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*Photo courtesy of Andy Hay,
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MAJOR CONFERENCE TACKLES FUTURE OF CURLEW IN WALES

A major conference was held in mid-Wales in the battle to help save one of Wales' most threatened birds.

There are growing fears that breeding curlews could be lost from Wales within the next few decades if its fortunes are not turned around.

Bird experts, farmers, conservationists, policy-makers, and land managers gathered in Builth Wells on 24th January to discuss its future and how to help it.

Natural Resources Wales (NRW) is one of the partners that hosted the conference which promoted the hard work which has taken place to conserve this bird.

Curlew numbers in Wales declined by 81 percent between 1993 and 2006. It is estimated that only around 500 breeding pairs remain.

It's thought that this is largely due to poor breeding success and the loss of breeding grounds.

Conservationist Iolo Williams opened the conference and participants heard how the bird's fortunes can be reversed if we act now.

A series of presentations on curlew projects was shown followed by discussions on specific practical conservation work.

Patrick Lindley, senior ornithologist for Natural Resources Wales, said:

"Curlews are one of the most pressing priorities for bird conservation in the UK, and it is vital that we work together to protect the remaining population and reverse these declines.

"This conference will explore previous recovery work and practical ideas that will help us develop realistic

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ALL ABOUT *The Post*

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actions to improve the numbers of this iconic bird in Wales”.

Fellow organiser Mary Colwell said:

“Curlews are woven into Welsh heritage. They have inspired Welsh poets, musicians and writers for generations. The call of the curlew is the sound of wild Wales. It would be a tragedy if we let them slip away when there is still time to save them.”

RSPB Cymru Senior Conservation Officer, Dave Smith, said:

“There is no time to waste when it comes to curlews.

“We need to work together to develop and implement practical measures enabling farmers and land owners to provide habitat for wildlife like curlew alongside profitable operations.

“As an organisation curlews are one of the RSPB’s highest priorities – this conference is a landmark event which we hope will further raise awareness of the species’ plight as well as finding ways of working together to improve their status and provide them with a brighter future in Wales. If we don’t act collectively now the iconic call of the curlew could be forever lost to future generations”.



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Our organist, who had played for us for many years, has had to retire. At the moment we are using discs for our hymns but we have a wonderful, modern organ, which loves to be used and gives out a great sound in our beautiful church. We would like to have a regular organist/s to play for us at Sunday services and on special occasions. We have a monthly Communion Service and would particularly like to have the organ played then. Our regular services are at 9.30am.

If you are interested or would like further information please contact the PCC secretary on 01550 777657.

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MANDALA YOGA ASHRAM

The Mandala Yoga ashram here in north east Carmarthenshire has been offering authentic yoga and meditation retreats for over 30 years. There will be a new weekly yoga class on Tuesdays at 9.30 – 11.00am beginning on the 13th February. The class will help develop stamina, flexibility and balance. As well as gentle yoga postures, we will also practice pranayama (breathing exercises) and yoga nidra to harmonise and clarify our mind and inner energies.

As well as attending a weekly class, people are also drawn to visiting the ashram for any of its residential yoga and meditation retreats, and perhaps to simply stay in the ashram and follow the rhythm of its daily routine. 2018 Ashram retreats include The Next Step, an introduction to Ashram teachings, and Emotional healing through chanting and meditation over the Easter weekend. Later in the year we will also be holding our third Festival of Yoga, celebrating Music, Sound and Mantra.

Yoga and meditation practices offer us an opportunity to reflect on our embodied self, to develop a greater friendship with our mind, and to feel a sense of spaciousness and ease with oneself, with others and with life itself.

For more information on the weekly class contact Reva via email liz3adie@yahoo.co.uk or mobile 07874352276.

For other enquires regarding Ashram retreats please see <http://www.mandalayoga.net/> or contact the Ashram office on (0)1558 685358.

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Melissa 07909 903773

02/18/12

**PWYLLGOR DARLLENFA
LLANSADWRN
READING ROOM COMMITTEE
LLANSADWRN ALL LIT UP
FOR CHRISTMAS**

How time flies – Christmas gone, done and dusted yet again. But what a great time we had with the various events leading up to the big day.

The Llansadwrn Reading Room Committee were able to boast of an increase in the number of lights festooning a number of buildings including the Reading Room and a splendid Christmas Tree. Fourteen hundred lights (and there will be even more next year) lit up the east side of the village and the 5 metre high Norwegian fir generously provided by Gary Robins and Hugh Evans provided the all important central feature.

'Switch on' duly took place following the Blessing by the Reverend John Couch, with some enthusiastic Carols accompanied by members of Llandeilo Town Band safely out of the cold indoors but with conductor and leader John Morgan expertly 'flitting' back and fore, keeping the singing going whilst awaiting the arrival of Santa! Maybe a bit late, but nobody minded with mulled cider, mince pieces and tasty bites provided free and the nearby Sexton Arms ready for those needing something stronger!

Congratulations to Llandoverly Rotary Club and all involved in 'kicking' off Xmas in Llansadwrn. Well done too, to the choristers of the Towy Valley section of Côr Meibion De Cymru – The South Wales Male Choir, who staged an open rehearsal in the pub the following night thanks to the generosity of landlord Cliff Cowell. 'Carols and Cawl' proved popular once again – singing augmented with jokes, just like a proper 'Noson Lawen'. A retiring bucket collection raised a handsome £80 which Conductor Elaine Robins and the choristers donated to Llansadwrn Church.

A few days later there was a free Festive Film night for Llansadwrn villagers and friends on December 22nd. There were be two screenings, a children's film 'Arthur Christmas' followed by the classic 'It's a Wonderful Life'. A virtual full house on both occasions strongly suggests that there could well be more film nights in Llansadwrn in the future. Special thanks to Lisa Denison and friends for setting it all up!

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MYDDFAI NEWS

Website: www.myddfai.org

**Myddfai Shop and Café opening hours
Tuesday – Sunday, 11.00am – 4.00pm**

February 3rd Fashion Show with Lian Cara; Feb 6th Flower arranging classes start; Feb 17th Table Top & Car Boot Sale 10.00am – 2.00pm; Sat 24th Willow weaving Hurdles workshop 10.30am – 4.30pm; Feb 28th Myddfai Farmers Market 9.00am – 1.00pm.

Although we are still in Winter Myddfai has beautiful scenery and plenty of stunning walks to cheer you up. Come to the café to warm up and browse round the well-stocked craft shop full of unique gifts. We have a huge collection of Myddfai Pottery, why not buy a pair of hand knitted Wellie socks or a microwaveable heat pad, or a Welsh Woollen blanket, ear muffs, scarf, hat or beautiful cape made by Pentwyn Welsh Tweed. We have a large range of greetings cards. We have a good choice of Welsh CDs. And a range of Welsh Love Spoons. Every purchase made supports a local business and the Myddfai TyTalcen Charity.

Myddfai Café serves a wide range of delicious homemade lunches, cakes, and snacks. If you fancy an afternoon out we have a talk and tea package for groups on The Physicians of Myddfai, please ring to book.

Carol and Holly the café managers are now pleased to offer catering for hot and cold buffets for Parties ,events ,special occasions please don't hesitate to contact us on the emails below, we are more than happy to discuss your needs or please contact Carol on 07824 771040 or pop in to see us in Myddfai.

Myddfai Hall makes a stunning venue for Weddings and we have a Civil Ceremony wedding licence too. The hall is available for any event including children's birthday parties, craft and activity classes as well as conferences, concerts, plays and away-days as the hall is fully equipped and very adaptable for any purpose, with its lovely underfloor heating. For smaller gatherings the meeting room or balcony is available.

Why not start the New Year by joining one of the activity classes at Myddfai Hall:

Flower Arranging starts on Tuesday 6th Feb 2.00 – 4.00pm; Yoga is Tuesday evenings 7.00 – 8.30pm

Art classes from Wed 28th Feb 2.00 – 4.00pm, Pilates Thursday mornings 10.00 – 11.00am

For further information or bookings please contact Les at les@myddfai.org. Mobile 07879 119223 or Hall No. 01550 720449. Carol on carolannedugdale@hotmail.co.uk, or Holly on holly@myddfai.org Check our website www.myddfai.org for more details.

Please like Myddfai Community Hall on Facebook and follow us on Twitter.

TABLE TENNIS AT CORONATION HALL, PUMSAINT

TABLE TENNIS sessions are held every Thursday from 10am to 12.30pm at Coronation Hall, Pumsaint, SA19 8UW. New members of all abilities are most welcome to join the group. Equipment is provided. Please wear appropriate footwear. Whether you haven't played before or have but some time ago, come along and have some fun games. At a cost of only £1.50, that is for excellent value for the morning.

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02/18(12)

LLANDOVERY U3A

Try something new for the winter months, come and join us in the Rugby Club, Church Bank at 10.00am for a coffee and a chat, the speaker starts at 10.30am.

Special interest groups meet at other times – do you have an interest you would like to share and develop?

Wednesday 7th February

Richard Davies: Codebreaking at Bletchley Park during World War II.

Wednesday 21st February

Rosamund Hall: The Theatre in Russia.

Contact: Anne Lynd-Evans 01550 750286.

LLANDOVERY WI

The January meeting of Llandoverly WI was held at William Williams Memorial Vestry on January 8 at 2.00pm.

The meeting was opened by our new President Jill Blud and she welcomed all members attending and introduced the new treasurer Cath Collins and the new secretary Carroll Nunnerley.

We did not have a speaker as she had been snowed in for the December meeting and doubled booked for January. We hope to have her as a speaker in the future.

A lively discussion followed with ideas about speakers and trips with many good ideas brought forward.

We are planning a trip to Llanelli house for a tour and tea on the 22 of January. Should be very interesting, please contact Jill Blud for details.

The meeting closed with a lovely seasonal tea provided generously by Jill Blud.

This looks like it will be a busy and fascinating year for Llandoverly WI, any ladies wanting to join us please come on the first Monday of the month at the William Williams Vestry at 2.00pm and you will receive a warm welcome.

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04/18(12)

Padmasambhava Yoga & Meditation Centre

Christmas is over, the New Year is well under way, with the hope of Spring, as snowdrops, daffodils and even primroses come into flower and so should our bodies and spirits feel the need to renew and refresh themselves, and what better way to do it than attending a yoga class. The term started on Monday 15th January with a comprehensive range of classes suitable for experienced students and people who have never attended class before. There are four daytime classes and a good number of evening classes, which include Beginners, 1st, 2nd and 3rd Year and Meditation. There are also classes in Cwrt Henri in the Reading Room, Tuesdays 1.30 – 3.00pm. A new Beginners started at the Centre this term on Thursdays at 8.00pm and a new 5-week Beginners course at the Ammanford Pensioners Hall will be starting on 27th February 7.45 – 9.15pm. A new Restorative class will be starting on Friday 2nd March at 4.00 – 5.30pm

Saturday 17th March is the Spring Equinox Day of Cleansing Practices, 9.30am – 1.00pm presented by Atma & Vanessa. This a morning where hatha yoga cleansing practices are used to spring clean your mind and body, in preparation for the change of seasons.

There is a new monthly course starting in April, Deepening Practice, presented by Poornam. This course is about integration and connection. It brings the threads of Yoga, Meditation and Ayurveda together, as well as personal practice and exploring the path of self-study. The course is for anyone wishing to start, develop or deepen their practice, sense of well-being and connection to themselves and others. It will provide an opportunity for you to review and re-awaken your inspiration and vitality with like-minded people in a supportive environment. The course develops over a six-month period of five Saturdays, concluding with a full day in September. You will be provided with reading material and a spiritual diary. Telephone and email contact will be offered by Poornam to support your home practice. It is for yoga students, yoga lifestyle practitioners and yoga teachers. Poornam is a warm and sensitive teacher who brings an energetic and no-nonsense approach to class, with an under-lying vision of yoga as a way of life. Venue is Padmasambhava, course dates are 21st April, 19th May, 16th June, 14th July 10.00am – 2.00pm and 22nd September 10.00am

– 5.00pm. Please contact the Centre for a brochure and course details, Tel: 01558 823842, www.padma.org.uk, email: mail@padma.org.uk.

Yoga classes at Padmasambhava always take into account the health, needs and abilities of everyone and aim to help both the mind and the body. The physical movements bringing flexibility to the body and the breathing practices are useful tools to bring calming to the mind and increase energy. Each class ends with Yoga Nidra, a deep relaxing practice which helps to reduce stress, calms the mind and relaxes the body. All of these above points make yoga classes at Padmasambhava special, beneficial and enjoyable. Indeed classes at Padmasambhava can help you to deal with everyday life and the problems which may occur and generally help with your well-being. To find out more about these classes, if there are any vacancies in a class, to see what attending a yoga class involves and generally to have a chat about these matters please contact the Centre on 01558 823842, or look on the website www.padma.org.uk, email mail@padma.org.uk.

Chair-based Yoga at Maes Elfryn Hall

This is a weekly class held on Fridays 3.30 – 4.30pm. Seated yoga helps to increase flexibility and balance, improve body and limb movement and helps to develop strength. Time is spent during each class working with breath awareness and breathing practices which are useful tools in everyday life. Each class ends with a deep relaxation practice. For more information please call the Centre 01558 823842, www.padma.org.uk, email padma.org.uk, or in the Brochure and on posters.

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08/18(12)

'TURN ON' OF THE CHRISTMAS LIGHTS IN LLANDOVERY ON 24TH NOVEMBER 17

Llandovery Town Council would like to thank all those who helped to make the 'Turn On' of the Christmas Lights on the 24th November 2017 such a success. The event was well attended, mainly due to the crisp, dry weather. There was an excitement and a 'buzz' in the air. Thank you to all those who were involved and enabled this festive event to happen: the Town Councillors, their wives & husbands for their time and help in enabling the event to happen and flow smoothly; to the performers - Ysgol Bro Dinefwr, Ysgol Rhys Prichard, Llandovery College, Llandovery Choir, 'Fiddlebox'; Presenter Helene Lovell; the loan of the P.A.; YMCA for the loan of chairs & tables; Liz McGill who organised the stalls; John for his music, snow machine & lights; the businesses who opened until late with their festive wares and hospitality - Genesis, Printing Office, Brambles, Nia, the Post Office; Rotary Fr. Christmas & sleigh; the candyfloss, sweets & doughnuts; the cup ride; those involved in the Childrens Poster Competition & the Best Business Display & the judges of these; those involved in the production of the free mulled wine and warm mince pies; the photographer Will Theophyllus; to Richard Evans who erected the lights; to TilHill who erected the Christmas Tree; to Neil Cuthill; to the Post for the festive motifs placed on the articles; to CCC who arranged for free car parking in the main car park and the closure of the road. There were two additional new attractions: The Three Horseshoes with their Pizza Oven and Cllr. Louise Wride who did face painting.

Thank you to all the above, (and to any accidentally omitted), who helped to make the event so successful. Most especially 'Thank You' to all those who attended and supported the event, to the children who made such wonderful Christmas Posters and to those businesses who participated in the Best Business Display, to help the town 'sparkle'. The Mayor and the Deputy Mayor have presented the prizes to the schools and a certificate to each of the businesses. Ken Ratcliffe & Son won the Best Business Christmas Display with the Castle Hotel as runner up. Certificates have been awarded to them.

The event was arranged by Llandovery Town Council for the benefit of the community.

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GWYNFE NEWS

Following the success of the last one, we are holding another Tabletop Sale in Gwynfe Village Hall on Saturday, February 3rd. The hall will be open to stallholders at 10:00 a.m. and to all the lovely bargain-hunters (that's you!) from 11:00 till 2:00 p.m.. One stall (in aid of hall funds) will be Just Jumble; all donations gratefully received for this – please bring along on the morning. Refreshments also available. If you would like to run a stall, the cost is £5 for a table available in advance from either Heather (01550 740512) or Bridget (01550 740163). Free entry to bargain-hunters.

In an interesting departure from our usual Monday Club meet, the one on Monday, 5th February (1:30 p.m. onwards) will be a chance to try your hand at short-mat indoor bowls! Complete novices welcome. For those not interested in bowling, there will be the usual chat + tea/coffee + cake. £1 collection. If you require transport to/from the hall, please contact Heather on 01550 740512.



Saturday, 17th February will see the first Valentine's Evening at Gwynfe Village Hall. This luuurve-fest (!) will be a fun social evening, with a Valentine's flavour. There will be a themed buffet before games, love-tunes singalong and mini love-themed quiz. Entrance ticket £10 will include special Valentine's cocktail on arrival, the buffet and fun & games. Open to those in love, those looking for love, and the love-neutral! Bar also available.

As you no doubt know, Thursday, 1st March is St. David's Day – an opportunity to commemorate our patron saint. There will be a cawl supper starting at 7:00 p.m. in the village hall, after which a couple of local artists will treat us to a few songs. Entry £6, to include supper and entertainment. Bar available.

Now...a date for your diaries. Do not miss Chip Shop Chips on Thursday, 22nd March at 7:30 p.m.. Focusing on love at different ages and celebrating the nation's favourite food, Chip Shop Chips heads nationwide following a completely sold-out Northern Tour in Spring 2016. Brace yourself for an immersive love story set to a soundtrack of Northern Soul and served with a fish and chip supper. This is theatre, but not as you know it: dinner, quiz and a show all rolled into one! Tickets (in advance only) £11 or £10 concessions, includes entry to the show + fish and chips (or veggie wrap + chips). Bar available. To reserve tickets, please contact Colin or John on 01550 740462, or send an e-mail to gwynfe_community_hall@yahoo.co.uk

The members of All Saints' Church, Gwynfe would like to thank everyone who attended the Christmas Fair on 9th December and those who helped out on the day – despite the snow and ice. The community hall was full with an array of produce, including food, floral arrangements, arts and crafts, gifts, cake stall and tombola. Those attending were able to enjoy a coffee, mince pie and a chat. Thanks to Father Christmas who dropped in and spent time with the children in his magical grotto (see photo of Rhodri and Llŷr with Santa Claus). A lot of fun was had by guessing the weight of the Christmas cake and guessing how many sweets there were in a jar. The fair was a great success and the church would like to thank everyone who contributed raffle prizes and donated funds for the hire of the hall and the children's selection boxes from Father Christmas.

On Thursday 28th December the community held a Post-Christmas Party for the children who enjoyed a lovely tea party with jelly and ice cream. The party was well supported by community children, parents, grandparents and great grandparents. All the youngsters enjoyed playing party games and dancing. Our thanks to everyone who supported the party and helped to make it such a memorable event.

The hall committee would like to thank Gary Blaencennan for his generous donation of a lovely Christmas tree, which lit up the lawn in front of the hall throughout the festive season. Diolch yn fawr iawn.

Yet again the New Year's Eve Party was a rollicking success with the usual mix of 'Millionaire' (quiz), singalong, pass-the-parcel and dancing. A Happy New Year to everybody. Blwyddyn Newydd Dda i bawb!

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0318(6)

LLANGADOG W.I.

Llangadog members and their partners enjoyed an excellent Christmas lunch at the restaurant in Aberglasney Gardens, where Pat Terry was presented with a bouquet and thanked for her work as treasurer for the past 11 years. There were the usual crackers with hats, jokes and a secret Santa with presents for everyone.

Karen and Pat braved the snow to attend the County W.I. Carol Service in Carmarthen on 8th December.

Gwen, Catherine, Marion, Mary and Sarah combined their skills to decorate a window at St Cadogs Church, with 3 Kings, a manager, a star and donkey to represent a Carol. They were delighted to get a highly commended for their efforts, plus a welcome box of biscuits.

Unfortunately quite a few members were unable to attend the January meeting, which was presided over by Karen. Marylyn informed us that we had come 2nd in the recruitment awards and had been presented with a certificate at the Annual County Meeting. We look forward to better weather when our scattered members will be able to join us.

We chose to support the resolution 'Raising awareness of modern slavery in the U.K.' which is one of five resolutions to be put to the Annual General Meeting in June 2018.

Marian was awarded the annual competition prize, and arrangements were made for 2 teams of 3 to compete in the annual County Quiz Competition at Halfway. We have yet to come anywhere near the winning score, but one year they will ask the questions to which we know the answers, and anyway it is a fun evening.

Our meeting finished with a Beetle Drive organised by Karen and won by Barbara.

We welcome new members and if you are interested in the History of Underwear, or the Physicians of Myddfai, do come along to our meetings at 7.00pm on the 1st Thursday in the month at the hall in Llangadog, or contact Karen on 01550 777310 or Catherine 01550 777980.

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0219(12)



GROWERS, JOIN US!

In 2017 the Patch Work Farm got the Towy Valley 'growing'. Now we are looking ahead to the new season and hope to expand the project

Our local patch work farmers that braved to start growing last year have made a good start as vegetable producers. It has been such a pleasure to know where the vegetables in our weekly box came from.

It is now a new year and we are beginning to think about the production for the new season. To this end we have employed an experienced organic grower to advocate and consult our patch work farmers for the next 5 months. This is exciting as this will enable us to optimise and expand the production to ensure supply for most of the year. We are also inviting interested growers, (enthusiastic gardeners, who have a little to a lot of experience and space to grow) as well as farmers who have a bit of land or a poly tunnel they would like to make available for horticulture purposes to get in touch with the possibility to join the patch work farm. Our aim is to have people all over the Towy Valley supplying healthy locally grown food for our own community.

We hope that you have been inspired enough to get involved. You can either phone our Food Hub co-ordinator on 07964747535, email info@blackmountainfoodhub.co.uk or go online to www.blackmountainfoodhub.co.uk and send us a message using the contact us form.

You can support the patch work farmers and help establish local food production in the area by buying their produce. The patch work farmers are selling their produce through the Black Mountain Food Hub – a Community Interest Company that works towards food sovereignty in the Towy Valley.

Black Mountain Food Hub
A grass root online farmers market that supports sustainable local food production and a healthy food culture in the Towy Valley



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02/18(12)

AN EVENT FOR BIRD LOVERS

The local group of the Wildlife Trust has arranged a talk on bird ringing which will be held at Maes Elfryn Hall, Dynevor Avenue, Llandeilo on Wednesday, 14 February at 7.30pm.

The speaker, Paul Aubrey, will cover the history of bird ringing in the UK and its importance as a research and conservation tool. He will then focus on the premier sand dune system in West Wales, the Pembrey Burrows Local Nature Reserve, and will talk about the ringing activities and species ringed there.

The event is part of a programme of talks and site visits held throughout the year by the East Carmarthenshire group of the Wildlife Trust of South and West Wales which is based in Llandeilo. Individual events are listed in The Post's Events section, but for more details please call 01267 253485.

Becoming a member of the Wildlife Trust of South and West Wales will provide free admission to Skomer as well as other benefits and will help the Trust to look after many wildlife reserves, including Poor Man's Wood at Llandovery and Castle Woods adjoining Dinefwr Park in Llandeilo. Visit the website www.welshwildlife.org for further information.

