

Llais y Llan Rhagfyr 2016

Copi dyddiad ar gyfer rhifyn nesaf – 25 Ionawr 2017

Cyhoeddwyd gan Llanpumsaint Cyfnewid Gwybodaeth Gymunedol

www.llanpumsaint.org.uk info@llanpumsaint.org.uk

Dymunwn Nadolig Llawen a Blwyddyn Newydd Dda i'n holl ddarllenwyr

Beth sy' Mlaen yn y Pentref yn y misoedd nesaf

Noson Stêc y Rheilffordd pob Nos Fercher 01267253643

Noson Cinio Rhost y Rheilffordd pob Nos Iau 01267253643

Bowlïo pob Nos Lun a Nos Iau 7.30 – 9.30

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

Rhagfyr 9 Bore Gwener 10.00 Cyngerdd Cylch Meithin Bronwydd

Rhagfyr 14 Dydd Mercher 11.00 – 4.00 Clinig Traed Neuadd Goffa

Rhagfyr 14 Dydd Mercher 12.30 Clwb Cinio Tafarn y Rheilffordd Ffôn 253643

Rhagfyr 24 Dydd Sadwrn 1.30 Gorymdaith Siôn Corn

Rhagfyr 26 Dydd Sadwrn Tafarn y Rheilffordd – Agored

Rhagfyr 31 Dydd Sul Tafarn y Rheilffordd – Agored

Ionawr 3 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa

Ionawr 7 Dydd Sadwrn 1.30 Cerdded Llanpumsaint

Ionawr 11 Dydd Mercher 12.30 Clwb Cinio Tafarn y Rheilffordd Ffôn 253643

Ionawr 17 Nos Fawrth 7.00 Cwis a Chyri £5.00 y pen, Tafarn y Rheilffordd

Ionawr 18 Nos Fercher 7.30 Noson Hyfforddi Curad-Calon Neuadd Goffa

Ionawr 22 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Bronwydd

Ionawr 25 Dydd Mercher 11.00 – 4.00 Clinig Traed Neuadd Goffa

Ionawr 27 Nos Wener 7.30 Swing Boyz Neuadd Goffa

Ionawr 29 Nos Sul 8.00 Cwis Hollybrook

Chwefror 4 Nos Sadwrn Noson Rasys Ceffylau nesa Neuadd Goffa

Chwefror 7 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa

Chwefror 8 Dydd Mercher 12.30 Clwb Cinio Tafarn y Rheilffordd Ffôn 253643

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

Chwefror 26 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Bronwydd

Village Voice

December 2016

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info@llanpumsaint.org.uk or post to Bodran Felin, Llanpumsaint SA33 6BY

To all our readers, we wish you a Merry Christmas and a Happy New Year

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

Every Wednesday Steak Night at the Railway Inn 01267 253643

Every Thursday Roast Dinner Night at the Railway Inn 01267 253643

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

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

December 9 Friday 10.00 Concert Cylch Meithrin Bronwydd

December 14 Wednesday 11.00 – 4.00 Foot Clinic Memorial Hall

December 14 Wednesday 12.30 Luncheon Club Railway Inn – 253643 to book

December 24 Saturday 1.30 Santa Parade

December 26 Monday 12.00 – 11.00 Railway Inn open

December 31 Saturday 12.00 noon – 2.30 am Railway Inn open

January 3 Tuesday 8.00 Llanpumsaint Community Council Memorial Hall

January 7 Saturday 1.30 History Walk around village, then Refreshments at Gwili Mill

January 11 Wednesday 12.30 Luncheon Club Railway Inn – 253643 to book

January 17 Tuesday 7.00 Curry and Quiz £5 per head Railway Inn

January 18 Wednesday 7.30 Llanpumsaint Heartbeat Training Memorial Hall

January 22 Sunday 1.45 West Wales Dowsers Bronwydd Hall

January 25 Wednesday 11.00 – 4.00 Foot Clinic Memorial Hall

January 27 Friday 7.30 Swing Boyz are Back Memorial Hall

January 29 Sunday 8.00 Quiz Hollybrook Inn

February 4 Saturday Race Night Memorial Hall.

February 7 Tuesday 8.00 Llanpumsaint Community Council Memorial Hall

February 8 Wednesday 12.30 Luncheon Club Railway Inn – 253643 to book

February 21 Tuesday 7.00 Curry and Quiz £5 per head Railway Inn

February 26 Sunday 1.45 West Wales Dowsers Bronwydd Hall

February 26 Sunday 8.00 Quiz Hollybrook Inn

March 7 Tuesday 8.00 Llanpumsaint Community Council Memorial Hall

March 8 Wednesday 11.00 – 4.00 Foot Clinic Memorial Hall

March 8 Wednesday 12.30 Luncheon Club Railway Inn – 253643 to book

March 21 Tuesday 7.00 Curry and Quiz £5 per head Railway Inn

March 26 Sunday 1.45 West Wales Dowsers Bronwydd Hall

March 26 Sunday 8.00 Quiz Hollybrook Inn

April 19 Wednesday 11.00 – 4.00 Foot Clinic Memorial Hall

Llanpumsaint and Ffynnonhenry Memorial Hall

To book phone Derick Lock on 253524

Christmas Toybox scheme.

Carmarthenshire County Council's Youth Support Service is organising the scheme, for the sixth year running, to help make Christmas easier for those in difficult financial situations. People are being asked to donate new toys for children and young people aged from birth to 16, for boys and girls.

We want to do all we can to help families who cannot afford new toys for their children at Christmas. The intention is to help them avoid going into debt or going to loan sharks to bankroll presents. We would like to extend the scheme to the whole of Carmarthenshire and need the help of local residents to enable us to do this.

The nearest collection point has been set up in:

Carmarthenshire County Council offices at County Hall and Spilman Street and the Carmarthen Journal offices in King Street.

We anticipate that the last date for donation of toys will be the **9th of December**.

We hope people will be generous and help make a real difference for many families who are struggling at this time of year.

Cllr. Pam Palmer, Deputy Leader (Communities)

For more information or to give toys contact Suzanne Jordan 01267 246656

The Swing Boyz are Back! Friday 27th January 7.30 – 11.30 Memorial Hall

Celebrate the days getting longer with a great night out in your village hall!

“The Swing Boyz” will play once again for your jazzy delight, 1940's swing favourites.....

And, yes, there will again be a wonderful really home-cooked two-course meal, and a licensed bar.

Great music, great company, great food. Don't miss it!

Tickets £10 on the door or call 01267 253 308/01559389044 to book.

Any raffle prize donations will be really welcome, please contact the numbers above.

In aid of Macmillan nurses.

Clwb gwili 60+

There are now 150 members in the Club with a few new members enrolling nearly every month.

Anyone needing more information contact the Club Secretary Mrs. Val Giles on 01267 281194

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

Chwefror 26 Nos Sul 8.00 Cwis Hollybrook

Mawrth 7 Nos Fawrth 8.00 Cyngor Bro Llanpumsaint Neuadd Goffa

Mawrth 8 Dydd Mercher 12.30 Clwb Cinio Tafarn y Rheilffordd Ffôn 253643

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Mawrth 26 Dydd Sul 1.45 Cymdeuthas Dewinwyr Gorllewin Cymru Neuadd Bronwydd

Mawrth 26 Nos Sul 8.00 Cwis Hollybrook

Ebril 19 Dydd Mercher 11.00 – 4.00 Clinig Traed Neuadd Goffa

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

Apêl Teganau Nadolig

Mae Gwasanaeth Cymorth Ieuenctid Cyngor Sir Caerfyrddin yn trefnu'r cynllun yma am y chweched flwyddyn er mwyn helpu gwneud y Nadolig yn haws ar gyfer y rhai sydd mewn sefyllfaoedd ariannol anodd. Gofynnir i bobl rhoi teganau newydd ar gyfer bechgyn a merched rhwng oedran genedigaeth a 16 oed.

Rydym yn awyddus i wneud popeth y gallwn er mwyn helpu'r teuluoedd yma sydd ddim yn gallu fforddio teganau newydd ar gyfer eu plant i'r Nadolig. Rydym yn bwriadu helpu er mwyn osgoi iddynt fynd mewn i ddyled neu i fynd at fenthycwyr arian didrwydded, er mwyn talu am anrhegion. Eleni, hoffwn ymestyn y cynllun yma i bob rhan o Sir Gaerfyrddin ac rydym yn gofyn am gymorth y cynghorau lleol er mwyn gallu gwneud hyn.

