener Taith Gerdder yn Llanpumsaint 6.30y.h. Tafarn y Rheilffordd

7 Mai Dydd Sadwrn 2.00 – 5.00y.p. Diwrnod Hwyl a Sbri Neuadd Goffa. Yn dilyn disgo, rhostio mochyn a rasio ceffylau. Bar trwyddedig.

11 Mai Dydd Mercher 12.30 y.p. Clwb Cinio, Tafarn y Rheilffordd. Cysyllter â'r dafarn ar 01267 253643

12 Mai Dydd Mercher 7.30 y. h. Cyfarfod Blynyddol, Cymdeithas Rieni ac Athrawon yn yr Ysgol Gynradd

14 Mai Dydd Sadwrn Taith Gerdded Mynydd y Preselau. Cwrdd ym Maes Parcia Rosebush am 11.00 y.b.

19 Mai Dydd Iau 7.00y.h. Noson Cwis a Chyri £5.00 y pen Tafarn y Rheilffordd

29 Mai Dydd Sul 8.00 y.h. Noson Gwis Tafarn Nantcelynen, Bronwydd

8 Mehefin Dydd Mercher 12.30 y.p. Clwb Cinio, Tafarn y Rheilffordd. Cysyllter â'r dafarn ar 01267 253643

16 Mehefin Dydd Iau 7.00 y.h. Noson Cwis a Chyri £5.00y pen Tafarn y Rheilffordd

18 Mehefin Dydd Sadwrn 2.00y.p. Llanpumsaint Walk Bodran Felin

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

Mae **Cymdeithas Lles ac Adloniant Llanpumsaint** yn rhedeg Clwb 100. £12 y flwyddyn i'r dansgrifiad a cheir cyfle misol i ennill. Mae'r clwb help I gynnal y cae chwarae, y llawr charae a'r cyrtiau tennis er lles holl drigolion pentref. Os hoffech fod yn aelod o'r Clwb 100, Elizabeth Webb yw'r ysgrifenyddes 01267 253053.

Newyddion o Ysgol Gynradd Llanpumsaint.

Bu'n dymor arall prysur a gweithgar yn yr ysgol, a'r plant yn cael gwahanol brofiadau. Croeso i 5 disgybl newydd i'r Ysgol. Elliot a Rowan Thomas, Megan Dunn sydd wedi dechrau ers ychydig wythnosau erbyn hyn, a hefyd croeso i Elin Dunn a Steffan Jones a fydd yn dechrau ar ôl gwyliau'r Pasg.

Ym mis Chwefror cafodd disgyblion o flynyddoedd 5 a 6 y cyfle i fynd i wersyll yr Urdd, Llangranog am 4 diwrnod. Gwnaeth y disgyblion ffrindiau newydd a'r cyfle i ddefnyddio'r cyfleusterau gwych sydd yn y gwersyll, o ferlota i sgio. Profiad bythgofiadwy!

Daeth Ewrop i Lanpumsaint wrth i'r disgyblion astudio amrywiol wledydd. Cawsom ymweliad gan Laura Davey, un o'r rhieni, a fu'n byw yn yr Eidal pan yn blentyn, ac sy'n mynd i ymweld a'i theulu yno yn rheolaidd. Cawsom dipyn o hanes, dysgodd y plant ychydig o eiriau a blasu rhai o'r bwydydd traddodiadol. Bu'r plant hefyd yn blasu bwydydd o Ffrainc ac yn dysgu ychydig am draddodiadau'r wlad honno.

Fe ddatlhom ddydd ein Nawddsant eleni drwy gynnal gwasanaeth a chael tipyn hanes Dewi Sant, yn yr Eglwys dan arweiniad y Ficer. Yna cinio traddodiadol o gawl, bara a chaws yn yr ysgol, cyn mynd i lawr i ddiddanu'r siopwyr yn Morrisons. Bu'r plant yn canu, ac roeddynt yn edrych yn hyfryd yn eu gwisgoedd traddodiadol Cymreig.

Mae'r amser yma yn brysur iawn yn paratoi gogyfer ag Eisteddfod yr Urdd. Eleni eto bu nifer o'r plant yn cystadlu a chynrychioli'r ysgol yn unigol ac mewn grwpiau. Gwaneth pawb yn arbennig o dda ac rydym yn falch iawn ohonynt i gyd. Pob lwc i'r parti unsain ag i Robyn Weldon a fydd yn llefaru i ddysgwyr yn Eisteddfod

Genedlaethol yr Urdd yn Abertawe. Diolch yn fawr i Mr Gwyn Nicholas ac i Mrs Ann Evans am eu cymorth amhrisiadwy wrth helpu gyda'r paratoadau.

Cafodd y plant y cyfle i ddilyn cwrs nofio dwys am 3 wythnos yn ddiweddar. Gyda chydweithrediad y rhieni, y staff a'r disgyblion, gwelwyd datblygiad anhygoel yn sgiliau nofio pob plentyn yn yr ysgol.

Cymdeithas Rhieni ac Athrawon Ysgol Llanpumsaint
Ydych chi wedi trefnu eich gwyliau blynyddol eto?
Ewch ar lein a helpwch i godi arian

www.easyfundraising.org.uk/causes/llanpumsaintpta

Os ydych chi'n siopa ar-lein, defnyddiwch y cyfeiriad gwe unigryw uchod i ymweld yn gyntaf â gwefan easyfundraising, cyn dechrau siopa yn ôl eich arfer. Mae'n ffordd hwylus o godi arian ar gyfer ysgol gynradd Llanpumsaint. Mae'n ddiogel ac nid yw'n costio'r un geiniog i chi. Mae yna lawer o siopau a chynigion arbennig hefyd. Codwyd £,275 hyd yn hyn. Mae angen gymaint o siopwyr â phosibl i ymuno. Rhwch gynnig arni – mae'n rhwydd!

News from Llanpumsaint Primary School.

It has been another busy term in school, with the pupils having different experiences. A warm welcome to 5 new pupils to the school, Elliot and Rowan Thomas and Megan Dunn who have been with us for a few weeks. Also a warm welcome to Elin Dunn and Steffan Jones who will be starting after the Easter holidays.

In February pupils from years 5 and 6 had the opportunity to go to Llangrannog Urdd Camp for 4 days. The pupils made new friends and had the opportunity to have a go at the activities there, from go-carting to archery. A fantastic experience!

Europe came to Llanpumsaint as the pupils had the chance to study various countries. We had a visit from Laura Davey, one of our parents who had lived in Italy when she was a child, and goes to visit her family there regularly. We had a bit of history, the pupils learnt a few words and got to taste some traditional food. The children also had the opportunity to taste traditional foods from France together with learning about the traditions of the country.

We celebrated St David's day this year by having a service, led by the Vicar in the church where we had a little history about St David. We had a traditional meal of cawl, bread and cheese. Then the pupils went down to entertain the shoppers at Morrisons where they sang a variety of songs and they looked lovely in their traditional Welsh costumes.