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12/18(12)

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09/18(12)

CHOIR'S CHRISTMAS CHEER

Conductor Gordon Kilby with Band Baroc Tywi



Cantorion Llandeilo Singers, the 60-strong, mixed-voice choir based at St Teilo's Church, Llandeilo, donated half of its ticket money to the Mayor's chosen charities **Kidney Wales Foundation** and **Shelter Cymru** at its Christmas Concert in the church on Saturday, 23 December.

Conducted by Gordon Kilby, and featuring local soloists Aled Edwards (baritone), Helen Pugh (soprano), and teenager Owain Rowlands (who made his solo tenor debut at the concert), the Choir attracted a near full house for a varied and lively programme covering Bach, Rutter, Haydn, Morris, Gareth Glyn, Robat Arwyn, and Handel.

Supporting the singers were the mostly Carmarthenshire-based members of Band Baroc Tywi – a chamber orchestra created in 2016 by conductor Gordon Kilby and leader Rakhi Singh to perform with the choir.

With sponsorship from local businesses, Cantorion Llandeilo Singers is unique in South-West Wales in its ability to raise money for charities through the staging

of high-calibre, classical choral performances, and the Christmas Concert reflected the growing support in the area for the choir's performance and money-raising efforts. The Choir, which in its present form was created in 2014, has now raised just over £9000 for charities.

Rehearsals have now started for the Choir's next major concert, which brings together Morten Lauridsen's *Lux Aeterna* and John Rutter's *Magnificat* at St Teilo's Church on Saturday, 28 April 2018, and will feature Helen Pugh as the soprano soloist. New choir members (particularly tenors!) are always welcome. Rehearsals are on Monday evenings at 7.30 p.m. at the Church. www.llandeilosingers.wixsite.com/llandeilo-singers

Jeremy Fonge

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03/18(2)



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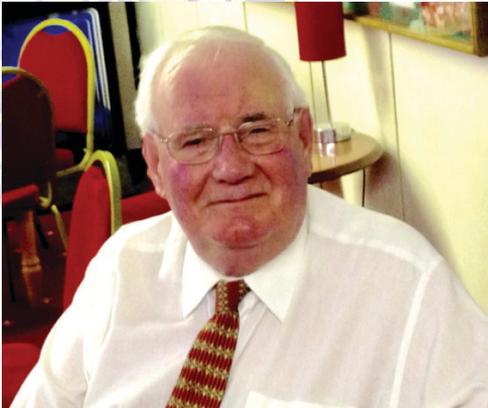
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03/18(12)

LLANDOVERY ROTARY CLUB



It was all going so well. Too well obviously. All seemed normal, but life has this ability to lull you into a false sense of security and it hit home to us this Christmas with a very big bump indeed.

Firstly we received awful news on the 11th December when ex Rotarian Gareth Jones ('Twm Mount') passed away. Twm had resigned his membership a few years ago due to failing health and he was a great and extremely loyal friend to many of us. A very large contingent attended Llangadog Cemetery to pay our last respects. Rugby was his life and most of his life was dedicated to Llandoverly RFC. Even with failing health Twm continued to work as fixture secretary for the Rugby Club until the day he died. His contribution to local rugby cannot be overstated. See also the Rugby Club report.

We completed our Santa runs to Llandoverly and the villages and your generosity was once again brilliant. The hampers had been delivered and all was well.

Christmas came and went. The festivities were all over and we were in our quiet time.

Then, out of absolutely nowhere on the 29th December we received the devastating news that Tommy Brown had died overnight. Tommy, our father figure, the most respected and dearest friend to all of us, had passed away. This couldn't happen. Impossible. Never. No way. Not Tommy. But it was true. We were in shock. Total shock. I know I walked around in a daze not being able to believe that this had happened. In his working days he was known affectionately as 'Brown The Coal', Tommy was known by EVERYONE. Tommy insisted that he would do all the deliveries in town. He knew exactly how many sacks of coal each house had weekly and EVERY person was met with a cheery wave and that engaging smile. Men were greeted with 'How are you chief' and the ladies 'Hello my dear'. Tommy was a founder member of Llandoverly Rotary Club and in 2004 was awarded the Paul Harris Fellow award, the highest award possible to any Rotarian for his outstanding contribution to Rotary. He was our father figure. He was without doubt one of the nicest and most respected people

in Llandoverly. Tommy was a person genuinely worthy of being called a gentleman. He will NEVER be replaced. Each one of us is a better person for knowing him and each of us is truly privileged to be able to have called him our friend. Our dear, dear friend. RIP Tommy.

At our first meeting following Tommy's passing it was a surreal feeling. Tommy's chair was left empty and folded forward. Ian said a prayer, we had a moment of silence and it was a subdued meeting as members ate their meal. Nobody spoke. We felt Tommy's presence. He was with us that is for sure.

Both Twm and Tommy would know and insist that our business carries on. It does, but with a very heavy heart.

Sincere thanks go to Llandoverly YMCA for the loan of their Community Bus. Since the demise of our faithful old 'sleigh' due to rot, rust and old age, ohhhhh and at the insistence of the Health and Safety's guidance to all Rotary Clubs, we now rely on the bus to be transformed for a two week period each year into Santa's 'GROTTO'. This task is taken on by Gary, Carol and Anthony who do a magnificent job enabling us to visit your homes every December to allow each child a personal meeting with Santa together with the obligatory photograph. It also allows us to hold out a collecting box for you to contribute if you wish. On this wish you have NEVER failed us. Yet again your generosity has been beyond our dreams. It was extremely wet and icy cold this year and maybe you felt sorry for that poor snivelling, shivering, freezing, shaking, perishing wreck that was standing on your doorstep when you answered your doorbell! Whatever it was we thank you from the bottom of our hearts. We now have so much more money to distribute to good local causes. Everyone's a winner. Thanks again. Special thanks this year goes to Town Crier Joe Beard for joining us on the groto this year and with our sound system not giving the advance warning that it once did, it



was Joe's bell that you probably heard first when we visited you. Thanks also to Rob, Colin, David Long and David Goldsmith once again this year. Thanks to Sue Yelland and all at the Co-op for allowing us to assist with packing and collecting on 23rd December. It really did swell our total collected. Thanks Sue. More later.

We received a lovely letter from Mrs Roz O'Brien with a donation to the Rotary Club on behalf of her late mother Mrs Iris O'Brien in recognition of the work Rotary do for the community. It is lovely to receive thanks in this way. Sincere thanks to the O'Brien family.

It was lovely to welcome Robin back to Rotary after his health scare. For a few weeks Bilbo (Robin's Basset Hound) could actually walk faster than his owner! Welcome back Robin.

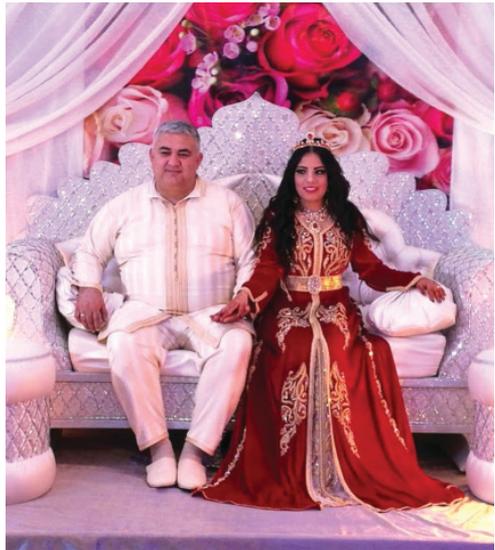
We delivered 36 Hampers in Llandoverly to those in need this year. The recipients are so grateful and it is really special to bring a bit of Christmas cheer to those who are alone and not in the best of health. The ladies did a superb job in obtaining and dressing the hampers again this year and personally I think they were better than ever this year. Well done to all involved. On completion of the deliveries we gathered for a lovely Sunday Lunch in the Whitehall where the resident Chef Anne Ennion did us proud. Lovely.

We received a donation of £500 from an anonymous donor for the make up of the Hampers. Well, that is what you call a really generous gesture. Thank you very much, whoever you may be.

We received a letter from Caroline Lewis (Barn Owl) of the Brownies thanking us for our donation last September.

News reached us at the end of the month explaining why Oz (Ozzy) had not attended Rotary for a few weeks. He had sent apologies for absence which he normally does when he returns home to Turkey a couple of times a year and we assumed that was where he was. But he wasn't! Oh no he wasn't there. He'd got married! Yes Oz had got married. Well we were dumbfounded. At the next meeting all was explained. Not by Oz because he'd given his apologies again. It was explained by a letter, an invitation in fact to ALL of us, yes EVERY ONE of us to go out to Istanbul in Turkey to celebrate his wedding. Oz had got married all right. Now we Rotarians are busy people but somehow Anthony, Oz's great friend, was able to go. But that's another story. We are all very aware of our Anthony's record of getting it wrong when travelling abroad but this time was a humdinger! A REAL humdinger. Evren, Oz's sister was going to attend her brother's wedding celebration obviously and asked Anthony if he was going. He was, so Evren got the flight tickets. All done. No! Oohhhh Nooooo. Evren had got the tickets to Oz's wedding celebration alright but what Anthony didn't know was that there were two celebrations, two weeks apart. And the first one was in Oz's brides home in Morocco! Anthony had tickets to Turkey AND Morocco. The rest of this story will be revealed next month following his return from Morocco and then from Istanbul. One Rotarian was heard to remark Istanbul? Are you sure it wasn't Ynysybwl !!!!!

Llandoverly College take in a sponsored student every year from Patagonia, South America which is where over 150 Welsh emigrants travelled to in 1865 on the Mimosa and



has since thrived maintaining its Welsh culture to this day and beyond. We as a club normally contribute annually to the student's pocket money during their stay. This year we are proud to donate £250. Good luck and enjoy your stay Riccardo. Croeso.

A few facts about our Santa Grotto visits this year. The youngest person to ever visit our Santa was in Llangadog this year at just one day old! Brilliant. Some of the strange requests for presents this year beat all previous years, by a distance. Santa was asked for, among other things, a toy roast chicken, a real penguin and a Go Kart that goes like - - - ! But far and away the strangest request beat all the other hands down. A little boy probably about 8 years of age asked Santa for a silage pit! And yes he meant a real one.

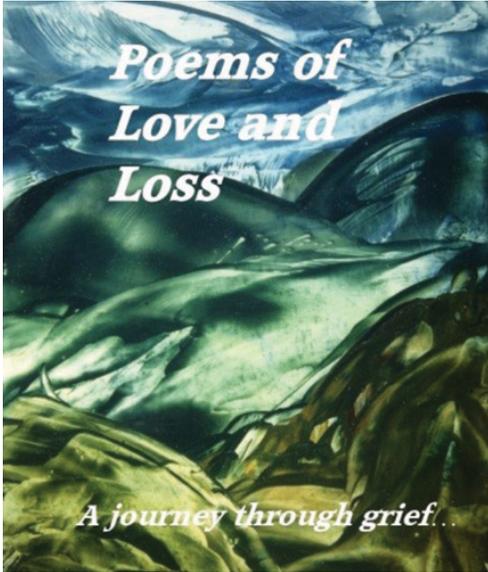
We have a VERY special event coming up on Friday 16th March at the Rugby Club. Our Guest Speaker is Mr Geoff Hughes. Geoff is the former Governor of Belmarsh Prison in London. Belmarsh is the UK's top security prison and you will have a very rare opportunity to see and hear what happens on the inside including when Ronnie Biggs the Great Train Robber was housed there under Geoff's Governorship. Geoff is a speaker on P & O Cruise ships including Britannia. Tickets are open to the public, are £15, include a 2 course meal and are available from Anthony Wathan. Geoff has generously agreed with Derek to come free of charge but we hope to make a sizeable donation to Ty Hafan at his request. Tickets are limited but are available.

As you can see so much has happened since our last report. We have brought joy to the elderly and to the young. But this month has been heartbreaking for us and two families. To Twm even though he was not a current member he will be very sadly missed.

We also lost our father figure. Oh how we will miss you Tommy. Thank you for blessing us by being our friend. Our dear, dear friend.

RIP Twm, and RIP Chief, Our Tommy.

LLANDOVERY THEATRE
Horatio Nelson theatre cat
From my new window sill



Dear Friends,

You will see from my new address that I am on a new planet and already in the second of my promised nine lives. Though now at a great distance, I am still aware of days of celebration and that you are now in 2018, and February 14th is St Valentine's Day – when friends and lovers exchange poems.

Last year the Theatre produced a small book of poems, love poems for the most part, some rather sad, but I thought you might like to read one specially written about me, so here it is.

My cat is not a beauty

My cat is not a beauty, I have to confess it –
 Friends who meet him give only

murmurs of commiseration as they gently call his name, Horatio Nelson, which I repeat for them again and again, as he sweeps past, giving only a glance of wary indifference.
 They do not know him.

A beauty he may not be, an injury inflicted on him soon after birth gives him the look of a bandit and he prefers to keep his distance, only very occasionally submitting to greet a stranger.
 But when we're alone together his personality changes, he talks incessantly, telling me the stories of his day's adventures;
 he demands, not just food but caresses and I pick him up and cradle him, upside down, onto my chest, my shoulder then into my lap curled up in sweet submission to strong strokings and rufflings and slowly bringing forth his inner soul for me – the soft then stronger purr that shakes his whole being.
 My affectionate one-eyed baby – yet not so young either – thirteen years since Simon stood at the back door – a strip of fur in his hands and said: Jacky, this one's ours.

I send love and wish you all a happy, prosperous and peaceful 2018, full of song, verse and adventurous stories to lift your hearts.

Horatio Nelson – go to Llandoverly Theatre Web page, read my blog, and send us messages and poems – we read everything!

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11/18(12)



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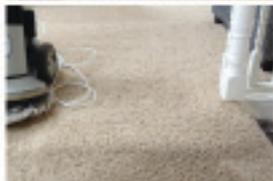
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07/18/12

'TAILS' FROM THE TRUST.... MEET ROCKY, THE TINY SHETLAND WITH A HUGE PERSONALITY!



*Rocky warm and dry at Lluest.
Photograph by Rhian Mai Photography.*

In mid-December, we were alerted by a member of the public who was concerned about a tiny pony on a small, muddy plot of land in Pembrokeshire. Because of the unrelenting rain we had in December, the small plot had become very wet and the pony, who had only some pallets covered with carpet to stand on, looked very miserable.

We contacted the RSPCA who had already spoken with the owner of the pony. The owner had, by accident, been left in charge of the pony when her son's girlfriend, the original owner, had left and couldn't be contacted. Added to that, she had recently lost her grazing. We were told that the original owner had acquired the pony from someone who had been keeping him in their back garden.



Rocky on his island in the mud.

When more suitable grazing couldn't be found, the lady looking after the pony had tried her best with limited knowledge to take care of him, but recognised that he would be happier signed over to a charity where he could receive the level of care he needed.

As the RSPCA had no space available and were unable to remove him until after the new year, we decided to give the little pony a happier, drier Christmas in a warm stable at Lluest. He was collected a few days before the holidays and, following a visit to the vets to be gelded, microchipped and passported, was settled down here on a bed of straw out of the rain. He was also underweight, weighing a mere 58kg. Despite his small stature (only 28 inches at the wither) he has a big personality so certainly lives up to his name of Rocky.

Rocky is still in quarantine in our isolation unit but soon, when we know he is completely healthy, he will be introduced to the other Shetlands where he will become part of a herd. In time, when he has gained some weight and had some basic training Rocky will be available to rehome through our Guardianship Scheme.

If you would like to make a donation to Rocky's rescue you can donate via Paypal on our website, email us at info@lluesthorseandponytrust.co.uk or visit www.justgiving.com/lluesthorseandpony/donate

BADMINTON, CORONATION HALL, PUMSAINT

Badminton drop-in sessions are held every Tuesday in Coronation Hall, Pumsaint, SA19 8UW from 10.00am to 12.30pm.

These sessions started in August 2016 and have become a regular fixture in Pumsaint. New members of all abilities are welcome to join the group. Equipment is provided, but please wear appropriate footwear.

At only £1.50 for the morning, this is excellent value for money.

For more information contact Yvonne 01558 650870, or email badminton@clanlaw.org.uk

BLAENOS 09/18(12)

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04/18/6

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The cricket season is slowly approaching. Girls and boys aged 5 and over are welcome to join Llanwrda C.C. Please contact Gwynn Davies at 07956 147464 or llanwrda@gmail.com for more details or just search online for "Llanwrda Cricket." We are also on Facebook. Membership is £15 and £10 for siblings. Training and matches throughout the summer. Come and join us.

15 Nov 17 7	No Winner
22 Nov 17 42	Sandy Clement
29 Nov 17 8	No Winner
06 Dec 17 16	Rob Williams
13 Dec 17 40	No Winner
20 Dec 17 16	Rob Williams
27 Dec 17 50	No Winner
03 Jan 18 44	No Winner
10 Jan 18 45	No Winner

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PUMSAINT WI

On the 5th December 21 ladies attended our meeting. After the usual business we were informed that the annual Christmas Craft Fair for breast cancer had raised £1,025 a very good effort by everyone involved and all helpers were thanked.

Arrangements were made for the Christmas party being held to celebrate our 60th anniversary. It was then time for our attempt at felting helped by our member Linder Tame. We all managed to make something small such as stars, trees and flowers to hang on our Christmas trees.

The following week we unfortunately had to cancel our party due to snow and ice which prevented many ladies from getting out of remote farms and not being able to buy the fresh food needed. We decided instead to go out for a meal on the 26th January to celebrate our 60 years.

On the 2nd January we held a short January meeting as 16 ladies managed to battle through the wind and rain to the meeting. We quickly dealt with the usual monthly business we made final arrangements for the meal on the 26th. We had a short discussion on this years resolutions and it was a unanimous vote for Resolution no. 5 "Healthier Mouth, Healthier Body". We then had our refreshments and decided to go home early and not play the games that had been intended, as the weather was still very bad and we wanted everyone to stay safe.

Next meeting is on 6th February, the speaker is Liam O'Sullivan from the British Red Cross talking to us about first aid. Our meetings are held on the first Tuesday of every month at 7.30 in the Coronation Hall Pumsaint, covering Pumsaint, Ffarmers and Caio and surrounding areas. All welcome. For further info. please contact Diana Jones – 01558 650153 or Anne Brooks – 01558 650154.

COME AND DANCE YOUR (BOBBY) SOCKS OFF

The weekly Jive nights held at Llandoverly's Castle Hotel are proving more and more popular, with up to 40 people taking part. Run by video DJ Peter Phillips they start at 6.00pm on Mondays – a real lift at the start of the week.

For those with other tastes, Peter Phillips is staging a 'Soul Night' at the Castle, on 10th February. If this achieves enough support it could become a regular feature, like the monthly rock and roll sessions. The R&R blasts are held on the last Friday in the month, the next being scheduled for February 24th.

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15 15	Renault Clio 0.9 tce Dynamic S, Panoramic Roof, Alloys, French Blue, 16500m	£8995
14 14	Renault Captur 1.5dci Dynamique, Turbo Diesel, Zero Road Tax, 17" Alloy Wheels, Removable Seat Covers, Sat Nav, Metallic Stone, 22000m	£9500
14 64	Renault Megane 1.6dci 130 bhp Coupe, Half Leather, Panoramic Glass Roof, 17" Alloys, 1 Owner, Metallic Black, 41000m	£9999
10 60	Renault Megane 1.5dci Dynamique, T/Tom, £30 R/T, Alloys, 5dr, Black, 75000m	£5750
10 60	Renault Laguna 2.0dci Dynamic, Tom Tom, Sat Nav, Alloys, A/Con, Half Leather, 16" Alloys, 2 Owners, Full Service History, Met Black, 102000m	£3995

AUTOMATICS

10 10	Renault Modus 1.5dci Turbo Diesel 86 bhp Dynamique, Semi Auto, Qs5, 5 Speed, Alloys, Air Con, 1 Lady Owner, £30 Road Tax, Metallic Grey, 5dr, 47000m	£3250
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14 14	Fiat 500 1.2 Colour Therapy, Blue/White Door Mirrors, £30 Road Tax, 27000m	£6500

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CHARITY CONCERT RAISED FUNDS FOR HOSPITAL

A wonderful evening of entertainment resulted in raising over £1200 towards Llandovery Hospital League of friends on a cold wintery evening in December. The audience in Pantycelyn Hall were treated to a feast of laughter and song. The evening culminated in all the artists joining in a performance that was rewarded with a standing ovation.

Aled and Eleri, who organised the event, would like to thank all who helped towards the success of the evening.

Cafwyd Noson Lawen hwyliog, llwyddiannus a chofiadwy yn ddiweddar yn Llanymddyfri. Arweinydd y noson oedd y digrifwr profiadol o'r Bala, Dilwyn Morgan. Gyda Bois y Castell, Aled ac Eleri a Sophie Jones. Cafwyd araith bwrsadol a diddorol gan y bonheddwr Mr Dai Gealy. Diolch i bawb am eich cefnogaeth.



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SIX LLANDOVERY COLLEGE PUPILS SELECTED FOR WALES IN THE SIX NATIONS LINE UP



Llandovery College past pupils Tomi Lewis and Aron Hemmings join the Wales U20s squad

Llandovery College's rich tradition of producing top class rugby players continues apace. No less than six past pupils have been selected to play for Wales in the upcoming 2018 Nat West Six Nations Rugby Championship.

George North and Alun Wyn Jones have again been selected to play for their country with the latter Captaining the team.

Past pupil Carys Phillips will captain the Welsh Women's Rugby Team and will lead the side in their first match against Scotland at Colwyn Bay's Stadiwm Zip World on Friday 9 February.

Not to be outdone, the Wales U20s squad includes last year's leavers Corey Baldwin, Tomi Lewis and Aron Hemmings – the three amigos!

A double achievement for Tomi Lewis in that he, along with two other past pupils Cai Devine and Luke Morgan are part of the Wales 7s Squad currently playing in the HSBC Sevens World Series that kicked off in Dubai and Capetown at the close of last year.

Iestyn Thomas, Head of Rugby at Llandovery College said: "we are extremely proud of our boys and girls and the College's ability to produce a steady flow of world class players, based on dedication, hard work and high expectation."

LLANEGWAD RAINFALL



November had the most days of rain this year so far with 26. November Total: 106.75mm – 4.1/4"
December proved to be the wettest month of 2017 with rain falling on 29 days!

December Total: 178.25mm – 7"

2017 saw measurable rain falling on 230 days.
Amounting to 1341mm – 53"

D. R. DUKE

MOVE TO SET UP NEW COMMUNITY LAND TRUSTS TO DELIVER HOUSING AND JOBS

A campaign to set up at least one Community Land Trust to supply affordable housing and land-based work has been launched following a successful fact-finding day held last month in the YMCA, Llandovery.