Mae pwyntiau casglu wedi cael eu sefydlu yn:-

Yn Swyddfeydd y Cyngor Sir yn Neuadd y Sir ac Heol Spilman ac hefyd yn swyddfa'r Carmarthen Journal yn Heol y Brenin.

Y dyddiad olaf er mwyn casglu'r teganau fydd **Rhagfyr 9fed**.

Rydym yn gobeithio bydd pobl yn hael er mwyn helpu i wneud gwahaniaeth go iawn i lawer o deuluoedd sy'n cael trafferth ar yr adeg hon o'r flwyddyn.

Y Cynghorydd Pam Palmer, Yr Is-Arweinydd (Cymunedau)

Am fwy o wybodaeth neu i roi teganau, cysylltwch â Suzanne Jordan ar 01267 246656

Mae'r Swing Boyz 'nol

Dewch i ddathlu troad y dydd gan fwynhau noson mas yn y Neuadd yng ngwmni'r Swing Boyz i swm ffeffrynau Jazz y pedwar degau.

Bydd yna bryd o fwyd blasus cartref a Bar trwyddedig i'r fargen.

Cerddoriaeth a bwyd da ynghyd a chwmni da, felly dewch yn llw!

Nos Wener 27ain o Ionawr 7.30 – 11.30 Neuadd Goffa Llanpumsaint

Tocyn £10 wrth y drws neu galwch 01267 253308 / 01559 389044

Yr elw at Elusen MacMillan. Cyfraniadau neu wobrau raffl i'r rhifau uchod.

Hysbysiad o Siop Penbontbren

Bydd y Siop yn cau ar ddiwedd y flwyddyn mae'n ddrwg gennyf ddweud. Fel y gwyddoch cymerais drosodd oddi wrth Steve a Roz yn Fis Gorffennaf 2015, yn y gobaith o wneud yn well drwy gwtogi'r amseroedd agor a bod yno fy hunan y rhan fwyaf o'r amser. Yn anffodus mae'r Siop wedi mynd yn llawer rhy dawl.

Fel chithau teimlaf yn ddigalon ynghyn a'r peth .

Bydd fy ngwaith yn y Salon yn dychwelid i'r arferol wrth i mi ganolbwyntio ar therapi ceinder.

Darlene Davies.

Noson Hyfforddi Curad-Calon Llanpumsaint

Cynhelir Noson Hyfforddi yn y Neuadd Goffa ar Nos Fercher 18fed o Ionawr am hanner awr wedi saith, i gynnwys adfywio'r galon a'r ysgyfaint a defnydd o'r Adfywiwr.

Bob blwyddyn gwelir dros 800 cant o farwolaethau oherwydd ataliad sydyn o'r galon, a hynny cyn cyrraedd ysbyty. Heb gymorth adfywio neu ddefnydd o'r Adfywiwr prin iawn yw'r cyfle i oroesu. Ac nid yr henoed yn unig sydd mewn perygl, gall ataliad o'r galon daro unrhyw oedran. O dderbyn y driniaeth gywir a defnyddio'r offer newydd mae'r posibilrwydd o fyw yn codi o 60%. Hyd yn oed os nad oes peiriant Adfywio wrth law, bydd cael rhywun yno sydd wedi derbyn hyfforddiant yn gymorth mawr, nes bod yr Adfywiwr yn cyrraedd, a'r cyfle o fyw yn codi 5%.

Yn ein sefyllfa o fod yn bentref gwledig cymera beth amser i'r gwasanaethau argyfwng gyrraedd, felly mae'n holl bwysig cael yr Adfywiwr i'r claf o fewn rhyw bedair i bum munud. Cadarnhawyd hyn yn ddiweddar gan ddigwyddiad yn y Neuadd, pan aeth 20 munud rhwng yr alwad brys a'r ambiwlans yn cyrraedd, ond yr oedd yr Adfywiwr wrth ochr y claf ac yn barod i'w ddefnyddio o fewn dwy funud. Diolch i'r drefn ni fu ei angen, ond dengys pa mor bwysig yw hi i gael y fath arbedwr bywyd yn ein cymdeithas.

Bydd yr hyfforddi yn nwylo Mr Cariad, aelod o'r elusen wnaeth osod y peiriant i ni. Mae'r hyfforddwyr bob un yn brofiadol gyda rhai ohonynt yn barafeddygon trwyddedig. Felly ymunwch a ni ar y noson hyfforddi i ddysgu sgiliau achub bywyd a ellir eu defnyddio ar unrhyw amser ac unrhyw le. Os ydych wedi derbyn hyfforddiant yn y gorffennol dewch i adnewyddu, oherwydd mae e' am ddim. Bydd lluniaeth ar gael hefyd.

Am wybodaeth bellach cysylltwch â Mike Poston 01267 253725 neu Carolyn Smethurst 01267 253308

Clwb Bowllo Llanpumsaint a Nebo

Cychwynnwyd y tymor cystadleuol yn dda gyda phedair buddugoliaeth, un yn gyfartal a dwy golledig. Y canlyniad gorau o bell ffordd oedd gorchfygu'r pencampwyr parhaol Llanboidy a hynny 8-0. Llongyfarchiadau i Richard Annan ac Aled Edwards, y ddau yn nhîm Cymru Ac am y gystadleuaeth ryngwladol yn Bromsgrove Lloegr.

Croeso i aelodau newydd gysylltu â'r Cadeirydd Alan Dentry 253549 neu'r Ysgrifennydd Derick Locke 253524

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

Notice from Siop Penbontbren Stores

At the end of the year, I am very sorry to say that the **shop will close**.

As you all know, I took over from Steve and Roz back in July 2015 in the hope of making it work by shortening opening hours and working the majority of the hours myself. Unfortunately the shop is just too quiet. I am disheartened by it to say the least, as I am sure many of you are. My services in the Salon will then return to normal Salon hours where I can give my beauty therapy skills my full attention.

Darlene Davies.

CYLCH MEITHRIN BRONWYDD

It has been a busy term in the Cylch. Our theme for the first half term was "Night and Day", and the children enjoyed using various media to create pictures of nocturnal animals.

A Macmillan Coffee Morning was arranged in the Cylch on 30th September. A sum of £337.50 was raised for the cause by selling cakes and holding a raffle. We thank everyone for their support, whether by attending the coffee morning, cooking delicious cakes for us or donating to the cause.

On the last Friday before the half term holiday, our annual sponsored bike ride was held for the Meithrin and Ti a Fi children. We were fortunate to have fine weather on that day and the children had fun cycling around the cones outside the Hall. We thank PCSO Martin Dickenson for his visit and for directing the traffic!

Since the start of this half term, the children have completed colourful work on "Fireworks" and "Space". We look forward to Christmas by learning songs for our Concert on 9th December (10.00am). We are also holding a craft fair and raffle on this morning. A warm welcome to everyone.

If you would like further information on the Cylch Meithrin, please contact us on 07929 431652
Cylch Meithrin (Mornings- Tuesday, Wednesday, Thursday, Friday- 9.15am until 12.00noon)
Cylch Ti a Fi (Fridays 10.00am until 12.00noon.) Verona

Ysgol Llanpumsaint PTA

Spooky Party

On the 31st October, the PTA held a Spooky Party for the local children. There were games, best costume and best pumpkin competitions. It was a very successful party and the children thoroughly enjoyed themselves raising much needed money for the school.

The PTA and the children would like to thank Derick Lock and the bowling club for accommodating the Party on the night of Halloween and helping to make it a success.

School Calendars

The PTA have again created a calendar for 2017. This year we have incorporated some old pictures of the village with the children of the school. The Calendars will be available at the Christmas Fayre, via members of the PTA and at Llanpumsaint Village Shop. The Calendars will be £6 each or 2 for £10.00.

The PTA would like to thank Arwyn Thomas for allowing us to use the photos and taking time out to discuss them with Angharad Harding.

Easy Fundraising

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

Llanpumsaint and District Choir

On Saturday evening November 26 2016 the Choir held it's Annual Concert. With the Chapel nearly full the choir gave a very polished performance of Handel great masterpiece, The Messiah. The conductor was Gwyn Nicholas and the organist was Martin Jones. Assisiting the Choir were Ffion Edwards, Soprano, Beca Davies, Contralto, Huw Ynyr, Tenor and Kees Huysmans, Bass. This without doubt was the highlight of the year for the Choir.

The officials and members of the Choir would like to take this opportunity to thank everybody for their presence at the Concert especially to our Patrons who support us annually.

At the moment the choir members are having a well earned rest and practices will resume on January 5 2017 at 7.45 p.m. at The Community Hall in Cynwyl Elfed.