This time of year is always busy preparing for the Urdd Eisteddfod. This year again a number of pupils have been competing and representing the school, individually and as groups. Everyone did excellently, and we are very proud of them all. Best of luck to the unison party and to Robyn Weldon who will be reciting for learners in the National Urdd Eisteddfod in Swansea. Thank you to Mr Gwyn Nicholas and to Mrs Ann Evans for giving their invaluable time helping with the preparations.

The children recently had the opportunity to follow a 3 week intensive swimming course. With the co-operation of parents, staff and pupils we saw swimming skills developing excellently by all pupils within the school.

Llanpumsaint Primary School is a welcoming, family orientated school which provides excellent education for the children within the area, if you would like to receive more information about the school call in or contact Mr Davies on 01267 253446.

Llanpumsaint School PTA

Booked your summer holiday? Book online and Raise Money

www.easyfundraising.org.uk/causes/llanpumsaintpta

If you shop online, try the above unique web address first then shop as normal. It's an easy way to raise funds for Llanpumsaint Primary School. It's safe and doesn't cost you a penny more. There are lots of shops and special offers for you also. So far, £,275 has been raised. We need as many shoppers as possible to join. It's easy!!

LLANPUMSAINT & DISTRICT YOUTH CLUB

The Youth Club offers the young people of our community the opportunity to come together on a Monday evening from 5-7pm each week, term time, in the Memorial Hall. A warm welcome awaits new and existing young members.

The young people who looked after a 'reality baby' for 24hrs experienced the demands of a new born. They found these are more during the night. Nevertheless, they all enjoyed the challenge. Well done! Thank you to everyone who took part. PC Huw Freeman paid us a visit and showed us some of the work the police do, he will return in May to put the young people through a fitness test. 'Youthmade' pancakes were enjoyed by all. Movie night was a quiet night as everyone watched their favourite film along with some popcorn. April 11th was the Easter egg hunt and we hope to see everyone on the 9th May to catch up and start a new term.

Developing and organising exciting future activities will be the ongoing work of the committee, volunteers and the young people together.

Whilst the club is now run and managed by a small group of village residents it is important to recognise that it is a concern of Llanpumsaint as a whole and as such welcomes the involvement of any residents who wish to contribute and support. If you have a few hours to spare please contact any committee member;

Chair Sarah Moore 01267 253412, Vice-chair Michelle Girdler 01267 253672

Secretary Catherine Thomas 01267 253712, Treasurer Derick Lock 01267 253524

Mobile Library Provision – 3rd Friday of each month

Parc Celynin 10.30, Post Office 11.00am, Llanpumsaint Memorial Hall 12.00noon (times are approximate).

A smaller van visits the outskirts of the village on the 4th Wednesday of every month from 11.00 – 12.30 with various stops at farms and for housebound readers. For more information contact Carmarthenshire Library Service on 01267 224835

A Message from Your Parish Priest

'He is not here. He is risen' Very early on the first Easter Sunday some women visit the tomb of Jesus and find it empty. They are told Jesus is risen and they run from the tomb. The Bible says they were gripped by holy fear. They knew they had witnessed the greatest of God's saving acts in history. At the announcement of Her pregnancy Mary was gripped with holy fear. On the Mount of Transfiguration the disciples were gripped with holy fear. What they realised was that the message of the gospel was true. God was and is real, and by Jesus' resurrection from the dead, God had acted supremely in human history and opened the way to everlasting life.

My prayer is that this Easter you know Jesus' risen life in your hearts and lives. God bless you. Peter

Clwb Ieuentid Llanpumsaint a'r cylch

Cyniga'r Clwb Ieuentid y cyfle i bobl ifanc gyfarfod bob nos Lun adeg y tymor ysgol yn y neuadd o bump hyd saith o'r gloch. Croeso cynnes i aelodau newydd hefyd.

Wrth ofalu am faban newydd go-iawn am bedair awr ar hugain, dysgodd ein haelodau mae gydol y nos y daw'r galwadau pennaf. Er hynny mwyhawyd y profiad gan bawb. Da iawn chi, a diolch i'r rhai wnaeth gymerid rhan. Galwodd yr Heddwes Huw Freeman i mewn i egluro rhai o ddyletswyddau'r Heddlu, bydd yn dychwelid yn Fis Mai i roi prawf ffitrwydd i ni.

Mwynhawyd gwneud pancws , a hefyd y noson ffilm pan wnaethom wylid ein fefrynnau wrth fwyta pop corn. Ebrill 11eg oedd noson helpa wyau Pasg. Cofiwch droi lan ar y 9fed o Fai ar ddechrau tymor yr Haf.

Byddwn fel pwyllgor, gwirfoddolwyr ac aelodau ifanc yn canolbwyntio ar gyd gynllunio gweithgareddau i'r dyfodol Er bod y clwb ar hyn o bryd yn cael ei redeg gan griw o wirfoddolwyr o fewn y pentre', rydym yn awyddus i weld mewnbwn oddi wrth unigolion ar draws y plwyf. Felly os oes gennych ychydig oriau i'w sbario cysylltwch ag unrhyw aelod o'r pwyllgor.

Cadeirydd Sarah Moore 01267 253412, Is-gadeirydd Michelle Girdler 01267 253672
Ysgrifennydd Catherine Thomas 01267 253712, Trysorydd Derick Lock 01267 253524

Darpariaeth Llyfrgell Deithiol

3ydd dydd Gwener o bob mis Parc Celynin tua 10.30, Post Office tua 11.00, Llanpumsaint Hall tua 12.00. Mae llai fan ymweld gyrrion y pentref ar ddydd Mercher Pedwerydd o bob mis 11.00-12.30, gydag amryw o arosfannau ar ffermydd ac ar gyfer darllenwyr gaeth cartrefi.

Am ragor o wybodaeth cysylltwch â Gwasanaeth Llyfrgell Sir Gaerfyrddin ar 01267 224835

Neges oddi wrth eich Offeiriad Plwyf:

“Nid yw Ef yma. Nae Ef wedi atgyfodi”.

Yn fore ar Sul y Pasg aeth rhai gwragedd at fedd yr Iesu a'i chael yn wag. Dywedwyd wrthynt bod Iesu wed atgyfodi a rhedasant oddi wrth y bedd. Cofnodar hanes yn y Beibl iddynt gael eu parlysu gan ofn. 'Roeddynt yn ymwybodol eu bod wedi bod yn dyst i weithred achubiaeth Duw mewn hanes. Parlyswyd Mair gan ofn ysbrydol pan glywodd am ei beichiogrwydd nefolaidd. Ar Fynydd y Gweddnewidiad parlyswyd y disgyblion gan ofn ysbrydol. 'Roeddent wedi sylweddoli bod neges yr efengyl yn wir. 'Roedd Duw ac mae Duw yn fyw, ac wrth atgyfodi Iesu o farwolaeth mae gweithred Duw yn oruwch naturiol ac wedi agor y drws i ni i fywyd tragwyddol. Eich bod yn adnabod atgyfodiad Iesu yn eich calonae a'ch bywydau yw fy ngweddi y Pasg hwn. Bendith Duw arnoch. Peter.

