



Awst 2010



Llywodraeth Cymru
Welsh Assembly Government

Llais y Pentref

Croeso I argraffiad mis Awst o “Llais y Pentref” a gyhoeddir gan Gyfnewid Gwybodaeth Cymuned Llanpumsaint. Gallwch gysylltu a ni drwy ffonio Carolyn ar 01267 253308, neu drwy'r e-bost ar info@llanpumsaint.org.uk

Ffoniwch Ann Pettitt ar 01559 389044 neu drwy'r e-bost ar newsletter@llanpumsaint.org.uk gydach eitemau ar gyfer y rhifyn nesaf o ‘Llais y Pentref’ a gyhoeddir ym mis Hydref os gwelwch fod yn dda.

Rhowch gipolwg ar ein gwefan newydd www.llanpumsaint.org.uk Mae'n dal I gael ei ddatblygu ond bydd wedi ei orffen cyn bo hir. Os ydych eisiau cyflwyno gwybodaeth am eich grwp neu gymdeithos neu os ydych am gynnwys manylion am eich busnes cysylltwch a webmaster@llanpumsaint.org.uk . Os oes gennych wybodaeth an hanes y pentref yr hoffech ei gynnwys byddwn yn falch o glywed oddi wrthy.

Cymdeithas Rhiene ac Athrawon Llanpumsaint

Cafwyd cefnogaeth dda iawn i'r ddawns 'sgubor a'r disgo yn y Neuadd Goffa ar y 3ydd o Orffennaf, oedd yn noddiant llwyddianus i'r ysgol. Roedd pawb wedi mwynhau'r noson ac yn dal I ddawnsio tra'r oedd aelodau'r Gymdeithas yn dal i glirio lan ar ddiwedd y noson! £1019.14 oedd y swm a gasglwyd ar y noson. Mae'r gymdeithas yn ddiolchgar i Marie Inman am drefnu cyfraniad cyfatebol punt am bunt gan Fanc Barclays. Diolch i aelodau'r Gymdeithas am eu cymorth yn trefnu'r ddawns 'sgubor a'r disgo ymlaen llaw ac i'r sawl fu'n cynorthwyo ar y noson. Noddwyd y noson gan Proprint, Caerfyrddin, The Lunch Box Tenby, Wendy's Bakery ac Andrews Chilled Foods.

Ar hyn o bryd mae'r ysgol yn casglu Nestle 'Box Top Tokens' a welir ar unrhyw rawnffrwyth Nestle. Mae bocs casglu'r uchod ar gael yn siop y pentref. Defnyddir y tocynnau hyn i brynu llyfrau i lyfrgell yr ysgol.

Cymdeithas Rhieni ac Athrawon Llanpumsaint

I sylw siopwyr as lein!

www.easyfundraising.org.uk/causes/llanpumsaintpta

Os ydych yn siopa ar lein chwiliwch am y cyfeiriad i'r wefan uchod ac yna siopiwch yn ol yr arfer. Mae'n fford rwydd iawn i godi arian i Ysgol Gynradd, Llanpumsaint. Mae'n ddiogel ac nid yw'n costio'r un geiniog i chi. Mae 'na lawer o siopau a chynigion arbennig i chi hefyd. Hyd yn hyn, codwyd £200. Mae arnom angen gy-



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

August 2010

Village Voice

Welcome to the August edition of “Village Voice” - published by the Llanpumsaint Community Information Exchange. You can contact us by phoning Carolyn on 01267 253308, or by emailing info@llanpumsaint.org.uk Please e-mail newsletter@llanpumsaint.org.uk or phone Ann Pettit on 01559 389044 with items for our next Village Voice which will be published in October.

Have a look at our new website - www.llanpumsaint.org.uk. It is still under development, but it will be finished soon. If you want your group to be mentioned or you have a business that you want to be included, just contact webmaster@llanpumsaint.org.uk. And if you have some history of the village that you would like to be included, we would welcome a call.

Llanpumsaint Parents and Teachers Association

The barn dance and disco at the Memorial Hall on Saturday 3rd July was very well attended, and was a successful fundraiser for the school. A fun evening was had by all, and people were still dancing as the PTA were clearing up at the end of the night! A total of £1019.14 was taken on the night. The PTA are grateful to Marie Inman who has arranged match funding by Barclays Bank. Thank you to all PTA members who helped arrange the barn dance and disco, and those who helped on the night. This event was kindly sponsored by Proprint Carmarthen, The Lunch Box Tenby Ltd, Wendy's Bakery, and Andrews Chilled Foods.

The school is currently collecting Nestle ‘Box Top Tokens’ available on any Nestle breakfast cereal. There is a Collection box situated in the village shop. These tokens are used to purchase new books for the school library.

Attention On line Shoppers!

www.easyfundraising.org.uk/causes/llanpumsaintpta

If you shop online, try the above unique web address first to visit the easyfundraising website, 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, over £200 has been raised. We need as many shoppers as possible to join. It’s easy!!

Whats On in the Village in the next few months!

The Hollybrook Bronwydd has a quiz night on the last Sunday in the month - the next one will be 29th August, starting about 8.00pm.

Llanpumsaint Day at the Races at Ffos Las on Friday August 27th

Enjoy a day at the races – including return luxury coach travel, Entry to race meeting, and food on return to Railway Inn Cost £28 per person. Depart Railway Inn 11.30hrs to return after last race. Limited seats available so book early to avoid disappointment. Contact Railway Inn 01267 253643 or Mike Poston 01267 253725 – Full payment required at time of booking

Cynwyl Elfed Y F C 21 Show at ‘Shed’ Field Panthwdog, Cynwyl Elfed Bank Holiday Monday 30 August to commence at 11.00am. Admission £4, children under 16 years £2.00, Children Under 12 years free.. Evening entertainment Crazy Football, Alternative Horse Racing, Pig Roast and BBQ, Bar.

Llanpumsaint and Nebo Bowling Club AGM on Wednesday 1st September at 8.00pm New members interested in short mat bowls are most welcome to attend

Llanpumsaint Welfare and Recreation Association AGM on Monday 6th September at 7.30pm in Memorial Hall. All are welcome.

Llanpumsaint Community Information Exchange will be hosting an Evening of Clairvoyance with Audrey Wilson at Memorial Hall Llanpumsaint Friday 17th September 2010 at 7.00pm, cost £5 including light refreshments.

Tickets from Sandy Mather 01267253547 and Sue Peake 01267 253731

Nebo on Friday evening September 17th are holding a barn dance at nebo vestry. Suitable for beginners and professionals of all ages. Come and join in the fun.

Railway Inn monthly Quiz and Curry night, 23rd September 2010, at 7.00pm, cost £5 per head, which includes Mike's delicious chicken or vegetable curry with rice and poppadoms.

Macmillan Coffee Morning 24th September, 10.30am in Memorial Hall Please support this very worthwhile cause – if you can't make please give a donation

Memorial Hall and Old Age Bingo 24th September 8.00pm in the Memorial Hall - Bingo evening on every 4th Friday of the month from September 24th to January 2011. The December bingo will be a special Turkey Bingo on Friday 17th December. All will commence at 7.30pm.

Beth sydd 'mlaen yn y pentref dros y misoedd nesaf:-

Mae **Tafarn Nantcelynnen Bronwydd** yn cynnal noson gwis ar y nos Sul olaf yn y mis – bydd yr un nesaf ar y 29ain o Awst, yn dechra am 8.00y.h.