Wishing everybody a Merry Christmas and a Happy New Year.

LLANPUMSAINT HEARTBEAT TRAINING EVENING –

On 18th January 2017 at 19.30hrs a training evening is to be held at the Memorial Hall. The training will consist of Cardio Pulmonary Resuscitation (CPR) and Defibrillator training.

There are over 8000 deaths in Wales from Sudden Cardiac Arrest (SCA) that occur outside hospitals each year. The probability of someone surviving a SCA without either CPR or the use of a defibrillator is very slim indeed, the patient will probably NOT survive.

Do not assume it is the elderly that will suffer a SCA, anyone at any age could collapse with an SCA.

With someone carrying out CPR and using a defibrillator on a patient the survival rate increases dramatically to 60%. Even if the defibrillator is not easily to hand if knowledge of CPR is carried out on the patient then there is a 5% chance of someone surviving or at least buying time until the defibrillator can be brought to the patient.

With our rural location it is highly unlikely that the emergency services would be here within the recommended timescales to save someone's life. A defibrillator ideally has to be with the patient in 4-5 minutes.

A recent emergency at the Memorial Hall showed this clearly, with the ambulance arriving approximately 20 plus minutes after the 999 call was initially made. The community defibrillator was with the patient and ready to use within 2 minutes. Thankfully it was not required and the patient made a full recovery. However it clearly shows how vital a part defibrillators play in the community to potentially save lives.

Training will be carried out by 'My Cariad', the local charity organisation who supplied our community's defibrillator. They are all qualified professionals, many of whom are paramedics in their day job.

So please come along to our training evening and learn a lifesaving skill that can be used anywhere at anytime. Even if you have had training before, come along and refresh your skills. ITS FREE. Refreshments will be available.

If you require further information please contact:

Mike Poston : 01267 253725 or Carolyn Smethurst : 01267 253308

Head to Toes Footcare

The next clinics are on Wednesdays on the following dates from 11.00am – 4.00pm:

14th December, 25th January, 8th March, 19th April

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

‘Mind’ Cymorth - Prynu Calendr

Ar ôl profiad poenus iawn o golli ffrind annwyl i iselder yn 2014, daeth hi i'r amlwg i fi fod hunan-laddiad yn fwy cyffredin nag on i'n i erioed wedi ei ddychmygu, a'i fod yn cael effaith ar nifer fawr o bobl. Yn 2015, mae ffigyrau'n dangos bod yna 6,581 o hunan-laddiadau wedi cymryd lle yn y Deyrnas Unedig, a hynny am amryw o resymau, yn cynnwys gor-bryder, bwlio, cam-ddefnyddio sylweddau, afiechydon bwyta a sgitsoffrenia.

Wnes i benderfynu nad o'n i am eistedd yn ôl a chau fy llygaid ar y broblem, roeddwn i am weithredu. Dechreuais i greu calendr ar gyfer 2017 er cof am fy ffrind, ond hefyd i godi arian i MIND.

Mae MIND yn elusen sy'n anelu i sicrhau bod gan bawb sydd a phroblemau iechyd meddwl rywle i droi i gael cymorth a chynghor. Er mai elusen ydyw, mae'n ddibynnol iawn ar gefnogaeth pobl, a bydd yr arian o'r calendrau yn mynd tuag at linellau cymorth, agor grwpiau cefnogi a sicrhau bod y staff wedi cael eu hyfforddi ac yn barod i ddelio gydag unrhyw beth.

Rydw i wedi cael fy ngeni a fy magu yn Llanpumsaint, ac ar hyn o bryd dw i'n astudio i gael gradd Feistr mewn Therapi Chwaraeon ym Mhrifysgol Gloucester. Mae'r calendr yn cynnwys lluniau golygfaol o ogledd Cymru i Sir Benfro, o bob tymor.

Hoffwn ddiolch i'r rheini sydd wedi fy nodd; T'ishe Teisen, Canolfan Dwr Llandysul, Llandysul Paddlers, Dan i Sang, Bwydydd 5 Saint, Aspirations Outdoor Adventures, Meirion Davies a'i Dad, FE Sports Therapy, Dewi Valley Wholesale, Peapod Junction, BYW Auto Repairs ac Adeiladwr MC Williams.

Hoffwn ddiolch hefyd i Gomer am brintio'r caledr a fy arwain i drwy'r broses; ac wrth gwrs i fy holl deulu a ffrindiau am eu cymorth.

Bydd y calendr ar werth yn y siop bentref yn Llanpumsaint, Canolfan Dwr Llandysul a Bargoed Stores yn Saron am £5. Neu drwyddo fi - 01267253539/07805468763.

Sioned Thomas

Cymdeithas Rhieni Ysgol Llanpumsaint

Parti'r Wrach

Cynhaliwyd Parti'r Wrach i'r plant ar Nos Calan Gaeaf, gyda chwaraeon a chystadlaethau gwisg. Bu'n llwyddiant gyda'r plant wedi mwynhau, a ninnau wedi codi arian i'r Ysgol.

Hoffai'r Gymdeithas a'r plant ddiolch o Derick Lock a'r Clwb Bowlio am eu cefnogaeth ar y noson.

Calendr Ysgol

Bydd gennym Galendr arall am 2017, ac eleni cyhoeddwn rhai hen luniau o'r ardal a rhai o'r plant. Byddant ar werth yn y Ffair Nadolig, yn y Siop, a hefyd oddi~ wrth aelodau'r Gymdeithas. Y pris yw £6 yr un neu dau am £10. Hoffai'r Gymdeithas Rhieni ddiolch i Arwyn Thomas am ei gyniatad i ddefnyddio lluniau ac am dreulio amser yn trafod gyda Agharad Harding.

Codi arian yn rhwydd

Os ydych yn siopa ar y We mi allech helpi'r Gymdeithas drwy gofrestri ar

www.easyfundraising.org.uk/causes/LlanpumsaintPTA neu gysylltu gyda Emma Brown.

Y Gymdeithas Les ac Adloniant

Bydd Gorymdaith Siôn Corn yn digwydd fel arfer ar Noswyl Nadolig. Wedi cychwyn o Nant yr Ynys byddwn yn oedi ger y Railwe, Bryn y Wawr, Siop Penbontbren, yr Eglwys, Llandre, Bro Cerwyn a Pharc Celynen, i ganu carolau yn y ddwy iaith ar y ffordd. Yna dychwelwn i'r Railwe am gawl twym rhad a mins peis

Gall y plant ymweld â Siôn Corn yn ei Ogofdy a derbyn anrhegion Gwisgwch lan i ddilyn Siôn Corn ar yr Orymdaith. Cesglir cyfraniadau ar y ffordd at Elusen Bad Achub Glanyfferi., fydd hefyd yn elwa o'r Botel yr y Bar

Bydd yr Ymddiriedolwyr yn rhoddi gwobrau raffl a dylai unrhyw un arall sydd am gyfrannu cysylltu â'r Ysgrifennydd Derick Locke cyn y dyddiad - 253524. Cefnogwyd y Pryd Elusennol yn y Railwe yn dda, ac mi hoffai'r Ymddiriedolwyr ddiolch i Jane a Nick am eu cydweithrediad a'u haelioni i'r gwesteion.

Clwb Cant Llanpumsaint.

Tynnwyd enillwyr Tachwedd a'r Un Fawr Nadolig yng Nghyfarfod y Pwyllgor Lles ac Adloniant. Dyma nhw -

Tachwedd £20 Rhif 75 Matthew
 £10 Rhif 74 Sara a Carys Brown
 £5 Rhif 53 Llew Thomas ac Rhif 1 Derick Locke

Yr Un Fawr Nadolig

£100 Rhif 79 Dylan Jones
£50 Rhif 69 Owain a Llŷr Jones
£25 Rhif 103 Olwen Jones, ac Rhif 9 Rhiannydd Jones-Evans
£15 Rhif 35 Sulwen Jones, ac Rhif 57 Dorien Thomas
£10 Rhif 108 Dewi Davies, Rhif 95 Bob & Tina Conyard, Rhif 68 Owain & Llŷr Jones,
Rhif 19 Danny Davies, Rhif 36 Ron & Evelyn Taylor, Rhif 100 Paul Birch,
Rhif 58 Brian Smethurst, Rhif 52 Gordon & Barbara Cable, ac 32 Kenneth Buttinfincan
Llongyfarchwn yr holl enillwyr a diolchwn aelodau'r Clwb am eu cefnogaeth. Jones ddaeth ar y brig y tro hwn!