Bethel Capel

Am fanylion pellach cysylltwch a'r ysgrifenyddes sef Mrs Mali Lloyd 253472

Caersalem Capel y Bedyddwyr, Llanpumsaint

“Cyhoeddwn Iesu Grist yn Waredwr ac yn Arglwydd”

Dydd Sul: 10.30am Ysgol Sul I Oedolion (Cymraeg)
2.00pm Oedfa Bregethu (Cymraeg) Sul ola'r mis – Oedfa Saesneg
Dydd Mawrth 1.00pm Dosbarth beiblaidd Dwyieithog yn ein chwaer Eglwys
Penuel Caerfyrddin
Dydd Iau 2.00pm Cwrdd Gweddi

Geraint Morse (Gweinidog) 01267 230676 Brinley Jones (Ysgrifennydd) 01267 253481

Capel Ffynnonhenri

Dyma drefn y gwasanaethau am y tri mis nesaf

Ebrill 24 2011	Sul y Pasg	Parch Desmond Davies	am 2 o'r gloch, Cymundeb
Mai 8 2011		Parch Huw George	am 4 o'r gloch, Cymundeb
Mai 22 2011		Mr Arwyn Davies	am 2 o'r gloch
Mehefin 12 2011		Parch Goronwy Wynne	am 2 o'r gloch, Cymundeb
Mehefin 26 2011		Parch Eifion Lewis	am 10.30 o'r gloch
Gorffennaf 17 2011		Parch Wyn Vittle	am 10.30 o'r gloch, Cymundeb

Am fwy o wybodaeth cysylltwch a Danny Davies 01267 253418 neu Gwyn Nicholas 01267 253686

Eglwys y Plwyf

Dydd Iau cyn y Pasg 21ain o Ebrill 7.00 y.h Cymundeb Llanpumsaint
Dydd Gwener y Groglith 22ain o Ebrill 2.00 y.p Yr awr wrth y Groes Sant Celynin
Sul Y Pasg 24ain o Ebrill 8.00 y.b Cymun Bendigaid Sant Celynin
9.30 y.b Cymun bendigaid Dwyieithog Llanllawddog.
11.00 y.b Cymun Dwyieithog Llanpumsaint

Offrymir gweddiau yn yr Eglwys Llanpumsaint bob bore Llun, Mawrth a Mercher am 9.30y.b. Croeso i bawb ymuno â'r offeiriad yn y gwasanaethou byr hyn.

Gwefan – www.llanpumsaintparish.com Ffon y Ficer 01267 253205

Llanpumsaint Church

21st April Maundy Thursday	7.00pm	Communion	Llanpumsaint
22nd April Good Friday	2.00pm	An hour at the Cross	St Celynin
24th April Easter Sunday	8.00am	Holy Communion	St Celynin
	9.30am	Bilingual Holy Communion	Llanllawddog
	11.00am	Bilingual Communion	Llanpumsaint

Morning prayer will be said in Llanpumsaint church at 9.30am on Monday, Tuesday, and Wednesday morning. All are welcome to join your Parish Priest at this short service.

Website: www.llanpumsaintparish.org Priest's Tel: 01267 253205

Bethel Chapel - For further details contact the secretary, Mrs Mali Lloyd 253472

Caersalem Baptist Chapel Llanpumsaint

“We proclaim Jesus Christ as Saviour and Lord

Sunday 10.30am 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 Geraint Morse (Minister) 01267 230676 or Brinley Jones (Secretary)

01267 253481

Ffynnon Henry Chapel

Below are details of services for the coming three months

April 24 2011 Easter Sunday Rev Desmond Davies at 2.00p.m. Communion

May 8 2011 Rev Huw George at 4.00 p.m. Communion

Mai 22 2011 Mr. Arwyn Davies at 2.00p.m.

June 12 2011 Rev Goronwy Wynne at 2.00p.m. Communion

June 26 2011 Rev Eifion Lewis at 10.30 a.m..

July 17 2011 Rev Wyn Vittle at 10.30a.m. Communion

For further details please contact Mr Danny Davies (Treasurer) 01267 253418
or Mr Gwyn Nicholas (Secretary) 01267 253686

Llanpumsaint & Nebo Bowling Club

The Village short mat bowls club has clinched the Second Division championship before its final home match with runners-up Carmarthen. The icing was certainly put on the cake by a victory against Carmarthen 6-2. Final figures – played 16, won 11, drawn 2, lost 3 – points total 90 with the runners-up on 77 points.

The League season culminates on the 13th April with the Club championship finals night with the following:-

2-ball singles – Dylan Jones versus Mathew Jones.

2-ball pairs – Malcolm Howells & Derick Lock versus Alan Dentry & Huw Edwards.

4-ball singles – Dylan Jones or Aled Edwards versus Alan Dentry or Patrick Thacker

The night before, the Club play the away leg of the Roy Bowen Memorial Trophy against Bronwydd, leading 6-2 from the home leg.

On Friday 15th April the Club is holding its Annual Dinner at the Railway Inn when the Railway Player of the Year Trophy will be presented to this season's winner (to be announced).

There the league season ends. However, this summer the Club will experiment by continuing to meet every Monday through spring and summer from 7.30 pm to 9.30 pm in the Village Hall in the hope of attracting new members. Anyone reading this article who would like to “have a go” is welcome to come along when qualified coaches will be on call to give a helping hand. These evenings will start on Monday 18th April through to the end of August.

For further details phone either Malcolm Howells (Chair) on 253207 or Derick Lock (Secretary) on 253524.

From our Neighbourhood Policing Team

Speeding in Llanpumsaint - What we have done:

Speed Enforcement continues in the village of Llanpumsaint. Visits have been carried out by the Roads Policing Unit and the local Neighbourhood Policing Team which resulted in 13 fixed penalty notices for a vehicle travelling in excess of 30 mph, 2 have been considered for a speed awareness course and one failure to wear a seat belt.

During the early hours of the morning one driver has been reported for driving without due care.

Future speed enforcement operations are currently being planned by Neighbourhood Policing Team alongside the Safety Camera Unit and the Roads Policing Unit.

Thank you all again for the warm welcome we have in Llanpumsaint.

Huw Freeman, PC 1046 and Bethan Hodgkinson, PCSO 8030

Tim Plismona Bro Abergwili a Chynwyl Elfed Gorsaf Heddlu Caerfyrddin 101 Est 25344

Clwb Bowlio Llanpumsaint a Nebo

Cyn iddynt chwarae eu gem olaf yn erbyn Caerfyrddin sy'n ail mae'r Clwb wedi ennill pencampwriaeth yr ail-adran. Rhoddwyd yr eisin ar y gacen wrth iddynt guro Caerfyrddin o 6 i 2. Y Rhifae Terfynnol: Charae 16, Ennill 11, Cyfartal 2, Colli 3. Cyfanswm y pwyntiau 90, cyfanswm yr ail dim 77.