Diwrnod Llanpumsaint yn Rasmus Ffos Las ar ddydd Gwener Awst 27 2010.

Dewch i fwynhau diwrnod yn y rasmus fydd yn cynnwys taith mewn bws gyfforddus, mynediad i Ffos Las a phryd o fwyd wedi dychwelyd yn Nhafarn y Rheilffordd. Y gost fydd £28. Fe fydd y bws yn gadael am 11.30 y.b. ac yn dychwelyd ar ol y ras olaf. “Cyntaf i'r felin” a.y.b. gan nad oes llawer o seddau ar ol felly i sicrhau eich sedd cysylltwch a Thafarn y Rheilffordd ar 01267 253643 neu Mike Poston 01267 253725 ar unwaith. Disgwylir taliad llawn pan fyddwch yn archebu sedd.

C.F.F.I Cynwyl Elfed Y.F.C 21 Sioe yn Cae'r 'Shed', Panthwdog, Cynwyl Elfed Dydd Llun Gwyl y Banc 30 Awst , i ddechrau 11 y bore. Mynediad £4, plant dan 16 oed £2, plant dan 12 oed ddim. Adloniant Noson pêl-droed crazy, rasio ceffylau eraill, mochyn rhost & BBQ, bar.

Cynhelir Cyfarfod Blynyddol y Clwb Bowlio ar Nos Fercher 1af a Fehefin am 8.00y.h. Mae croeso arbennig i aelodau newydd, sy'n ymddiddori mewn bowlio mat byr, i'r cyfarfod

Croeso i bawb i **Gyfarfod Blynyddol Pwyllgor Cymdeithas L'es ac Adloniant Llanpumsaint** yn y Neuadd Goffa nos Lun. 1af o Fedi am 8.00y.h.

Cyfnewid Gwybodaeth Cymuned Llanpumsaint

Cynhelir Noson “Clairvoyance” gyda Audrey Wilson ar Nos Wener Fedi 17 2010 am 7 y.h. Neuadd Goffa Llanpumsaint Mynediad £5. Fe fydd lluniaeth ysgafn ar gael. Tocynnau oddiwrth Sandy Mather 01267 253547 a Sue Peake 01267 253731

Nebo Medi 17eg. Nos wener y 17eg o Fedi rydym yn cynnal Twmpath Dawns yn Festri Nebo. Noson I bob oed ac i ddawnswry o bob safon a phrofiad. Dewch atom am noson o hwyl a sbri.

Mae'r **Clwb Ieuentid** yn ail ddechrau ar Fedi 20ed - dewch atom i weld y rhaglen sy'n llawn o weithgareddau newydd a chyffrous os gwelwch fod yn dda. Croeso i aelodau newydd.

Cynhelir y Cwis Misol nesaf yn **Nhafarn y Rheilffordd** ar y 23ain o Fedi am 7.00y.h. £5 fydd cost y noson yn cynnwys cyri cyw iar neu lyseuol blasus Mike gyda reis a phoppadoms

Bydd taith gerdded nesaf **Clwb Cerdded Llanpumsaint** Dydd Sadwrn y 25ain o Fedi, yn cerdded llwybr arfordirol Ceredigion o Bebbryn i Langrannog. Tua 2 filltir yw'r daith yn cymryd tua 90 munud gyda chyfle i weld bywyd gwylt a chedded ar y traethau. Byddwn yn ymgynnull ym maes parcio a chaffi'r Ymddiriedolaeth Genedlaethol ger Traeth Penbryn, Explorer 198, am 1 o'r gloch. Os hoffech ddod cysylltwch a Carolyn ar 01267 253308 fel y medrwn gyd-gysylltu'r trefniadau teithio i Benbryn

Neuadd Goffa Noson Curry yn Sheesh Mahal nos Fawrth 28 o Fedi Tocyn £12 - Ffon Kathleen Morris 01267

Eglwys y Plwyf Llanpumsaint.

Cynhelir Gwyl Ddiolchgarwch yr Eglwys ar Hydref 1 2010 am 6.30 yr hwyr gyda Swper Diolchgarwch o ddau gwrs i ddilyn yn y Neuadd Goffa am 8 o'r gloch. Croeso i bawb. Tocynnau i'w cael oddi wrth Aelodau'r Eglwys, Bob Jameson (253329) neu yn y siop. Pris £8.50 a £5 i blant ysgol gynradd.

Clwb Ieuenctid Llanpumsaint Cyfarfod Blynyddol Cyffredinol Nos llyn, Hydref 11eg 2010 at 7.30yh yn y Neuadd Goffa. Croeso i bawb, mae angen cyfeiriad a syniadau newydd.

Neuadd Goffa Cyngerdd - nos Wener 15ed o Ragfyr gydag artistiaid lleol Cor Seingar, Llinos Thomas, Rhys James MC y noson fydd John "Clocs" Cadeirydd y noson fydd David Jones gynt o Penpontbren. Tocyn £ 7.50, plant am ddim.

Ar Dydd Sadwrn yr 16ed o Hydref bydd **Clwb Cerdded Llanpumsaint** yn cerdded wac leol. Wac 1 ar y 'The ditch-hikers Guide to Llanpumsaint' (copiau ar gael yn y siop leol). Cyfarfod yn Bodran Felin am 1.00 y.p. Mae'n wac o ryw 3 awr a gall fod yn fwdlyd mewn manau. Ar ol y wac ceir lluniaeth ym Modran Felin a bydd Cyfarfod Blynyddol y Clwb yn dilyn

Cynhelir y Cwis Misol nesaf yn **Nhafarn y Rheilffordd** ar y 23ain o Hydref am 7.00y.h. £5 fydd cost y noson yn cynnwys cyri cyw iar neu lyseuol blasus Mike gyda reis a phoppadoms

Ar Hydref 30 2010 fydd y **Cor Llanpumsiant a'r Cylch** yn cynnal eu Cyngerdd Blynyddol yng Nghapel Tabernacl Caerfyrddin am 7.30 y.h. Eleni fe fydd rhaglen amrywiol yn yr hanner cyntaf ac yn yr ail hanner fe fydd y Cor yn perfformio "Stabat Mater" gan Rossini. Yr artistiaid gwadd fydd:- Ros Evans (Soprano) Rhian Williams (Mezzo Sop.) Huw Llewelyn Jones (Tenor) Sion Goronwy (Bas) Allan Fewster (Organydd) a Ensembl Llinynnol Caerfyrddin. Dewch i gefnogi.

Neuadd Goffa - Noson i'r merched - Nannette's Sioe Ffasiwn Casgliad y Gaeaf nos Iau 4ydd o Dachwedd 2010. Tocyn £5 yn cynnwys gwydraid o win.

<p>Neuadd Goffa Llanpumsaint a Ffynnonhenri Os am archebu'r Neuadd ar gyfer unrhyw ddiwyddiad, ffoniwch Mr. Arwel Nicholas ar 01267 281365</p>
--

Llanpumsaint Walkers next walk on Saturday 25th September, walking part of the Ceredigion Coast path from Penbryn to Llangrannog. This is just about 2 miles, and takes about 90 mins with stops to see the wildlife and to walk on the beaches. We will meet at the National Trust car park and cafe of Penbryn Beach, [Explorer 198](#) at 1.00pm. Contact Carolyn on 01267 253308 if you would like to come so that we can co-ordinate transport to Penbryn

Memorial Hall - Curry night in the Sheesh Mahal 28th September 7pm £12.00 per ticket.