Gwresogi drwy Danc Swmpus L.P.G

Bob tro fydd fy nghytundeb a L.P.G yn nesai at y terfyn af ati i gymhari brisiau. Mae L.P.G yn fudiad annibynnol yno i roi amcan bris i adnewyddu cytundeb, ac mae'r gwasanaeth yn rhad. Pan adnewyddon ni ein cytundeb ddeunaw mis 'nol, rhoddwyd pris i ni anelu ato ac o ddilyn y cyngor arbedwyd 20%. O ddilyn eu cyngor unwaith eto ym mis Hydref llwyddom i arbed 7c y litr gyda'r un cwmni a chredid o £200 ar ben hynny. Hyn oll sy'n cadarnhau pa mor bwysig yw hi i sicrhau'r pris gorau ac arbed 25% eleni eto. 'Does 'na ddim un pris safonol a thuedd y cwmnïau yw codi tal maent yn debyg o'i dderbyn. Gallant wneud hyn oherwydd nad oes yna reolaeth arnynt fel sydd ar gyflenwadau nwy-grid sydd dan Ofgem. Gwyddom fod yna rai yn y plwyf yn talu ddwywaith cy-maint â ni, felly'r cyngor yw trafodwch pan ddaw dyddiad adnewyddu cytundeb.

Gall L.P.G. ddefnyddio gwybodaeth ddofn o'r diwydiant dros hir amser er mwyn canfod yr ateb gorau i chi. Pan ddaw'r amser galwch 01384883009 neu www.lpgcompare.co.uk <<http://www.lpgcompare.co.uk>>. Os dymunwch gallwch siarad â mi am yr holl beth! Peidiwch adael i'r cyflenwyr eich gorbrisio!

Carolyn Smethurst

Llanpumsaint Parish Church News

From/Oddiwrth Canon Aled W. Williams

My current agreement with the Diocese of St. David's was due to expire, as you may recall, on November 7th, and this was confirmed in a fairly recent email from the Area Dean, addressed to the Churchwardens of our three churches. However, it would seem that the potential appointment of a new vicar and Team Leader who would move to the new vicarage, did not materialise.

Under the circumstances I have agreed to remain in charge here, on a continuing temporary and part-time basis, for the next three months. Archdeacon Hughes who now acts in the absence of a bishop, has confirmed that this is the case. I sincerely hope that this is acceptable to you all.

It has been a pleasure meeting many of you in your homes and at the occasional community event. However, I would dearly love to welcome more of you to our church services, which reflect a warm fellowship of the Faithful. Please come along and join in the worship, for Sunday continues to be a significant and special day, despite the secularization of our time.

Fel y mynega'r gân boblogaidd, 'rwyf i yma o hyd' ac yn mwynhau eich cymdeithas a'ch cyfeillgarwch, gan werthfawrogi ymroddiad a theyrngarwch y ffyddloniaid, Sul ar ôl Sul, a hefyd y cymorth a dderbyniaf gyda'r gwasanaethau. Diolch am bob cefnogaeth.

Warm wishes are extended to those who are unwell, at home, in care or in hospital, also those who have suffered bereavement. Your circumstances, be assured, are of great concern to the Church family!

Christmas Services

Wednesday 14th December 6 pm - Carol Service

Christmas Eve 11.30 pm - Holy Communion (This service is at Sant Celynin, Bronwydd)

Christmas Day 10.00 am - Holy Communion

For regular Services in the Parish, please see Church Notice Board.

We will shortly be looking for someone to take over caring for the churchyard. This involves mowing and strimming when necessary, about 8 times during the year. If you are interested please contact Marice Sherlock on 01267 253195 to discuss and for further details. Our thanks to Matthew Jameson who has been doing such a good job in maintaining it to date.

Llanpumsaint Memorial Hall Trustees

Our 'Pure Magic' concert, a Queen Tribute Evening, was a huge success thanks to a sell-out crowd creating a great atmosphere right from the start.

The generous purchase of raffle tickets and great activity around the bar area ensure that an excellent profit will go the continuing cost and repair of the Hall.

The Pure Magic duo were amazing and we hope to have them back again before long.

A special thanks to Mathew, Heledd and their bar staff for slogging it out right through a long evening. And Many thanks too, to Steve and his crew for serving up their delicious meals from the van outside the Hall during the evening.

Our next fund-raising event will be a Film Horse Racing Evening on Saturday 4th February – please make a note in your 2017 diary.

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

Clwb Cerdded Llanpumsaint Walkers Club

We are delighted to announce that Llanpumsaint has been accredited as a Walkers Are Welcome Village. We will be celebrating with a History Walk round the Village followed by a celebration at Gwili Mill on 7th January – more details will be on the village website www.llanpumsaint.org.uk, and on our facebook page. More details - Carolyn Smethurst 253308

Llanpumsaint and Nebo Bowling Club

Our League season has got off to a positive start with 4 wins, 1 draw and 2 losses so far (as at 18/11)

The stand out result of the season so far was our first ever win against the perennial league champions, Llanboidy A, and 8 – 0 at that.

Congratulations go to Richard Arran and Aled Edwards who have both been chosen for the Wales A team in the forthcoming international tournament in Bromsgrove England.

Anyone interested in joining us is welcome to contact our Chair, Alan Dentry, on 253549, or our Secretary , Derick Lock in 253524.

Llanpumsaint Welfare and Recreation Association

The Association's annual Santa Parade will take place, as usual, on Christmas Eve at 1.30pm, leaving the Nant yr Ynys estate and stopping at The Railway, Bryn y Wawr, Penpontbren Stores, the Church, Llandre View, Bro Cerwyn and Parc Celynin singing carols in Welsh and English on the way, returning to The Railway for free hot soup and mince pies.

Youngsters will be able to meet Santa and his helpers in his grotto with gifts for all.

Please come in fancy dress if you wish and join the Parade as it goes round the village, with Santa in his sleigh, collecting money for this year's nominated charity, the Ferryside Lifeboat. All the money collected during the Parade, plus the money in the Bottle on the Bar, and raffle proceeds will all go to the Ferryside Lifeboat this year. There will be 2 lifeboat crew supporting us during the Parade.

The Trustees of the Association are donating raffle prizes and anyone else willing to do so are asked to pass their prize to the Association's Secretary Derick Lock (tel 253524) before the big day. The Association's Charity Meal at The Railway was very well supported and the Trustees would like to thank Jayne and Nick at the Railway for their co-operation and generosity and all those who came to the meal.

Rospa - Stand Up For Safety!

Are you a parent-to-be? Do you have, or care for a child under 5? Do you know anyone who does?

We're planning a new web section covering this age range. And we need your help to make it great! Here's how you can get involved:

[Fill in our short survey](https://www.snapsurveys.com/wh/s.asp?k=147187265353) - <https://www.snapsurveys.com/wh/s.asp?k=147187265353>. It should only take five to ten minutes and you could win 100 pounds in Asda vouchers!

Share the survey with family and friends and on social media (like [Twitter](#) or [Facebook](#))

If you work with families, tell them about the survey, whether it's in person, via a newsletter, email, website or on social media.

Y diweddaraf o BT am y band llydan cyflym iawn

Maent yn gobeithio i'r gwaith gael ei orffen erbyn diwedd y flwyddyn. Wedi hynny bydd cwsmeriaid yn gallu archebu o fewn 6 i 8 wythnos, felly rydym yn edrych tua diwedd Chwefror i Fawrth. Daw neges bellach yn y rhifyn nesaf.

Poendod y galwadau ffôn diflas

Cawsom alwadau di-ri yn y misoedd olaf yma yn cynnig boileri am ddim i bobl yn derbyn budd-daliadau. Gwyddom fod eraill wedi dioddef hefyd. Os mae negeseuon wedi eu recordio ydynt yna dônt dan law Swyddfa'r Comisiwn Gwybodaeth. Wedi siarad â nhw ar 0303 1231113 dywedwyd wrthym, mwa i gyd sy'n cwyno mwya' i gyd o dystiolaeth fydd ganddynt i fynd ar ôl y cwmnïau sy'n poeni pobl. Felly mae'r neges yn glir codwch y ffon na i gwyno!

Felly 'rwyf nawr yn cofnodi a chwyno pob galwad ar eu gwefan www.ico.org.uk <<http://www.ico.org.uk>>. Mae'n eithaf hawdd i wneud - ewch i'r wefan a chliciwch ar *Nuisance Calls and Messages* - wedyn cliciwch *Automated Calls* a llenwch i mewn y manylion. Bydd pob cwyn yn gymorth iddynt ganlyn. Gweithiant mewn cydweithrediad ac awdurdodau eraill felly ni fyddant yn ymateb yn unigol i'ch cwyn.