Mae tymor y gyngrair yn cyrraedd ei uchafbwynt ar y 13eg o Ebrill gyda rownd derfynnol y clwb gyda:

2 bel (sengl) Dylan Jones v Mathew Jones

2 bel (parau) Malcolm Howells a Derick Lock v Alan Dentry a Huw Edwards

4 bel (sengl) Dylan Jones neu Huw Edwards v Alan Dentry neu Patrick Thacker

Y noson cynt bydd y Clwb yn chwarae ei gem oddi cartref yn erbyn Bronwydd yng nghystadleuaeth Tlws Coffa Roy Bowen, maent ar y blaen o 6–2 ar ôl y gem gartref.

Cynhelir Cinio Blyneddol y Clwb yn Nhafarn y Rheilffordd. Ar y noson cyflwynir Tlws Chwaraewr y Flwyddyn.

Dyma ddiwedd tymor y gyngrair ond eleni mae'r clwb yn arbrofi trwy gwrdd bob nos Lun rhwng 7.30y.h. a 9.30yh yn ystod y gwanwyn a'r haf gyda'r bwriad a'r gobaith o ddenu aelodau newydd. Os oes unrhyw un sy'n darllen yr adroddiad yma ym teimlo y carent roi 'tro arni' croeso i chwi ymuno a ni a byddchwaraewyr profiadol wrth law i gynorthwyo. Bydd cyfle i chwi ymuno a ni rhwng y 18 o Ebrill a diwedd mis Awst.

Am ragor o wybodaeth ffoniwch nail ai Malcolm Howells (Cadeirydd) ar 253207 neu Derick Lock (Ysgrifennedd) 253524

Neges oddi wrth iech Tim Heddlu Cymunedol

Gor-yrru yn Llanpumsaint - Beth waned yn ei gylch.

Mae cyfuniad ar gyflymder yn dal mewn bodolaeth yn Llanpumsaint. Cafwyd ymweliadau gan yr uned Plismona Cyflymder a'r Tim Heddlu Cymunedol. Cafodd 13 o yrwyr ddirwy penodol am or-yrru tros 30 m.y.a., rhoddwyd ystyriaeth i ddau yrwr i fynych cwrs ymwybyddiaeth cyflymder ac un am beidio gwisgo gwregys diogelwch.

Yn y bore bach cafwyd un person yn gyrru'n ddiotal.

Mae gweithrediadau gorfodiad cyflymder i'r dyfodol ar waith yng nghynllun y Tim Heddlu Cymunedol mewn cyd-weithrediad â'r Uned Plismona Cyflymder a'r Uned Camerau.

Diolch unwaith eto am y croeso cynnes a gawn yn Llanpumsaint.

Huw Freeman PC 1046 a Bethan Hodgkinson PCSO 8030

Tim Plismona Bro Abergwili a Chynwyl Elfed Gorsaf Heddlu Caerfyrddin 101 Est 25344

Clwb Cerdded Llanpumsaint

Yr oedd y clwb cerdded yn cyfarfod yn maes parcio rheilfordd Henllan ar Dydd Sul, Mawrth, 6ed am 11:00y.b. Y daith heddiw oedd wâc cylchlythyr o gwmpas Henllan tua 3 milltir.

Yr oedd y wâc hon ar lwybr cul drwy hen coedwig, caeau cynaefu ac yn dilyn yr Afon Teifi. Yr oedd y tywydd yn sych a felly, yr oedd y lwybr yn sych.

Yr oedd y wâc yn ddiddorol ac yn hawdd ac yr oedd amser i gael picnig dan hen dderwen.

Bydd y wâc nesaf yn un hawdd o amgylch y pentre' ar y 6ed o Fai. Wedi cychwyn o dafarn Y Rheilffordd am 6.30 y.h. Rhyw awr a hanner fydd hi. Croeso i bawb!

Trefnwyd wâc yn y Preseli ar Sadwrn 14eg o Fai, gan ddechrau o'r enwog Dafarn Sinc. Byddwn yn cychwyn o'r maes parcio yno, ac mae yna gyfleusterau yn yr adeilad. Wedi dringo heibio i hen Gwarfeydd a thir coediog, awn i fyny'n serth at gopa Foel Cwmcerwyn, i fwynhau ein picnig a'r wledd o olygfeydd yno. Yna byddwn yn dychwelid i groeso Tafarn Sinc ar hyd llwybrau eraill. Bydd ein taith tua phum milltir ac yn cymerid rhyw dair i bedair awr. Y man cyfarfod fydd maes parcio'r dafarn yn Rosebush am 11 y.b.

Taith leol fydd hi ym mis Mehefin, gan gychwyn o Bodran Felin am ddau o'r gloch prynhawn Sadwrn y 18fed.

Mae croeso i bawb ddod ar y teithiau hyn – cysylltwch â Carolyn drwy ffonio 01267 253308 os ydych chi eisiau ymuno â ni.

Cyngor Cymuned Llanpumsaint

Cynhelir cyfarfodydd y Cyngor Cymuned nos Fawrth gyntaf ym mhob mis (ag eithrio misoedd Rhagfyr ac Awst) yn y Neuadd Goffa am 8.00 y.h. Mae pob cyfarfod yn agored i'r cyhoedd.

Cynhelir y Cyfarfod Cyffredinol Blynnyddol ar y 3ydd o Fai

Kathleen Morris yw clerc y Cyngor Cymuned a gellir cysylltu â hi ar kathleenmorris@btinternet.com neu (01267) 253583

Baw Cŵn

Mae baw cŵn yn dal yn broblem yn y gymuned. Mae Adran Iechyd Cymunedol Cyngor Sir Gâr yn penderfynu pa gamau i'w cymryd nesaf. Pan fyddwch yn cerdded eich ci gwnewch yn siŵr eich bod yn glanhau eu carthion.

Bagiwch a gwardwch!

Clwb Cerddydd Llanpumsaint Walking Club

Some fourteen members of the walking club met at the Henllan railway on Sunday, March 6th. at 11: 00 a.m.. Today's walk was a circular walk of some three miles around Henllan. The walk was on narrow paths through old woodland, pasture meadows and in places alongside the River Teifi.

It was a dry day and consequently the paths were dry. The walk was easy and very interesting with time for a picnic under a large tree. On the way home we stopped for a cup of tea at the Museum of Childhood – very enjoyable.

Our next walk will be the Village Walk starting at the Railway Inn at 6.30pm on 6th May. This will be an easy walk taking about 90 mins around the village - all welcome.

We have planned a walk in the Preseli's, starting at Tafarn Zinc at Rosebush on 14th May. There is a public car park (unfortunately no conveniences except at the pub) and the walk starts from there and makes a steady climb up past old quarries and woodland and then over open moor land until eventually we reach the trig point. We can have a picnic at that point gazing at the scenery all around. After lunch we will descend via a different route and back to Rosebush and welcome refreshments in Tafarn Zinc. The walk is 5 miles and will take about 3 to 4 hours which includes time for lunch. Meet at Rosebush in the carpark at 11 am.