The workshop was so successful that it had to move from the room originally allocated to a larger one. Chair David Thorpe kicked off by giving an introduction to the project which is building on the recommendations of a study produced last year for Calon Cymru Network (CCN) about creating a sustainable neighbourhood on the edge of Llandovery.

Ian Crawley of the Community Land Trust Network (CLTN) gave a description of the benefits of Community Land Trusts (CLTs) and how they are run, and offered support and sources of funding to continue the project, along with Dave Palmer of the Wales Co-operative Centre. Ian said that CLTs operate in parallel to housing co-ops and co-housing groups. Their advantage is that they can be controlled by the wider community as well as acting as a vehicle for shared housing.

The housing must be for local people within the geographical boundary that the trust sets for itself. If there are still vacancies after all of those people have been housed, then eligibility is progressively extended to neighbouring communities. Generally, the CLT's community boundaries are set to be the same as local administrative boundaries.

HOUSING NEED

According to the Housing Needs Lead Officer for Carmarthenshire County Council, Matt Miller, there are 131 people on the Llandovery housing choice register in October 2017. These are applicants who are interested in living in Llandovery, not people necessarily currently living in the ward. He says: "Our experience is that people tend to prefer living in Llandovery town itself, rather than in outlying villages in the ward, such as Cynghordy, due

to lack of access to shops, schools, transport etc.". Often, people wishing to live in the town did so in the past (as children for example) and now wish to return.

Often, people wanting housing are 'invisible' because they do not believe it is worth putting their name on the official waiting list, that is held by the county council. Anyone wishing to be housed in the project would need to demonstrate that they met the criteria of having a local connection. Therefore if they did not have a local address when building were to start, they would need to be on the waiting list. This means that potentially interested people should make sure they are registered with Matt Miller.

There are 250 CLTs in England and Wales currently, a number that is rising fast, particularly in response to the need for affordable housing provision. Trusts often work in partnership with housing associations but provide more certainty and security for the wider community that the houses will always be affordable and for local people.

Part of their function is to give confidence not just to members of the community but to councillors and council officials, that what is being proposed is achievable. Ian said trusts often "supply a mix of housing tenures from rented to ownership", but keep control of the freehold.

One of the attendees gave the example of Powys County Council including in its Local Development Plan, a specific policy for a site, the former Bronllys hospital, to be used by the local CLT for housing.

COMMUNITY BENEFIT

Most CLTs adopt a community benefit society model. Membership costs £1 for life and that is the limit of the liability of members should anything go wrong. Membership is open to everyone who lives or works within the boundary defined in the constitution, which also typically states that the CLT will work towards the social, economic and environmental benefit of the community.

In this way they may get involved in different types of projects such as keeping a shop, post office or pub open, as has happened elsewhere. They are a proven means of making communities stronger and more resilient. Funding can come from several ethical banks such as Triodos, Ecology, Unity, and the Public Works Loan Board can lend at a very low interest rate (currently 2.5% financing over 50 years). There is also the Communities Aid Foundation. Furthermore, this spring the Innovative Housing Project grants from the Welsh Government will become available, from which the project might well be eligible for support.

CORNWALLIS TRUST IN LLANWRDA

After Ian's presentation the group had a lively discussion with a division of emphasis between those interested in primarily supplying housing and those interested in having more of an emphasis on supplying housing with land-based, sustainable employment (such as 'one planet'-type development). Many people attending the workshop were attracted by CCN's mission to promote sustainable land use and regenerate the communities along the Heart of Wales railway line.

Also present were two people with interest in the Cornwallis Trust (Llanwrda). The latter could be considered

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to be a contender for CLT status as the Cornwallis Trust is endowed to provide affordable social housing.

FARMING CHANGE IN THE AIR

A local farmer also attended the meeting and offered some of his land for the project's use. He and others made the point that many farmers nowadays are open to changing their farming practice to become more sustainable and perhaps letting or selling part of their land for use as 'one planet'-style housing and more diverse approaches to farming or forestry.

Other people at the meeting pledging their support included directors of the Heart of Wales Line Development Company, local councillor Gill Wright, and two members of Planed.

GET INVOLVED

There was substantial interest in setting up at least one Community Land Trust and a date was set for a further meeting to take this discussion forward to which anyone is welcome:

2 PM, Sunday 4 Feb, in the YMCA, Llandoverly.
Facebook event link: <https://www.facebook.com/events/2458835601007597/>

People can find out more by emailing info@caloncymru.org, calling 07901 925671, following CCN on Twitter @caloncymrucic or joining the Facebook group at: <https://www.facebook.com/groups/383960342048754/>

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We have quizzes and sometimes a song, or two, and we also discuss interesting topics.

There are no charges and refreshments will be provided.

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Coffee mornings will take place on 6th February 2018 and fortnightly after that.

Further information from Pastor Ian Hughes on 01570 481887.

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DINEFWR & MYNYDD MAWR UNDER 11S



Looking smart in their new training kit are the Dinefwr & Mynydd Mawr Under 11s district rugby squad for 2018, pictured at their training ground at Ysgol Maes y Gwendraeth, Cross Hands with their coach, Gareth Potter, on the right and holding the ball in the middle at the front is this year's team captain, Ioan Thomas, from Ysgol Gynradd Llangadog.

This is the first year that Dinefwr and Mynydd Mawr have amalgamated, incorporating school pupils from north Carmarthenshire and the Amman Valley.

The squad has a busy month ahead with fixtures lined up against Swansea Valley, Ceredigion and Pembrokeshire.

LLANSADWRN COMMUNITY COUNCIL

This year again at the February meeting of Llansadwrn Community Council on the 7th money will be allocated to local charities/organisations, etc. within the village of Llansadwrn. Please send all requests to the Clerk, Llansadwrn Community Council, 56 Heol Rhydaman, Tycroes, Rhydaman, SA18 3QN.



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COTHI GARDENERS' CLUB

2017 was a great year for Cothi Gardeners' Club and their guests. Of course there was a variety of speakers, culminating with a talk by renowned plantsman Bob Brown. Pumsaint Hall was filled to capacity. Garden visits were enjoyed during the summer and the year ended with a meal at the DolauCothi Arms. After the usual AGM in January and the strictly non-competitive quiz (really?) the Club is ready to begin the New Year with the first open meeting on February 21st.

"The Plight of the Bumble Bee" will be presented by Clare Flynn from the Bumble Bee Conservation Trust. This is a charity doing excellent work and research across Britain.

Guests and visitors most welcome, £3, to include refreshments, 7.30pm.

Gardeners are always looking ahead to the next season so our programme of speakers for 2018 is now complete; keep an eye on our website or facebook page for details.

We have already decided that our Growing Challenge for the coming year will be to cultivate plants suitable for pollinators. Come along to the next meeting for ideas which will encourage bees to your garden. Give this some thought, but you have until July to get your plant(s) ready.

An annual membership to the club is still only £14 and for this you'll hear some expert speakers covering many topics, including geraniums, fungi and the life of a media gardener.

Cothi Gardeners' Club : We're on Facebook or check www.cothigardeners.com

Tel: Julian 01558 685119 for further information.

THANK YOU

Hazel of Cyngordy would like to thank family, friends and neighbours for messages of sympathy, cards and flowers given to her following the death of her husband Andrew Touch.

It was a great comfort to see so many people at the Chapel of Rest and Llanelli Crematorium but very sorry that she didn't get to speak to you all.

Thank you to all those who gave donations to the Alzheimer's Society which has so far totalled £658. Thanks also go to Sue and Clive Davies, Nick and Stephen for the huge help, comfort and guidance given to her and to Dinah Liversidge who took the lovely service.

I must thank Aaron at Postdatum for the order of service.

Finally, thanks go to the Hadley family at Llanerchindda for the delicious food and refreshments they provided following the funeral.

BIRDS' HILL – PROUD SPONSOR OF OUR CLIENT AND CHAMPION SHEPHERD ANGIE DRISCOLL

Angie and her partner Kelvin live in an idyllic spot near Brechfa, Carmarthenshire, where they breed and train champion sheep dogs. Kinloch Sheep Dogs have had phenomenal success in their ten years of competing: In 2017 Angie and Kinloch Pippi won the Welsh National Champion title and became International Welsh Team Captain, they were Supreme Championship Finalists (the sheep dog equivalent of the Olympics) and won the BBC One Man and His Dog trophy.

Most recently, on December 16th Angie competed in the All Wales Nursery Final as Team Captain for Carmarthenshire and ended up 3rd and 9th. Carmarthenshire won the Team Shield. And these are just the latest highlights. They certainly do South Wales and Carmarthenshire proud.

Angie and Kelvin brought their award winning Kinloch Sheep Dogs to our part of Wales in 2008, after working for the World Sheepdog Trials (held in Llandeilo that year). Angie was running the website and Kelvin competed.

They live their secluded life on a 70 acre farm with plenty of sheep and their beloved sheep dogs. Needless to say that their puppies are well sought after and get exported as far as Japan. Angie also trains sheep dogs other than their own.

Kelvin is a keen cook and recently replaced their old oil burner with one of our wood pellet cooker/boilers, the Klover 120, which is a cosy focal point for their living room. It's also powerful enough to heat their holiday



cottage next door. After a day in the outside with their dogs they look forward to a warm house, programmed to be warm by the time they get in. Just as they prefer dogs to bikes for herding their sheep, they prefer the cleaner air from the wood pellet boiler to that of an oil boiler. It certainly helped with Kelvin's asthma.

Birds' Hill are hugely proud to sponsor champion Angie. For more information on sheep dog training and their upcoming competitions visit their website <http://www.kinlochsheepdogs.com>

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LLANDOVERY RUGBY CLUB

Croeso cynnes i chi gyd i'r erthygl misol Y Porthmyn! Welcome, once again, to the regular Club news which, this month, we dedicate to the memory of two former Drivers.

Firstly we remember a great, quiet gentleman who gave a lifetime of commitment to Llandovery RFC and rugby in West Wales: "Twm" Gareth Jones – 'Twm Mount'.

Twm first played for Llandovery at the start of the 1950s and became known over the next two

decades as a tough front-row scrummager. He captained the Club for five seasons – 1958, 1963, 1965, 1967 and 1971 and, as well as his contribution on the field, Twm held a range of

responsibilities on the Llandovery RFC Committee and, later, the Board of Directors – Treasurer, Secretary, Chairman and Fixture Secretary for many years including the current season.

He is one of the small number admitted as Life Members of Llandovery RFC. Twm's contribution also extended far outside Llandovery RFC itself, having served as Chairman and President of Llanelli & District RU, to which he was also admitted as a Life Member. He will be greatly missed by everyone at Llandovery and across the rugby fraternity. We send our sincere condolences to Evelyn, Carwyn and Sharon and to other family members.

December also marked the sad passing of another former Drover – Tom Walker – shortly after a fund-



raising dinner at which he and his wife Jackie were present, along with friends and rugby colleagues. The dinner was held to raise funds to support the 37 year old and to confirm their ongoing support for him and for his wife Jackie and their two boys – Ollie (9) and Finlay (5) – at this difficult time. Tom had been a Carwyn James scholar at Llandovery College and was in the Llandovery side that won the Welsh Cup in 2007 and played 164 games for the Drovers over a period of 9 years.

This was the fourth of a number of fund raising events organised by friends and family over the past year following on from a 67 mile overnight charity walk, a 125 mile cycle ride and a Stradey Park Hotel dinner organised by Tom's old second row partner and skipper Arwel Davies.

The dinner was the biggest ever to be held in the Llandovery clubhouse, a fine testament to Tom's popularity. It included a trio of well-known names in the world of rugby (full back and Northampton Saints player Rhodri Gomer Davies, the 42 times capped Wales and Scarlets back row Dafydd Jones and former Wales and British Lion, Andy Powell) did a half hour question and answer spot, prompted by compere for the evening Rob Walters, another of Tom's team mates in the 2007 Cup win over Cardiff

Both Twm and Tom would certainly have been pleased to see how well all the Club's sides, at all levels, are carrying on their tradition of playing excellent rugby and having a lot of fun. They all did well over the festive season, with many great wins under their belt, as well as some hard-fought 'near misses' and, above all, a lot of fun playing! All credit to those who devote care and skill to coaching and encouraging all our age-grade sides, and to their parents (and some grandparents as well, no doubt) who provide support in all sorts of ways!

And we are very pleased to learn that yet another former Junior Drover and College player, Tomi Lewis has been awarded an Under-20 cap to add to his Under-18 one. Longyfarchiadau mawr Tomi!

The Athletic XV had a disappointing home game against Bridgend – a side they had beaten a few months ago. And, although they had a good win against Narberth in January they also had to supply the visitors (who arrived with a squad of nine!) with a large proportion of their players – and have now learnt that Narberth have withdrawn from the Conference league. The next game is a friendly against Ammanford and the Conference starts again on January 27th.

Finally, don't forget – as always – that John and Jackie would love to hear from you if you want to arrange a party or function – or just enjoy a meal – at the Club. You can phone them on 07774 914992 or email the club on droversrfc@gmail.com.

In the meantime, thank you for your continued support for the Club and we look forward to seeing you again soon at Church Bank!

Edrychwn ymlaen i'ch gweld ym Manc yr Eglwys cyn hir. Gwerthfawrogwn eich cwmmi a'ch cefnogaeth yn fawr iawn. Er gwaethaf pawb a phopeth, dyn ni yma o hyd! Ymlaen Y Porthmyn!



ENHANCEMENT WORKS START AT LLANDRINDOD'S LAKE PARK

Works to enhance a lake park area in mid Powys are well underway, the county council has announced.

Powys County Council is carrying out works in Llandrindod Wells' Lake Park area, thanks to a £126,400 grant.

The grant, which has been funded by the European Union through the Welsh Government's Rural Community Development Fund, will also be used to support business opportunities in the area.

The latest works has seen the existing pathway to the west of the lake, which runs behind the Lakeside Restaurant to Grosvenor Road, enhanced to a multi-purpose trail. The trail will join National Cycle Route 825 – known as the Radnor Ring.

Enhancement work is also taking place on the woodland trail within the site of special scientific interest which will see improvements to safety and accessibility with improved footpaths, steps and railings. This work should be completed by the end of January.

Work on the nearby amphitheatre and the lake's water beast will start in a few months' time.

Cllr Martin Weale, Cabinet Member for Regeneration and Planning, said: "I'm delighted that enhancement works have started in Llandrindod Wells' Lake park area.

"This area is an important tourist facility for the town and mid Powys and the grant provides a huge boost to its business prospects.

"This exciting project will enhance the lake park area, support business opportunities and stimulate future developments, including bringing boating back to the lake in a sympathetic way that does not interfere with the wildlife.

"Total investment in the project is £158,000 with £126,400 coming from European Union Funding through a Welsh Government grant and the remainder from the council's regeneration service and match funding.

"The work will build on improvements in the area in recent years and will create a visitors area to be proud of," he added.

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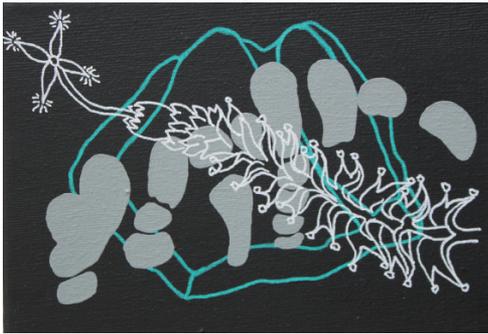
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SALON DE REFUSE AT THE LAST GALLERY



During February and March there will be a special exhibition of paintings of lichen by Julie Ann Sheridan at The Last Gallery in Llangadog. The paintings in this exhibition are 'rejects' from her exhibition at The National Botanic Garden of Wales (details below). During 2017 Julie painted over 80 paintings, which were whittled down to 50. Understandably there were several paintings that didn't make the cut for the exhibition at the garden so a decision was made to hold a secondary exhibition at The Last Gallery loosely using the concept of the Salon des Refusés.

The Salon des Refusés, French for "exhibition of rejects" generally an exhibition of works rejected by the jury of the official Paris Salon, but the term is most famously used to refer to the Salon des Refusés of 1863. Today by extension, salon des refusés refers to any exhibition of works rejected from a juried art show.

In this exhibition you will find smaller and more experimental pieces that provide additional views of different types of lichen, 'rejected' but small critical paintings documenting the process of the production of work for the exhibition at the garden.

There will also be a one off collaborative lichen chair with Mick Sheridan Upholstery,

<http://www.micksheridanupholstery.co.uk>. This chair will be given away to a lucky visitor to the exhibition.

Opening times: Monday – Friday 10.00am – 5.00pm, Saturday 3rd – Sunday 4th Feb 10.00am – 4.00pm: The Last Gallery, Dyrfal Rd, Llangadog, SA19 9BR

SYMBIOSIS (LICHEN, SMALL BUT CRITICAL)

Julie Ann Sheridan, a painter from Llangadog, Carmarthenshire, stages a solo exhibition of site-specific work about lichen at Oriol Yr Ardd, National Botanic Gardens, Wales. The gardens programme of lichen transplantation and protection of critically endangered lichen have inspired her large acrylic abstracts.

"I wanted to raise the profile of these small but critical organisms, put them on canvas to highlight their environmental importance as well as their beauty".

Enlarged and abstracted to highlight their significance these simple, elegant images are entangled with questions about our delicate, symbiotic world.

Oriol Yr Ardd, National Botanic Garden of Wales, Llanarthne, Carmarthenshire, Wales

20th Jan – 20th March: 10.00am – 4.30pm daily (free weekdays January (£4 weekends). Mothers Day and St David's Day)

01558 667149

sheridanjulieann@gmail.com

www.julieannsheridan.co.uk

<https://botanicgarden.wales/visit/whats-on/julie-ann-sheridan-symbiosis-lichens-small-critical>

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AIR AMBULANCE BENEFITS FROM GENEROUS SUPPORTERS

Carol singing before Christmas is a festive activity, and one that Tywi Harmony enjoy.

In December, some of the members of this community choir based in Llandeilo, sang their way around the hostelrys of the town sharing the Christmas spirit with carols.

The White Horse, The Angel, The Cawdor Hotel, The Gin House, The Salutation, and The Hen Vic were all visited, and thanks to the very generous donations from Llandeilo revelers, £220 was raised for this very worthy cause.

A big thank you to all those who put their hand in their pocket for Air Ambulance.

Tywi Harmony welcome anyone to join their group, no matter what their singing ability.

Please look in the events section at the back to find details. Thursdays – ‘IT’S FUN TO SING’

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NICHOLAS WATTS MBE TO MAKE HIS ENTIRE WILDLIFE PHOTO COLLECTION FREELY AVAILABLE AND ENTIRELY ROYALTY-FREE

Nicholas Watts MBE, owner of conservation award-winning Vine House Farm in the Lincolnshire Fens, is making his entire wildlife photography library freely available online with all images totally royalty-free. The collection, which totals over 10,000 images, will be released in batches with the first release having already taken place ahead of Christmas. Then throughout 2018 the rest of the collection will be published, with a release scheduled for every month.

The majority of the collection is of birds, with many of the shots taken at Vine House Farm where Nicholas has worked tirelessly for many decades to reverse the trend of farmland bird decline. This work has involved a very wide range of measures, which include hedgerow planting, creation of numerous ponds, wild flower meadows, sympathetic management of drainage dykes, generous field margins to allow seed-rich weeds to grow, and old farm buildings restored for barn owls to nest in. And despite all of this work and the running of the 2000 plus acre farm and involvement in the bird food business, Nicholas has still been able to pursue a passion for photographing the birds and other wildlife on his farm and beyond.

Nicholas takes up the story and also explains the reason he decided to share his vast library of photographs: “I’ve always taken a very hands-on approach to running my farm and aiming to make a positive difference to the wildlife that we share the land with. This means that much of my time is out in the fields rather than in an office, so taking a camera with me has always seemed the obvious thing to do. The main reason I wanted my collection of photographs to be freely available to anyone, is that it’s a further practical way I can raise awareness of the importance of farming with wildlife and the environment in mind, plus more specifically the need for action to reverse the trend of declining songbird numbers. I also hope my work will inspire more people – especially the younger generation – to take up nature photography.”

The first batch of images from Nicholas’ photo collection is available now from The Vine House Farm website: <https://www.vinehousefarm.co.uk/blog/2017/12/12/royalty-free-wild-bird-photos/>

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COMMUNITIES BENEFIT FROM FOREST INDUSTRY CO-OPERATION



Lorries laden with timber are a familiar, if not always welcome, sight on the roads of Wales.

The effect of timber transport on rural communities has often been a cause for concern but a partnership between Natural Resources Wales, private forest sectors and the local authorities of Carmarthenshire, Ceredigion and Powys is addressing the problem through the Tywi Timber Transport Forum.

The forum was established in 2012 by NRW's predecessor Forestry Commission Wales with the aim of taking as much timber traffic as possible off the unclassified road network by using in-forest haulage roads.

NRW's Local Area Manager Brian Hanwell said:

"Opening forest roads to timber traffic has benefitted small rural communities."

"For example, 7,000 vehicles which would have potentially driven through the village of Rhandirmwyn, in the north east of Carmarthenshire, over the last five years have instead used the eight mile long Esgair Dafydd to Cwm Henog forest road."

The route is now the busiest forest road in Wales, taking traffic from the A483 trunk road into the 10,000 hectare upper Tywi forest holdings with the number of vehicles doubling since 2013.

The cost of maintaining shared haulage routes deliver benefits to communities, support rural industry, and reduce wear and tear on the public highway; and as forest gravel roads are cheaper to maintain than tarmac surfaced roads they save public money.

The forum's investment in improvements and maintenance of the road, originally designed to carry around eight lorries per day, is an excellent example of collaborative working which

enables economic growth while recognising the needs of the local community.

Brian added:

"We encourage all hauliers to register with us to use the

Esgair Dafydd to Cwm Henog forest road. Authorisation clarifies insurance requirements, and we make no charge for this."

"In addition, we are able to pass on news regarding road closures to timber hauliers thanks to our close links with the highways authorities. And we also seek to reinforce good practice promoted in the Code of Conduct for Road Haulage of Round Timber."

Recently the forum has expanded its remit far beyond the Upper Tywi valley.

Significant volumes of timber traffic from the Tilhill Forestry and Scottish Woodlands holdings in the Brecon Beacons were due to travel through the small community of Coelbren in the Swansea Valley.

Before operations began, a consultation was held with local representatives, highway engineers and forestry area managers who drew up a joint Coelbren Timber Traffic Management Plan.

The plan restricted haulage to specific times of day to avoid the school run, and with speed limited to 20mph until traffic reached the A4221 Trunk Road.

Alastair Squire, Senior Forest and Harvesting Manager for Scottish Woodlands, and Iwan Parry, Senior Forest Manager at Tilhill Forestry Limited said:

"We have worked together to lessen the impact of timber traffic to Coelbren's community. Soon all our hauliers were on board and compliant with the plan, and this seemed to address all the issues stemming from local residents."