Harvest Festival Friday 1st October Service at 6.30pm in **Llanpumsaint Church** to be followed by a 2 course **Harvest Supper** in the village hall at 8 pm - open to all. Tickets £8.50 (£5 for primary school children) available from Church members, Bob (253239) & the shop.

Llanpumsaint Youth Club AGM on Monday 11th October 2010, at 7.30pm, in Llanpumsaint Memorial Hall – everyone welcome as we need new ideas and direction.

Memorial Hall - A concert on Friday night 15th October featuring local Choir Seingar supporting acts Llinos Thomas, Rhys James and the MC for the night will be John “Clocs” Chair for the evening will be David Jones “Penpontbren”. Tickets will be on sale soon £7.50 children free.

Llanpumsaint Walkers Saturday October 16th we will do a local walk - Walk 1 on the "The Ditch-hiker's Guide to Llanpumsaint" (copies available in the shop). Meet at Bodran Felin at 1.00pm. The walk takes about 3 hours, and may be muddy in places. After the walk refreshments at Bodran Felin and then we will hold our AGM

Railway Inn monthly Quiz and Curry night, 21st October 2010, at 7.00pm, cost £5 per head, which includes Mike's delicious chicken or vegetable curry with rice and poppadoms.

On Saturday October 30 2010 the **Llanpumsaint and District Choir** will be holding its Annual Concert at Tabernacle Chapel, Carmarthen at 7.30p.m. This year the first half will be a miscellaneous programme and in the second half the Choir will perform Rossini's Stabat Mater in Latin. The guest artists this year will be:- Ros Evans (soprano) Rhian Williams (Mezzo Sop.) Huw Llewelyn Jones (Tenor) Sion Goronwy (Bass) Allan Fewster (Organist) together with the Carmarthen String Ensemble . Please come and support.

Memorial Hall A ladies night on Thursday night 4th of November 2010 with Nannette's Fashion Show the Winter Collection £5 a ticket including a glass of wine or juice.

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

Llanpumsaint and District Choir.

The Choir which is a mixed choir has now been in existence for nearly 31 years and meet on a weekly basis at the Community Hall at Cynwyl Elfed on Thursday nights at 8 p.m. There are 55 members in the Choir and all have a good time learning and also socialising. On Saturday July 17 2010 members went to the Welsh Proms in St Davids Hall (and shopping) in Cardiff. This was an enjoyable experience.

On Saturday October 30 2010 the Choir will be holding its Annual Concert at Tabernacl Chapel, Carmarthen at 7.30p.m. This year the first half will be a miscellaneous programme and in the second half the Choir will perform Rossini's Stabat Mater in Latin. The guest artists this year will be:- Ros Evans (soprano) Rhian Williams (Mezzo Sop.) Huw Llewelyn Jones (Tenor) Sion Goronwy (Bass) Allan Fewster (Organist) together with the Carmarthen String Ensemble . Please come and support.

We are always looking for new members in the four parts therefore if you are interested please contact Gwyn (Conductor) 01267 25368 or the Chairman Arwyn Jones on 01994 230349. The Choir are now having a respite during the month of August and will recommence on September 2 2010 at 8 p.m.

New Scam

Dave Robinson reports about a new scam. If you have a PC and connect to the Internet, watch out for this easy scam. Do not be fooled into doing what this guy asks you!

Someone will ring you and say that they are from a Computer Company. They have received logs from your PC saying that there were serious errors which needed to be fixed. He would "help". He knows your Name, Address and Telephone number and claims he has got this from your Internet Provider. He hasn't of course.

After "proving" that you indeed do have errors, he will ask you to sign on to a website called www.teamviewer.com and join a session. I've used the TeamViewer Software myself for helping the kids out remotely. It's a valid free tool which allows consenting adults to take control of another PC's keyboard and screen remotely, via a broadband link. Once authorised by you, he can then take control of your PC and do anything he wants to as if he were sitting at your desk!

He could infect your system with a fake Virus Protection Program which will report that you have lots of Virus's, Spyware, etc. You've probably already guessed it, for a small fee, up to £250; you can download a program which will fix your PC. My guess is that this particular Virus fixing program is actually a Virus itself! He could install a Key logger; change your password... etc.

I know of at least 5 calls in this Post Code area. So, please be aware of this and do NOT become a VICTIM.

Cor Llanpumsaint a'r Cylch

Mae'r Cor sydd yn gor cymysg wedi bod mewn bodolaeth yn awr ers bron i 31 o flynyddoedd ac yn cwrdd yn wythnosol yn Neuadd Gymunedol Cynwyl Elfed bob nos Iau am 8 o'r gloch. Mae 55 o aelodau'n y cor ac i gyd yn mwynhau wrth ddysgu ac hefyd cymdeithasu. Dydd Sadwrn Gorffennaf 17 2010 aeth llond bws o aelodau i'r Proms Cymraeg yn Neuadd Dewi Sant (a siopa) yng Nghaerdydd. R'oedd hwn yn brofiad da iawn.

Ar Hydref 30 2010 bydd y Cor yn cynnal eu Cyngerdd Blynyddol yng Nghapel Tabernacl Caerfyrddin am 7.30 y.h. Eleni fe fydd rhaglen amrywiol yn yr hanner cyntaf ac yn yr ail hanner fe fydd y Cor yn perfformio "Stabat Mater" gan Rossini. Yr artistiaid gwadd fydd:- Ros Evans (Soprano) Rhian Williams (Mezzo Sop.) Huw Llewelyn Jones (Tenor) Sion Goronwy (Bas) Allan Fewster (Organydd) ac Ensembl Llinynnol Caerfyrddin. Dewch i gefnogi.

R'ydym bob amser yn chwilio am aelodau newydd ymhob llais felly os oes gennych ddiddordeb cysylltwch a Gwyn (Arweinydd) 01267 253686, neu'r Cadeirydd Arwyn Jones 01994 230349

Mae'r Cor yn awr yn cael seibiant dros fis Awst ac yn ail ddechrau ar Fedi 2 2010 am 8 y.h.

Sgam Newydd

Mae Dave Robinson am roi gwybodaeth am sgam newydd. Os oes gennyf Gyfrifiadur Personol a mynediad i'r Rhyngwrdd, edrychwch mas am y sgam rwydd yma. Peidiwch bod yn ffol a gwrando ar yr hyn mae'r gwr hwn yn ofyn i chwi.

Bydd rhywun yn rhoi galwad i chi yn honni eu bod o Gwmni Cyfrifiadurol. Mae'n wedi derbyn 'logs o'ch CP' yn dweud bod yna wallau sylweddol sydd angen eu trwsio. Mae nhw'n cynnig cymorth!

Mae'n gwybod eich enw, cyfeiriad a rhif ffon, gwybodaeth y mae ef yn dweud gafodd gan eich darparwr rhyngwrdd. Nid yw hyn yn wir wrth gwrs! Wedi 'profi' fod gennych wallau, mae'n gofyn i chwi arwyddo i wefan o'r enw www.teamviewer.com ac i ymuno mewn sesiwn.