On June 18th we will do Walk 2 on 'Ditch-hikers Guide to Llanpumsaint' leaving Bodran Felin at 2.00pm.

All are welcome to join us on these walks – please phone Carolyn 253308 so that we know that you are coming.

Llanpumsaint Community Council

The Community Council Meets on the first Tuesday of each month (*Except December and August*) at the Memorial Hall 8.00pm. The Annual General Meeting will be on 3rd May. Any resident is welcome to attend this and any other meeting.

Kathleen Morris is the Clerk to the Community Council and can be contacted on kathleenmorris@btinternet.com or 01267 253583. Minutes from the Community Council meetings will be available on the village website www.llanpumsaint.org.uk, or from Kathleen Morris

Dog Fouling

Dog Fouling is still causing concern The Environmental Health Department at Carmarthenshire County Council is deciding what actions should be taken next. Please ensure that when you are walking your dog, you clean up after them, **bag it and bin it.**



BARN OWL SURVEY

The Carmarthenshire Biodiversity Partnership is trying to find out about barn owls in the county. The County's Local Biodiversity Action Plan has a plan for barn owls and boxes are being made with funding from the Countryside Council for Wales and distributed to sites with suitable habitat.

Nest box schemes have helped boost the barn owl population in the UK – which has declined by up to 70% – and nest boxes are becoming increasingly important as their traditional nesting sites become scarce. Old farm buildings are being restored and hedgerow trees felled and these were both favoured sites for this iconic species. Often these were close to the rough grassland where they hunt using their amazing hearing for their small mammal prey.

Another recent blow has been the prolonged cold spells during the last two winters, where the snowy conditions will have affected barn owls ability to hunt for prey. Hopefully putting nest boxes in good locations will provide the birds with a place to breed, and help those that survived the winter to produce the next generation of birds to ensure their survival in the future.

We are trying to find out about the distribution of the barn owl in the county and so would be grateful if you could help with the promotion of a request for records of these birds within your area – we would need to know where and when (date/time) it was seen.

If you ever see a barn owl or know of a nesting site please let us know by e-mailing Biodiversity Officer Isabel Macho at Imacho@sirgar.gov.uk or 01267 224653 A grid reference would be helpful, as well as accurate a description as possible of 'where and when' The Barn Owl Trust has an excellent website with lots of information and ideas about barn owls and how to help them – why not take a look - www.barnowltrust.org.uk.



AROLWG O DYLLUANOD GWYNION

Mae Partneriaeth Bioamrywiaeth Sir Gaerfyrddin yn ceisio crynhoi gwybodaeth am dylluanod gwynion yn y sir. Mae Cynllun Gweithredu Bioamrywiaeth Lleol y Sir yn cynnwys cynllun ar gyfer tylluanod gwynion, ac mae blychau nythu'n cael eu gwneud yn sgil cael arian gan Gyngor Cefn Gwlad Cymru er mwyn eu dosbarthu i safleoedd lle mae cynefin addas.

Gwyddom fod niferoedd tylluanod gwynion wedi gostwng 70% ond heb unrhyw amheuaeth mae cynlluniau blychau nythu yn helpu i roi hwb i'r niferoedd ym Mhrydain – ac mae blychau nythu'n dod yn fwyfwy pwysig wrth i'r safleoedd nythu traddodiadol brinhau. Ymhlith hoff safleoedd nythu'r rhywogaeth eiconig hon y mae hen adeiladau ar ffermydd a choed mewn perthi, ond mae'r rhain wedi prinhau wrth i hen adeiladau gael eu hadfer ac wrth i goed gael eu torri i lawr. Yn aml byddai'r rhain yn agos i'r glaswelltiroedd garw lle mae tylluanod yn hela drwy ddefnyddio eu clyw rhyfeddol i ddod o hyd i famaliaid bychain.

Ergyd arall yn ddiweddar oedd y tywydd oer iawn am gyfnod maith yn ystod y ddau aeaf diwethaf, gan fod trwch o eira yn amharu ar allu tylluanod gwynion i hela. Y gobaith yw y bydd gosod blychau nythu mewn mannau addas yn fodd i ddarparu mannau magu i'r adar hyn gan helpu'r rhai sydd wedi byw trwy'r gaeaf i fagu eleni ac i sicrhau bod y rhywogaeth yn goroesi i'r dyfodol.

Rydym yn ceisio crynhoi gwybodaeth am ddosbarthiad tylluanod gwynion yn y sir, ac felly byddem yn ddiolchgar pe gallech ein helpu drwy roi cyhoeddusrwydd i'n cais am gofnodion yn eich ardal - rydym am gael gwybod ymhle y gwelwyd tylluan wen a phryd (dyddiad / faint o'r gloch).

Os gwelwch chi dylluan wen neu os gwyddoch am safle nythu, rhoddwch wybod inni drwy e-bostio Imacho@sirgar.gov.uk or 01267 224653

Mae gan The Barn Owl Trust wefan ragorol sy'n cynnwys llawer o wybodaeth ynghylch tylluanod gwynion ac ynghylch sut y gallwn eu helpu - mae'n werth cael golwg ar y wefan sef www.barnowltrust.org.uk.

Busnesau Lleol

Rwy'n siŵr bod llawer ohonoch yn gwerthfawragi cael salon Gwallt ag Harddwch ar stepn eich drŵs ac yn gwneud yn fawr ohono, am y gweddyll ohonach sydd heb fy nghwrdd eto, hoffwn i gyflwyno'n hunan.

Fy enw yw Darlene Davies, chwaer i Roz, y steilist gwallt a'r perchenog. Fi ydy'r Therapiwted Harddwch sydd yn y salon, mae gennyf ystafell i fenywad yn unig y cefn ac a'r gael i roi triniaethau bob Dydd Iau a 9.00yb – 7.00yh, Dydd Gwener 9.00yb – 5.30yh a Dydd Sadwrn 8.30yb – 4.00yh. Dyma restr o'r triniaethau dwy'n ie wneud:

Acrylic Nail Extensions, St Tropez Spray Tan, Make-up, Eyelash/brow tint, False eyelashes, waxing, manicures, Pedicures, Facial, Aromotherapy body massage, Swedish body massage, Ear piercing. A chyn hir, yn gobeithio ymestyn y rhestr gyda 'Minx nails' ac hefyd 'Toothgems'.

Rydwi'n gweithio yn y siop drŵs nesa i'r salon a'r Dydd Mawrth hefyd felly rwy'n siŵr fod llawer ohonach yn gyfarwydd an ngwyneb o fynnu. Mae croeso i bawb ddod mewn i'r siop nue'r salon os ydych eisiau unrhiw wibodaeth am y triniaethau, taleb rhodd, neu wrthgwrs, i fwcia apwyntiad.