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LLANDOVERY LUNCHEON CLUB



On January 1st we had more celebrations. Mr Les Marshall had his 90th birthday. Firstly, Les arranged a lunch at The Castle Hotel on Friday 29th December for his family, friends and all the volunteers of the Luncheon Club. We all had a very enjoyable afternoon. Mrs Wendy Waters thanked Les for his generosity for arranging this delicious lunch.

Mary Jackson gave a short talk on past memories at the Luncheon Club, OAP & Housebound & Handicap clubs (which are now the Friendship Club).

Mr Brian Jones also talked of past memories at the Vintage Club. He had some wonderful stories to tell.

On Tuesday 2nd January we celebrated again at the Luncheon Club. Les brought along a delicious birthday cake and a glass of sherry so we all wished Les happy birthday and good health.

Thank you Les and a Happy New Year.

Llandovery Luncheon Club celebrated Christmas lunch on Tuesday 19th December.

Mary welcomed everyone and thanked everyone for supporting the club during the year. Mrs Gina Jones said Grace and a delicious lunch was served, turkey and all the trimmings. Christmas pudding, mince pies and all the Christmas luxuries. Father Christmas then arrived with a gift and card for everyone. This was the highlight of the afternoon.

The raffle was then drawn. The lunch was a free lunch donated by R.V.S. Thank you to them for their support all year round.

Anyone (no age limit) wishing to join us for a meal or volunteer please contact Mary 01550 720056 or Margaret 01550 720919. Come along and join in the company for a meal.

Mary Jackson BEM



Lenten Gatherings at Bryndolau "A Life worth living". Reflections for Lent

Are you planning to give something up for Lent? How about DOING something instead.....

You are warmly invited to join us at Bryndolau, Cwmifor for 5 gatherings in Lent. These will take place on 5 Thursday mornings between 11.00am and 12.00am: 15th February, 22nd February, 1st March, 8th March and 15th March

Each gathering will have its own theme: Generosity, Joy, Imagination, Courage and Doing and will include some music, reflection, prayer, poetry, Bible readings and discussion. Join us for any or all of these meetings. You are welcome to arrive for coffee and cake (yes – even though it's Lent!) at 10.30am and we will begin the meetings at 11.00am and finish at 12.00pm.

If you need more information or directions, please ring or email David and Ros Steel. 01558 824514. Email: davidsteel@mypostoffice.co.uk

LLANWRDA – CHILDREN IN NEED SPONSORED WALK

Megan, Rhys, Amber and friends would like to thank all those who sponsored them on their walk on Saturday 4th November 2017.

A total of £105 was raised.

CÔR MEIBION DINEFWR

200 Club Results for December 2017.

- 1st. Mrs Nansi Thomas, Llandeilo
- 2nd. Harri Jac Thomas, Trap
- 3rd. Mrs Ann Morgan, Manordeilo
- 4th. Gerry Murphy, Derwydd
- 5th. Mrs Joan Jones, Llangadog
- 6th. Mrs Beryl Owen, Trap
- 7th. Mrs Linda Quinn, Ammanford
- 8th. Madelane Jones, Llansawel.

200 Club Results for January 2018.

- 1st. Mrs Ann Williams, Llandeilo.
- 2nd. P Eyre, Salem
- 3rd. Aron Davies, Llandeilo.



VINCENT DAVIES (1923 – 2017)

We Welsh have a wonderful way of giving people colourful names – part due to the fact that we are so many with the surname Jones, Thomas, Evans, Davies and Williams.

We go for what people do - Derek Castle Garage, Dai Book, John Red Lion, Milton Butcher, Alwyn Chemist, Sid Bins Sammy Tyres, - or where they live - Huw Llwynhowell, Chris Llwynjack and Martin Blaenos.

Then there are those who need nothing other than a Christian name – in rugby circles for example we know instantly who we talk of in mentioning Gareth, Gerald, Merv, Carwyn and Phil.

And so it is with Vince – no need for a surname and no need to add Llethr - the name could only be a reference to this unique character, a character who was known and liked by all and who in turn never spoke ill of anyone.

Everyone knew him - and if they didn't know him personally, they certainly knew of him.

To paint a full picture of Vince and his life would take us through until tomorrow and how do you condense 94 years into a quarter of an hour?

It is a story of a simple, spartan life, a life of hard work on the farm or out in the woods, cutting trees, shaping hedges by hand, getting in the hay, feeding the cattle, ploughing the land, digging trenches.

He was a person who delighted in hard work and took enormous pride in it and you never walked past Llethr and saw a straggly or overgrown hedge.

Two weeks out of a double hip operation he was busy trashing all the hedges leading down to Jackie Barnes's cottage.

If the inside of Llethr was short of Ideal Homes standard, then the farm forecourt, gardens and surrounds were always beautifully neat and tidy.

And what depressed him most when he left Llethr some four years ago was the thought that he would no longer be able to pick up his spade, shovel, scythe or sickle in the open air.

He loved the Welsh countryside – its hills, its fields and brooks, its animals and birds – all God's creatures as he put it.

And if anyone had gone to Llethr in recent years they would have found in the always open hallway a bird's nest undisturbed year after year as the home to the swallows that made their annual way into the house.

There was the old bull that no one but Vincent could handle but who became so dangerous that he had to be put down – and Vince cried for days at his death.

Not for Vince the mundane names for his cats – no Pussy, no Tabby, no Kitty.

The fighting old tom cat he called McManus after the all in wrestler, the sly old cat after Tory politician Norman Tebbit and the young and sprightly cat Ffion Hague after William Hague's pretty wife.

He gave a helping hand to anyone in need and expected nothing in return.

His neighbours tell of the most courteous of men, generous to a fault and who always saw the best in people.

Born in Llethr on September 28 1923, he was brought up by his mother and grandfather and left school at 14 to work on the family farm under a hard taskmaster in his grandfather David Davies.

He was given no time for sport or hobby or recreation – a shame that such a powerful young man was never given an opportunity to play the game he came to follow.

What a second row he might have made in the image of his great hero, the All Blacks forward Colin Meads.

Vince loved the tale of how Meads a farmer would train for international games by putting a sheep under each arm and running up the hill to strengthen his arm muscles.

He began woodcutting to help the family finances and in those early years would cycle to work on his push bike, axe tied to the crossbar as he ploughed miles through wind and rain.

And later, on his motor bike it would mean nothing for him to travel twenty miles with axe and then chainsaw attached to the cross bar.

He eventually graduated to a battered old Land Rover, loading it up with chainsaws that he kept safe indoors in the bath tub or under the kitchen table.

To see Vince go up a tree was worthy of inclusion in a David Attenborough documentary

He would climb it like a monkey, swift and sure of foot as far up the tree as was needed to tie his ropes or chop off branches.

He had an incredible ability to measure height and distance.

When asked once to cut down a tall silver birch in our garden, we were sure that the tree would come crashing down on the garage such was its height.

Vince knew otherwise "you leave it to me referee" and down came the tree at an angle that made it fall inches short of our garage.

Vince loved his rugby and it was the only treat he afforded himself – to travel to Cardiff or Murrayfield or Ireland or France to support Wales.

Stories of those trips with a few faithful friends have become unforgettable.

There was no sleep on these 48 hour trips

The night train to Edinburgh – in his working boots and ever present beret - armed with a crateful of beer and the return to Wales with the empty crate so that he could claim back the deposit on it

Or the trip to Paris where he fell asleep in his wellingtons during the Can Can at The Folies Bergeres and then his vivid memory of paying £3 14 shillings and six pence return to Belfast or his insistence to me that you could get into St Helen's Swansea to see an international by buying a pass into one of the gardens overlooking the pitch – the famous Garden Ticket

But the rugby players he admired most were New Zealanders and South Africans – the All Blacks and Springboks.

He had his own war cry repeating the words of the great NZ radio commentator Winston McCarthy – **TOURING NEW ZEALAND WITH THE MIGHTY SPRINGBOKS**

And to everyone's amazement here was a man who had never slept other than in his own bed now determined to travel to the ends of the earth to see first-hand his heroes in action

His adventures at two Rugby World Cups have become famous.

The first to New Zealand in the 1987 World Cup where he met Ray Gravell and the two became bosom friends through their love of Wales, its language and traditions.

Who can boast of being invited out by Grav to dine in a posh Auckland restaurant in the company of Phil Bennett, Derek Quinell, Willie John McBride, Clem Thomas and Peter Wheeler - a table of some of the greatest players in the history of the game .

There are a multitude of stories about Vince as he trooped through New Zealand's smartest hotels and the best he loved to recall happened in the capital Wellington.

Vince had been seen leaving the hotel early one morning escorted out of the building by two burly police patrolmen and - to everyone's alarm on the Gullivers Travel tour – he was not seen for 10 hours.

He then turns up with the same two policemen just before supper to explain his disappearance.

The night before he had met the Wellington Chief of Police at a reception and the Chief was so taken by Vince, his genuine nature and his tales of Welsh life that he sent two of his men to the hotel, instructed them to spend the day taking Vince around the capital in the police car, stop off for lunch and return him to the hotel safe and sound.

And that was the effect that Vince had on all involved in the tour, leading to Rugby World - the world's top selling

magazine - and its writer Nick Cain ending a report on the 1987 tour with this -

A special mention too for Vincent Davies, a hill sheep farmer from near Llandovery, who having just retired decided that the World Cup would be his first trip outside the UK – his ever present beret and hob nail boots will linger long in the memory

Celebrity status indeed

He adored South Africa where he got on famously with the toughest of old Afrikaner farmers who took him and Grav one Sunday to attend a service at a Dutch Reformed Church in Pretoria.

But he described his visit to Kruger Park as the most exciting event in all his life.

He was mesmerised by seeing wild animals in their own environment – the Big Five – not the Welsh Rugby selectors - but the lions, rhinos, elephants, buffaloes and leopards that roamed the park.

He considered the ride on an elephant the most brilliant thing to happen to him in his entire life.

So we say goodbye to a unique man, one who believed implicitly in The Great Creator - "see referee - they think they can beat the Great Creator but he 'll have us all in the end and me ? -I am ready to go."

Vince lived 94 long years- most of them wearing that trade mark beret - and in the 30 years following his mother's death surviving on a diet of two evening pints of mild in The Red and take away fish and chips from Chippo's.

Back in the 1980s the Red Lion would be full of a rare mix of rogues and rascals, farmers, professional and business people and intriguing visitors.

And Vince was happy in anyone of their companies - The President of the British Association of Prison Governors, the political editor of The Western Mail and the Queen Mother's horticulturist – they all loved to chat with him and he to them.

A brass plaque in the Red Lion marks the seat that was reserved for Vince.

His GP Dr Rob Salt who tended him in latter years once told him that on that diet of Red Lion beer and chips "You should have been dead long ago, man"

His time eventually came on Tuesday November 7 and so we say goodbye and end with the inscription that sits on the family gravestone and that of his much loved mother Maggie in the Groft Cemetry

Yn angof ni chant fod

Their deeds will never die – Vince will not be forgotten

The world is poorer for his parting

COR MEIBION, LLANYMDDYFRI

Monthly Results

November

1. Mia Morgan
2. Rob Davies
3. Julie Morgan
4. Iona Williams
5. Emlyn Morgan
6. Jos Thomas
7. Iwan Pryse-Davies

December

1. Myfanwy Morgan
2. Eric Morgan
3. Mrs Lynne Jones
4. Eirllys Faulkner
5. Stan Billingham
6. Catriona Page
7. Peter Jennings

Christmas Draw December 2017

1. Caryl Hughes
2. Margaret Lloyd
3. Nia Augustus

02/18(1)

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KATIE BULLOCK ART SALE



Katie and her family are leaving for Australia at the end of the year.

Her January exhibition was a great success at the Station Gallery, seeing lots of artwork being sold.

February will be Kates last month at Crafts Alive, Llandeilo. For this month she is 'featured artist' and has lots more work on display than usual.

All her paintings, prints and cards will be half price throughout the month.

Please pop in and have a look – it won't be around for long.

TOWY & COTHI HUNT'S TRACTOR MARATHON

A total of £200.00 has been raised by The Towy & Cothi Hunt's Tractor Marathon and a cheque was presented by Mike Hardwick, co-organiser of the event.



Picture shows: Mike Hardwick, presents a cheque to Alun Davies, regional representative of Air Ambulance Wales. In the picture as well are Eddie Morgan, Sam Jones, Ken Price and Nick Hartery, landlord of the Towy Bridge, where the cheque was presented.

LEO HATCHER

Diana and family would like to thank friends and neighbours for their tremendous sympathy and support following the sudden death of our beloved Leo.

In particular we thank Sue, Clive and Nick Davies for their incredible help, they were with us every step of the way from 25th November through Leo's funeral at Llanfair Church and finally cremation in Aldershot on 5th January 2018.

Thank you Rev. Ian Aveson for the service in your wonderful church and to Jacky Barnes for hosting a reception in the remarkable Llandoverly Theatre.

Special mention also to Llandoverly Hospital staff, community nurses and all at Llanfair surgery who looked after Leo so well during the past 26 years.

These are very, very sad times but the knowledge that Leo was so happy living here and was so well thought of has been of tremendous comfort in our loss.



02/18(1)

LLANDOVERLY SHEEP FESTIVAL

We are looking for a sales oriented person to recruit paying stall holders and sponsors to the 2018 festival.

You should be self-motivated, imaginative and resourceful.

The role is not employment, it is self-employed and is expected to involve about 1 day a week, mostly working from home, initially for 3 months though there may be other opportunities. Remuneration will include a results oriented element.

So, if you can work with us to explain the benefits and advantages of selling at the Sheep Festival to excellent stallholders and improve sponsorship so we can continue to offer free admission, we would love to hear from you, in the first place please send your letter of application, highlighting relevant experience and success to chris.olchawski@tutsan.co.uk

POSTDATUM
Producers of
The Post

FRIENDS OF BRECON AND DISTRICT MIND
WORKING AS AN ARTIST IN A CARE HOME:
PIP WOOLF TALKS ABOUT THE BENEFITS FOR BOTH RESIDENTS AND ARTIST

Wednesday 21st February 2018, The Muse, Brecon, 7.00 pm £5 (Friends £2)



The Friends of Brecon and District Mind have, on Wednesday 21st February, invited well-known artist Pip Woolf to talk about her experiences of working as an artist in a care home. She will talk about the benefits for both residents and artist at the Muse, Glamorgan Street, Brecon, from 7pm.

In 2014 Pip attended a workshop about the arts and dementia at Arts Alive (now Peak: Art in the Black

Mountains) which demonstrated the potential of working as an artist alongside people whose mental health was changing. 'It made me want to explore,' she reflects, 'the power of drawing as a means of expressing different ways of thinking and being within communities as a currency of exchange.'

She attended a dementia drop-in and here she drew, for over a year, on a continuous roll of paper, inviting others to join her if they wished and explaining the process as necessary. As artist-in-residence at Mountains Care Home, Libanus, residents' reactions have influenced her artistic process. It became clear that, in some cases, cognitive impairments had the potential to support and inspire creativity. Pip explains that 'Slowly drawing alongside people both caring for and living with dementia inspires a subconscious shift of both pace and scale. Every one of us sees and experiences the world differently...' She has also made a series of portraits, inspired by care-home residents, from hundreds of pieces of paper, beads, rags and glass.

In 2016 Pip ran a Big Draw event, This is ME!, which won a national Campaign for Drawing award. To explore different approaches, she has worked with a pathologist and volunteered to have her brain scanned by physicists. Each experience has further developed her studio work.

The Friends support the work of Brecon and District Mind and raise awareness of mental health issues in and around Brecon, Crickhowell, Talgarth and Hay-on-Wye. It is open to everyone and holds talks, walks, social activities and fund-raising events.

Brecon and District Mind, Tŷ Croeso, St David's House, 48 Free Street, Brecon, Powys, LD3 7BP / 01874 611529 / info@breconmind.org.uk / www.breconmind.org.uk

NEW DEEP RELAXATION (YOGA NIDRA) AND MEDITATION GROUP

With Kirsty, Every Thursday, 7.00 to 8.00pm at Manordeilo Reading Rooms, Cwmifor, SA19 7AW. Cost: £5.00 Everyone welcome.

Telephone: 07813 647936.

Email: kirstymaryyoga@gmail.com



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DEWIS CYMRU HAVE CHOICE AND TAKE CONTROL

Do you run or attend a group, activity or service that supports people of all ages in Carmarthenshire? Have you heard about the new Health and Wellbeing Directory in Wales called DEWIS Cymru?

If you run or attend a group, activity or service that supports people of all ages with their health and wellbeing in Carmarthenshire we need you. This could be anything from a family centre, toddler group, guides and scouts to a cuppa club, knit and natter group, art and craft groups or just a community get together.

Dewis Cymru is a public website that aims to help people connect in their community, to help reduce loneliness and social isolation by giving people knowledge and information. It's THE place to go for people who want information or advice about what is on in your community to help support their wellbeing – whether that's their own well-being or the well-being of a family member or friend.

DEWIS Cymru is supported by the Welsh Assembly Government and signed up by your Local Authority, as a response to all of the consultations across Wales one theme that is consistent amongst communities is the need for more information about what is available to help and support. **DEWIS Cymru** is the answer to that need, which is why we need your group, service or activity on the directory.

Why should I add my information to Dewis Cymru? Lots of reasons. If you've got a service that helps people with their well-being, adding your details to Dewis Cymru will make it easier for them to find you. Basically,

if you help people with their well-being, Dewis Cymru wants to know about you and about what YOU do!

Other good reasons to use Dewis Cymru include:

- It's free
- It's easy to register and add your details
- It will remind you every six months to check your details, so you'll know they are up to date
- It provides maps and directions to help people find you
- It's already being used by many advice agencies to direct people to local services that can help them, so having your information on Dewis Cymru will mean that people can be directed to your group, activity or service.
- It is Wales wide meaning that it will be a consistent resource that people will recognise wherever they go across all communities in Wales.
- It is sustainable, when you enter your group, service etc. you will be managing that entry which will require you to update every 6 months maximum, or update whenever you have a change in situations.

So, what do I do next?

To add your information, you'll need to

Register. Go to www.dewis.wales and 'Sign up' to create your account. Once you've done this, 'Sign in' to the site and go to 'Manage resources' and 'Add resources' to add information about your services.

Can I add information about any service?

Yes. We encourage people to add information about specific services that they offer. So, if you run a community group you can add details of what it's about, where and when it meets, and how to get in touch. If you represent an organisation which provides a range of services, please add the services individually so that users of the site can find the services they're looking for.

How to contact us

If you would like to know more or have support to add your service, group or activity please contact Sue Smith, Community Resilience Coordinator, 01269 830061, susansmith@cccpartners.org.uk

Or Jess O'Donnell, SPICE project coordinator, 07397890429, jessicaodonnell@justaddspice.org

We are happy to meet with you or your group and tell you all about **DEWIS Cymru**.



Sally Harrold
Counselling, Hypnotherapy, Supervision.

Over 10 years experience of working with people and families affected by cancer
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Lampeter Llandoverly Llandello Carmarthen
Sally.Harrold@gmail.com
07539 882798

www.counselling_directory.org.uk/SallyHarrold
BSc(Hons)Midwifery, PgD Individual & Family Counselling

07/18(6)

THE ANNUAL VISIT BY THE TOWY AND COTHI HUNT, ON NEW YEAR'S DAY HOSTED BY THE WHITE HALL, LLANDOVERY

One of the members of the ridden field known affectionately as 'Budgie' waits patiently with a glass of New Year cheer!



Amy Powell waiting for starters orders!



Susie Abson looking very elegant, turned out riding side saddle for the event.



Alys Theophilus with her mount 'Mini'



Huntsman John Hughes, with the hounds in front of the historical venue the White Hall, by Llandovery square



The hunt on its way to look for the artificial scent trail, already laid for them to search - led by the huntsman John Hughes, (Left) assisted by Roy (Tonto) Thomas, to huge applause from the spectators watching on the town square.



SWANSEA UNIVERSITY AT LLANDOVERY STATION: 27TH NOVEMBER 2017

On 27th November 2017, we received a visit by Students who from Swansea who are studying Tourism, something which is a very important part of the Economy these days. Our activities at the Station over the last six years were for the Students a Case Study which they wished to examine in some detail. Our meeting together was a very valuable shared experience, not only for the Students and their accompanying Lecturer but for us at the Station as well! Here is a summary of what transpired.

- a. Llandoverly in the days of steam trains was a vibrant Railway Town, with:
 - A good service of passenger trains
 - An excellent goods train service (now totally absent!)
 - An important Engine Shed, where locos were serviced between journeys
 - A thriving Goods Yard
 - And a large force of Railway Men – Drivers and Firemen, Signal Box personnel, a Station Master, and Porters.
- b. In the Beeching era (one which saw the closure of a large number of rural railway lines in the UK), the decision was made to close these above facilities and to make Llandoverly Station no more than a Bus Stop. The work force were dismissed, the goods traffic abolished, and the Station Building was abandoned, and left empty: but it could not be demolished because it had the status of a Listed Building. Passenger trains still called at Llandoverly, but the Station was unmanned: and tickets, as today, had to be bought on the train.
- c. So it was that some six years ago, with the Station Building standing empty, cold, and damp, that an initiative was made by the good folk of Llandoverly to re-open it: a Committee was formed, grants were obtained, and Contractors appointed, with the result that in a relatively short space of time the Station was ready to be re-opened as a Waiting Room and Café.
- d. I had just retired from teaching at Llandoverly College, and was asked if I would be willing to form a Committee to run the Station in its new identity, and to this request I agreed. Together we made an appeal for Volunteers from the local area to run the Café, and we received a very positive response – which meant that very soon we were in business, along the lines mentioned below!
- e.
 - a. The Café is open both morning and afternoon.
 - b. We offer our visitors no cooked food, other than toasted sandwiches,
 - c. We offer our visitors coffee and tea and soft drinks, and a variety of cakes and biscuits.
 - d. We do not sell Rail Tickets, as that would be to make too great a demand on our Volunteers: tickets are bought on the train.
- f. The Llandoverly Station Café has been very successful in the time that it has been in existence:
 - We have recruited an excellent body of Volunteers who man the Café either morning or afternoon
 - We have developed the Station Gardens on the opposite side of the railway line, i.e. the space which used to be the Goods Yard.
 - Children from the local Primary School are encouraged to care for our flowers and vegetables in the Summer months,

- We have given placements in the Café to young people who are students at the two Rudolf Steiner College in our area, i.e. Glasallt Fawr in Llangadog, and Coleg Elidyr in Rhandirmwyn.
- We have a thriving Model Railway Club based at the Station.
- The Llandoverly Poetry Club meet at the Station every fortnight.
- The Llandoverly Walkers are Welcome Group meet at the Station at the start and end of their bi-monthly walks.
- We have strong links with the Llandoverly Gardening Club, who help to look after our shrub and flower borders.
- The Station Building may be hired by local people in the evening, at a very reasonable rate, for Club Meetings, Children's Birthday Parties, and so on.
- And there is one thing we are very proud of: with the installation of our Picture hanging facilities, we have helped to revitalise the artistic life of the Towy Valley. We hold Art, Craft, or Photographic Exhibitions every month, and there is no doubt that the Station Gallery has become a focal point of amateur Art & Craft work. We look forward to be able to help with animating local creative activity for many years to come!