Cynghorir pobl hefyd i gofrestri gyda'r gwasanaeth dewisol y ffon (TPS - Telephone Preference Service). Wedi i ni wneud hynny gwnaeth y galwadau digroeso leihau. I gofrestri ffoniwch 0345 0700707 neu ewch drwy'r We - www.tpsonline.org.uk <<http://www.tpsonline.org.uk>> Ar ôl 28 diwrnod bydd yn anghyfreithlon i fasnachwr alw rhywun sydd wedi cofrestri.

Daw'r galwadau ynghyn a boileri oddi wrth gwmnïau sydd yn anwybyddu'r gyfraith, felly rhaid eu riportio. Am y galwadau distaw gellwch gysylltu â Ofcom 03001233333. Os wnawn ni gyd weithredi gyda'n gilydd yna siawns y gellir goresgyn y broblem.

Daw un darn o newyddion da wrth BT, maent am gyflwyno gwasanaeth newydd i ddargyfeirio galwadau digroeso. Bydd manylion pellach tua diwedd y flwyddyn adeg lansio'r gwasanaeth. Gall cwsmeriaid BT gofrestri i dderbyn gwybodaeth bellach drwy ddilyn y cyswllt ar www.bt.com/unwantedcalls <<http://www.bt.com/unwantedcalls>>. Deallaf fod y gwasanaeth i fod am ddim. Cawn weld!

Carolyn Smethurst

Newyddion Eglwysig y Plwyf.

Oddi wrth y Canon Aled Williams

Fel y gwyddoch 'roedd fy nghytundeb ag Esgobaeth Tyddewi fod i derfyn ar y 7fed o Dachwedd, a hyn wedi ei gadarnhau gan Ddeon yr Ardal mewn llythyr i Wardeniaid y tair Eglwys. Ond mae'n ymddangos yn awr nad apwyntiwyd Ficer newydd ac Arweinydd Tîm oedd fod ddod i fyw yn y Ficerdy newydd. Felly, dan yr amgylchiadau, cytunais i gario 'mlaen, dros -dro ac yn rhan amser, am y tri mis nesaf. Cadarnhawyd hyn gan yr Archddiacon Hughes, sydd yn gyfrifol nes i'r Esgob newydd gychwyn, felly gobeithiaf yn fawr fod hyn yn dderbyniol gan bawb.

Bu'n bleser cwrdd â chymaint ohonoch yn eich cartrefi ac ar achlysurau cymdeithasol. Ond mi hoffwn yn fawr gael y cyfle i groesawu mwy ohonoch i'n gwasanaethau sy'n adlewyrchu cyfeillgarwch cynnes y ffyddlon. Fel y mynega'r gân boblogaidd, 'rwyf i yma o hyd' ac yn mwynhau eich cymdeithas a'ch cyfeillgarwch, gan werthfawrogi ymroddiad a theyrngarwch y ffyddloniaid, Sul ar ôl Sul, a hefyd y cymorth a dderbyniaf gyda'r gwasanaethau. Diolch am bob cefnogaeth.

Estynnwn ddymuniadau cynnes i bawb sy'n anhwylus, naill a'i adre, mewn gofal neu ysbyty, heb anghofio'r rhai sydd wedi diodde' cystudd. Gallwch fod yn sicr i'ch amgylchiadau fod o bryder i'r gymdeithas eglwysig.

Gwasanaethau'r Nadolig

Nos Fercher Rhagfyr 14eg Gwasanaeth Carolau am 6 y.h

Noswyl Nadolig Cymun Bendigaidd am 11.30 y.h **Sant Celynin Bronwydd**

Dydd Nadolig Cymun Bendigaidd 10 y.b.

Am y gwasanaethau arferol gwelwch Hysbysfwrdd yr Eglwys

Cyn hir byddwn yn chwilio am rywun i ofalu am y fynwent. Golyga hyn dorri porfa a thocio rhyw wyth gwaith y flwyddyn. Os oes gennych ddiddordeb cysylltwch â Marice Sherlock ar 01267 253195 i drafod. Diolch hefyd i Matthew Jameson am ei waith trylwyr hyd yma.

CYLCH MEITHRIN BRONWYDD

Mae wedi bod yn dymor prysur yn y Cylch. Ein thema yn ystod hanner cyntaf y tymor oedd "Nos a Dydd", a bu'r plant yn mwynhau defnyddio amrywiaeth o ddeunyddiau i greu lluniau o anifeiliaid sydd allan yn y nos.

Trefnwyd Bore Coffi Macmillan yn y Cylch ar y 30ain o Fedi. Codwyd swm o £337.50 tuag at yr achos trwy werthu cacennau a chynnal raffl. Diolchwn yn fawr iawn i bawb am eu cefnogaeth, boed trwy fynychu'r bore coffi, coginio cacennau blasus neu drwy roddion tuag at yr achos.

Ar y Dydd Gwener olaf cyn yr hanner tymor, cynhaliwyd ein reid feic noddedig flynyddol ar gyfer plant y Meithrin a Thi a Fi. Buon yn ffodus iawn bod y tywydd yn braf ar y diwrnod hwnnw ac yr oedd y plant wedi cael hwyl yn beicio o amgylch y conau tu allan i'r Neuadd. Diolchwn i PCSO Martin Dickenson am ei ymweliad er mwyn rheoli'r traffig!

Ers dechrau'r hanner tymor yma, mae'r plant wedi cyflawni gwaith lliwgar ar y thema "Tan Gwyllt" a'r "Gofod". Edrychwn ymlaen at y Nadolig trwy ddysgu caneuon ar gyfer ein Cyngerdd ar y 9fed o Ragfyr. (10.00yb) .Byddwn yn cynnal ffair grefftiau a raffl hefyd ar y bore hwn. Croeso cynnes i bawb.

Os hoffech fwy o wybodaeth am y Cylch Meithrin , cysylltwch a ni ar 07929 431652 (Verona).

Cylch Meithrin (Bore Mawrth, Mercher, Iau a Gwener 9.15 yb – 12.00 h.d.)

Cylch Ti a Fi –Dydd Gwener 10.00yb – 12.00 hd

Llanpumsaint 100-plus Club

The November and Grand Christmas Draw were both made at the Welfare and Recreation Association Trustees' recent meeting .

The lucky winners were as follows:

November £20 No. 75 Mathew Jones
 £10 No.74 Sarah and Carys Brown
 £5 No. 53 Llew Thomas and No. 1 Derick Lock

Grand Christmas Draw

£100 No.79 Dylan Jones
£50 No. 69 Owain and Llyr Jones
£25 No.103 Olwen Jones and No.9 Rhiannydd Jones-Evans
£15 No.35 Sulwen Jones and No.57 Dorien Thomas
£10 No 108 Dewi Davies, No. 95, Bob and Tina Conyard, No. 68 Owain and Llyr Jones
 No.19 Danny Davies, No. 36 Ron and Evelyn Taylor, No. 100 Pearl Birch,
 No. 58 Brian Smethurst, No.52, Gordon & Barbara Cable, & No.32 Kenneth Buttinfintcarr.

Congratulations to all the winners and thanks to all Club members for your continued support. There are lots of lucky numbers this times, but JONES must be the lucky name!!! Derick Lock

Heating by Bulk Tank L.P.G?

Whenever we are close to our end of contract term with our L.P.G.supplier, I check with L.P.G. Compare to get the target price before renewal or changing supplier. L.P.G. is an independent cost comparison and supplier switching service, specialising in the bulk L.P.G. market, and they give you the target price for renewal. Their service is completely free of charge.

When we renewed our contract 18 months ago, they gave me the target price to aim for, and we were able to reduce our costs then by about 20%. So with their advice again, when we renewed our contract in October, we saved 7 pence per litre from our previous contract with the same supplier – and the supplier gave us £200 credit as well. It is important to get the best price as we are tied in by contract for 2 years, so to be able to save over 25% on our heating costs again this year is brilliant!

As all of us on bulk LPG know, the companies do not have a standard price, but will charge you whatever they think they can get away with. They can do this because the price this industry charge is not regulated by any organisation, unlike on-grid gas suppliers who are regulated by Ofgem. I know of residents in the village who have told me they are on nearly double the rate we are on – so negotiate to get the best price when your contract is nearing its end.