Gofal a Thrwsio Sir Caerfyrddin

Corff nad yw'n gwneud elw yw Gofal a Thrwsio Sir Caerfyrddin, a'i bwrpas yw rhoi cyngor a chymorth i boblhen ac anabl sydd angen help i barbhau i fyw'n ddiogel yn eu cartrefi eu hunain. Mae ein cyngor a'n cefnogaeth yn rhad a am ddim. Ond mewn fhai amgylchiadau efallai y byddwn yn hawlio tâl oddi wrth yr Awdurdo Lleol

Cynllun Crefftwr –

A oes arnoch angen rhywun i wneud mân atgyweiriadau neu addasiadau yn eich cartref?

A ydych dros 60 mlwydd oed ac yn berchen ar eich cartref (neu'n ei rentu'n breifat) yn Sir Gar?

Os mai 'oes' ac 'ydw' yw'r ateb i'r ddau gwestiwn yma, yna efallai y gall Gofal a Thrwsio Sir Caerfyrddin eich helpu.

Gall ein crefftwr alw yn eich cartref ac asesu eich gofynion. Ni chodir tâl am alw'r crefftwr allan nac ychwaith am gostau teithio i ac o'ch cartref. Am dâl bychan (£7.50 am bob hanner awr yn ogystal â phris y deunyddiau), gallwn wneud y mân atgyweiriadau ac addasiaddiau y mae arnoch eu hangen.

Os gwelwn fod y gwaith y tu hwnt i gwmpas y Cynllun Crefftwr, efallai y gallwn i fod o gymorth i chi mewn ffyrdd eraill.

I gael myw o wybodaeth neu i drefnu ymweliad, cysylltwch y'n sywddfa ar 01554 744300, ysgrifennwch atom yn Tŷ Elwyn, Llanelli, SA15 3 AP, neu anfonwch neges e-bost atom yn careandrepair@cccpartners.org.uk

Focus on Local Business

I'm sure most of you appreciate having a Hair and Beauty Salon right on your doorstep, and use it on a regular basis, but for those of you who have not yet met me, I'd like to introduce myself.

I am Darlene Davies, sister to Roz, the hairdresser and salon owner, the Beauty Therapist at the salon. I have a ladies only treatment room in the salon, and am available to carry out beauty treatments every Thursday 9am – 7.00pm, Friday 9am – 5.30pm and Saturday 9am – 4pm. I can do any of the following treatments – Acrylic Nail Extensions, St Tropez Spray Tan, Make-up Application, Eyelash/Eyebrow Tint, False Eyelashes, Waxing, Manicures, Pedicures, Facial, Aromotherapy Body Massage, Swedish Body Massage, Ear Piercing. In the very near future I am hoping to extend the list and bring 'Minx Nails' and also 'Toothgems' to the salon.

I studied Beauty Therapy at Coleg Sir Gâr in Llanelli with apprenticeship at a salon in Carmarthen where I worked for several years before going self-employed.

I also work at the shop next door to the salon on a Tuesday, so I'm sure many of you will be familiar with my face. You are all very welcome to call in either at the shop or the salon if you need more details about the treatments, gift vouchers and of course bookings!

Care and Repair Carmarthenshire

Care and Repair Carmarthenshire is a non-profit making organisation that provides advice and assistance to older and disabled people who need help to continue living safely and securely in their homes. Their advice and support is free, however in certain circumstances they may claim fees from the Local Authority.

The Handyperson Scheme –

Do you need small repairs or adaptations carried out at your home?

Are you over 60 and own or privately rent your home within Carmarthenshire?

If the answer to these 2 questions is YES, then Care and Repair may be able to help.

Our handyperson can call at your property and assess your requirements. There is no charge for the 'call-out' or for travelling to and from your home. For a small charge (£7.50 per half-hour, plus the cost of materials) we can carry out the small repairs and adaptations you need.

For further information or to arrange a visit please contact the Care and Repair Office on 01554 744300, or write to Ty Elwyn, Llanelli, SA15 3AP, or email careandrepair@cccpartners.org.uk

Free smoke alarms available from your local fire service

Mid and West Wales Fire and Rescue Service are reminding the public of the importance of having working smoke alarms – and informing them that they can have new alarms fitted for free by calling 0800 169 1234.

A couple escaped from a fire in their home in Brynamman in March after they had taken advantage of the free service from Mid and West Wales Fire and Rescue Service, and had smoke alarms installed. The occupants escaped from the property after being alerted to the blaze by the smoke alarms.

Station Manager, Adrian Nicholas, said: “The ground floor of the property was well alight when we arrived, and the blaze quickly spread through all floors, and to the roof area which then collapsed

“Thankfully the occupants had escaped the blaze because local fire fighters from Ammanford Fire Station had visited the property to install two free smoke alarms in May 2010. These alarms had alerted them to the fire, and allowed them to escape to safety.

“This shows how important it is to have alarms installed. This incident could well have been fatal without this vital early warning. There is no excuse for not having working smoke detectors in your home, as the Fire Service will install them at no cost.

“We urge the public to follow the example of this couple by calling the Fire Service on 0800 169 1234 for a free Home Fire Safety Check. We will test your existing alarms, or install free ones if necessary.”

Zumba

Zumba has become one of the fastest-growing, dance-based fitness crazes in the country, with people of all ages falling in love with its infectious music and easy-to-follow dance moves. The class, which is run by Sue Greensmith, is all about FUN and exercise. It uses Latin/World music and a variety of rhythms (Merengue, Cumbia, Salsa, Tango, Belly dance, Flamenco and pop, to name but a few!), in order to provide a fabulous fitness class with a heavy dose of FUN! Once tried, you will be hooked! I guarantee it! So ditch the workout and join the party at the Village Hall on Tuesday evenings, 07733 113569 or 01267 235222.

Stop press!

The first brood of 5 Canada Goslings seen on 17th April – this is the earliest date we have seen them. And the bar-headed goose did come back this year, sitting on her eggs in vain anticipation!

Larymau mwg ar gael am ddim gan eich gwasanaeth tân lleol

Mae Gwasanaeth Tân ac Achub Canolbarth a Gorllewin Cymru yn atgoffa'r cyhoedd o bwysigrwydd cael larymau mwg sy'n gweithio - ac yn eu hysbysu y gallant gael gosod larymau newydd yn rhad ac am ddim drwy ffonio 0800 169 1234. Llwyddodd cwpl i ddianc o'u cartref yn Brynamman ym mis Mawrth, wedi iddynt fanteisio ar wasanaeth di-dâl oddi wrth Wasanaeth Tân ac Achub Canolbarth a Gorllewin Cymru, a chael larymau mwg wedi eu gosod. Llwyddodd y preswylwyr i ddianc o'r adeilad wedi iddynt gael eu rhybuddio gan y larymau mwg. Dywedodd y Rheolwr Gorsaf, Adrian Nicholas: "Roedd llawr gwaelod yr adeilad yn wenfflam erbyn i ni gyrraedd, a lledodd y tân yn gyflym i bob llawr ac i ardal y to, a ddisgynnodd o ganlyniad.