MIKE BLUD

Mike Blud has long been a very supportive servant of the Station, always ready to help with what is being done there, and offering suggestions and ideas with how things can be done better. In Spring and Summer, he can be regularly seen mowing the grass in the Station Garden, and helping with the crops growing in our raised beds. But it is perhaps in the colder months of Autumn and Winter that his talents are mostly to be seen – and be appreciated. Mike is a consummate fire-lighter, and his boast is that he can get a fire ablaze in the wood-burning stove in the Station with a few pages of a newspaper and just one thumb-nail of a piece of a proprietary fire lighter – and this I have seen for myself! This is not to say that this is the limit of his skills, because Mike also wields a mighty axe, and he is very much at home with the skills of wood-chopping – whether splitting a log into a length suitable for burning on the wood stove, or taking a log and dividing it into a host of smaller pieces ready for kindling.

A further skill which Mike brings to the Station is the maintenance of the wood floor: once again this year over the Christmas Holiday, Mike has sand-papered and re-oiled the floor, which is such an attractive aspect of the Café, and which newcomers to the Station rarely cease to stop and admire. Mike is a true servant of the Station, and we thank him publicly for that.

CAFÉ VOLUNTEERS

As readers of The Post will appreciate, Llandoverly is a Town whose inhabitants may enjoy a broad and rich variety of social life – there is a lot going on here! However, in order to maintain this momentum, all our Clubs and Associations have to depend to a large extent on the contributions made by Volunteers, and the Llandoverly Station Café is no exception. We do need more Volunteer Staff, and we would appeal to anyone, man or woman, who feels that they could become part of our team, to call in at the Station and see what we have to offer.

The duties are not onerous, and they are divided into morning and afternoon shifts. We serve tea and coffee and cold drinks, and offer a selection of sandwiches, cakes and biscuits by way of food. Our Volunteers work in shifts: the Morning duties are from 10.30am – 1.00pm, and Afternoon duties are from 2.00pm – 4.30pm.

If you would like to find out more about us, would you please call in at the Station Café between these times mentioned above, and see what we have to offer. Alternatively, you may wish to

contact either of our Café Supervisors, Mrs. Joan Snaith on 01550 720283, or Mrs. Mary Hargreaves, on 01550 721523, who will be delighted to go through with you any queries you may have.

ART & CRAFT EXHIBITIONS AT THE STATION

Our Art and Craft Exhibitions have become a hugely successful part of the activities which take place at the Station, and there is no doubt that our monthly Exhibitions are always well received, both by the artists and craftspeople themselves and by the general public. Our Exhibitions of the last few years have covered a wide range of media, from Rug-Making and Pottery to Basket Work and Weaving, and from working in Oils or in Water Colours, through to Sculpture, Photography, and Digital Art – the latter perhaps the Art Form of the present Age! We owe a huge debt of gratitude to all our artists: they have responded very positively to the opportunities that the Station Art Gallery offers, and over the last few years they have created Exhibitions which are worthy of a far greater setting!

By way of example, our Exhibition last October, Dreaming through Autumn, saw thirty-four Artists taking part, and exhibiting their mixed media pieces of Art and Craft. These Artists are all linked to the local groups which meet at Dolau Bran, Myddfai Hall, and the local YMCA, and this year a group associated with the Café has taken part. The members of these groups meet once a week in a variety of local venues to sketch, to discuss, and to exchange opinions. Indeed, the local Art & Craft Community is a lot bigger than these thirty-four artists, and we look forward in the near future to creating further Exhibitions at the Station Gallery, which will include Oil Paintings, Photography, Textiles, and Weaving.

KATIE BULLOCK'S EXHIBITION

To begin our Programme of Art Exhibitions at the Station Gallery for the Year 2018, we are delighted to welcome once again Katie Bullock. Katie is a well-known figure in Llandovery, and she has exhibited her work at the Station ever since we opened some

five or more years ago: her work has always been well received, and we are sure that this present Exhibition will prove to be as popular as those which have preceded it. All the work which Katie is displaying is for sale, with the exception of her depiction of the Harbour at Aberaeron.

Katie has told us that she mainly works with oils, and that she enjoys the texture and thickness of the paint and the way it moves when she moves her palette knife across the canvas.

In addition, she would like the public to know that she also sells prints and post-cards: she would ask anyone to get in touch with her, either with regard to buying one of her paintings or if anyone wishes to commission from her a painting of their own liking.

LLANDOVERY COMMUNITY ORCHARD PLANTING DAY



On Sunday 19th November we had a very successful day at Llandovery College Sports Field planting a new hedge to act as a wind break and boundary for Perllan Tywi, the new orchard site. Children from the Gollop Prep School, taught by Andrea Wilson, had already started the planting, and a large group of volunteers from Transition Tywi Trawsnewid turned up on a bright and sunny morning to complete the hedge. Ages ranged from Primary School to Seniors, and everyone got stuck in digging, staking, and planting 105 Hazel, Cherry Plum, Dog Rose, Rowan and Elder trees, all of which will themselves produce harvests which we will be able to use to make edible products. After finishing a hard morning's work, we were glad of the warmth and hospitality provided for us at the Llandovery Station Café.

We now have some rare Welsh Heritage fruit trees to plant, and they will produce apples, plums, pears and damsons. The children of the College will also be planting over the remaining days of Winter, so do keep visiting the site – it will be developing fast!

By the time this edition of The Post appears, we will have held our latest planting day on Sunday 14th January; but there will be more! We meet at 10.30 am at the Station, and everyone is welcome to come and help. Please bring tools – spades and mattocks especially! – and do wear outdoor clothes and sturdy boots.

We will then go on to the Station Café afterwards to warm up, eat and drink, and just socialise! For more information, do please call Helen or David on 01550 721476.

Glyn Evans



READERS' SALES & WANTS

are free of charge
(subject to space availability)
NO TRADE ADS

FOR SALE

- **Caravan awning for a 20 foot caravan**, £98. Tel 01550 760316.
- **Extending arm caravan towing mirrors**, £28. Tel 01550 760316.
- **Jerry cans** (at Halfords) cost £30, selling for £12 each, Tel: 01550 760316.
- **Chainsaw 20" bar**, £50. Tel: 01550 760316.
- **Snow chains**, Ice Block, 165-13 and Tonic 165-15-13, all boxed with instructions, £20 each pair. Tel: 01550 760316.
- **Suzuki Alto GL Wheels**. 4 wheels with good tyres. Tel: 01550 721197 (please leave message).
- **Van for Sale**. Piaggio Porter panel van. Absolute bargain. Tel. 01550 777769.
- **Portable travel cot**, never used, £15 01550 740183.
- **Single folding bed**, ideal for B&B etc £15 01550 740183.
- **3 saddle racks**, 5 bridle racks. Rubber boots size 6, "Endurance" riding coat, medium, Box of miscellaneous horsey stuff. Offers. 01550 740183.
- **Electric fencing "Fieldguard"**. Lots of thick and thin tape, posts, connectors etc. Ideal for horses. Cost a lot when bought. Some tape never used. 01550 740183.
- **Fish Tank**, 46cm x 26cm x 26cm gravel, ornaments etc included, £12. Tel: 01550 777796.
- **Aluminium Double Extending Ladder** – little used, each ladder: 4.5 metres long, 34 rungs in total, in very good order, £45. Cash only. Buyer to collect. Tel: 01558 668612.
- **Dawes mountain bike**, large frame 26 inch wheel, 21 gears, good working order serviced in January, £25. Tel: 01550 777796.
- **Raleigh women's road bike**, size medium 54 cm 10 gears, fully serviced in January, £45. Tel 01550 777796.
- **Raleigh record men's bike**, 12 gears, size large, 57 cm, some surface rust, fully serviced in January, £40. Tel: 01550 777796.
- **Canoe**, ottoposports fibreglass Indian touring canoe, 17 foot, £250. Tel: 01550 777796.
- **Kayak dancer perception**, £75. Tel: 01550 777796.
- **Bosch electric lawn mower**, 34 cm 1400w, £20. Tel: 01550 777796.
- **Wooden Kitchen Table** with Formica top (48" x 27" x 29" high). Good order, Plus 4 chairs, Cash only: Buyer to collect, £20. Tel: 01558 668612.
- **4 Board Games to sell as one item**: Game of Knowledge, Game of Life, Cluedo (older version) + Cluedo (new version), Boxes in good order: games intact, Cash only: buyer to collect, £10. Tel: 01558 668612.

MERCHED Y WAWR, BRO PANTYCELYN

Pleser o mwyaf ar brynhawn mercher Ionawr 10fed oedd cael cwmni Lyn Richards o Caio. Aeth Lyn a ni yn ol i Myddfai ei fro enedigol gan roi darlwm o ardal ddde a heddiw, gan gofnodu y cymeriadau ar am gylchiadau a fu y gymaint o ddyllanwad arno.

Ar Chwefror 14eg 2 o gloch edrychwn ymlaen at gwmmi Rhianon Powell fydd yn dod a chasgliad o'i gwaith llaw eang.

- **FISHERMEN: 3 spinning reels to sell as one item**, 2x Shakespeare OMNI 020: Gear ratio 31:1 2000 series, 1x Daiwa: J16 Internal bail kick mechanism, Cash only: Buyer to collect, £15. Tel: 01558 668612.
- **MONOPOLY Board Game**: Limited Edition UNUSED, Rugby World Cup 1999: Collectable item. Cash only: Buyer to collect, £10. Tel: 01558 668612.
- **High level Pulsating 360 degree water sprinkler** with adjustable tripod, £20. Tel: 07761 107055.
- **4 Medium duty sliding door hangers**, £10. Tel: 07761 107055.
- **Heavy duty security chain** complete with lock (unused), £15. Tel: 07761 107055.
- **Tractor refuelling pipe** with hand gun, £15. Tel: 07761 107055.
- **Twin lock scribe 855 Register** with 7 refill cartridges, £6. Tel: 07761 107055.
- **Set of mountain bike mudguards** (new), £2. Tel: 07761 107055.
- **Ladies Golf Clubs** with red bag, £8. Tel: 07761 107055.
- **Old Claxton Horn**, £25. Tel: 07761 107055.
- **4 white internal doors**, £4 each or £12 for the lot. Tel: 07761 107055.
- **Glass door**, £6. Tel: 07761 107055.
- **3 x 3ft long Fluorescent lights** with individual switches, £4 each. Tel: 07761 107055.
- **Beaton Copper Hood** to fit above Rayburn or similar, £20. Tel: 07761 107055.
- **28" German china doll** with double jointed limbs, beautiful face with sleeping eyes. £80. Telephone 01550 777358.
- **Exchanged Skills**. M.E. and MCS Aware, Vegan Companion/tenant seeks self-contained rural-ish accommodation in exchange for various skills and part rent offered. Tel: 01550 721197 (please leave message).
- **Books/DVDs on Art and Artists**. Various art books, dvds and exhibition catalogues. All As New. From £3.00 to £20.00. Swapping considered. Telephone for a list: 01550 721197 (leave a message).
- **Three-seater settee**, cream with removable covers, £85. Tel: 01558 650322.
- **Armchair**, green with removable covers, £25. Tel: 01558 650322.
- **Large Chest Freezer**, size 130 x 66 x 80 for £45. Ring 01558 669093 or 07967 120307.
- **Small Chest Freezer**, size 55 x 57 x 84 for £20. Ring 01558 669093 or 07967 120307.
- **OVATION "Applause" guitar**, (electronics removed), now functions as a very loud acoustic version. This is an old guitar with decorative additions, turtle-backed and very playable. New this cost £230, selling to first person with £30. Contact 01558 328239 for details (Salem).
- **ENCORE ELECTRIC GUITAR, FENDER "STRAT" COPY**. Electric Blue with practice AMPLIFIER and Gig Bag. This is a near new guitar, fitted with tremelo, that was serviced a year ago and has not been played since. Try before you buy. £100.00. Telephone 01558 328239 (Salem).
- **Larsen Trap**. Used once, as new, £20. Tel 01550 779077.
- **Knee length black suede boots**; size 16; flat heel; zip; silver buckle; as new, very good quality, £60 ono. Tel: 01558 685553 / 07890 120123.
- **1 x 25kg bag of lime mortar**, ready mixed, surplus to requirements, £17.50. Tel: 01550 777447.
- **Portable toilet**, cassette type with flush, 20ltr capacity with carry bag, unused, ideal for camping, caravan etc, £25. Tel: 01550 777447.
- **x10 concrete blocks**, new, £10. Tel: 01550 777447.
- **LDV Convoy 400**, 2.5 diesel, 2001, red, no MOT but little used in last year, low mileage, side window, rear seats, good runner, £450. Call 07403 004177 / 07866 489639 (Liandoverly).
- **x4 silk ties in a leather case** from The Tie Rack, Knightsbridge, London, never worn, £25. Tel: 01558 685731.
- **Leather combination lock briefcase**, as new, £40. Tel: 01558 685731.
- **Japanese hand painted fan**, blue, when open 4' x 3', £15. Tel: 01558 685731.
- **Trials helmet**, medium, worn once, £40. Tel: 07803 274942.

LLANDOVERY FRIENDSHIP CLUB

November meeting was held on December 6th as members attended Turkey & Tinsel to Llandudno. This was a very successful trip, which was organised by Jones International. Thank you to them.

The meeting was opened by the Chairperson with a prayer. Yvonne and Olive were then introduced who had brought along various items for sale. So many members were able to do their Christmas shopping. Angela Kenyon also brought along her Christmas arrangements which she was selling for Cancer Research.

Yvonne gave a history of their business also stating they have now opened a shop in St Clears and invited us to visit them.

Mrs Allison Rogers then gave a talk on mobility aids and safety. Allison is undertaking a project on safety for the elderly and will be returning next year for an update.

Tea was then served. Thank you to all the hostesses who have helped during the year and bought along raffles. Thank you Stella for donating the tea etc.

AGENDA FOR MEETING

Letter received from Alziemers Society for our donation of £100.

Also news letter from Sarah Rochera (older commissioner for Wales) very interesting articles.

Finances were in order.

- **Fish Tank**, 49" long, 18" width, 24" height, 10mm glass, clearseal aquarium, £250 ono. Tel: 07803 274942.
- **Fish Tank & Filters**, 49" long, 18" width, 24" height, 10mm glass, clearseal aquarium. One all pond solutions 1400EF external filter, one Fluval 406 external filter, £350 ono. Tel: 07803 274942.
- **Moto cross helmet**, AGV, grey, small size, £20. Tel: 07803 274942.
- **Bultaco Sherpa engine**, 250cc, £100. Tel: 07803 274942.
- **Berlingo M-Space Forte D Estate**, MOT till August, new cam belt/water pump, new clutch and cable, new rear exhaust box and pipe 10000 miles ago, £1200 spent on car, 116000 miles, low for diesel, £630. Tel: 07925 993367. All bills to prove.
- **Property to rent**, Broad Street, Llandovery. Tel: 01550 720829.
- **Jotul 6 wood stove**, good working order, 8" flue, £250. Tel: 01550 750244.

WANTED

- **Simple House to Rent**. With garden and outbuilding use if possible, either a single property or larger farm house etc with adjoining second property. Local couple. Excellent references - 18 years in current property. Keen on rural living / Arts / Crafts / Creative Writing. Please telephone: 01550 721197 (leave a message if no reply).
- **Care and Accommodation**. Self-employed carer, P.A. and domestic help required near Llanwrda. Also a driver, to enable socialisation. Direct Payments Scheme funded. Day care and overnight. Creative and sociable vegan client with M.E. and severe allergies. Respite care accommodation (housing) also needed. Please telephone 01550 721197 (leave a message).
- **Any used postage stamps or old £1 coins**: To help raise funds for Llest Horse and Pony Trust please send them to Llest, Beili Bedw Farm, Llanddeusant, Llangadog, Carmar. SA19 9TG. Please make sure to cut not more than a 1cm border around any stamps you send. Thank you.
- **Dehumidifier**. Tel: 01550 777447.

Next years program discussed, which had been organised at the meeting in Dolau Bran on 9th November.

We have also had an invitation from Llandovery College to visit for tea and entertainment in March. Thank you to them for the invitation.

AGM TOOK PLACE

Officers elected and seconded

President re-elected: Mr Stan Baugh 01550 721214
Vice President: Mrs Pat Smith 01550 720659
Chairperson: Mrs Gina Jones
Vice President re-elected: Mr Roland Griffiths
01550 750248
Secretary & Reporter: Mrs Mary Jackson 01550 720056
Treasurer: Mrs Sylvia Saunders 01550 720105
Membership Secretary: Mrs Margaret Davies
01550 720919
Events Officer: Mrs Rosemary Butler 01550 760017
Mrs Angela Jackson-Kenyon 01550 720056
Cards: Mrs Wendy Waters 01550 721361
Raffles: Mrs Stella Carmichael 01550 721554

SUB COMMITTEE

Miss Lynda Evans 01550 720773
Mrs Eluned Jones 01550 720545
Mrs Eileen Price 01550 720594
Mrs Rosemary Goodall 01550 721768

Thank you to the above for accepting these posts.

Christmas lunch was at The Castle Hotel on Wednesday December 13th. This was a very successful event. Grace was said by Councillor Ivor Jackson and the lunch was delicious. Thank you to the chefs and waitresses. We were entertained by Llandeilo Town Band who played several Christmas carols and John, the band conductor was very entertaining. Thank you to them for coming along.

We then introduced the travelling crib from Llandingat Church and Mary gave a history of the crib which has been going on for a few years.

Helen Lovell then gave a prayer to all families at Christmas. The crib was then given to Louise who will take the crib to Vicar Prichard School. We were then shown a DVD of a party that was organised by the Town Council when Ivor Jackson was mayor and Helen Lovell Vice Mayor. This was 2005. It was quite hilarious, Ivor and Edgar were the ugly sisters, Helen, Cinderella, Pat was Fairy God Mother and Sandra was Prince Charming. Perhaps next year we can repeat this pantomime!

We all thoroughly enjoyed the afternoon.

The President then gave vote of thanks to all the committee for their hard work over many years.

Anyone wishing to join us will be very welcome to come along on the last Wednesday of every month. There is no age limit.

Mary Jackson BEM.



Church Services

E-English W-Welsh B-Bilingual

PARISH OF LLANSADWRN, LLANWRDA, WITH CAPEL DEWI SANT & MANORDEILO

(all services are bilingual)

St Gwrddaf Church, Llanwrda

4 Feb 8.30am Holy Eucharist
11 Feb 8.30am Holy Eucharist
14 Feb 10.30am Holy Eucharist + Ashing
18 Feb 8.30am Holy Eucharist

St. Sadwrn Church, Llansadwrn

4 Feb 11.00am Holy Eucharist
18 Feb 11.00am Holy Eucharist
25 Feb 11.00am Rainbow Church

Capel Dewi Sant

4 Feb 2.15pm Cymun Bendigaid
18 Feb 2.15pm Cymun Bendigaid
25 Feb 2.15pm Hwyrol Weddi

St. Paul's, Manordeilo

4 Feb 9.30am Holy Eucharist
11 Feb 9.30am Morning Prayer
18 Feb 9.30am Holy Eucharist
25 Feb 9.30am Holy Eucharist

Please contact 01550 777343 for further information.

EBENEZER APOSTOLIC CHURCH, HALFWAY, TALLEY

Pastor Ian Hughes. Tel 01554 751802.

Sun 10.30am Praise and Communion
5.00pm Gospel Service, including Explorer's Club
Thurs 7.00pm Prayer and Bible Study
Fri 10.30am Tea and Tots (Term Time)

ST. CADOG'S, LLANGADOG

4 Feb 9.30am Holy Communion
11 Feb 9.30am Morning Prayer
14 Feb 10.00am Holy Communion
18 Feb 9.30am Morning Prayer
25 Feb 9.30am Morning Prayer

For further information please contact 01550 777226.

PARISH OF LLANDOVERY WITH MYDDFAI

Llandingat

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS

Llanfair

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS

St Michael's, Myddfai

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS

For further information please contact Rev. Ian Aveson, 01550 720524.

ST SIMON & ST JUDE, LLANDEUSANT

11 Feb 11.00am Morning Prayer
25 Feb 2.00pm Holy Eucharist with Rev. Vanessa Hope-Bell

PARISH OF LLANDEILO FAWR

Rev. Michael Sadler. Tel. 01558 823862

Llandeilo Parish Church

1st Sun 9.30am Boreol Weddi
2nd Sun 11.00am Morning Worship
6.00pm Holy Communion
3rd Sun 9.15am Cymun Bendigaid
4th Sun 11.00am Family Communion
6.00pm Holy Communion
5th Sun 8.00am Holy Communion
11.00am Morning Worship
6.00pm Holy Communion

Evening Prayer and Compline alternate months: *Compline* in Jan, Mar, May, Jul, Sep, Nov. *Evening Prayer* in Feb, Apr, Jun, Aug, Oct, Dec.

St John's Maestleio

1st Sun 9.45am Holy Communion
2nd Sun 9.45am Holy Communion
3rd Sun 9.45am Morning Prayer
4th Sun 9.45am Morning Prayer

Holy Trinity Talaris

2nd Sun 9.45am Holy Communion
4th Sun 9.45am Holy Communion

ST. DAVID'S CATHOLIC CHURCH, LLANDEILO

Tel: 01558 824305

Mass, SUNDAY 11.00a.m.

(for mid-week masses, please phone for details)

TOWY CHRISTIAN FELLOWSHIP

In the YMCA, Market Street, Llandoverly.
Phone: 01550 777149

Sun 10.30am Family Praise & Worship
Sun 6.00pm Bible Workshop – Teenagers

BAPTIST CHAPEL

Queen Street, Llandoverly
(at the end of Orchard Street.)
10.30am Welsh Service.

ALL SAINTS GWYNFE

4 Feb 11.15am Eucharist
11 Feb 11.15am Morning Prayer
14 Feb 10.00am Eucharist, Llangadog
18 Feb 11.15am Morning Prayer
25 Feb No Service, Gwynfe
2.00pm Eucharist, Llanddeusant

THE CHRISTADELPHIANS

Foundry Road, Ammanford.
Tel. 01269 842336 or 01269 851172
Sun 6.00pm Bible Talk
Thurs 7.30pm Bible Study

GRACE CHURCH, LLANDEILO

Llansawel 6.30pm 'Breakout' Youth Monday, Village Hall
7.30pm Farm meeting (prayer, worship, bible time).