Rwyf wedi defnyddio'r meddalwedd 'Teamviewer' fy hunan i helpu'r plant ar adegau. Mae'n arf dilys rhad sy'n caniatu i oedolion a chaniatad reoli cyfeirwrdd a sgrin cyfrifiadur personol arall trwy gyswllt band llydan o bellter. Gyda'ch caniatad chi mae'n medru rheoli eich cyfrifiadur personol a gwneud beth bynnag mae e'n berderfynnu yn union fel pe bae'n eistedd wrth eich desg. Gall heintio eich system a rhaglen ddiogelu feirws ffug, fydd yn adrodd fod gennych lawer feirws, 'spyware' acyb. Mae'n siwr eich bod wedi synhwyro eisoes, am gyfran ariannal fach, hyd at £250, gallwch ddadwytho rhaglen fydd yn trin eich cyfrifiadur personol. 'Rwy'n synhwyro bod y rhaglen trin y feirws arbennig yma'n feirws yn ei hunan. Gall osod 'Key Logger', newid eich trwyddedair a.y.y.b. Mae gennyf wybodaeth am 5 galwad yn ardal y Cyfeirnod post yma. Felly, os gwelwch fod yn dda, byddwch yn ymwybodol a hyn a peidiwch bod yn ddiodefwr.

Oddi wrth ein Swyddog Heddlu Cymunedol Huw Freeman.

Un o'r prif bryderon a nodwyd gan y plwyfolion yw cyflymdra cerbydau drwy'r pentref. Cydweithiodd Bethan a minnau i dargedu cerbydau sy'n gor-yrru drw'r pentref ac 'nydym wedi talu ymweliadau gyda gwn targedi cyflymdra. Canlyniad hyn fu i rai tocynnau gor-yrru gael eu cyflwyno, mewn un sesiwn a barodd lai nag awr. Rhybyddiwyd 10 person am yrru dros 30mya a chafodd un gyrrwr docyn am yrru ar gyflymder o 51mya mewn ardal 30 mya.

Byddwn yn dal i wneud hyn a'n gobaith yw y medrwn roi ym meddylfryd gyrrwyr eu bod yn debygol o gael eu dal a bydd hyn yn arwain iddynt arafu. Byddwn hefyd yn cyd-weithio gyda'r cyngor i drafod mesurau arafu traffig.

Corwen ddiolch I Clwb Ieuenctid Llanpumsaint am ddefnydd beiciau o'i eiddo. Mae Bethan a minnau wedi gwneud defnydd ohonynt sydd wedi ein galluogi yn ein hymdrechion o fod yn weladwy yn y gymuned. Carwn hefyd glywed oddi wrth drigolion sy'n byw mewn llecynnau anghysbell gan ein bod yn ceisio sefydlu cynllun sy'n ceisio atal ymwelwyr amheus i eiddo gwledig, yn arbenning ffermydd. Mae yna fasnachwyr amheus ar hyd y lle, ac 'rydym yn dymuno'u hatal rhag curo ar eich drws. Ein cyngor yw – os oes angen gwaith atgyweirio ar eich eiddo, cysylltwch a chwmni ag enw da. Os nad ydych wedi gofyn amdano, yna nid oes ei angen arnoch.

Os gwelwch fod yn dda, peidiwch bod rhwng dau feddwl i gysylltu i drafod unrhyw gonsern sydd gennych. Gallwch gysylltu a Bethan a minnau drwy ffonio 101 estyniad 25343 neu ebost huw.freeman@dyfed-powys.pnn.police.uk neu bethan.hodgkinson@dyfed-police.pnn.police.uk .

“Pilates” yn y Neuadd

Ers rhai wythnosau bellach dw i wedi bod yn mynychu cwrs “ Pilates” ar foreau dydd Mawrth yn y Neuadd Goffa.

Cwrddais a Debra, yr hyfforddwraig ac fe wnaeth hi egluro popeth ynglyn a'r cwrs. Mae 8 ohonom yn cwrdd yn gyson ac wedi darganfod fod “Pilates” yn fuddiol ac yn ffordd hawdd i ymlacio. Mae pawb yn gyfeillgar iawn ac oherwydd maint y grwp yr ydym yn elwa wrth gael sylw unigol a gellwch wneud cymaint o ymarferion ag y medrwn.

Dw i yn mwynhau yn fawr iawn, mae yn ffordd i ymuno yng ngweithgareddau'r pentref ac hefyd i ddod i adnabod y trigolion.

Mae'r cwrs yn awr wedi gorffen dros yr haf ond bydd yn ail-ddechrau ym mis Medi. Felly os oes gennych ddi-ddordeb i ymuno cysylltwch a Debra ar 01267 281 419 neu 07792 444 778- fe gewch groeso cynnes.

Tegwen Thomas – Gorffennaf 2010

From our Neighbourhood Policing Officer, Huw Freeman

One of the biggest concerns raised by residents is the speed of vehicles in the village. Bethan and I have worked together to target speeding vehicles and have undertaken visits with a speed gun. This has resulted in some speeding tickets being issued. In just one session lasting less than 1 hour, 10 People were warned for traveling over the '30' mph speed limit and 1 Individual was ticketed doing 51 in a '30'.

We will continue to do this, and as ever our hope is that we can put in the mind of drivers the fear that if they speed they may be caught, causing them to slow down. We will also work with the council to discuss any potential traffic calming measures.

We would like to thank Llanpumsaint Youth Club for allowing us use of the bikes they acquired. Bethan and I have used them and they certainly help in our efforts to be visible in the community.

I would also like to hear from any residents living in the more isolated locations as we are looking to try and set up a scheme to try and deter cold callers to rural properties, primarily farms. There are rogue traders about, and we want to stop them from knocking on your doors.

Our advice is that if you need work done on your property, contact a reputable company. If you haven't asked for it, don't have it.

Please don't hesitate to contact us to discuss any issues you have. You can contact Bethan and I by calling 101 ext 25343. Alternatively email huw.freeman@dyfed-powys.pnn.police.uk or bethan.hodgkinson@dyfed-powys.pnn.police.uk

Pilates in the Hall.

For some weeks now I've been attending a Pilates course on Tuesday mornings in the village Hall.

I met Debra, the instructor, and she explained all about Pilates. I gave it a go and found it relaxing and beneficial. There are about 8 of us who attend regularly. Everyone is friendly and given the size of the group we benefit from individual attention and people can do as much or as little as they are able. .

I really enjoy it and it's a great chance to join in the village life and get to know people.

The course is starting again in September so if you fancy coming along get in touch with Debra on 01267 281 419 or 07792 444778. You'd be really welcome.

Tegwen Thomas – July 2010.

Llanpumsaint Church

Services are held in Llanpumsaint, Llanllawddog and St Celynin every Sunday, but at different times depending on the date. Full details are available on the church notice board.

Ffynnonhenri Chapel

September 5 2010 Rev Desmond Davies Carmarthen (Communion) at 2 p.m.

September 19 2010 Rev William Richards Peniel at 10.30a.m.

October 3 2010 Rev Eifion Lewis Peniel (Communion) at 10.30a.m.

October 17 2010 Local arrangement

Should you require any further information please contact Danny 01267 253418 or Gwyn 01267 253686.

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 Peniel Carmarthen

Thursday 2.00pm Prayer Meeting

Contact Geraint Morse (Minister) 01267 230676 or Brinley Jones (Secretary)
01267 253481

LLANPUMSAINT CHURCH – The recent Cream Tea held in Llanpumsaint in aid of the church at Pantycelyn proved to be a very successful and enjoyable event. The event was formally opened by Mr Edward Perkins, a former resident of Pantycelyn.