"Diolch i'r drefn, llwyddodd y preswylwyr i ddianc o'r tân oherwydd bod diffoddwyr tân lleol o Orsaf Dâ'n Rhydaman wedi ymweld â'r tŷ i osod dau larwm mwg yn rhad ac am ddim ym mis Mai 2010. Y larymau yma rhybuddiodd y cwpl fod tân wedi amlygu ac felly eu galluogi i ddianc yn ddiogel.

"Dengys hyn mor bwysig yw cael larymau wedi eu gosod. Gallai'r digwyddiad hwn wedi bod yn un marwol pe na fyddai'r cwpl wedi derbyn y rhybudd cynnar hanfodol hwn. Does dim esgus dros beidio â chael synwryddion mwg sy'n gweithio yn eich cartref, oherwydd gall y Gwasanaeth Tân eu gosod nhw heb gost i chi.

"Rydym yn cymhell y cyhoedd i ddilyn esiampl y cwpl hwn trwy ffonio'r Gwasanaeth Tân ar 0800 169 1234 i gael Archwiliad Diogelwch Rhag Tân yn y Cartref am ddim. Byddwn yn profi eich larymau presennol neu gallwn osod rhai newydd, os oes angen."

Zumba

Mae Zumba wedi datblygu'n gyflym iawn, yn ysfa cynnal ffitrwydd drwy ddawns drwy'r holl wlad. Swynwyd pobl o bob oed gan y gerddoriaeth heintus a'r dawnsfeydd syml i'w dysgu. Pwysleisa Sue Greensmith, sy'n rhedeg y dosbarthiadau, mae cael sbri wrth gadw'n heini sy'n bwysig. Defnyddir cerddoriaeth Lladin a byd eang mewn rhythmau amrywiol, megis (Merengue, Cumbria, Salsa, Tango, Flamenco, Pop, y ddawns Fola ag eraill). Hyn i gyd i gynnal ysbryd o hwyl wrth ymarfer. Dewch unwaith a byddwch wedi eich hudo i ddychwelid yn gyson. Felly ffarfeliwch a chyfrifoldebau'r byd i ymuno a ni yn y neuadd bob nos Fawrth.

Cysylltwch – 07733 113569 neu – 01267 25222

Dirgelwch Rhaeadr Cwmcerwyn a Phyllau'r Saint

Diwrnod digon arferol fydd Dydd Mawrth yr 21ain o Fehefin eleni eto yn ein hardal fwy na thebyg. Ond ganrifoedd yn ôl dyma'r dydd pan anelai pob par o draed tua Llanpumsaint, a'u brid ar gyrraedd Cwm Cerwyn i weld y rhaeadr odidog yno ac ymdrochi ym mhyllau'r Saint odditani. Pum pwll sydd yno wedi eu henwi ar ôl, Gwyn, Gwynno, Gwynoro, Ceitho a Chelynin. Dyma'r diwrnod, sef Gŵyl San Pedr, pan ymgasglai poblogaeth yr ardal yma yn y gobaith am iachâd o wahanol glefydau, megis gwynegon, llygaid tost, y ddannodd ac achwyniadau eraill.

Yn ôl Brutus, bachgen lleol o bentref Llanpumsaint yn wreiddiol, a golygydd tanllyd "Yr Haul" yn y 19eg ganrif, bu ardal Llanpumsaint yn un o brif ganolfannau'r Derwyddon cyn i'r Rhufeiniaid gyrraedd yma. Mae'n dadlau ymhellach fod enwau rhai ffermydd sydd wedi goroesi, megis Derimysg a Phantydrw, yn cadarnhau'r cysylltiadau derwyddol yma. Felly pan sefydlodd y Saint eglwys yma ar safle templ yr hen grefydd, gwelwyd hyn fel parhad i'r traddodiadau gynt. Yn yr un modd mabwysiadwyd Cwm Cerwyn i'r byd Cristionogol, a chysegrwyd y pyllau hudol iachus i'r grefydd newydd. Glynodd y boblogaeth at yr hen ddaliadau am ganrifoedd lawer, a hyd yn oed yn 1710 mae'r Archddiacon Tennison yn nodi fod tua dau i dri chant o bobl yn dal i dyrru yma ar y dydd hiraf o'r flwyddyn.

I lawr yn y cwm cuddiedig gerllaw Bronallt a Gwarcwm ar ben rhiw Cwppers mae'r mwswm a'r creigiau llithrig yn dal i guddio'r hen hen gyfrinachau. Yma ar ddydd byrraf y flwyddyn mae haul y gaeaf ganol dydd yn tywynnu yn syth i lawr canol y rhaeadr, digwyddiad hynod o arwyddocaol i'r hen grefydd anghofiedig. Dyma safle arbennig iawn, mor agos i drafnidiaeth a phrysurdeb yr oes gyfoes, ac eto mor gyntefig o bell i ffwrdd. Os am iachâd ewch i lawr yno'n ofalus. Nid oes rhaid gwneud apwyntiad, a 'd oes ddim angen aros am driniaeth, cewch feddyginiaeth yn syth. Ond o ddifri, mewn oes pan welwn lu o hysbysfyrddau hanesyddol digon pitw mewn amryw ardal, onid oes yna ddadl dros hysbysu'r hen byllau sanctaidd yma, sy'n egluro tarddiad yr enw Llanpumsaint. A beth am lwybr diogel i lawr yno ar ôl glanhau'r safle ac ail gysegru'r safle santaidd? Dyma ein crair hynaf a phwysicaf.

Arwyn Thomas 2011

Prynwch Fricsen

Mae ymgyrch "Prynwch Fricsen" pwyllgor y Neuadd Goffa i godi arian tuag at yr estyniad newydd wedi bod hyd yn hyn yn llwyddiannus iawn. Eisioes gwerthwyd 83 bricsen ac fe fydd rhain yn ymddangos wrth y fynedfa newydd i'r Neuadd yn y dyfodol agos. Mae yn bosibl o hyd i brynu bricsen am £50. Os am ragor o fanylion cysylltwch a Derick Lock ar 01267 253524

The Saints Pools - A hidden gem

This year the longest day on the 21st of June falls on a Tuesday. It will doubtless, for most people be a normal day of commuting to work, harvesting in fields or busying oneself at home. Yet for over a thousand years and more this was always the busiest day of the whole year in Llanpumsaint, a day when people arrived in their hundreds, bent on visiting the five pools of the local Saints in the hope of being healed from the ailments of the day, be it rheumatism, toothache, sore eyes or whatever. Even as late as 1710 Archdeacon Tennison noted during his church Visitation, that between two and three hundred souls came to view and bathe in the sacred pools, one for each of the five saints – Gwyn, Gwynno, Gwynoro, Ceitho, Celynin.