L.P.G. Compare use their in-depth knowledge and numerous years of experience within the L.P.G. Industry to find the most competitive solution for you. So if your contract is nearing its end, find out how much you could save by calling 01384 883009 or visiting www.lpgcompare.co.uk. If you want more details on prices I achieved, give me a call.

Don't let these LPG suppliers overcharge their customers! Carolyn Smethurst 253308

BT Update on Superfast broadband

The deployment team have advised that the work installing fibre is currently estimated to be completed in late December. Once the build work is completed it will be 6-8 weeks before customers are able to place an order. So hopefully, perhaps we will be able to get this in February or March 2017. There will be an update in the February edition.

Getting lots of unwanted phone calls?

For the past month we certainly are being plagued with phone calls telling us that if we are on benefits, we can have a free LPG or oil boiler. We know of several others in the village who are suffering these calls as well.

If they are recorded messages, the Information Commissioner's Office is the organisation that deals with recorded nuisance calls and messages. Having spoken with them (0303 1231113), they said that the more people who contact them, the quicker they can build up the evidence against the company, or companies) making these calls. So please report these calls – either by phone or on-line.

I now report every call we get on their website www.ico.org.uk. It is simple to do, once in their website, click on Nuisance Calls and Messages, then click on Automated Calls, and then fill in the details of the call – it just takes a few minutes.

Every report they get helps them take action against those responsible for nuisance calls and spam texts. If you receive any more nuisance calls and messages, please keep reporting them to ICO. They use the information you send to help them identify, investigate and take action against organisations causing you concern. To do this, they work alongside other regulators and telephone service providers. They don't respond to concerns individually.

They also advise everyone to register with the Telephone Preference Service (TPS). We have been registered with them for some time, and certainly the number of marketing calls has reduced. Any that do come through, we report them to TPS. To register with them either phone on 0345 0700707, or go on-line www.tpsonline.org.uk. It is a legal requirement for telemarketers not to call a TPS registered number after 28 days from registration.

The calls re free boilers are coming from companies who are totally ignoring the legislation, and so the only way to deal with them is to keep reporting them!

For silent or abandoned calls, you need to contact Ofcom, 03001233333.

If we all report these unwanted calls, the culprits may be caught, and the nuisance abated.

And some good news from BT – BT is launching a new service aimed at diverting nuisance calls.

Full details of the new technology will be revealed closer to the launch at the end of 2016.

If you are a BT customer, you can register to get more details by following the links on www.bt.com/unwantedcalls. I understand that this will be a free service – we will see!!

Carolyn Smethurst.

Police news

As winter is fast approaching a quick reminder about security of oil tanks as they will contain a significant amount oil which represents a large financial investment and ultimately your home comfort. During the winter it is advisable to check your tank levels at least once a week, try to camouflage the tanks and if possible secure them in a cage. Locking them is not always the answer as plastic can easily be drilled or cut therefore making the loss of oil a double cost as you have to replace the tank AND the contents. If you have any queries please contact me martin.dickenson@dyfed-powys.pnn.police.uk

If anyone sees any persons or vehicles acting suspiciously in your areas, please contact me on 101 or e-mail me martin.dickenson@dyfed-powys.pnn.police.uk We are currently promoting the new Dyfed Powys Community Messaging service, which is used to send information out to members of the scheme via email or text message. If you would like to join the scheme please do so through the DPP website, following the simple registration steps.

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

Gan Bwyll

Prif bwrpas y mudiad yw sicrhau fod pobl yn ddiogelach ar heolydd Cymru, drwy leihau damweiniau ac arbed bywydau. Mae'r bartneriaeth yn gyfrifol am oleuadau coch a chamerau cyflymder. Ond mae yna ochr arall hefyd, yn annog gyrwyr i fod yn ofalus a pharchu'r gyfraith, addysgu diogelwch a gwella cyflwr ein ffyrdd.

Mae yna 27 aelod i'r Bartneriaeth, sef y 22 Awdurdod Lleol yng Nghymru, y 4 Awdurdod Heddlu a'r Senedd yng Nghaerdydd. Maent hefyd yn cydweithio'n agos a'r Gwasanaethau Iechyd a Than yng Nghymru.

Lle bynnag gwelir y camerau maent yn cydymffurfio ac chynghor y Senedd ynghyn a'u lleoliad, eu defnydd ac amseriad hynny, yn ogystal â chefnidir diogelwch y safle unigol hwnnw. Gellir gweld camerau'n gweithio lle bu nifer o ddamweiniau neu lle mae tystiolaeth o or-yrri. Gallwn hefyd eu gosod ble gwneir gwaith ar y ffyrdd, neu ger ysgol, neu unrhyw le arall sy'n achosi pryder.

Rydym yn awyddus i gydweithio a'r gymuned leol ac yn annog pobl i gysylltu â ni, yn enwedig os oes yna sefyllfa o or-yrri, mewn ardal, pentref neu dref. Mae gennym gysylltiadau da gyda'r awdurdodau lleol a'r Heddlu. Os nad ein mater ni yw e' fe'ch cyfeiriwn at rywun arall. Ar hyn o bryd rydym yn rhoi cymorth i dimau Ardal yr Heddlu drwy gyflwyno'r Cynllun Gwyllo Gyrru Cymunedol. Gwêl hyn aelodau o'r gymuned yn arolygu cyflymder a chydweithio gyda'r Heddlu er mwyn rhybuddio'r troseddwy.

Gall faniau a beiciau Gan Bwyll ddelio hefyd gyda throseddau eraill, megis defnyddio ffon symudol neu ddim gwisgo gwregys. Mae gennym dîm i ganlyn rhywun sy'n derbyn dirwy neu bwyntiau cosb yn anghyfreithlon dros eraill, trosedd ddifrifol allai arwain at garchar. Cysylltwch â'n gwefan GoSafe.org/GanBwyll.org ag hefyd ar [@GoSafeCymru](https://twitter.com/GoSafeCymru) / [@GanBwyllCymru](https://twitter.com/GanBwyllCymru) a Facebook [@GoSafe](https://www.facebook.com/GoSafe) / [@GanBwyll](https://www.facebook.com/GanBwyll).

David Edwards

Ymddiriedolwyr Neuadd Goffa Llanpumsaint.

Bu'r gyngerdd *Pure Magic* ar noson Tribute yn llwyddiant mawr gyda phob tocyn wedi mynd, y lle'n orlawn i greu awyrgylch arbennig. Gwnaeth gwerthiant y raffl a phrysurddeb y Bar sicrhau elw sylweddol at atgyweirio'r Neuadd. Gobeithiwn weld *Pure Magic* yn ôl yma eto cyn bo hir.

Diolch yn arbennig i Matthew, Heledd a gweddill staff y Bar am fod wrthi drwy gydol yr amser. Rhaid diolch hefyd i Steve Sglodion am baratoi prydau bwyd mor flasus o'r Fan tu allan

Yr ymgyrch godi Arian nesaf yw Noson Rasio Ceffylau ar y 4dd o Fis Bach – felly nodwch y dyddiad yn eich Calendr newydd.

Clwb Cerdded Llanpumsaint

Da gennym gyhoeddi i Lanpumsaint gael ei achredu'n bentref Croeso i Gerddwyr. Byddwn yn dathlu hyn drwy drefnu taith gylchynol leol i orffen yn y ffatri Gwili Mill ar y 7fed o Ionawr. Ceir gwybodaeth ehangach ar y wefan www.llanpumsaint.org.uk <<http://www.llanpumsaint.org.uk>> neu ar dudalen Facebook

Nebo Chapel

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

Capel y Bedyddwyr Caersalem, Llanpumsaint

“Cyhoeddwn Iesu Grist yn Waredwr ac yn Arglwydd”

"O, deuwch ac addolwn..." Gwasanaeth carolau dwy-ieithog dan ofal y Parch Martin Williams

Rhagfyr 18 am 2.30pm

Rhifau Cyswllt Mrs Eleri Morris 01267 253895

Capel Ffynnonhenri

Dyma fanylion am y gwasanaethau am fisoedd Rhagfyr 2016 a Ionawr a Chwefror 2017

2016	Rhagfyr 18	Gwasanaeth Carolau	Amser i'w benderfynu
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2017	Ionawr 15	Gwasanaeth am 2.00 y.p.	Mr Arwel Evans
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	Ionawr 29	Cymundeb am 2.00 y.p.	Parch Huw George
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	Chwefror 5	Cymundeb am 2.00 y.p.	Parch Wyn Vittle
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	Chwefror 26	Gwasanaeth am 2.00 y.p.	Mr Wyn Maskell
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Os am ragor o wybodaeth cysylltwch a Danny Davies, Trysorydd ar 01267 253418 neu Gwyn Nicholas Ysgrifennydd ar 01267 253686

Gofal Traed

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

Rhagfyr 14, Ionawr 25, Mawrth 8, Ebrill 19

Dylai cleifion newydd gysylltu a Gary Robinson yn ystod yr wythnos rhwng 6 a 8 y.h. ar 07789 344488 fel y dylai cleifion cyfredol sydd yn dymuno canslo eu hapwynytiadau. (gofynnir am rybudd o leiaf 24 awr, plis)

Rospa – Safwch Lan Dros Ddiogelwch

Odi chi'n disgwyl babi? Odi chi'n gwarchod plentyn dan 5 oed? Neu odi chi'n nabod rhywun sydd yn?

