

The Post

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FIZZY HEIGHTS



Six students from Coleg Elidyr, Rhandirmwyn, Carmarthenshire have been in a bubbly mood recently having created their own 'Bubble And Fizz' enterprise making and selling soaps and bath bombs. As part of

the National Young Enterprise initiative, the team have achieved 3 Awards for their soap making venture. An advertising poster created by the group was runner in a national competition and at a pre-Christmas market hosted by IKEA Cardiff, the group won 'Best Brand' and 'Best Stand'.

In addition to making the luxury toiletries, the students have individual responsibilities including Marketing, Administration, Sales and Finance. They have created a website www.bubble-fizz.co.uk from which they sell their handmade products. Customers are directed to the site through social media and as a result of their marketing strategies they have secured sales as far as Wiltshire. Locally, the team ran a pre-Christmas stall at Llandovery Co-op who have been hugely supportive of the College. More recently, students were thrilled when Ystrad Nurseries placed an order for 100 products and



continued on page 3

FOR ALL YOUR LOCAL NEWS & BUSINESS SERVICES

ALL ABOUT *The Post*

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16th March 2018**

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The Post Future Copy Dates

May.....16th April
June.....16th May
July.....15th June

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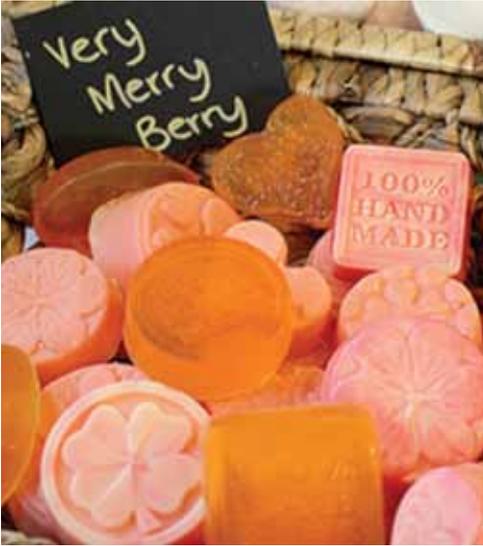


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an Events Organiser is looking to present their products as wedding favours.

All products are produced in line with health and safety protocols and are vegan friendly. To read more about the group and see the products on offer visit www.bubble-fizz.co.uk or follow them on Facebook @bubbleandfizzwales

Coleg Elidyr is a specialist further education college for young people with learning difficulties and disabilities. It is the only college in Wales to have achieved formal accreditation by the National Autistic Society. The Times Education Supplement have shortlisted Coleg Elidyr for their Further Education Awards 2018 in the 'Specialist Provider of the Year' category. The college places a firm emphasis on providing students with real work experience opportunities and the Young Enterprise programme has provided an ideal opportunity to do just that. For more information visit ColegElidyr.ac.uk.

For more info please contact reception on 01550 760400.

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TRAP WI

Sian Lake came to visit us at our last meeting. Sian is the Secretary of the Central Beacons Mountain Rescue Team. As we are all aware, last November the team suffered a devastating loss due to an electrical fire which damaged ALL their equipment and three vehicles. We were proud to present her with a cheque for £450 raised by carol singing in the Llandyfan, Derwydd and Trap communities last December. Sian dashed off after refreshments and judging our competition - the winners being 1st Tricia Watkins, 2nd Joan James and 3rd Heather Evans.

Our entertainment for the evening was provided by our President, Cath Rogerson, with her presentation of 'The Land of the Incas' compiled after her recent travels to Peru.

Our Senior Citizens' Tea Party will be on 3rd March at Llandyfan Hall at 3pm and invitations have been distributed.

The raffle this month was won by Heather Evans and Pam Adams. Our next meeting will be at 6.45pm on Tuesday, 13th March in Trap School.



*Left to Right: Catherine Rogerson (President Trap WI)
and Sian Lake (Brecon Central Mountain Rescue)*

LLANDOVERY U3A

This month we welcome Spring! Be brave and try our competition - From Humpty Dumpty to Faberge a wealth of decorated eggs. How innovative can you be with a hard boiled egg?