The Church Officers are extremely grateful for all the support and help in arranging this event, they would like to thank Mary and William FitzSimon for the venue, everyone for all the donations, raffle prizes and items for the stalls that were received and also to the members of Llanllawddog and St Celynin Churches and to the local community for supporting the event on the day.

To date we have raised in the region of £1,700. Finally thank you to Barclays Bank for their support under the £ for £ scheme.

Eglwys Llanpumsaint

Cynhelir gwasanaethau yn Eglwysi Llanpumsaint, Llanllawddog a Sant Celynin bob dydd Sul ond ar wahanol amserau, hyn yn dibynnu ar y dyddiad. Gwelir manylion llawn ar hysbysfyrdau'r Eglwysi.

Ffynnonhenri Capel

Medi 5 2010 Parch Desmond Davies Caerfyrddin (Cymundeb) am 2 y.p.

Medi 19 2010 Parch William Richards Peniel am 10.30 y.b.

Hydref 3 2010 Parch Eifion Lewis Peniel (Cymundeb) am 10.30 y.b.

Hydref 17 2010 Trefniant Lleol

Os ydych eisiau rhagor o fanylion cysylltwch a Danny 01267 253418 neu Gwyn 01267 253686

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 Dwyiethog yn ein chwaer

Eglwys Peniel Carmarthen

Dydd Iau 2.00pm Cwrdd Gweddi

Rhifau Cwswllt Geraint Morse (Gweinindog) 01267 230676

Brinley Jones (Ysgrifennydd) 01267253481

Eglwys Llanpumsaint

Bu'r Te Hufen a gynhaliwyd yn Llanpumsaint ar gyfer codi arian ar gyfer yr eglwys yn fwynhad a llwyddiant mawr ym Mhantycelyn. Agored yr achlysur gan Edward Perkins, un o gyn breswywyr Pantycelin. Mae swyddogion yr eglwys yn dra diochgar am y cy-morth i drefnu'r achlysur. Carent ddiolch i Mary and William Fitzsimon am y lleoliad, am gyfraniadau lawer, gwobrau raffl a citemau a dderbyniwyd ar gyfer y standinau.

Diolch hefydd i aelodau Eglwysi Llanllawddog a St Celynin a'r trigolion lleol am gef-nogi'r achlysur ar y dydd. Ar hyn o bryd mae'r cyfrig yn £1700. Yn olaf, diolch i Fanc Barclays am ei cefnogaeth o tan y cynllyn y cynllyn punt am bunt. ar gyfer y standinau.

Cymdeithas Henoed Llanpumsaint

Bingo 24ain o Fedi am 8 o'r gloch yn y Neyadd Goffa. Croeso i bawb.

Ymunwch gyda ni.

Cyswllt Mali Lloyd Ysgrifenyddes.

Gweithgaredd Haf y Clwb Ieuenctid

Dyma agroddiad Lee Moore:

"Roedd gwibdaith haf y clwb ieuenctid yn anhygoel. Cwsom gysgu mewn tipi a choginio 'marshmallows' ar dan agored yn yr awyr iach. Cawson hwyl arbennig yng nghwmni aelodau Club Ieuenctid, Llansteffan. Y diwrnod canlynnol euthum i liwio'r glannau yn Nhy Ddewi. Roeddem wedi nofio, dringo creigiau a neidion adrenalín i'r mor o uchder o 30 troedfedd. Cefais amser arbennig o dda!"

Cyfarfod Blynyddol Cyffredinol Clwb Ieuenctid Llanpumsaint – nos Llun, Hy-fred 11eg 2010 am 7.30yh yn y Neuadd Goffa – Croeso i bawb mae angen cy-feiriad a syniadau newydd.

Mae'r clwb ar gyfer plant o 7 oed i fyny. Cynhelir ar nos Lun o 5.00 – 7.30 o'r gloch (cyfned ysgol yn unig), yn Neuadd Goffa, Llanpumsaint. Mae'r Clwb Ieuenctid yn ail ddechrau ar Fedi 20ed - dech atom i weld y rhaglen sy'n llawn o weithgareddau newydd a chyffrous os gwelwch fod yn dda – Croeso i aelodau newydd.

Cynhelir gweithgareddau hefyd yn ystod rhai gwliau ysgol.

Clwb Bowlio Llanpumsaint a Nebo

Cynhelir Cyfarfod Cyffredinol Blynyddol Clwb Bowlio Llanpumsaint a Nebo nos Fercher 1af o Fedi am 8 o'r gloch. Mae croeso arbennig i aelodau newydd, sy'n ymddiddori mewn bowlio mat bwr i'r cyfarfod.

Mae clwb bowlio pentref yn charae yn Ail Adran Cyngrair Bowlio Mat Byr Sir Gaerfyrddin. Mae'r clwb yn cwrdd ar nos Lun a nos Fercher yn y Neuadd Goffa o ddechrau mis Medi tan ddiwedd mis Ebrill bob tymor. Bydd tymor 2010 –11 yn dechrau ar Fedi 6ed o 7.30yh hyd 9.30yh a phob nos Lun a nos Fercher o hynny ymlaen yn ystod y tymor.

Mae'r clwb bob amser yn chwilio am aelodau newydd, felly os oes chwant arnoch roi tro arni, dewch atom ar y 6ed o Fedi i roi cynnig arni i droi eich llaw.

Am fwy o fanylion, cysylltwch a

Cadeirydd Malcolm Howells ar (01267) 253207

Ysgrifenydd Derick Lock ar (01267) 253524

Llanpumsaint O.A.P

Bingo 24th September 8.00pm in the Memorial Hall - Welcome to everyone. Come and join us. New members are always welcome. Contact Mali Lloyd (Secretary)

Llanpumsaint Youth Club

Summer Activity by Lee Moore:

"The youth club summer trip was awesome. We slept in a Tipi overnight and cooked marshmallows on an open fire outside. We had a good laugh with Llanstephen youth club members.

The next day we went coasteering in St Davids. Activities we did were swimming, rock climbing and adrenaline jumps into the sea from 30 feet!. I had a really good time. "

The Annual General Meeting of Clwb Ieuencid Llanpumsaint Youth Club - Monday 11th October 2010 7.30pm at Llanpumsaint Memorial Hall.

Everyone welcome as we need new ideas and direction

The Club is for Young People aged from Year 7 and upwards and is held on a Monday evening from 5pm – 7.30pm (in school term time only.) At Llanpumsaint Memorial Hall

The Youth Club starts again on Monday 20th September – please come along for a copy of the programme full of new and exciting activities. **NEW MEMBERS WELCOME.**

Activities are also held during some school holidays.

Llanpumsaint and Nebo Bowling Club

Llanpumsaint and Nebo Bowling Club AGM on Wednesday 1st September at 8.00pm. New members interested in short mat bowls are most welcome to attend

The village bowling club plays in the Second Division of the Carmarthenshire Short Mat Bowls League. Club Nights are held on Monday and Wednesday evenings in the Memorial Hall from early September to the end of April each season.