'Rydym yn cynllunio adran ar y We i gynnwys yr ystod oed yma. Mae angen eich help i'w hyrwyddo! Dyma sut!

Llanw ein Holiadur byr – <https://www.snapsurveys/s.Asp?k=147187265353>. Cymerith ryw 5 i ddeg munud ac mi allech ennill werth can punt o daleb Asda. Rhannwch yr holiadur gyda'r teulu, ffrindiau neu gyda Facebook neu Twitter.

Os ydych yn gweithio gyda theuluoedd dwedwch wrthynt am yr Holiadur ym mha ffordd y dymunwch. Helen Halls Rheolwraig Ymgyrch y Project, *Royal Society for the Prevention of*

Accidents hhalls@rospa.com

GoSafe

The strategic aim of GoSafe, The Wales Road Casualty Reduction Partnership, is to make people safer on Welsh roads by reducing casualties and saving lives. The partnership is responsible for red light and speed camera enforcement but reducing casualties is not just about enforcing the law, it's also about encouraging motorists to drive legally and safely through education and by offering permanent engineering solutions to roads.

The Partnership is made up of 27 equal partners including the 22 Unitary authorities in Wales, four Welsh Police Forces and the Welsh Government. They also work closely with the NPHS and Fire Services in Wales.

Every camera in the Wales Road Casualty Reduction Partnership area complies with the Welsh Government (WG) guidance on where cameras can be placed. How and when cameras are deployed depends on the history and road safety problem at each location. Cameras may operate in areas with a casualty history and / or proven level of speeding. If required we can operate at road works, schools and areas of community concern throughout Wales

We are keen to work with local communities and encourage people to get in touch with us if they feel they have a speeding issue in their village, town or city. We have good links with local authorities and local Policing teams. If we are not the right organisation to deal with an issue then we will know somebody who can help. We are currently assisting Neighbourhood Policing Teams with the introduction of Community SpeedWatch. This involves members of the community monitoring the speed of vehicles and liaising with Police to issue advice to motorists who exceed the speed limit.

GoSafe vans and motorcycles also have the ability to deal with other offences such as mobile phone use and the non-wearing of seatbelts. We have a team of enquiry officers who deal with other offences as well, such as perverting the course of justice. On occasions people have been known to take speeding fines and points for offending drivers. This is a serious offence which will be investigated by our team and can result in terms of imprisonment if found guilty at court.

We encourage contact via the website GoSafe.org/GanBwyll.org and also have a presence on Twitter [@GoSafeCymru](https://twitter.com/GoSafeCymru)/[@GanBwyllCymru](https://twitter.com/GanBwyllCymru) and Facebook [@GoSafe/](https://www.facebook.com/GoSafe)
[@GanBwyll](https://www.facebook.com/GanBwyll)

David Edwards

Nebo Chapel

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

Caersalem Baptist Chapel Llanpumsaint

"We proclaim Jesus Christ as Saviour and Lord" Please contact Eleri Morris (Secretary) 253895
"Joy to the world..." Bilingual carol service with Rev Martin Williams December 18 at 2.30pm

Ffynnonhenri Chapel

Details of services for the months of December 2016 and January and February 2017

2016	December 18	Carol Service	Time to be arranged
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2017	January 15	Service at 2.00 p.m.	Mr Arwel Evans
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	January 29	Communion at 2.00 p.m.	Rev Huw George
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	February 5	Communion at 2.00 p.m.	Rev Wyn Vittle
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	February 28	Service at 2.00 p.m.	Mr Wyn Maskell
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For further information please contact Danny Davies Treasurer on 01267 253686 or Gwyn Nicholas Secretary on 01267 253686

Support Mind – Buy a Calendar

After a painful experience losing a close friend to depression in 2014, I suddenly realised that suicide was more common than I thought and that it affected a lot of people. In 2015 there were 6,581 suicides in the UK, for a variety of reasons including; anxiety, bullying, substance abuse, eating disorders and schizophrenia. I decided I was not going to sit back and let everyone else try and sort the issue out. I started creating a calendar for 2017 in memory of my friend but also to raise money for the charity MIND.

MIND is a charity that aims to ensure that anyone with a mental health problem has somewhere to turn for advice and support. Although, as it is a charity it relies on people's support, the money from the calendar will go towards the phone-lines, opening support groups and ensuring that the staff are qualified and ready to deal with anything.

I have lived in the village all my life and I am currently studying for my Masters Degree in Sports Therapy at Gloucester University. The Calendar includes scenic photos from North Wales to Pembrokeshire from all different seasons. I would like to thank my 12 sponsors; T'ishe Teisen, Llandysul Aqua Centre, Llandysul Paddlers, Dan i Sang, Bwydydd 5 Saint Caterers, Aspirations Outdoor Adventures, Meirion Davies a'i Dad, FE Sports Therapy, Dewi Valley Wholesale, Peapod Junction, BYW Auto Repairs and MC Williams Builder. I would also like to thank Gomer for printing the Calendar and guiding me through the process, and to all my Family and Friends for all their help.

The Calendar will be on sale at the Village Shop, Llandysul Aqua Centre and Bargoed Stores, Saron for £5. Or contact me on 1267253539/07805468763. Signed Thomas

Cyngor Cymuned Llanpumsaint

Phillip Jones yw'r clerc a gellir cysylltu ag e' ar 01267 253512 neu clerc@llanpumsaint.org.uk <mailto:clerc@llanpumsaint.org.uk>, <http://llanpumsaint.org.uk/communitycouncil/>

Cais Cynllunio – Dim

Codi Arian Hawdd Os ydych yn siopa ar y We yna gallwch helpi i godi arian i'r ysgol drwy gofrestri ar www.easyfundraising.org.uk/causes/LlanpumsaintPTA neu gysylltu ag Emma Brown

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

Cór Llanpumsaint a'r Cylch

Ar nos Sadwrn, Tachwedd 26 2016 fe gynhaliwyd Cyngerdd Blynyddol y Cór. Gyda Chapel y Tabernacl yng Nghaerfyrddin yn gysurus lawn fe roddodd y Cór o dan arweinyddiaeth Gwyn Nicholas gyda Martin Jones wrth yr organ berfformiad safonol iawn o'r Messiah gan G.F.Handel. Yn cynorthwyo oedd Ffion Edwards, Soprano, Beca Davies Contralto, Huw Ynyr, Tenor a Kees Huysmans Bass. Dyma yn wir oedd pinacl y flwyddyn i'r Cór.

Hoffai swyddogion ac aelodau Cór ddiolch o galon am bresenoldeb pawb yn y Gyngerdd yn enwedig i'r Noddwyr sydd yn ein cefnogi yn flynyddol. Mawr yw ein dyled iddynt.

Ar hyn o bryd mae'r Cór yn cael seibiant haeddiannol a bydd yr ymarferion yn ail ddechrau ar Ionawr 5 2017 am 7.45 y.h. yn Neuadd Gymdeithasol Cynwyl Elfed.

Carwn ddymuno Nadolig Llawen a Blwyddyn Newydd Dda i bawb.

Heddlu

Gan fod y gaeaf yn prysur agosáu, dyma neges i'ch atgoffa ynghylch diogelwch tanciau olew oherwydd byddant yn cadw cryn dipyn o olew sy'n cynrychioli buddsoddiad ariannol mawr, a chysur eich cartref yn y pen draw. Yn ystod y gaeaf, fe'ch cynghorir i wirio lefelau olew'ch tanc unwaith yr wythnos o leiaf. Ceisiwch guddio'ch tanciau, a'u diogelu mewn caets os yn bosibl. Nid eu cloi yw'r ateb bob tro oherwydd gellir drilio plastig yn hawdd, neu eu torri, gan ddyblu'r gost oherwydd byddwch chi'n colli olew ac yn gorfod newid y tanc.