It had been a long tradition, well established before the Saints arrived to found a church here in the 5th century, on the site of the Druids temple. Farm names like Derimysg and Pantydriw confirm a druidic connection and clues to Pre-Christian practices. Even today those brave enough to venture down the steep ravine, will find that on the shortest day of the year, the sun at noon shines directly down the waterfall above the pools. Here we have a local example to mirror similar significant celestial events at Stonehenge, Carnac in Brittany, Egypt, and further afield on the American continent. Christianity adopted the site and dedicated the pools to its own heroes.

Where exactly are these pools and how do I get there, you ask? At the top of Coopers Hill as you leave Llanpumsaint, between Bronallt bungalow on the right and Gwarcwm, a hundred yards or so on your left, pause to peer into the steep ravine below. Yes! A good hundred feet below, oblivious to our traffic dominated modern busy world, you enter the tranquil past age. If feeling unwell, just go down, no appointment is necessary, there's no waiting list, no prescriptions to collect and no cancellations; go directly down, bathe in the sacred waters of the Cerwyn to be cured at once. A word of warning though, the descent is treacherous.

All this leads one to plea. In this 21st century when we are encouraged to respect our past and persuade visitors to do likewise, why not secure a footpath with suitable signs and an Information Board so that all could savour this hidden gem of an experience. There must be many locals who've visited Devil's Bridge and Bettws-y-coed and yet be unaware of the Saints Pools and Cwm Cerwyn. What about it? Arwyn Thomas 2011

Prynwch Fricen – Buy A Brick

The Memorial Hall Committee's 'Buy a Brick' campaign to help fund the new Hall extension has been extremely successful. So far 83 bricks have been purchased and these will be displayed in the new entrance hall within the next few weeks.

It is still possible to buy a brick for £50 – further details can be obtained by phoning Derick Lock on 253524.

<p style="text-align: center;">Palu 'Mlaen</p> <p style="text-align: center;">Mathew Jones Agricultural Contractor And Plant Hire Mobile 07970030679 Tel 01267 253372 3 – 14t diggers Site clearing - Drainage – Excavator Muck Spreading – Big Square Baling And many other jobs undertaken</p>	<p style="text-align: center;">Hollybrook Country Inn Bronwydd 4* accommodation Pub and Restaurant Tel 01267 233521</p>
<p style="text-align: center;">Siop Penbontbren Stores General Stores & Hairdressers Open Mon – Sat 8 – 8 Sunday 9am – 1pm Tel: (01267) 253732 Steve and Roz Evans</p>	<p style="text-align: center;">SARAH ANN MOORE OUTDOOR AND OFFICE SERVICES BOOK-KEEPING, VAT (ONLINE), PAYROLL GENERAL OFFICE DUTIES (LONG OR SHORT TERM) GARDENING, HANGING BASKETS AND CONTAIN- ERS LIVESTOCK CARE CLEANING PHONE 01267 253412 MOBILE 07811 288104 sarah.moore324@btinternet.com</p>
<p>Fferm-y-Felin Farm Guest House and Self Catering Cottages Enjoy a relaxing break at this beautiful guest house or in one of our stone cot- tages</p> <p style="text-align: center;">01267 253498 www.ffermyfelin.com</p>	<p style="text-align: center;">Cambrian Chimney Liners <i>Also Damproofing & Timber Treatment</i> <i>(Soverign Contractor)</i> Telephone: (m) 07814802047 (h) 01267 253712 e-mail: info@cambrianchimneyliners.co.uk www.cambrianchimneyliners.co.uk</p>
<p style="text-align: center;">Webs Wonder Design.</p> <p style="text-align: center;">Content managed websites for busi- nesses organizations and community groups.</p> <p>Visit www.webswonder.co.uk.</p>	<p style="text-align: center;">D.A. Evans</p> <p style="text-align: center;">Plumbing and Heating</p> <p style="text-align: center;">Central heating, Boiler servicing, Bathrooms</p> <p style="text-align: center;">Installations and repairs</p> <p style="text-align: center;">Gwarcoed Rhos Llandysul SA44 5EQ 01559 370997 07966 592183</p>

For Sale Kyocera F2200-S laser printer. This is an old, black and white, heavy duty office printer with a parallel cable connection which has not been used for some time and comes complete with two new/unopened toner cartridges. No User Manual but these are available on the internet. We don't want anything for it but a small donation to this newsletter would be

<p>Railway Inn Llanpumsaint</p> <p>The Home of Quality Foods</p> <p>En-suite accommodation</p> <p>Fine Ales and Wine</p> <p>Tel: (01267) 253643</p>	<p>Chantecler Tiles</p> <p>Beautiful hand-made tiles, decorated and plain. Look at our website, www.chantecler.co.uk</p> <p>Call in and see our workshop – phone first please</p> <p>(01559) 389044 Gwastod Bach, Llanpumsaint</p>
 <p>Carmarthen Handyman <i>Your friendly local handyman !</i></p> <p>Painting & Decorating, Gardening, General Household Repairs or you may just need another pair of hands to do a job, just ask and I will try to be of service!!</p> <p>Visit our website for full details !!</p> <p><i>FREE estimates and Professional job at reasonable rates</i> Contact Chris on 01267 253731 / 07952 578224 www.carmarthenhandyman.com chris@carmarthenhandyman.com</p>	<p>Gwalia Garage</p> <p>Peniel Road Rhydargaeau MOT's, servicing tyres, repairs & post office.</p> <p>Shop Tel: (01267) 253249 Garage Tel: (01267) 253599</p>
<p>Gwili Mill Llanpumsaint</p> <p>5* Self-catering house sleeping up to 15 7 bedrooms, 6 bathrooms Full size snooker table Ideal for family get-togethers and celebrations</p> <p>www.gwilimill.co.uk 01267 253308</p>	<p>Wade Furniture</p> <p>Designers and Manufacturers of very high quality bespoke kitchens and furniture Visit www.wadefurniture.com</p> <p>Phone 01559 389044 Gwastod Bach Llanpumsaint SA33 6LH</p>

To advertise here contact newsletter@llanpumsaint.org.uk or take your advert along with payment to Penbontpren Stores, or contact Carolyn on 01267 253308, info@llanpumsaint.org.uk **Copy date for next edition 1st June**

Business adverts £5 per issue, domestic sales and wants free.

For an A5 flyer distributed with Village Voice £10 per issue.

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

Wall mirror in the style of a Dickensian Olde Worlde shop window. Mahogany frame and nine mirror panels. 38ins wide by 31ins tall. Excellent condition. £30. Telephone 253993. See picture on www.llanpumsaint.org.uk/sales

Brass door knobs (used, but in good condition) – 52mm , 8 pairs £20 Telephone 01267 253308

Seeds for sale in shop – proceeds to Llanpumsaint School

Wanted: Window cleaner to clean external house windows on a monthly basis. Seventeen windows in total. Tel:253993

George Forman Lean Mean Grilling Machine, purple lid, unused, still in box, £15 phone 01267 253308