The 2010/11 season will commence on Monday 6th September from 7.30pm to 9.30pm and every Monday and Wednesday thereafter during the season. The club is always on the lookout for new members, so if you fancy trying your hand, please come along on 6th September and give it a whirl

For further information, please telephone:

Club Chair Malcolm Howells on (01267) 253207

Club Secretary Derick Lock on (01267) 253524

Pwyllgor Gweith Nebo a Llanpumsaint Fundraising Committee

The committee held its Annual General meeting at the Memorial Hall Llanpumsaint on 29th June. & committee members attended; there were no members of the public present. The following persons were appointed as officers for the next 12 months: Chair Mandy Jameson, Vice Chair Sallie-Ann Webb, Secretary Derick Lock Treasurer Dafydd Saer

After some discussion it was agreed that the committee would take a step back from fundraising activities during the next 12 months to enable other groups in the village to organise their own events. However, the Fundraising committee will continue to organise the Santa Parade on Christmas Eve, a car treasure hunt once a year and an Annual Duck race and barbecue evening. This decision will be reviewed at the AGM in 2011.

The committee are considering the possibility of producing a pantomime, Cinderella, early in 2012 – watch this space for further details.

For more information please contact Mandy Jameson on 01267 253291, or Derick Lock on 01267 253524

6 bicycles have been purchased by the Youth Club for Community use. If you would like to borrow bikes & helmets please call into the local shop to complete a loan form and collect the key.

Llanpumsaint Community Council

Your Community Councillors are:

M Howells Pandy Llanpumsaint 01267 253207 - Chairman

Wyn Thomas Penyberth Llanpumsaint 01267 253488

M Lloyd 2 Bryn-y-Wawr Llanpumsaint 01267 253207

D A Davies Taiau Bach Llanpumsaint 01267 253418

Dylan Jones Nebo Cottage Bronwydd 01267 253532

Arwel Nicholas Gorsgoch Llanpumsaint 01267 281365

Elfed Davies Cwmernen Llanpumsaint 01267 253209

Carolyn Smethurst Bodran Felin Llanpumsaint 01267 253308

The Community Council Meets on the first Tuesday of each month (*Except December and August*) at the Memorial Hall 8.00pm - All meetings open to the public.

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

Pwyllgor Gweithgareddau Nebo a Llanpumsaint

Cyfarfu Aelodau'r Pwyllgor yn Neuadd Goffa Llanpumsaint ar y 29ain o Fehefin. Hwn oedd Cyfarfod Cyffredinol Blynyddol Gweithgareddau Nebo a Llanpumsaint . Nid oedd neb o'r cyhoedd yn bresennol. Dewiswyd y canlynnol i'r swyddi isod am y 12 mis nesaf.:Cadeirydd – Mandy Jameson, Is-Gadeirydd – Sallie-Ann Webb Ys-grifennydd – Derrick Lock Trysorydd – Dafydd Saer

Wedi peth trafodaeth cytunwyd ar y penderfyniad i gamu'n ol a ddigwyddiadau codi arian am y 12 mis nesaf i alluogi grwpiau eraill yn y pentref i drefnu y gweithgareddau hwy. Er hynny, bydd y Pwyllgor Codi drian yn dal i drefnu 'Taith Santa ar Noswyl nadolig, Helfa Drysor Ceir unwaith y flwyddyn a Barbeciw a Ras Hwyaidd flynyddol. Bydd adolygiad o'r penderfyniad hwn yng Nghyfarfed Blynyddol 2011.

Mae'r pwyllgor yn ystyried y posibilrwydd o lwyfanu pantomeim Cinderella yn gynnar yn 2012 – gwylwch y gofod hwn am ragor o wybodaeth. Am ragor o wybodaeth cyslltwch a Mandy Jameson ar 01267 253291 neu Derick Lock ar 01267 253524.

Mae yna 6 beic wedi eu prynu gan y Clwb Ieuenctid ar gyfer y gymuned..
Os hoffech chi fenthyg beic a helmed, galwch i mewn i'r siop leol i
gwblhau Ffurflen Fenthyciad chasglu'r allwedd.a

Cyngor Bro Llanpumsaint

Eich Cyngorwyr Cymuned yn cael eur:

M Howells Pandy Llanpumsaint 01267 253207 - Cadeirydd

Wyn Thomas Penyberth Llanpumsaint 01267 253488

M Lloyd 2 Bryn-y-Wawr Llanpumsaint 01267 253207

D A Davies Taiau Bach Llanpumsaint 01267 253418

Dylan Jones Nebo Cottage Bronwydd 01267 253532

Arwel Nicholas Gorsgoch Llanpumsaint 01267 281365

Elfed Davies Cwmwernen Llanpumsaint 01267 253209

Carolyn Smethurst Bodran Felin Llanpumsaint 01267 253308

Mae'r Cyngor Cymuned yn cyfarfod ar y nos Fawrth gyntaf o bob mis(gan eithrio misoedd Rhagfyr ac Awst) yn y Neuadd Goffa am 8 y.h. Mae pob cyfarfod yn agored i'r cyhoedd.

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

NEUADD GOFFA LALNPUMSAINT A FFYNNONHENRI MEMORIAL HALL

e-bost neuaddllanpumsaint@gmail.com

Mae pwyllgor y neuadd wedi bod yn llwyddianus i dderbyn rhodd i wella'r gwres canolog ac ynysu'r adeilad a hefyd i adeiladu estyniad i'r neuadd i gael mwy o lei storio ac ystafell ychwanegol i gyfarfodydd. Bydd y gwaith a wella'r gwres ac ynysiad wedi ei gyblhau erbyn canol mis Medi. Bydd y rhodd yn gyflawnol i'r gwaith gwreogi.

Yn anffodus, bydd y rhodd tuag at estyniad y neuadd heb ei ariannu'n llawn. Rhaid i'r Ymddiriedolwyr gynnal gwahanol weithgareddau i godi arian ychwanegol i gynnal a chadw'r prosiect hwn. Bydd rhaid i'r prosiect hwn gael ei gwblhau erbyn mis Rhagfyr.

Mae rhaglen o weithgareddau wedi ei pharatoi gan y Pwyllgor yn cynnwys.

Noson Gyri i Sheesh Mahal nos Fawrth 28 o Fedi. Tocyn £12.

Bingo bob 4ydd nos Wener yn y mis i ddechrau yn Mis Medi tan Ionawr.

Twrci Bingo Nadolig 17ed o Rhagfyr i ddechrau am 7.30yh.

Cyngerdd - nos Wener 15ed o Ragfyr gydag artisitiad lleol Cor Seingar, Llinos Thomas, Rhys James MC y noson fydd John "Clocs" Cadeirydd y noson fydd David Jones gynt o Penpontbren. Tocyn £ 7.50, plant am ddim.

Noson i'r merched - Nannette's Sioe Ffasiwn Casgliad y Gaeaf nos Iau 4ydd o Dachwedd 2010. Tocyn £5 yn cynnwys gwydraid o win.

Ffordd arall mae'r neuadd yn mynd i godi arian yw "Prynwch Bricsen". Bydd rhagor o wybodaeth ar y daflen ychwanegol ynghanol y Llais y Pentre. Cysylltwch hefyd trwy defnyddio e-bost y neuadd sef neuaddllanpumsaint@gmail.com

Bydd y brics yno am byth ac yn diolch i bawb sydd wedi rhoi yn hael tuag ot y Neuadd. Mae'r pwyllgor yn gobeithio cael cefnogaeth y pentref a thu hwnt. Croeso i fusnesau lleol gymryd rhan . Cofiwch fod yr ymddiriedolwyr yn rhedeg y neuadd yn WIRFODDOL er lles y defnyddwyr ac i gael llwyddiant mae'n rhaid i bob ddefnyddio'r neuadd.