Os oes gennych unrhyw ymholiadau, cysylltwch â mi martin.dickenson@dyfed-powys.pnn.police.uk

Os oes unrhyw un yn gweld unigolion neu gerbydau'n ymddwyn yn amheus yn eich ardaloedd, cysylltwch â mi ar 101 neu drwy e-bost ar martin.dickenson@dyfed-powys.pnn.police.uk. Ar hyn o bryd, rydyn ni'n hyrwyddo gwasanaeth Negeseuon Cymunedol Dyfed-Powys, a ddefnyddir i anfon negeseuon at aelodau o'r cynllun drwy e-bost neu neges destun. Os hoffech ymuno â'r cynllun, gwnewch hynny drwy wefan HDP gan ddilyn y camau cofrestru syml.

Martin Dickenson 8046, Swyddog Cymorth Cymunedol, Heddlu Dyfed Powys, Gorsaf Yr Heddlu Carmarthen Police Station 101 Ex 25344 / 25343 martin.dickenson@dyfed-powys.pnn.police.uk

Gwarchod ein hanes

Wrth ymchwilio deunydd i'm llyfr ar Lanpumsaint rai blynyddoedd yn ôl, es i weld rhywun yn llawn hyder a gobaith. Gwyddwn iddo fod yn un o'r rhai prin hynny fu'n berchen ar gamera da yn ystod y pedwardegau a'r pumdegau o'r ganrif ddiwethaf. Ar ben hynny gwyddwn hefyd ei fod wedi tynnu nifer o luniau diddorol o fywyd o amgylch yr ardal yn ystod y cyfnod hwnnw. Felly o'n ni'n eitha' ecseited! "*Dere min'n! Ishte lawr!*" medde fe mewn ateb i'm cais. "*Ti'n gwbod i ni symud tŷ pan wnes i ymddeol. Ethon 'i drw' bopeth a'u gosod nhw mewn bocsys. Minn i'r bocsys gyda'r llythyren **T** aeth popeth o'dd fod fynd i'r Tip, a phopeth i'r byngalo i'r bocsys **B**. Do! O'dd da fi lond bocs o hen luniau lleol, y rhai fyddde ti moyn, i gyd mewn bocs **B**. Camgymeriad y boi o'dd yn cario mas o'dd e', Rhoiodd e'r bocs na'r ochor anghywir o'r llwybr. A'th y blydi lot i'r Tip!*".

Colled hanesyddol enfawr, ond mae trysorau'n cael eu taflu'n fwriadol, fwyfwy'r dyddiau yma. Dyma'r math o sefyllfa sy'n datblygu'n aml. Hen ŵr a gwraig wedi gwarchod tystiolaeth deuluol am ddegawdau, efallai wedi eu hetifeddi am ddwy neu dair cenhedlaeth; dyddiaduron, llyfrau cownt. lluniau, toriadau o'r wasg am angladdau a phriodasau, tameidiau o hanes ysgrifenedig, ac yn hwyrach yn yr 20fed ganrif tapiau. Wedi'r angladd daw'r perthnasau ar frys i ddatrys eiddo'r tŷ a dewis beth maent am gadw. Yna galwad i'r Gwerthwr i glirio'r gweddill cynted a phosib cyn rhoi'r arwydd *Ar Werth* lan. Mewn byr amser bydd y gweddill yna i gyd yn Nantycaws, ac mae talp o hanes lleol wedi mynd i abergofiant. Yn rhy hwyr daw rhyw hanesydd bach i wybod. "*Na drueni! Se ni ddim ond yn gnybod, fyddde' ni'n fodlon mynd trwy'r pethe!*". Y dyddie hyn mae ystod eang o hanes cymdeithasol y Gymru Gymreig yn diflannu wrth i'r hen gymdeithas werinol fynd ar drai. Beth ellir ei wneud? 'Does 'na ddim ateb syml, oherwydd penderfyniadau teuluol sy'n teyrnasu yn y maes yma. Rhaid cyfaddef hefyd mae mater o farn yw hi'n aml am beth sydd yn bwysig. Gall rhywun feddwl fod ganddo ddogfen holl bwysig pan ddylai fynd i waelod y bag glas. Pwy alle benderfynu? Dylid gwneud un o ddau beth; naill ai gofyn barn rhywun sy'n gwybod rhywbeth am hanes neu gysylltu ag Adran Archifdy'r Sir. Er i'r Adran Ymchwil fod ar gau ar hyn o bryd, mae'r staff yno o hyd, gyda'r profiad a'r arbenigrwydd priodol i fynegi barn.

Ond mi all bobl sy'n gwarchod trysorau'r gorffennol mewn hen ddreiriau tywyll wneud rhywbeth arall hefyd. Cofiaf un achlysur pan sibrydodd rywun yn fy nghlust fod ganddo hen lyfr cownt o daliadau i weithwyr adeg adeiladu'r rheilffyrdd tua 1860. Ches i ddim i weld e' na chyfle i wneud copi. Ymhen amser a'th e' i'r Amlosgfa ac a'th y ddogfen i'r Tip! Felly os ydy pobl am warchod eu trysorau gnewch yn siŵr fod yna gopi'n cael ei gwneud i'r genhedlaeth nesa', mae hynny'n ddigon rhwydd yn y dyddiau hyn. 'Does dim yw golli drwy wneud hynny!

Tybed a fydd haneswyr y dyfodol yn edrych yn ôl mewn penbleth trist at genhedlaeth oedd wedi gwarchod pob E-bost, y diflas a'r diwerth, ond o fwriad neu'n ddifater wedi dinistrio ystod eang arall o'n hanes cymdeithasol.

Arwyn 2016

Historian's Appeal

Many years ago when I was researching my book on Llanpumsaint I recall visiting one retired individual in high hopes. I knew that through his work he'd been in possession of a good camera, a rarity during the 1940's and 50's. I also knew that he'd taken many interesting local shots of life during that era. Hence my optimism! Answering my knock he said, *"Come in and sit down. You know I moved house after retiring! Well! We went through everything and it all went neatly into boxes. , All the rubbish went into clearly marked T boxes destined for the Tip, and everything we wanted kept for our future bungalow went into a B box. Yes I had a whole boxful of local photographs carefully placed in B boxes, the one's you'd want. Unfortunately the man carrying the stuff out accidentally placed that B box on the wrong side of the drive. Sorry! The bloody lot ended up in the tip!"*

A sad loss of some unique evidence, but the losses continue, and unfortunately are on the increase nowadays. The scenario often happens like this. An old couple having spent their whole lives in the same home, have carefully kept old handed down heirlooms sometimes from two or three generations. There could be Diaries, Account Books, Family newspaper cuttings, family photographs or various bits of written history and, from the late 20th century, tapes. Descendants hurriedly sift through on a restricted visit after the funeral, before the Estate agent is requested to clear out the remainder before planting his *For Sale* sign. So off it all goes to Nantycaws and oblivion. Someone interested gets to know but too late. It happens nowadays with increasing rapidity wiping out a whole spectrum of recent social history.

So what can be done? There are no easy answers. Sometimes documents that people regard as important are historically worthless and need to be blue bagged out of the way. So how should they know what could be of value? You could ask a local historian for an opinion, or contact the Carmarthen Archives Department. For though closed for research, the specialist staff are still there, experienced and qualified to advise. Why not make a copy anyway just in case, it's cheap enough nowadays!

I have also experienced over-possessive people, divulging that they possess some rarity, but unwilling to either show or share them. I recall one case when a person whispered in my ear that he held an old Account Book of payments to workers dating back to the railway construction era around 1860. I wasn't allowed to see it or make a copy. Eventually he went to the Crematorium and the evidence went to the tip.

Fortunately I have been allowed to photostat some things which people wanted safely kept in drawers. So if you have something of future historical value please allow a copy to be made at least. Ecclesiastical Authorities have gone further, Church Registers are removed and copies retained in individual churches.

One wonders whether some future historian will look back at this generation, painfully perplexed at how every Email, whether trite or true, lay secure on a blue cloud, whereas other bits of vital social history had been hastily removed to Nantycaws, without further thought.

Arwyn 2016

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For sale

Small farm trailer, £30. Contact Elvira Howells 01267253207 Daytime

For Sale

Half Glazed Hardwood Front Door, 77.5" x 33" x 1.5" £10

Pale grey ceramic shower tray 30" x 30" x 5.5" – offers?

Table Tennis Table – offers? Carolyn 01267 253308

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