Llandeilo 7.30pm

Cwmdu 10.30am Farm meeting, Sunday.

ALL ARE WELCOME.

Rural Chaplain Rev. Simon Bowkett.
Tel: 01558 685146 / 07748 644958.

www.ygrwp.com

Grace Rural Wales Partnership

ST CYNWIL, CYNWYL GAEO

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS

For further information, please contact the Area Dean, Rev Ian Aveson, 01550 720524.

ST SAWYL, LLANSAWEL

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS

For further information, please contact the Area Dean, Rev Ian Aveson, 01550 720524.

ST MICHAEL'S, TALLEY

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS

For further information, please contact the Area Dean, Rev Ian Aveson, 01550 720524

ST DAVID, ABERGORLECH

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS

For further information, please contact the Area Dean, Rev Ian Aveson, 01550 720524.

PARISH OF CILYCYWM & YSTRAD FFIN WITH RHANDIRMWYN & CYNGHORDY

St Mary's, Cynghordy

(Llanfair-ar-y-bryn)
4 Feb 2.30pm Eucharist
11 Feb 2.30pm Eucharist
18 Feb 2.30pm Evening Prayer
25 Feb 2.30pm Eucharist

For further information please contact Mrs Ann McKnight. Tel: 01550 721109.

St. Barnabas Church, Rhandirmwyn

4 Feb 9.30am Eucharist
11 Feb 9.30am Eucharist
18 Feb 9.30am Morning Prayer
25 Feb 9.30am Eucharist

For further information please contact Ann McKnight. Tel: 01550 721109.

St. Michael's, Cilycwm

4 Feb 11.15am Eucharist
11 Feb 11.15am Eucharist
18 Feb 11.15am Morning Prayer
25 Feb 11.15am Eucharist

For further information please contact Ann McKnight. Tel: 01550 721109.

UNITED BENEFICE OF CATHEINIOG

Llangathen – 1st and 3rd Sunday
Golden Grove – 2nd and 4th Sunday
Llanfynydd – 2nd and 4th Sunday
Court Henry – 1st and 3rd Sunday

All above services are at 10.30a.m.
Carmel every Sunday at 9.30a.m.
5th Sunday of the month services are rotated between the above churches

OUR LADY'S R.C., LLANDOVERY

College View, SA20 0BD
Served from Lampeter
Vigil mass of Sunday, Saturday 5.00pm
Parish Priest, Fr Keith Evans
Tel. 01570 421003, Mob: 07896 762786
Email: davidkeithevans@hotmail.co.uk

SEVENTH DAY ADVENTIST CHRISTIAN CHURCH

Meet at United Reformed Church
Christchurch, The Court, Lant Avenue,
Llandrindod Wells, Powys.
Saturdays 2.30pm to 4.30pm
Sabbath School Service 2.30pm
Divine Service 3.00 pm

All Are Welcome. God bless.
Enquiries: 01597 824732/01982 553959.

WILLIAM WILLIAMS CHAPEL

High Street, Llandovery

DATES NOT AVAILABLE AT TIME OF GOING
TO PRESS

For further information, please contact
Minister Leonard Phelps. Tel: 01591
610083.

QUAKER MEETINGS

Enquiries to Liz McDermott 01570 471488
Sun 10.45am Canolfan Steffan,
Peterwell Terrace, Lampeter SA48 7BX.

THE LIGHT IS SHINING

at

Ebenezer Apostolic Church, Halfway, Talley

The spotlight this month is on Ruth, who sings and leads us all in worship.

Tell us a little about yourself:

My name is Ruth I'm 27 and live in Carmarthenshire. I am married to Rhys and have a gorgeous shenoodle puppy called Ringo. I am a passionate Welsh rugby supporter and love to go for walks in the beautiful Welsh countryside.

What do you do as a day job?

I am a secondary PE teacher by day working in Swansea. I love working with children, as no day is ever the same.

What do you do for relaxation?

I love putting my pjs on and cwtching up on the sofa with a cup of tea and movie.

How did you become a Christian?

I was very fortunate to have been brought up in a Christian home. I made a commitment to God when I was about 8 years old in the comfort of my bedroom. Since then my walk with God hasn't been easy, but I have trusted Him and He has guided and protected me.

What is your role within the church at Ebenezer?

I form part of the leadership team at Cwmdu where I am involved with worship and run a life group with my husband.

What is the verse that really speaks to you?

The verse that speaks to me the most is Jeremiah 29:11 which says 'For I know the plans I have for you,' declares the LORD, 'plans to prosper you and not to harm you, plans to give you hope and a future.' Despite what circumstance I face, I know and trust that God's plans are better than mine.

Ebenezer Apostolic Church is situated in the Talley valley and we invite you to come along to one of our services and learn more about the bible. We have Morning Praise at 10.30 a.m. and a Gospel Service at 5.00 p.m. We have a cup of tea or coffee after our evening service and you will be very welcome. We are based near the villages of Cwmdu and Talley! Post code – SA19 7YA. Further details of our services are available from Pastor Ian Hughes and Mrs Megan Hughes on 01570 481887. Please also visit our website at <http://rivers.cymru/>

Angie Davies.

LLANDOVERY YMCA

Tel: 01550 721499

Sundays: 4, 11, 18, 25

Towy Christian Fellowship – Sundays at 10.30am to midday. Informal Bible study meetings. Llandoverly YMCA Drop-in Centre. Tel: 01550 721499.

Bible Workshop – Sundays 6.00pm to 8.00pm. Christian faith with music, discussion, film, fun games, activities. For young people of all ages. Cost: Free. Llandoverly YMCA Drop-in Centre. Tel: 01550 721499.

People's Peace Group – new group to start up. World/peace chat and get together once a month. Everyone brings vegan snacks to share. Donation. Telephone Sandra to register your interest. Tel: 01550 721197.

Mondays: 5, 12, 19, 26

- **After School Club ('Getaway Club')**. Every Weekday 4pm to 5.45pm. For children aged 9-18 years. Cost: 50p per person. Llandoverly YMCA Drop-in Centre. Tel: 01550 721499.
- **Internet DigiLab** – Every Weekday 9.30am to 3.30pm. Free use of the internet-ready IT suite. Llandoverly YMCA Drop-in Centre. Tel: 01550 721499.
- **Job Club** – Every Weekday 9.30am to 3.30pm. Free help with compiling CVs and help with job searches. Llandoverly YMCA Drop-in Centre. Tel: 01550 721499.

Tuesday: 6, 13, 20, 27

- **After School Club ('Getaway Club')**. Every Weekday 4pm to 5.45pm. For children aged 9-18 years. Cost: 50p per person. Llandoverly YMCA Drop-in Centre. Tel: 01550 721499.
- **Youth Club Nights** – Tuesdays and Thursdays, 7.30 pm to 9.30 pm. For local young people (ages 11- 25 years) to enjoy the Centre's activities/facilities and outings. Cost: 60p per person. Llandoverly YMCA Drop-in Centre. Tel: 01550 721499.
- **BBC First Click Computer Course** – Tuesdays 10 am to 12 pm. Adult learners - broaden your IT skills. Suitable for complete beginners or existing users. Cost: £2.00 per session. Llandoverly YMCA Drop-in Centre. Tel: 01550 721499.
- **Alternating Latin and Greek** – Tuesdays 12.00 to 2.00 pm. A University of the Third Age (U3A) group. Llandoverly YMCA Drop-in Centre. Tel: 01550 721499.
- **Craft Circle** – Tuesdays 1.00 pm to 3pm. Get together, do craft work and natter! All abilities welcome. Cost: £2.00 per person. Llandoverly YMCA Drop-in Centre. Tel: 01550 721499.

Wednesday: 7, 14, 21, 28

- **New – Centle, Mindfulness Yoga Class**. Wednesdays 10.00 to 11.30am. Bring your favourite blanket, cushion and exercise mat (if you have one). Cost: £6.00. Llandoverly YMCA Drop-in Centre. Tel: 07780 544470/01550 721499.
- **After School Club ('Getaway Club')**. Every Weekday 4pm to 5.45pm. For children aged 9 - 18

years. Cost: 50p per person. Llandoverly YMCA Drop-in Centre. Tel: 01550 721499.

Mencap Family Get-together. For persons with all types of disabilities. Every 3rd Wednesday 10am to midday. Llandoverly YMCA Drop-in Centre. Tel: 01550 721499.

Reiki, Aromatherapy and Massage - New Sessions – most days to suit. Llandoverly, Llandoverly and in between – bookings with Anna Marshall. Tel: 07813 475470 or Email: annarosemarshall@yahoo.co.uk Donations to YMCA for sessions in room in Llandoverly.

Writing for Fun and Profit Group with David Thorpe. Wednesdays 7pm to 9pm. Llandoverly YMCA Drop-in Centre. Tel: 07901 925671.

Thursday: 1, 8, 15, 22

- **After School Club ('Getaway Club')**. Every Weekday 4pm to 5.45pm. For children aged 9-18 years. Cost: 50p per person. Llandoverly YMCA Drop-in Centre. Tel: 01550 721499.
- **Art Above Group** – Thursdays 1.30pm to 3.30pm. Join a friendly, relaxed group in the Community Arts Room to create art of all types (including screen printing). Cost: £2.00. Llandoverly YMCA Drop-in Centre. Tel: 01550 721499.
- **NAAFI (Navy, Army and Airforce Institutes)**. Ex-services personnel meet regularly to have a chat and a cuppa together. Llandoverly YMCA Drop-in Centre. Please telephone to find out the day and date of the next meeting: 01550 721499.
- **Youth Club Nights** – Tuesdays and Thursdays, 7.30pm to 9.30pm. For local young people (ages 11- 25 years) to enjoy the Centre's activities/facilities and outings. Cost: 60p per person. Llandoverly YMCA Drop-in Centre. Tel: 01550 721499.

Fridays: 2, 9, 16, 23

- **After School Club ('Getaway Club')**. Every Weekday 4pm to 5.45pm. For children aged 9-18 years. Cost: 50p per person. Llandoverly YMCA Drop-in Centre. Tel: 01550 721499.
- **Friday Friends Fortnightly Cuppa and Cake** – Volunteers please for this new vegan cafe group wanting to set up in Llandoverly. Four hours a fortnight. A Wellbeing Group Initiative. Tel: Sandra 01550 721197 or Jill 01550 721499.

THE POST

ADVERTISING

you CAN afford

Events

These details have been prepared by
The Post and are believed to be correct,
but do check for any changes.
For a free listing of your event contact
PostDatum on 01550 721225.

1 FEBRUARY:

Learn To Jive, Classes in 50s Rock'n'Roll + JCeroc/Leroc Modern Jive. Every Monday at Hundred House Village Hall LD1 5RY. (nr Builth Wells). Complete Beginners welcome, with or without a dance partner. Just turn up, join in & have fun!. 7.30 – 10.00 £5pp. 07767 358079, www.Jive.Wales - facebook 'Mid Wales Jive'

Band Tref Llandeilo Town Band. We are a fun wind band for all ages and abilities. Rehearsals each Wednesday 7.00 – 9.00pm in Llandeilo Civic Hall (optionally followed by banter and a bevy in a local pub!). We have some instruments we can loan out if you don't have your own. Any queries, please contact John: 07811 356778.

Holistic Heaven yoga with Claire Latimir at Henllys Estate, 6.00pm – 7.00pm. Small friendly yoga classes suitable for all ages and yoga experience. www.holistic-heaven.com. Tel: 01550 721332 / 07985 077227.

Talk by Mr Geoff Williams of Dynefwr Walkers at Llanwrtyd Wells Heritage & Arts Centre at 7.00 p.m. The topic is 'Cambrian Mountain Walks and the California Trail'. Entry £2.00, refreshments included, all welcome.

DISCO-CISE – 60 Minute Disco at Llanarthne Village Hall, Carmarthen, SA32 8JD, from 6.00 to 7.00pm, every Wednesday until April 5th 2017. £3, all proceeds towards Help Refugees. Contact Sheila on 01558 685389, sheilalaughs@hotmail.com or facebook "60 Minute Disco" for more info.

A Drawing and Painting tuition course, Part one, (4 weeks) with qualified and professional artist Genevieve Caminade, will begin on the Wednesday 1st February from 6.00pm to 8.00pm in the evenings. You will be developing your skillset and you will be encouraged to define what you want to learn to draw and eventually paint, if its landscape, portraiture, animals, figure drawing. Where: Civic Hall, Llandeilo, in the upstairs room. Bookings: 01558 685175 or genecaminade@hotmail.com www.genevivecaminade.co.uk

The Ramblers – Halfway: Forest Forest tracks, country lanes and footpaths. Dist. 4 miles. Moderate Explorer map OL12. Meeting point: Llandoverly rail Station. Dep. 1.00pm and on by car, organised by Dinefwr Ramblers. Leader: Stuart Collins Tel. 01550 721251.

2 FEBRUARY:

NEW!! Table Tennis at Coronation Hall, Pumsaint, SA19 8UW. Every Thursday 10am-12.30pm. Equipment provided. Please wear appropriate footwear. All welcome. **IT'S FUN TO SING WITH 'TYWI HARMONY'**. Come and sing great uplifting harmonies with this warm and friendly group. Everyone welcome, no experience needed, no music to read. Learn popular, gospel and world music, all in unaccompanied harmony. Join in the celebrative songs leading up to Christmas. Thursdays, 7.00pm, at Maes Elfryn Hall (far end of Dinefwr Ave, off new Rd, by Spar.) Search our website 'Tywi Harmony' to find out more. Do phone if it is your first time as dates occasionally change. Enquiries – Vivienne on 01550 779062 or David on 01269 597303.

Holistic Heaven Yoga at Henllys Estate SA20 0EW, 10.00 – 11.00am, Small friendly yoga classes with Claire Latimir; all welcome. Email: Claire@Holistic-heaven.com Tel: 01550 721332 – 07985 077227.

Cymdeithas Cwmdu. A meeting in the Cwmdu Inn at 8pm to discuss the social plans for the community over the coming weeks and months. If you have any ideas for events or there are any issues that you would like to raise regarding the community activities, please come along - everyone is welcome!

Four week French tuition course with Amelie bilingual tutor, for beginners and advanced students. Beginners: 6.00 to 7.00pm. Advanced: 7.30pm to 8.30pm. Bookings: 01558 685175.

3 FEBRUARY:

Indoor Short Mat Bowls at Coronation Hall, Pumsaint SA19 8UW from 7pm every Friday. All welcome including beginners. Bowls are provided. Please wear flat-soled shoes (slippers or similar). Admission £1 including tea/coffee and biscuits.

NEW YOGA class. Gentle, restorative, chill out yoga with meditation at Henllys Estate, 12.15pm – 1.15pm. Small friendly yoga classes suitable for all ages and yoga experience. www.holistic-heaven.com. Tel: 01550 721332 / 07985 077227.

Llandeilo Country Market - Delicious home baked cakes, savouries, jams, pickles, curry mixes and sauces. A wide selection of crafts suitable as presents or gifts for all occasions. Orders taken for your favourite cake or anything else we sell. Everything we sell is baked, crafted and grown locally. Tea, coffee and cakes also available. Open from 8:30 to 11:30 in the Civic Hall, Llandeilo. Free entry. You can also find and Like us on Facebook.

Yoga at the Zen Den, Friday lunchtimes 12.00 – 1.00pm. Take a break from your desk to release the week from your muscles and your mind, leaving you relaxed and refreshed ready for the weekend. Please call Sian on 07534 974413 for more details and to book.

Cwmdu Folk Night. A live music session in the Cwmdu Inn. Free entry. Come and join in or just enjoy the music. From 8.00pm. For more information, phone the shop/pub on 01558 685088.

4 FEBRUARY:

Lord Crawshaw Memorial Walk in Llanwrtyd Wells. Choice of marked routes, 10, 15 or 25 miles with refreshment stops etc. Leave from the Neuadd Arms from 8.30 a.m. with registration beforehand. Entry fee: £9.00 in advance, £11.00 on the day. Please wear boots and appropriate winter/wet-weather clothing. Everybody's welcome, including dogs (leads required). For more information please see www.green-events.co.uk or telephone 01591 610666/610236.

Llandovery Rugby Club, Church Bank: Principality Premiership fixture v Aberavon. Kick off 2:30pm.

Table Top & Car Boot sale - Myddfai Community Hall & Visitor Centre, 10.00am – 2.00pm. Come along to grab a bargain or book a table to cash in your surplus items. Tables cost just £5. Café and gift shop open. Tel 01550 720449 www.myddfai.org email info@myddfai.org

Cwmdn Inn. Food night in the community run restaurant. For details of this week's chef, the menu and to book (recommended), please contact the shop/pub on 01558 685088.

Talley Parish History Group will hold an open session in the Cwmdn Inn from 10am to 12noon. If you have any queries about the Parish archives or have anything of interest to add to them, Pat Edwards will be there to help you browse the collection.

Cadog Film Club: A Hologram for the King (2016) A failed and desperate American salesman looks to recoup his losses by travelling to Saudi Arabia and selling a holographic teleconferencing system to a wealthy monarch. There he encounters a strange land and some even stranger adventures. Llangadog Community Hall at 7.30 pm for supper (bring a dish each) and bar; 8.30pm for film only. Non-members welcome. For booking and further information contact Irene Hayes on 01550 777657 or email: cadogfilmclub@aol.com.

SATURDAY Morning Fitness Classes at CIVIC HALL, Llandeilo. 9.00am – 10.00am POWER HOUR/Boxercise. 10.00am – 11.00am ZUMBA Fitness. Call Ken 07973 411635 / Melissa 07909 903773 for info.

5 FEBRUARY:

Holistic Heaven Yoga at Henllys Estate SA20 0EW, 10.00 – 11.00am, Small friendly yoga classes with Claire Latimir; all welcome. Email: Claire@Holistic-heaven.com Tel: 01550 721332 – 07985 077227.

Special Candelmas Service – with guest Rev Bill Fillery at St Michael's Church, Llanfihangel Rhos y Corn near Gwernogle, SA32 7RP, at 2.30pm followed by Tea/Coffee time in the Church Hall. Info 01267 202305.

Dinefwr Poets meet every first and third Sunday of the month in Llandovery Station Cafe, at 2.30pm to read and discuss poetry. All welcome. For more information contact Mick Evans 01550 777656.

The Ramblers – North Gower: Up and down 'The Downs'. From Burry Green via Llanmadoc Hill, Llangennith, Hardings Down, Bury and return. Dist. 7 miles. Moderate Explorer map 164. Meeting point:

Llandybie rail Station. Dep.9.30am and on by car, organised by Dinefwr Ramblers. Leader: Geoff Williams Tel. 01558 822960 Mob. 07501 521911.

6 FEBRUARY:

Learn To Jive, Classes in 50s Rock'n'Roll + JCeroc/Leroc Modern Jive. Every Monday at The Castle Hotel, Llandovery, SA20 OAP. 7.30 – 10.00, £5pp. Complete beginners welcome, with or without a dance partner. Just turn up, join in & have fun. 07767 358079, www.Jive.Wales - facebook 'Mid Wales Jive'

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Holistic Heaven yoga with Claire Latimir at Henllys Estate, 6.00pm – 7.00pm. Small friendly yoga classes suitable for all ages and yoga experience. www.holistic-heaven.com. Tel: 01550 721332 / 07985 077227.

Towy Valley Camera Club – Workshop – Practical Portrait evening with a model. We are a small friendly club catering for a wide variety of abilities. We meet at the Reading Room, Cwmifor, Manordeilo on Monday evenings at 7.30pm. See our website for more details www.towyvalleycameraclub.org.uk

Yoga at Llandovery Village Hall, Monday evenings 5.00pm – 6.30pm. Please call Sian on 07534 974413 for more details and to book.

Llandovery Art Group: We are a friendly self help group of local artists of all abilities who meet at Dolau Bran Centre, Llandovery every Monday morning. Interested in joining us? Ring 03302 210606.

7 FEBRUARY:

Yoga classes for flexibility and relaxation, Tuesdays 7.00 – 8.30pm at Myddfai Community Hall, SA20 0JD. Join at any time. Beginners most welcome. For further details text/phone Jacqui on 07519 165121. Classes will be continuing throughout 2017.

NEW!! Badminton at Coronation Hall, Pumsaint, SA19 8UW. Every Tuesday 10am-12.30pm. Rackets/shuttles provided. Please wear appropriate footwear. All welcome.

Pumsaint W.I. meeting at 7pm at the Coronation Hall Pumsaint, a talk from a W.I. Member on her experiences of 29 years as a Police Officer. Visitors and New Members are always welcome. For any Information please contact The Secretary Diana Jones on 01558 650153. Visitors and New Members are always welcome.

Yoga at the Zen Den, Tuesday evenings 6.00pm – 7.15pm and 7.30pm – 8.45pm. Please call Sian on 07534 974413 for more details and to book.

Tywi Art Group: Untutored life-drawing session, 9.30 to 12.30 at Cwmifor community centre. An informal, untutored life-drawing group open to all, from beginners to more experienced artists, who enjoy the opportunity to practise their drawing skills. Costs: £8 per session or £6.50 per session if paying for a block of 5 or more. For further information contact tanya@tanyarotherfield.co.uk.

JUST JHOOM! Bollywood Fitness at Civic Hall, Llandeilo. Tuesdays 6.00 – 7.00pm. Call Melissa for info 07909 903773.

8 FEBRUARY:

Learn To Jive, Classes in 50s Rock'n'Roll + JCeroc/Leroc Modern Jive. Every Monday at Hundred House Village Hall LD1 5RY. (nr Builth Wells). Complete Beginners welcome, with or without a dance partner. Just turn up, join in & have fun). 7.30 – 10.00 £5pp. 07767 358079, www.Jive.Wales - facebook 'Mid Wales Jive'

Band Tref Llandeilo Town Band. We are a fun wind band for all ages and abilities. Rehearsals each Wednesday 7.00 – 9.00pm in Llandeilo Civic Hall (optionally followed by banter and a bevy in a local pub!). We have some instruments we can loan out if you don't have your own. Any queries, please contact John: 07811 356778.

Holistic Heaven yoga with Claire Latimir at Henllys Estate, 6.00pm – 7.00pm. Small friendly yoga classes suitable for all ages and yoga experience. www.holistic-heaven.com. Tel: 01550 721332 / 07985 077227.

Wildlife Trust South & West Wales - East Carmarthenshire Group: The Beaver Project in Carmarthenshire. Jo Oliver and Andrew Love-Jones from The Bevis Trust will talk about the Project. Maes Elfryn Hall, Dynevor Avenue, Llandeilo at 7.30pm. For further information about Meetings or the Group, please contact Valerie Arnall, Honorary Secretary - 01267 253485.