Mae'r gost o redeg y neuadd yn £65 wythnos, £3,900 y flynyddyn. Wrth hurio'r neuadd a chynnal gweithgareddau rydym yn medru cadw'r drysau ar agor.

A ydych yn gwybod taw'r neuadd sydd yn derbyn llog bob tri mis wrth y cyngor sir am roi eich gwastraff ar y safle hwn. Rydym yn ddiolchgar i bawb sy'n defnyddio'r safle hwn ond mae'n bwysig taw dim ond dillad, esgidiau, poteli, papur a canniau sy'n cael eu derbyn. Mae gadael unrhyw wastraff arall yn drosedd a gallwn gael dirwy drom.

Codwyd y Neuadd yn 1926 a daeth yn Neuadd Goffa 1928. Bydd dathliad canmlwyddiant mewn 16 o flynyddoedd.

NEUADD GOFFA LLANPUMSAINT A FFYNNONHENRI MEMORIAL HALL

Email address of the hall is neuaddllanpumsaint@gmail.com

The hall trustees have been successful in obtaining grants to enable work to be carried out to improve the Hall's heating insulation and to build an extension on the west end of the Hall for storage of equipment. The heating and insulation works should be completed by the middle of September and the grant covers the total cost.

However the Trustees will have to finance the balance of the cost for the extension which it is envisaged will be completed by the first week of December.

It is intended to hold a series of fund raising events this coming autumn to raise the necessary money as follows:

Curry night in the Sheesh Mahal 28th September 7pm £12.00 per ticket.

Bingo evening on every 4th Friday of the month from September 24th to January 2011. The December bingo will be a special Turkey Bingo on Friday 17th December. All will commence at 7.30pm.

A concert on Friday night 15th October featuring local Choir Seingar supporting acts Llinos Thomas, Rhys James and the MC for the night will be John "Clocs" Chair for the evening will be David Jones "Penpontbren". Tickets will be on sale soon £7.50 children free.

A ladies night on Thursday night 4th of November 2010 with Nannette's Fashion Show the Winter Collection £5 a ticket including a glass of wine or juice.

As further means of raising funds for the extension the Trustees are promoting a campaign "Buy a Brick" details of which can be seen on the pull out section of the Village Voice magazine. The bricks will be long lasting tribute to all those contributing and the Trustees hope it will be very well supported by those living in the locality and well beyond. Businesses will be welcomed to participate. neuaddllanpumsaint@gmail.com

The total cost of running the hall on a weekly basis is £65 or over £3,900 a year these costs are met through revenue from hire of hall and events organised by different organisations. Remember that the Trustees run the hall VOLUNTARILY for the benefit of the whole community and it is only by hiring the hall out that the hall will be ours to use for many years to come.

Did you know that the hall also receives revenue on a quarterly basis from the recycling plant so please use this facility for your waste of clothing, shoes, paper, bottles and cans only - do not dump other items as it is an offence and you could be fined heavily.

The hall was built in 1926 and became a Memorial Hall in 1928. The centenary will soon be here to celebrate and to secure a future for many generations to come.

Llanpumsaint Walking Club

For our next walk on Saturday 25th September, we will be walking part of the Cardigan Coast path from Penbryn to Llangrannog. This is just about 2 miles, and takes about 90 mins with stops to see the wildlife and to walk on the beaches. We will meet at the National Trust car park and cafe of Penbryn Beach, [Explorer 198](#) at 1.00pm

This is a beautiful walk climbing by gorse hedges with beautiful views across Cardigan Bay often to the Lley Peninsula in North Wales. We may see choughs and peregrine falcons

When we get to Llangrannog, there will be time for refreshments before we get the Cardi Bach bus back to Penbryn which leaves Llangrannog at 5.30.

On October 16th we will do a local walk - Walk 1 on the "The Ditch-hiker's Guide to Llanpumsaint" (copies available in the shop) meet at Bodran Felin at 1.00pm. The walk takes about 3 hours, and may be muddy in places. After the walk refreshments at Bodran Felin and then we will hold our AGM

Please let Carolyn Smethurst know if you would like to join the group on 01267 253308 or carolynsmethurst@btinternet.com All are welcome to join the group and come on our leisurely walks.

Update news of the podiatry coming to the hall.

We are at the moment waiting for a date from the team. They have visited the hall and are very happy to commence with this valuable service to the community.

Everybody that signed up will hear very soon.

Kathleen Morris 01267 253583

Clwb Cerdded Llanpumsaint

Ar ein taith gerdded nesaf a'r y 25ain o Fedi byddwn yn troedio rhan o lwybr Arfordir Ceredigiono Benbryn i Llangrannog. Dim ond rhyw 2 filltir yw'r daith yn cymryd tua 90 munud gydag amser i wyllo'r bywyd gwyllt a cherdded ar y traeth. Byddwn yn cwrdd ym maes parcio a caffi'r Ymddiriedolaeth Genedlaethol ger Traeth Penbryn, Explorer 198, am 1.00yp.

Mae hon yn wac hyfryd yn dringo ger perthi eithinog gyda golygfeydd godidog ar draws Bae Ceredigion, yn aml hyd at Benrhyn Llyn yng Ngogledd Cymru. Bydd siawns i ni weld brain Cernyw a'r hebog glas.

Wedi cyrraedd Llangrannog bydd cyfle am rywbeth i'w fwyta cyn dal bws y Cardi Bach syn gadael Llangrannog am 5.30 yn ol i Benbryn.

Ar y 16eg o Hydref byddwn yn cerdded yn lleol – Wac 1 ar “Ditch-hikers guide to Llanpumsaint (copiau ar gael yn y siop leol) gan gwrdd yn Bodran Felin am 1.00yp. Cymer y wac tua 3 awr a gall fod yn fwdlyd mewn manau.

Ar ol y wac ceir lluniaeth yn Bodran Felin a bydd y Cyfarfod Cyffredinol Blynnyddol o'r Clwb yn dilyn
Am fwy o fanylion, cysylltwch a Carolyn Smethurst 01267 253308 or carolynsmethurst@btinternet.com

Newyddion am y podiatry/ trin traed sydd i ddod i'r neuadd.

Rydym ar hyn o bryd yn disgwyl dyddiad o'r tim pryd byddwn yn dechrau . Mae'r y tim yn hapus iawn gyda'r neuadd a'r cyflesterau sydd gyda ni i'w cynnig. Rydym yn lwcus iawn i gael y gwasanaeth hwn yn y pentre.

Pob un sydd wedi cysylltu byddwch yn clywed cyn bo hir.

Peidiwch ag anghofio Troed Orau Ymlaen

Kathleen Morris 01267 253583.