Cwmdu Smallholders. The group for smallholders, meeting on the first Wednesday of each month, will be in the Cwmdu Inn from 7.00pm. Bring a plate of food to share. The topic for discussion will be 'Lambing'. For more information, please contact Pete Mitchell on 01558 685815 or Talley and Cwmdu Smallholders on Facebook.

The Ramblers – North of Llanfynydd: A mainly forest walk with some quiet lanes and farm tracks. Dist. 6 miles. Moderate Explorer map 186. Meeting point: Llandeilo rail Station. Dep. 11.00am and on by car, organised by Dinefwr Ramblers. Leader: Hugh & Pam Simpson Tel. 01558 822405 Mob. 07810 414378.

9 FEBRUARY:

NEW!! Table Tennis at Coronation Hall, Pumsaint, SA19 8UW. Every Thursday 10am-12.30pm. Equipment provided. Please wear appropriate footwear. All welcome.

IT'S FUN TO SING WITH 'TYWI HARMONY'. Come and sing great uplifting harmonies with this warm and friendly group. Everyone welcome, no experience needed, no music to read. Learn popular, gospel and world music, all in unaccompanied harmony. Join in the celebrative songs leading up to Christmas. Thursdays, 7.00pm, at Maes Elfryn Hall (far end of Dinefwr Ave, off new Rd, by Spar.) Search our website 'Tywi Harmony' to find out more. Do phone if it is your first time as dates occasionally change. Enquiries – Vivienne on 01550 779062 or David on 01269 597303.

Holistic Heaven Yoga at Henllys Estate SA20 0EW, 10.00 – 11.00am, Small friendly yoga classes with Claire

Latimir; all welcome. Email: Claire@Holistic-heaven.com Tel: 01550 721332 – 07985 077227.

Cwmdu Classic Club. A monthly meeting in the Cwmdu Inn at 8pm for all those interested in classic and vintage machinery/vehicles. For further information, please contact Edwin Arblaster on 01558 685431.

10 FEBRUARY:

Gentle restorative yoga and meditation at Henllys Estate, 12.15pm – 1.15pm. Small friendly yoga classes suitable for all ages and yoga experience. www.holistic-heaven.com. Tel: 01550 721332 / 07985 077227.

Llandeilo Country Market - Delicious home baked cakes, savouries, jams, pickles, curry mixes and sauces. A wide selection of crafts suitable as presents or gifts for all occasions. Orders taken for your favourite cake or anything else we sell. Everything we sell is baked, crafted and grown locally. Tea, coffee and cakes also available. Open from 8:30 to 11:30 in the Civic Hall, Llandeilo. Free entry. You can also find and Like us on Facebook.

Yoga at the Zen Den, Friday lunchtimes 12.00 – 1.00pm. Take a break from your desk to release the week from your muscles and your mind, leaving you relaxed and refreshed ready for the weekend. Please call Sian on 07534 974413 for more details and to book.

Indoor Short Mat Bowls at Coronation Hall, Pumsaint, SA19 8UW from 7pm every Friday. All welcome including beginners. Bowls are provided. Please wear flat-soled shoes (slippers or similar). Admission £1 including tea/coffee and biscuits. Please contact Yvonne 01558 650870 with any queries.

11 FEBRUARY:

Farmers' & Craft Market in the Victoria Hall Llanwrtyd Wells, 10.00 a.m. - 1.00 p.m. with stalls, refreshments etc. To book a table or for more information, please contact Jen Walsby at lledgwialbnb@gmail.com telephone 01591 610637.

Llandoverly Rugby Club, Church Bank: Principality Premiership fixture v RGC 1404. To be confirmed in view of Wales v England kick off at 16:50 on this date.

Cwmdu Inn. Food night in the community run restaurant. For details of this week's chef, the menu and to book (recommended), please contact the shop/pub on 01558 685088.

SOUL & MOTOWN NIGHT. Castle Hotel, Llandoverly SA20 OAP, Classic floor fillers from 60s 70s & 80s. Motown , Soul, Funk, Reggae, NS & Disco. Free Entry facebook – Mid Wales Soul, 07767 358079.

The Ramblers – The Ivy Tower Neath: Starting near the Ivy Tower on the outskirts of Neath. Hill and forest walking to Clyne and back along the canal to Aberdulais. Dist. 8miles. Moderate Explorer map 165. Meeting point: Lidl's car park Pontardawe. Dep. 9.30am and on by car, organised by Dinefwr Ramblers. Leader: Hugh & Pam Simpson Tel. 01558 822405 Mob. 07810 414378.

12 FEBRUARY:

Holistic Heaven Yoga at Henllys Estate SA20 0EW, 10.00 – 11.00am, Small friendly yoga classes with Claire

Latimir; all welcome. Email: Claire@Holistic-heaven.com
Tel: 01550 721332 – 07985 077227.

Llandovery Rugby Club, Church Bank: Junior Drovers - U12s v Llangennech, and U15s v Burry Port. Kick off for both games at 11:00am.

13 FEBRUARY:

Learn To Jive, Classes in 50s Rock'n'Roll + JCeroc/Leroc Modern Jive. Every Monday at The Castle Hotel, Llandovery, SA20 OAP. 7.30 – 10.00, £5pp. Complete beginners welcome, with or without a dance partner. Just turn up, join in & have fun. 07767 358079, www.Jive.Wales - facebook 'Mid Wales Jive'

Holistic Heaven Yoga at Henllys Estate SA20 0EW, 10.00 – 11.00am, Small friendly yoga classes with Claire Latimir; all welcome. Email: Claire@Holistic-heaven.com
Tel: 01550 721332 – 07985 077227.

Holistic Heaven yoga with Claire Latimir at Henllys Estate, 6.00pm – 7.00pm. Small friendly yoga classes suitable for all ages and yoga experience. www.holistic-heaven.com. Tel: 01550 721332 / 07985 077227.

Towy Valley Camera Club – 2 Way Battle – TVCC vs Trostre CC with Judge Royston Packer. We are a small friendly club catering for a wide variety of abilities. We meet at the Reading Room, Cwmifor, Manordeilo on Monday evenings at 7.30pm. See our website for more details www.towyvalleycameraclub.org.uk

Yoga at Llandovery Village Hall, Monday evenings 5.00pm – 6.30pm. Please call Sian on 07534 974413 for more details and to book.

Llandovery Art Group: We are a friendly self help group of local artists of all abilities who meet at Dolau Bran Centre, Llandovery every Monday morning. Interested in joining us? Ring 03302 210606.

14 FEBRUARY:

Yoga classes for flexibility and relaxation, Tuesdays 7.00 – 8.30pm at Myddfai Community Hall, SA20 0JD. Join at any time. Beginners most welcome. For further details text/phone Jacqui on 07519 165121. Classes will be continuing throughout 2017.

Yoga at the Zen Den, Tuesday evenings 6.00pm – 7.15pm and 7.30pm – 8.45pm. Please call Sian on 07534 974413 for more details and to book.

NEW!! Badminton at Coronation Hall, Pumsaint, SA19 8UW. Every Tuesday 10am-12.30pm. Rackets/shuttles provided. Please wear appropriate footwear. All welcome. Please contact Yvonne 01558 650870 with any queries.

15 FEBRUARY:

Learn To Jive, Classes in 50s Rock'n'Roll + JCeroc/Leroc Modern Jive. Every Monday at Hundred House Village Hall LD1 5RY. (nr Builth Wells). Complete Beginners welcome, with or without a dance partner. Just turn up, join in & have fun). 7.30 – 10.00 £5pp. 07767 358079, www.Jive.Wales - facebook 'Mid Wales Jive'

Band Tref Llandeilo Town Band. We are a fun wind band for all ages and abilities. Rehearsals each Wednesday 7.00 – 9.00pm in Llandeilo Civic Hall (optionally followed by banter and a bevy in a local pub!). We have some

instruments we can loan out if you don't have your own. Any queries, please contact John: 07811 356778.

Cothi Gardeners welcome Joseph Atkins, head gardener from Aberglasney. "Plants for a West Wales garden". Plants for sale. Visitors £3, to include refreshments, 7.00pm, at Coronation Hall, Pumsaint, SA19 8UW

Holistic Heaven yoga with Claire Latimir at Henllys Estate, 6.00pm – 7.00pm. Small friendly yoga classes suitable for all ages and yoga experience. www.holistic-heaven.com. Tel: 01550 721332 / 07985 077227.

The Ramblers – Social Evening: A short walk followed by a meal in a local pub. Meeting point: To be posted on forum and website, organised by Dinefwr Ramblers. Leader: Wendy & Alwyn Squires Tel. 01269 594415 Mob. 07969 646115.

16 FEBRUARY:

Holistic Heaven Yoga at Henllys Estate SA20 0EW, 10.00 – 11.00am, Small friendly yoga classes with Claire Latimir; all welcome. Email: Claire@Holistic-heaven.com
Tel: 01550 721332 – 07985 077227.

Cwmdu Inn. The Craft and Sewing Group will be meeting upstairs in the Blue Room of the Cwmdu Inn from 9.30am to 1pm. Bring along your current project, have a chat and exchange tips and skills, also, as it's Half Term, bring along the kids too! Contact Tanya on 01558 668228 or Veronica via the shop on 01558 685088.

NEW!! Table Tennis at Coronation Hall, Pumsaint, SA19 8UW. Every Thursday 10am-12.30pm. Equipment provided. Please wear appropriate footwear. All welcome. Please contact Yvonne 01558 650870 with any queries.

17 FEBRUARY:

Chris Yemm International Circle Dancing Rhys Pritchard Hall, SA20 ODD, £5, 7.30pm – 10.30pm All dances walked through first. 01550 720483 www.facebook.com/llandoveryfolk dancing/ www.llandoveryfolk dancing.co.uk

Gentle restorative yoga and meditation at Henllys Estate, 12.15pm – 1.15pm. Small friendly yoga classes suitable for all ages and yoga experience. www.holistic-heaven.com. Tel: 01550 721332 / 07985 077227.

Wanderlust Theatre at the Victoria Hall, Llanwrtyd Wells at 7.30 p.m. Stories collected from rural areas brought to life with live music, storytelling and projection. Tickets £6.00 on the door or from local shops. Bar available selling wine & soft drinks. For more information, please contact Ainsley 01591 610487.

Llandeilo Country Market - Delicious home baked cakes, savouries, jams, pickles, curry mixes and sauces. A wide selection of crafts suitable as presents or gifts for all occasions. Orders taken for your favourite cake or anything else we sell. Everything we sell is baked, crafted and grown locally. Tea, coffee and cakes also available. Open from 8:30 to 11:30 in the Civic Hall, Llandeilo. Free entry. You can also find and Like us on Facebook.

Yoga at the Zen Den, Friday lunchtimes 12.00 – 1.00pm. Take a break from your desk to release the week from your muscles and your mind, leaving you relaxed and

refreshed ready for the weekend. Please call Sian on 07534 974413 for more details and to book.

Cadog Film Club: Anomalisa (2016) A renowned motivational speaker and author, who lacks motivation in his own life, has an intense encounter with a fan, which may prove transformational or may just provide relief from the banality of his existence. Filmed entirely using stop-motion animation with puppets. Llangadog Community Hall. Doors open 7.00pm; film starts 7.30pm. No booking required. Non-members welcome. For further information contact Irene Hayes on 01550 777657 or email: cadogfilmclub@aol.com.

Indoor Short Mat Bowls at Coronation Hall, Pumsaint SA19 8UW from 7pm every Friday. All welcome including beginners. Bowls are provided. Please wear flat-soled shoes (slippers or similar). Admission £1 including tea/coffee and biscuits. Please contact Yvonne 01558 650870 with any queries.

18 FEBRUARY:

Llandovery Rugby Club, Church Bank: Two games to watch. The Athletic XV play Betws and the Youth side play Llangennech. Kick off 2:30pm.

Cwmdu Inn. Food night in the community run restaurant. For details of this week's chef, the menu and to book (recommended), please contact the shop/pub on 01558 685088.

Welsh Mountain Walks – An Introductory Moderate circular walk on Fan Gyhirych and Fan Nedd led by local professional and experienced Mountain Leader Ben McAllister. Price £15. To book your place ring Ben on 07974477079 or email welshmountainwalks@hotmail.co.uk

19 FEBRUARY:

Holistic Heaven Yoga at Henllys Estate SA20 0EW, 10.00 – 11.00am, Small friendly yoga classes with Claire Latimir; all welcome. Email: Claire@Holistic-heaven.com Tel: 01550 721332 – 07985 077227.

Dinefwr Poets meet every first and third Sunday of the month in Llandovery Station Cafe, at 2.30pm to read and discuss poetry. All welcome. For more information contact Mick Evans 01550 777656.

Welsh Mountain Walks – An Introductory Gentle walk to Llyn y Fan Fach and Fawr. Suitable for people new to or returning to hillwalking. Led by local professional and experienced Mountain Leader Ben McAllister. Price £15. To book your place ring Ben on 07974477079 or email welshmountainwalks@hotmail.co.uk

The Ramblers – Beacons Horseshoe: From Cwm Gwidi training camp up to the summit of Crybyn, down and then up to summit of Pen Y Fan, descend and cross to Corn Du. Return route drops down to Llyn Cwm Llwhch and on through valley back to start. Dist. 9 miles. Strenuous Explorer map OL12. Meeting point: Llandovery rail Station. Dep. 9.00am on by car, organised by Dinefwr Ramblers. Leader: Richard Ambrose Tel. 01792 361814 Mob. 07564 993019.

20 FEBRUARY:

Learn To Jive, Classes in 50s Rock'n'Roll + JCeroc/Leroc Modern Jive. Every Monday at The Castle Hotel, Llandovery, SA20 OAP. 7.30 – 10.00, £5pp. Complete beginners welcome, with or without a dance partner. Just turn up, join in & have fun. 07767 358079, www.Jive.Wales - facebook 'Mid Wales Jive'

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Holistic Heaven yoga with Claire Latimir at Henllys Estate, 6.00pm – 7.00pm. Small friendly yoga classes suitable for all ages and yoga experience. www.holistic-heaven.com. Tel: 01550 721332 / 07985 077227.

Towy Valley Camera Club – Competition 6 – Open – Judge – Tim Fernside. Members may enter 2 Digital Images and 2 Prints within the subject. Come along and experience the excitement of competition night and see our members work and hear the Judges comments. We meet at the Reading Room, Cwmifor, Manordeilo on Monday evenings at 7.30pm. See our website for more details www.towyvalleycameraclub.org.uk

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21 FEBRUARY:

Yoga classes for flexibility and relaxation, Tuesdays 7.00 – 8.30pm at Myddfai Community Hall, SA20 OJD. Join at any time. Beginners most welcome. For further details text/phone Jacqui on 07519 165121. Classes will be continuing throughout 2017.

Yoga at the Zen Den, Tuesday evenings 6.00pm – 7.15pm and 7.30pm – 8.45pm. Please call Sian on 07534 974413 for more details and to book.

Flower Arranging classes start – 8 week course - Myddfai Community Hall 2.00 – 4.00pm Tel 01550 720248 for details.

Twyi Art Group: Untutored life-drawing session, 9.30 to 12.30 at Cwmifor community centre. An informal, untutored life-drawing group open to all, from beginners to more experienced artists, who enjoy the opportunity to practise their drawing skills. Costs: £8 per session or £6.50 per session if paying for a block of 5 or more. For further information contact tanya@tanyarotherfield.co.uk.

NEW!! Badminton at Coronation Hall, Pumsaint, SA19 8UW. Every Tuesday 10am-12.30pm. Rackets/shuttles provided. Please wear appropriate footwear. All welcome. Please contact Yvonne 01558 650870 with any queries.

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Beginners welcome, with or without a dance partner. Just turn up, join in & have fun). 7.30 – 10.00 £5pp. 07767 358079, www.Jive.Wales - facebook 'Mid Wales Jive'

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Holistic Heaven yoga with Claire Latimir at Henllys Estate, 6.00pm – 7.00pm. Small friendly yoga classes suitable for all ages and yoga experience. www.holistic-heaven.com. Tel: 01550 721332 / 07985 077227.

Myddfai Community Hall Farmers Market 9.00am – 1.00pm. Come along for a wide range of quality local produce. Café & gift shop open too. Tel 01550 720449 email les@myddfai.org www.myddfai.org

The Ramblers – Llanedi: Walking across fields with good views of Pontardulais and the hills across the valley Dist. 6miles. Moderate Explorer map 178. Meeting point: Ammanford Tesco car park. Dep. 10.30am and on by car, organised by Dinefwr Ramblers. Leader: Wendy & Alcwyn Squires Tel. 01269 594415 Mob. 07969 646115.

23 FEBRUARY:

IT'S FUN TO SING WITH 'TYWI HARMONY'. Come and sing great uplifting harmonies with this warm and friendly group. Everyone welcome, no experience needed, no music to read. Learn popular, gospel and world music, all in unaccompanied harmony. Join in the celebrative songs leading up to Christmas. Thursdays, 7.00pm, at Maes Efryn Hall (far end of Dinefwr Ave, off new Rd, by Spar.) Search our website 'Tywi Harmony' to find out more. Do phone if it is your first time as dates occasionally change. Enquiries – Vivienne on 01550 779062 or David on 01269 597303.

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Gentle restorative yoga and meditation at Henllys Estate, 12.15pm – 1.15pm. Small friendly yoga classes suitable for all ages and yoga experience. www.holistic-heaven.com. Tel: 01550 721332 / 07985 077227.

Llandeilo Country Market - Delicious home baked cakes, savouries, jams, pickles, curry mixes and sauces. A wide selection of crafts suitable as presents or gifts for all occasions. Orders taken for your favourite cake or anything else we sell. Everything we sell is baked, crafted and grown locally. Tea, coffee and cakes also available. Open from 8:30 to 11:30 in the Civic Hall, Llandeilo. Free entry. You can also find and Like us on Facebook.

Yoga at the Zen Den, Friday lunchtimes 12.00 – 1.00pm. Take a break from your desk to release the week from your muscles and your mind, leaving you relaxed and refreshed ready for the weekend. Please call Sian on 07534 974413 for more details and to book.

Cwmdu Inn. Charity Quiz. To be confirmed. For more information, contact the shop/pub on 01558 685088.

ROCK & ROLL CLUB. Castle Hotel Llandovery, SA20 0AP, on 4th Friday of every month 7.30pm. Beginners Class, 8 to Late Rock & Roll Jive Club. £5pp facebook – Mid Wales Jive, 07767 358079.

Indoor Short Mat Bowls at Coronation Hall, Pumsaint SA19 8UW from 7pm every Friday. All welcome including beginners. Bowls are provided. Please wear flat-soled shoes (slippers or similar). Admission £1 including tea/coffee and biscuits. Please contact Yvonne 01558 650870 with any queries.

25 FEBRUARY:

St. David's Day Coffee Morning in the Heritage & Arts Centre, Llanwrtyd Wells from 10.30 a.m. to 12.00 noon.

Cwmdu Inn. Food night in the community run restaurant. For details of this week's chef, the menu and to book (recommended), please contact the shop/pub on 01558 685088.

26 FEBRUARY:

Holistic Heaven Yoga at Henllys Estate SA20 0EW, 10.00 – 11.00am, Small friendly yoga classes with Claire Latimir; all welcome. Email: Claire@Holistic-heaven.com Tel: 01550 721332 – 07985 077227.

Llandovery Rugby Club, Church Bank: Junior Drivers - U12s v Aberaeron or Llandybie (to be confirmed) and the U8, U9 and U10s v Aberaeron. Kick off at 11:00am.

The Ramblers – Y Mynydd Du, Cwm Sawdde & Pont Clydach: Visiting waterfalls in this area. Some rough walking but mostly on tracks. Dist. 8 miles. Moderate/Energetic Explorer map OL12. Meeting point: Brynamman Mountain Centre car park. Dep. 9.30am and on by car, organised by Dinefwr Ramblers. Leader: Ian Wagstaff Tel. 01269 823949.

27 FEBRUARY:

Learn To Jive, Classes in 50s Rock'n'Roll + JCercoc/Leroc Modern Jive. Every Monday at The Castle Hotel, Llandovery, SA20 0AP. 7.30 – 10.00, £5pp. Complete beginners welcome, with or without a dance partner. Just turn up, join in & have fun. 07767 358079, www.Jive.Wales - facebook 'Mid Wales Jive'

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Holistic Heaven yoga with Claire Latimir at Henllys Estate, 6.00pm – 7.00pm. Small friendly yoga classes suitable for all ages and yoga experience. www.holistic-heaven.com. Tel: 01550 721332 / 07985 077227.

Towy Valley Camera Club – A Talk by Brian Coleman – 'Looking for Salon Acceptances'. We are a small friendly club catering for a wide variety of abilities. We meet at

the Reading Room, Cwmifor, Manordeilo on Monday evenings at 7.30pm. See our website for more details www.towyvalleycameraclub.org.uk

Yoga at Llandovery Village Hall, Monday evenings 5.00pm – 6.30pm. Please call Sian on 07534 974413 for more details and to book.

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Yoga classes for flexibility and relaxation, Tuesdays 7.00 – 8.30pm at Myddfai Community Hall, SA20 0JD. Join at any time. Beginners most welcome. For further details text/phone Jacqui on 07519 165121. Classes will be continuing throughout 2017.

Tywi Tunes' Half Moon 30 Stone Street, Llandovery. 7.30pm. We are a friendly group of people learning and playing mainly Welsh traditional tunes. All abilities and instruments welcome. £2 a session. For more information please call Helen on 01550 721476.

Yoga at the Zen Den, Tuesday evenings 6.00pm – 7.15pm and 7.30pm – 8.45pm. Please call Sian on 07534 974413 for more details and to book.

NEW!! Badminton at Coronation Hall, Pumsaint, SA19 8UW. Every Tuesday 10am-12.30pm. Rackets/shuttles provided. Please wear appropriate footwear. All welcome. Please contact Yvonne 01558 650870 with any queries.

1 MARCH:

Band Tref Llandeilo Town Band. We are a fun wind band for all ages and abilities. Rehearsals each Wednesday 7.00 – 9.00pm in Llandeilo Civic Hall (optionally followed by banter and a bevy in a local pub!). We have some instruments we can loan out if you don't have your own. Any queries, please contact John: 07811 356778.

Learn To Jive, Classes in 50s Rock'n'Roll + JCeroc/Leroc Modern Jive. Every Wednesday at Hundred House Village Hall LD1 5RY. (nr Builth Wells). Complete Beginners welcome, with or without a dance partner. Just turn up, join in & have fun). 7.30pm – 10.00pm £5pp. 07767 358079, www.jive.wales – facebook 'Mid Wales Jive'.

DISCO-CISE – 60 Minute Disco at Llanarthne Village Hall, Carmarthen, SA32 8JD, from 6.00 to 7.00pm, every Wednesday until April 5th 2017. £3, all proceeds towards Help Refugees. Contact Sheila on 01558 685389, sheilalaughs@hotmail.com or facebook "60 Minute Disco" for more info.

The Ramblers – Saron/Capel Hendre: An easy walk through fields and farmland. Dist. 4 miles. Easy Explorer map 178 Meeting point: Ammanford Tesco car park. Dep. 1.00pm and on by car, organised by Dinefwr Ramblers. Leader: Wendy & Alwyn Squires Tel. 01269 594415 Mob. 07969 646115.

EVERY WEDNESDAY. Badminton at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Ann 01550 777699.

Cawl a Chan at the Neuadd Arms In Cilycwm, 7.00pm. Proceeds to St Michael's Church.

Gentle Yoga classes every Wednesday at 6.00pm – 7.30pm. Also Fridays 10.30am – 12.00pm at The Level Crossing, Llandovery. Anyone interested please contact Stephanie on 01558 650534.

St David's Day in Cwmdu. Wyn Edwards of Talley will be giving a talk and slideshow in the Cwmdu Inn about his recent visit to Patagonia at 7.30pm. Cawl and cheese will be served afterwards. Open to all. For more information, please ring shop/pub on 01558 685088.

Talk by Mr Richard Davies, Curator of the Military Museum, Brecon on the History of the Royal Welsh Regiment at Llanwrtyd Wells Heritage & Arts Centre at 7.00 p.m. Entry £2.00, refreshments included, all welcome. For more information about the Heritage Centre, please see www.llanwrtydhistorygroup.com or contact Mrs. Pat Dryden on 01591 610067.

Dinefwr Poetry. We meet on the first and third Sunday every month in Llandovery Railway Station Café at 2.30pm when we read and discuss members poems. Everyone welcome to join in or just listen. For more information call Mick Evans on 01550 777656.

2 MARCH:

Three films of interest to farmers, growers and gardeners about new, low-effort techniques to diversify and boost yields: Farming With Nature, Aquaculture, and Terraces and Raised Beds. Also a chance to join the local Permaculture Group. The Castle Hotel, Llandovery from 7.00 to 9.00pm. Doors open 6.30pm. Raffle – please bring donations. Admission by Suggested Donation £2.50 to £3.50 (more or less accepted).

NEW!! Table Tennis at Coronation Hall, Pumsaint, SA19 8UW. Every Thursday 10am-12.30pm. Equipment provided. Please wear appropriate footwear. All welcome. Please contact Yvonne 01558 650870 with any queries.

IT'S FUN TO SING WITH 'TYWI HARMONY': Come and sing great uplifting harmonies with this warm and friendly group. Everyone welcome, no experience needed, no music to read. Learn popular, gospel and world music, all in unaccompanied harmony. Thursdays, 7.00pm, at Maes Elfryn Hall (far end of Dinefwr Ave, off new Rd, by Spar.) Search our website 'Tywi Harmony' to find out more. Do phone if it is your first time as dates occasionally change. Enquiries – Vivienne on 01550 779062 or David on 01269 597303.

Cymdeithas Cwmdu. A meeting in the Cwmdu Inn at 8pm to discuss the social plans for the community over the coming weeks and months. If you have any ideas for events or there are any issues that you would like to raise regarding the community activities, please come along - everyone is welcome!

Cwmdu Inn. The weekly weigh-in for people taking part in a three month charity weight adjustment plan. £5 registration and £1 per weighing which will take place in shop opening times, every Thursday. Ask at the shop for more information. Tel: 01558 685088.

Llanwrtyd Wells & District Twinning Association A.G.M. at 8.00 p.m. in the Institute, everybody welcome! For more information, please contact the Association Secretary, Sam Greenough, via e-mail: malvern5@btinternet.com or the President Bryn Davies on 01591 610633.

3 MARCH:

Yoga at the Zen Den, Llandeilo, Friday lunchtimes 12.00 – 1.00pm. Take a break from your desk to release the week from your muscles and your mind, leaving you relaxed and refreshed ready for the weekend. Please call Sian on 07534 974413 for more details and to book.

Indoor Short Mat Bowls at Coronation Hall, Pumsaint SA19 8UW from 7pm every Friday. All welcome including beginners. Bowls are provided. Please wear flat-soled shoes (slippers or similar). Admission £1 including tea/coffee and biscuits. Please contact Yvonne 01558 650870 with any queries.

Trecastle Eisteddfod at the Community Hall to start at 6.30pm. For further information please ring 01874 636335.

LLANSAWEL VILLAGE HALL – FILM CLUB every Friday evening. Bar, soft drinks, tea/coffee, sweets etc Doors open at 7.00 for 7.30pm film. Membership £10 for the whole year! Excellent sound system & large screen. See website for this month's films www.llansawel.org.uk/village-hall-committee/ or contact Bill Davis 01558 685696.

Llandeilo Country Market – 'Bake - Craft - Grow'. Yummy home baked cakes, savouries, pickles and sauces, fresh local, seasonal vegetables and cut flowers, plants, and handcrafted gifts - all from our local producers. Orders can be taken and be ready for collection every Friday. Join us between 8.30am and 11.30am in the Civic Hall, Llandeilo – free entry – find us on Facebook. New producers always welcomed.

6-week Yoga Course at the Zen Den, Fridays 12-1pm. Take a break from your desk to release the week from your muscles and your mind, leaving you relaxed and refreshed ready for the weekend. **BOOKING REQUIRED** - please call Sian on 07534974413 or send a message via [facebook/somaticyogawithsian](https://www.facebook.com/somaticyogawithsian)

Gentle Yoga classes every Wednesday at 6.00pm – 7.30pm. Also Fridays 10.30am – 12.00pm at The Level Crossing, Llandovery. Anyone interested please contact Stephanie on 01558 650534.

Cwmdu Folk Night. A live music session in the Cwmdu Inn. Free entry. Come and join in or just enjoy the music. From 8.00pm. For more information, phone the shop/pub on 01558 685088.

4 MARCH:

Cadog Film Club: Florence Foster Jenkins (2016) Florence Foster Jenkins, a New York heiress, aspired to become a great opera singer. However, Florence seemed to be the only person who failed to notice that she could barely hold a tune. When she decided to give a concert at Carnegie Hall, her loving husband is faced with a

daunting challenge. Llangadog Community Hall at 7.30 pm for supper (bring a dish each) and bar; 8.30 pm for film only. Nonmembers welcome. For booking and further information contact Irene Hayes on 01550 777657 or email cadogfilmclub@aol.com.

CARMARTHENSHIRE ARCHAEOLOGY DAY: Graig Campus, Coleg Sir Gar, Llanelli, SA15 4DN, 10.00 a.m. - 4.30 p.m. A day of presentations, exhibitions and discussions on the results of recent archaeological research and investigations in Carmarthenshire. £5 to include tea, coffee and biscuits. Book early to avoid disappointment. Contact: Sarah Rees, Community Archaeologist, email: s.rees@dyfedarchaeology.org.uk. Tel. 01558 825999/01558 823121.

Talley School PTA present Cabaret - an evening of fun and frivolity. Doors open 5.30pm for drinks and food. Show starts at 6.30pm. £5 adults, £2.50 11-16 under 11's free. Tickets include Welsh Tapas in the interval.

Cwmdu Inn. Food night in the community run restaurant. For details of this week's chef, the menu and to book (recommended), please contact the shop/pub on 01558 685088.

Talley Parish History Group will hold an open session in the Cwmdu Inn from 10am to 12noon. If you have any queries about the Parish archives or have anything of interest to add to them, Pat Edwards will be there to help you browse the collection.

Llandovery RFC, Church Bank, Llandovery RFC Youth XV meet Ynysbwl in the Quarter Final of the National Youth Bowl. Kick off 2:30pm come along and support them - and bring all your fiends too!

5 MARCH:

The Ramblers – The Fans: A walk on the Carmarthen Fans- Fan Gyhirych, Fan Nedd and Fan Bwlch Chwyth. Dist. 11 miles. Energetic Explorer map OL12. Meeting point: Llandovery rail Station. Dep. 9.30am and on by car, organised by Dinefwr Ramblers. Leader: Richard Chodecki Tel. 01558 822879 Mob. 07875 165703.

The Level Crossing, Llandovery – Table top Sale every Sunday 11.00am – 4.00pm. Like a car boot sale only indoors. To book a table for £5.00. Call Mandy & Mick on 01550 721155.

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20' SHIPPING CONTAINERS FOR HIRE sited at Llanwrda available for storage purposes. For further details contact 07967 158917. Email: winston.davies@btinternet.com. 02/19(12)

TUITION

MATHEMATICS TUITION IN LLANDEILO. If you would like to improve your grades for GCSE, AS or A Level, or need a bit of extra help in understanding mathematics, then contact me for one-one tuition. I am a retired mathematics lecturer (PhD, PGCE) with an excellent record of student success. Please contact Lynne Roberts on 01558 824431. 10/17(12)

PHYSICS/FISEG Retired physics teacher provides physics tuition at A, AS, and GCSE level. (Cymraeg a Saesneg) Llandeilo area. Phone: 01558 669196, Mobile: 07773 124820. 03/18(6)

GUITAR TUITION. BA (Hons) in Professional Musicianship. Professional musician with experience in a wide array of styles and genres offers friendly, engaging and supportive tuition in the comfort of your own home to suit all ages and standards. Each lesson is tailored to the students individual needs. Grade tuition also available. For further information please contact me on: 07867 648363 jimih@live.co.uk 03/18(6)

PIANO LESSONS: Beginner to Advanced, Grades 1 to 8 with ABRSM or learn for fun: Pop, Rock, and Blues. Will travel to yours, or come to my home studio in Llangadog. Call Ben Montaigne on 07969 887271 or Email: info@panio.uk 12/18(12)

UPHOLSTERY

MICK SHERIDAN UPHOLSTERY. Experienced upholsterer of both traditional and modern furniture. Full restoration or repair of sofas, armchairs, dining chairs, ottomans, etc. Specialist in Welsh wool but large range of fabrics stocked. MS Upholstery, Last Gallery Workshops, Llangadog. Call or email for an instant quote – 07719 801672 or 01550 777933 (answer machine). Email: mick@micksheridanupholstery.co.uk www.micksheridanupholstery.co.uk 09/18(12)

YOGA

HOLISTIC HEAVEN YOGA: Increase your health & wellbeing with small friendly Yoga classes at Henllys Coach House, outside Llandovery in a lovely purpose built studio. All ages and yoga experience welcome. Also one to one. Fantastic for relaxing, rejuvenating, destressing and increasing flexibility and your immune system. Releases aches and pains and also great for toning and strengthening muscles. Phone Claire on 01550 721332 or 07985 077227 for timetable or visit www.holistic-heaven.com. Yoga Classes – Workshops – Retreats – Holistic Treatments. 04/18(12)

YOGA IN LLANDOVERY. Gentle yoga classes to energise and increase a sense of wellbeing, develop strength and flexibility, reduce stress and boost immunity; with an emphasis on mindfulness to develop body awareness and discover a natural state of ease and joy. Suitable for all ages and levels of experience. Wednesday p.m and Thursday a.m at the Level Crossing. Also **CHAIR YOGA** for those who wish to enjoy the benefits of yoga but whose mobility is limited. Gentle practices to increase strength and flexibility of body, mind and spirit. **WHEEL CHAIR ACCESS.** Monday a.m at The Bowls Pavilion, Castle Car Park. For more information/times/dates please contact Nirbhaya/Stephanie – 01558 650534. 03/18(6)

The Post

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Noticeboard

CARMARTHENSHIRE CITIZENS' ADVICE BUREAU

Advice Line, Tel. 03444 772020

LLANDEILO LIBRARY:

Tel: 01558 825323 E-mail: libraries@carmarthenshire.gov.uk

Mon 09:00 - 17:00
 Tues 09:00 - 18:00 (Staff available 10:00 - 13:00 & 14:00 - 18:00)
 Wed 09:00 - 17:30 (Staff available 13:30 - 17:30)
 Thurs 09:00 - 17:00
 Fri 09:00 - 18:00 (Staff available 10:00 - 13:00 & 14:00 - 18:00)
 Sat 09:00 - 13:00 (Staff available 09:00 - 13:00)

LLANDOVERY LIBRARY:

Tel. 01550 721828
 Mon 1.00pm - 5.00pm; Wed 1.00pm - 5.00pm
 Fri 10.00am - 12.00am; 2.00pm - 6.00pm

COUNTRY MARKETS

Llandeilo: Fri, 8.30am - 12.30pm, Civic Hall, Crescent Rd.
 Myddfai: Last Wed of Month, 9.00am - 1.00pm. Tel: 01550 720449

TOURIST INFORMATION CENTRES

Llandovery: Open seasonally, Easter to Oct, standard hours 10.00am - 4.00pm, Mon - Sat. High season, extended hours 10.00am - 1.00pm and 1.30pm - 5.00pm, 7 days. Enquiries to 01874 622485.

Llanwrtyd Wells: Tel. 01591 610666. 10.00am - 1.00pm; 1.30pm - 5.00pm

LOCAL POLICE

Tel. 0845 3302000 Crime Stoppers: Tel. 0800 555111.

TAXI SERVICES

Bridge Taxis, L'deilo Tel: 01558 822093; Mobile: 07742 283325.

JM Taxis, Llanwrtyd Wells - Tel: 01591 620777.

Rays Taxi, Llandovery Tel: 0777 521 0800.

Towy Taxi, Llandovery Tel: 07544 624411.

Dave's Cab, Llangadog Tel: 07989 593507.

MULTIPLE SCLEROSIS SOCIETY:

Tel: 0300 1232326.

AGE CYMRU SIR GAR/CARMARTHENSHIRE:

Tel: 01554 784080.

BRECON ADVICE CENTRE

Tel. 01874 624595

12 Castle Street, Brecon, Powys LD3 9BU:

Mon, Tues, Thurs & Fri 10.00am - 1.00pm

Traveline: 0800 464 0000

BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.
 PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

Llandovery - Lampeter

via Llansawel (A - 288) or Pumsaint (B - 289)

Llandovery (Car Park) A 9.15 am (Mon, Tues, Thurs, Fri)

Llandovery (Car Park) B 12.50 pm (Mon & Fri only)

Caio Post Office B 10.55 am (Tues & Thurs only)

Golden Grove - Llandeilo - Carmarthen (277) Wed & Sat only

	Sat am	Wed am	Wed & Sat p.m.	
Gelli Aur/Golden Grove	8.35	9.10	Carmarthen (Bus Stn.)	1.45
Ffair-fach	8.40	9.15	Abergwili (church)	1.51
Llandeilo (Yr Hen Vic)	8.45	9.20	Nantgareidig (square)	2.04
Salem (opp. Angel Inn)	8.55	9.30	Felindre	2.16
Capel Isaac	9.05	9.40	Capel Isaac	2.38
Felindre	9.29	10.04	Salem (Angel Inn)	2.47
Nantgareidig (square) shelter	9.42	10.17	Llandeilo (Yr Hen Vic)	2.57
Abergwili (shelter)	9.54	10.29	Ffair-fach	3.02
Carmarthen (Bus Stn.)	10.01	10.36	Gelli Aur/Golden Grove	3.07

Llandovery - Llandeilo - Carmarthen (280/281)

	281	280	281	280	281	280	281	280
L'dovery(car park)	7.00	8.50	10.45	12.20	14.00	16.25	17.50	19.10
Llanwrda	7.10	9.00	10.55	12.30	14.10	16.35	17.59	19.18
Llansadwrn	7.15	9.05	11.00	12.35	14.15	16.40	18.04	—
Llangadog (Rhyd-y-Fro)	7.24	9.14	—	12.44	—	16.48	—	—
Llangadog (Common)	—	—	11.09	—	—	14.24	—	18.12
Owmlfor	—	—	11.21	—	—	14.36	—	—
Llandeilo, New Road	7.39	9.31	11.29	13.01	14.44	17.07	18.25	19.32
Carmarthen	8.22	10.14	12.12	13.44	15.27	17.45	19.03	20.02
Carmarthen	6.05	7.20	9.15	10.20	12.20	14.20	16.20	17.50
Llandeilo	6.36	8.00	9.59	11.00	13.04	15.00	17.04	18.29
Owmlfor	—	—	10.05	—	13.10	—	17.10	—
Llangadog (Common)	—	—	10.17	—	13.22	—	17.21	—
Llangadog (Rhyd)	—	8.13	—	—	—	15.13	—	18.42
Llansadwrn (Shelter)	—	8.21	10.26	11.21	13.31	15.21	17.29	18.50
Llanwrda	6.49	8.26	10.31	11.26	13.36	15.26	17.34	18.55
L'dovery(car park)	6.58	8.36	10.41	11.36	13.46	15.36	17.44	19.03

All services operate Mon-Sat, except where shown:

NS: Mon to Fri only.

S: Saturdays only.

All times and other details quoted in Noticeboard are believed to be correct, but no responsibility can be accepted for any errors or changes that may occur. You are advised to check details. Please notify The Post of any inaccuracies or changes.

LLANDOVERY SWIMMING POOL Tel: 01267 224733

Day	Time	Activity	Day	Time	Activity
Mon: 11.00am - 12.00pm	Disabled Session only		Thur: 12.00pm - 1.00pm	Recreational Public Swimming	
Mon: 12.00pm - 1.00pm	Recreational Public Swimming		Thur: 1.00pm - 2.00pm	Family/Lane Swimming	
Mon: 1.00pm - 2.00pm	Family/Lane Swimming		Thur: 2.00pm - 3.55pm	Private Booking	
Mon: 2.00pm - 4.00pm	School Usage		Thur: 3.55pm - 6.00pm	Lessons only	
Mon: 4.00pm - 5.00pm	Fast		Thur: 6.00pm - 7.00pm	Family/Lane Swimming	
Mon: 5.00pm - 6.00pm	Recreational Public Swimming		Thur: 7.00pm - 8.00pm	Canoe Club	
Mon: 6.00pm - 7.30pm	Family/Lane Swimming		Fri: 7.30am - 8.30am	Recreational Public Swimming	
Tues: 12.00pm - 1.00pm	Recreational Public Swimming		Fri: 8.30am - 9.00am	Lane Swimming	
Tues: 1.00pm - 2.00pm	Family/Lane Swimming		Fri: 9.00am - 11.00am	School Usage	
Tues: 2.00pm - 4.00pm	Private Booking		Fri: 11.00pm - 12.00pm	Family/Lane Swimming	
Tues: 4.00pm - 5.30pm	Lessons only		Fri: 12.00pm - 1.00pm	Recreational Public Swimming	
Tues: 5.30pm - 6.30pm	Recreational Public Swimming		Fri: 1.00pm - 2.00pm	Family/Lane Swimming	
Tues: 6.30pm - 7.30pm	Family/Lane Swimming		Fri: 2.00pm - 4.00pm	School Usage	
Wed: 7.30am - 8.30am	Recreational Public Swimming		Fri: 4.00pm - 5.00pm	Lessons only	
Wed: 9.00am - 12.00am	School Usage		Fri: 5.00pm - 7.00pm	Public Swimming	
Wed: 12.00pm - 1.00pm	Recreational Public Swimming		Sun: 9.30am - 11.00pm	Group Splash	
Wed: 1.00pm - 2.00pm	Family/Lane Swimming		11.00pm - 12.00pm	Recreational Public Swimming	
Wed: 2.00pm - 3.55pm	Staff Training		12.00pm - 2.00pm	Family/Lane Swimming	
Wed: 3.55pm - 6.30pm	Lessons only				
Wed: 6.30pm - 7.30pm	Family/Lane Swimming				

Train Times (Timetable 21/05/17 - 09/12/17)

		Mon to Fri		Sat		Sun.	
Swansea	D	—	06.04 09.33 14.35 18.21	04.31 09.15 13.12 18.17	11.12 15.29		
Gowerton	D	—	06.15 09.44	—	18.32 04.42 09.26 13.23 18.28	11.20 15.39	
Llandeilo	D	05.20	— 06.25 09.54 14.53 18.42	04.50 09.34 13.32 18.40	11.32 15.49		
Ffairfach	D	05.54	— 06.58 10.28 15.27 19.16	05.24 10.10 14.08 19.14	12.08 16.24		
Llandeilo	D	05.59	— 07.06 10.33 15.32 19.21	05.29 10.15 14.13 19.19	12.13 16.32		
Llangadog	D	06.08	— 07.16 10.42 15.42 19.30	05.39 10.24 14.23 19.28	12.22 16.42		
Llanwrda	D	06.12	— 07.19 10.46 15.45 19.34	05.42 10.28 14.26 19.32	12.26 16.45		
Llandovery	A	06.23	— 07.26 10.52 15.52 19.40	05.49 10.34 14.33 19.38	12.32 16.52		
Cynghordy	D	—	07.37x 11.03x 16.03x 19.51x	05.59x 10.45x 14.44x 19.49x	12.43x 17.03x		
Llanwrtyd	D	—	08.08 11.20 16.24 20.31	06.16 11.05 15.01 20.08	13.00 17.20		
Llandrindod	D	06.18	08.45 12.01 16.59 21.19	06.55 11.40 15.42 20.42	13.43 18.01		
Shrewsbury	A	07.57	10.14 13.32 18.28 22.54	07.22 11.09 17.11 22.08	15.12 19.33		
Shrewsbury	D	04.45	— 05.56 10.09 14.05 18.24	05.16 09.00 13.58 18.01	12.04 16.18		
Llandrindod	D	—	07.35 12.00 15.41 19.56	06.54 10.28 15.40 19.34	13.41 18.03		
Llanwrtyd	D	—	08.09 12.31 16.23 20.30	07.23 11.07 16.11 20.08	14.12 18.34		
Cynghordy	D	—	08.22x 12.45 16.36 20.44x	07.56x 11.20x 16.24x 20.22x	14.25x 18.48x		
Llandovery	D	—	06.42 08.34 12.56 16.48 20.56	07.47 11.32 16.36 20.34	14.37 19.00		
Llanwrda	D	—	06.48x 08.40x 13.02x 16.54x 21.02x	07.53x 11.38x 16.42x 20.40x	14.43x 19.06x		
Llangadog	D	—	06.52x 08.44x 13.06x 16.58x 21.06x	07.56x 11.42x 16.46x 20.44x	14.47x 19.10x		
Llandeilo	D	—	07.03 08.56 13.18 17.10 21.17	08.08 11.54 16.58 20.55	14.59 19.21		
Fairfach	D	—	07.06 08.58 13.20 17.12 21.20	08.10 11.56 17.00 20.58	15.01 19.24		
Llandeilo	D	—	07.45 09.39 14.04 17.52 22.01	08.55 12.42 17.40 21.38	15.41 20.04		
Swansea	A	—	08.08 10.02 14.25 18.14 22.22	09.22 13.01 18.07 22.06	16.03 20.25		

x = Service stops on request

National Rail Enquiries 03457 48 49 50
 or visit www.nationalrail.co.uk