Gwahoddiad i Ymuno C.F.F.I Cynwyl Elfed

Os am hwyl a sbri ymunwch a ni, bob nos Lun am 7.30 yn Neuadd Cynwyl Elfed
Am rhagor o fanylion cysylltwch a Lynsey Jones 07976 070676
Neu Eleri Jones 07890 137325

CFFI Cynwyl Elfed 21 Sioe yn Cae'r 'Shed' Panthwdog (by kind permission of Mr E Williams) Dydd Llun Gwyl y Banc 30th Awst 2010, i ddechrau 11.00 y bore
Mynediad £4, Plant dan 16 oed, £2, Plant dan 12 oed am ddim
Pob eitem I fod ar y cae yn brydlon erbyn 10.30y.b.
Cwn ac anifelioid anwes I fod ar y cae erbyn 1.30y.p.
Adloniant Noson – pêl-droed crazy, rasio ceffylau eraill, mochyn rhost & BBQ, bar

Nebo Newiddion

Y Trip Blynyddol

Gorffennaf yr 17eg o Orffennaf oedd dyddiad ein Trip Ysgol Sul eleni. Dilyn patrwm rhai blynyddoedd bellach a wnaethom eleni eto trwy ymweld a Dinbych y Pysgod. Mae'n fangre sydd a rhywbeth at ddant pawb ac I bob oedran o'r traeth ac Ynys Enlli I'r siopau a'r caffis amrywiol. Bu'r tywydd yn garedig wrthym a chafwyd amser hapus iawn gan bawb.
Diweddglo perffaith I'r diwrnod oedd pryd o fwyd blasus yn y Roadhouse Restaurant ger Hendygwyn ar Daf a Rhodri'n rhoi sylw arbennig I'r cwmni.
Mae diwrnod fel hwn yn amrhisiawy o safbwynt meithrin perthynas glos rhwng aelodau ein Cymdeithas yn Nebo. Edrychwn ymlaen yn barod I drip y flwyddyn nesaf. Dewch gyda ni.

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.

Cynhelir Cyfarfod Blynyddol Cyffredinol Gymdeithas Lles ac Adloniant nos Lun, Medi 6ed am 7.30 yh yn y Neuadd Goffa. Croeso cynnes i bawb a chroeso i aelodau newydd ymuno a'r pwyllgor.

Invitation to join Cynwyl Elfed YFC

If its fun you're looking for, look no further. Come and join us every Monday night at 7.30pm in Cynwyl Elfed Hall.

For more details please contact Lynsey Jones 07976 070676 or Eleri Jones 07890 137325

Cynwyl Elfed YFC 21 Show will be held at 'Shed' Field Panthwdog, by kind permission of Mr E Williams, on Bank Holiday Monday, 30th August 2010, to commence at 11.00am

Admission £4, Children under 16 years old, £2, children under 12years free.

Catalogues available from Lynsey or Eleri. All entries to be on the show field by 10.30am, dogs and pets on show field by 1.30pm.

Evening entertainment – will be crazy football, alternative horse racing, with a pig roast and barbecue, bar in attendance.

Nebo News

The Annual Trip

July 17th was the date of our annual trip this year. It followed the same pattern as previous years and we landed up in Tenby. It is an ideal venue for people of all ages, with the beach and Caldey Island on one hand, and the shops and restaurants in town.

Weatherwise it turned out a very favourable day, and a good time was had by all. The perfect end to the day was a meal at the Roadhouse Restaurant near Whitland where we enjoyed the good food and special service provided by Rhodri. This kind of day is invaluable in strengthening friendship between members of our community. We are already looking forward to next year's outing – come with us!

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 our 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.

The Recreation and Welfare Association will be holding its AGM on Monday 6th September at 7.30pm at the Memorial Hall. All are welcome to attend, and new members would be welcome on the committee.

<p style="text-align: center;">Palu 'Mlaen 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;">Aled Evans Plumbing and Heating Tel: (01559) 370997 or (07966) 592183</p>
<p style="text-align: center;"><i>C&D Evans Plumbing and Heating Engineer</i> <i>All plumbing work undertaken Oil boiler maintenance.</i> <i>For a free quotation call Caine on 07854 603229</i></p>	<p style="text-align: center;"><i>Harcourt Tree and Garden Services – over 25 years experience in tree surgery and felling.</i> <i>Dangerous and Awkward trees a speciality. Free estimates. No Job too small. Fully Insured and NPTC Qualified Phone 01267 253368 Mobile 07812158825</i></p>
<p style="text-align: center;">Hollybrook Country Inn Bronwydd New 4* accommodation Friendly and welcoming Pub and Restaurant Tel 01267 233521</p>	<p style="text-align: center;"> Carmarthen Handyman <i>Your friendly local handyman !</i> 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!! Visit our website for full details !! <i>FREE estimates and Professional job at reasonable rates Contact Chris on 01267 253731 / 07952 578224 www.carmarthenhandyman.com chris@carmarthenhandyman.com</i></p>
<p style="text-align: center;">Gwili Mill Llanpumsaint 5* Self-catering house sleeping up to 15 Ideal for family get-togethers and celebrations <i>www.gwilimill.co.uk</i> 01267 253308</p>	<p style="text-align: center;">Gwalia Garage and Post Office Peniel Road Rhydargaeau MOT's, servicing tyres, repairs Shop and post office. Shop Tel: (01267) 253249 Garage Tel: (01267) 253599</p>

To advertise here contact newsletter@llanpumsaint.org.uk or take your advert along with payment to Penbontpren Sres. 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 the Llanpumsaint Community Information Exchange are not responsible or liable for any actions taken from use of content and opinions expressed within this newsletter

<p><i>Chantecler Tiles</i> Beautiful hand-made tiles, decorated and plain. Look at our website, www.chantecler.co.uk Call in and see our workshop – phone first please (01559) 389044 Gwastod Bach, Llanpumsaint SA33 6LH</p>	<p>Wade Furniture Designers and Manufacturers of very high quality bespoke kitchens and furniture Visit www.wadefurniture.com Phone 01559 389044 Gwastod bach Llanpumsaint SA33 6LH</p>
<p>Siop Penbontbren Stores General Stores & Hairdressers Open Mon – Sat 8 – 8 Sunday 9am – 1pm Tel: (01267) 253732 Steve and Roz Evans</p>	<p>Fferm-y-Felin Farm Guest House and Self Catering Cottages Enjoy a relaxing break at this beautiful guest house or in one of our stone cottages 01267 253498 www.ffermyfelin.com</p>
<p>Railway Inn Llanpumsaint The Home of Quality Foods En-suite accommodation Fine Ales and Wine Tel: (01267) 253643</p>	<p>SARAH ANN MOORE OUTDOOR AND OFFICE SERVICES BOOK-KEEPING, VAT (ONLINE), PAYROLL GENERAL OFFICE DUTIES (LONG OR SHORT TERM) GARDENING, HANGING BASKETS AND CONTAINERS LIVESTOCK CARE CLEANING PHONE 01267 253412 MOBILE 07811 288104 sarah.moore324@btinternet.com</p>

A Welsh Class will be recommencing in Llanpumsaint School on Tuesday September 21 2010 at 7 p.m. If you want to join please contact Sian Merlys 01558 822729 or Gwyn Nicholas 01267 253686. As this is a second year class any new entrants must have a basic knowledge of the Welsh language.

Don't Forget!
Mobile Post Office Service
Available in the pull-in in front of Bryn-y-Wawr
Tuesdays 2pm - 4pm
Fridays 1pm - 3pm

Wanted – Blankets, Shawls and other items made at Gwili Mill, must have label. Plus any items of mill machinery, photos and other memorabilia
Please phone Carolyn 01267 253308

Wanted - volunteer to help publish Village Voice, every 2 months
Typing, Translating, Printing
Contact Carolyn on 253308

Duck Race held 5th May 2010 winners
First Gerald Brown, Nebo
Second Cerwen Thomas, Gwalia Garage
Third Andrew Peake, Llanpumsaint
Fourth Geler Jones, Cynwyl Elfed
Fifth Wyn Thomas, Llanpumsaint