Bring your entry along to our meeting on 21st March.

We meet in the Rugby Club, Church Bank on Wednesday mornings at 10.00am for 10.30am.

Wednesday 7th March

Mike Perry: Florence and the Renaissance.

Wednesday 21st March

Prose, Poetry and Music to celebrate Spring.
Members are invited to bring their selections
to share at the meeting.

Contact - Anne Lynd-Evans 01550 750286.

Permaculture Tywi INTRODUCTION TO PERMACULTURE

The Permaculture Tywi group are running an exciting 'Introduction to Permaculture' from 9.30 until 4.00pm on April 7th and 8th 2018. It will be held at the Tywi Centre (next to Home Farm) on the Dinefwr estate. This will be open to everyone living in the Tywi Valley at a special rate of £40 for the two days including a simple vegetarian home made soup and bread lunch, tea and coffee.

We are pleased to be able to offer concessionary places for people on low income, thanks to support from the Green Group, Llandeilo. To request concessionary rates please email Sue or June, course coordinators: sue.j.wakefield@gmail.com or Juniew53@gmail.com.

The course tutor will be Paul Jennings, a well respected and experienced permaculturalist.

There will be the opportunity for participants of this course to attend a full Permaculture Design Course (PDC) during the summer.

Reasons for joining our 'permaculture journey' in the Tywi valley:

- To learn what permaculture is and what it can do for you and your current lifestyle whether you have a smallholding, small garden or allotment, or not currently growing food
- Meet more like-minded, locally-based people.
- On completion of the Introductory Course you will receive a Permaculture Tywi certificate and those who move on to the full course will get full accreditation from the Permaculture Society and the opportunity to move on to applied courses or permaculture teaching courses.

Extract from the Permaculture association site about the content of an Introductory course <https://www.permaculture.org.uk/education/introduction-permaculture>:

Please email juniew53@gmail.com for further information and/or to book your place. Places are only fully secured when payment has been received. Numbers are limited.

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'LYRIC RETURN FOR THE SOUTH WALES MALE CHOIR'



Following a sell-out concert in Shrewsbury last month in aid of the Samaritans, Côr Meibion De Cymru – The South Wales Male Choir performs again for charity back on home soil on March 10th at the Lyric Theatre, Carmarthen. 'Sounds of Wales – Seiniau Cymru' benefitting both Wales Air Ambulance and the choir, features not just one of the finest male choirs in Wales but also Soprano Llio Evans, Carmarthenshire's Côr Ysgol Maes Y Gwendraeth and the piano magic of Côr Meibion accompanist, Sian Davies from the Rhondda Fach.

De Cymru under the baton of Musical Director Elaine Robins will perform a rousing programme of choral music, including several songs that will form part of the programme for the Welsh Association of Male Choirs Concert at the Royal Albert Hall in May. Formed back in 1982 to tour the North East of the United States, the choir is proud to have performed at many high profile special events at home and abroad including the 80th Anniversary of the Armistice in the presence of HM The Queen in Ypres. At Cardiff Castle the Choir welcomed the late Nelson Mandela for the Freedom of the City in 1998 and for the first Anniversary of 9/11 Côr Meibion De Cymru graced both Grosvenor Square, London at the Invitation of the US Ambassador and also St. Johns, Cardiff for the Lord Mayor's Commemoration simultaneously, prior to flying out that night to tour Australia in 2002.

The ever popular vivacious North Wales Soprano Llio Evans is delighted to be re-appearing with De Cymru

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having been guest soloist at both Oxford Town Hall and St. Davids Cathedral, Pembrokeshire in recent years.

Completing the bill will be a choir from one of the newest secondary schools in Wales. A thriving music department under their Head of Music Nickola Roderick since 2013 and with pupils from all years, it will be the seniors of Ysgol Maes Y Gwendraeth Choir that take to the Lyric Stage with Piano Accompanist Mrs Mared Williams.

Seats available at £15.00 plus booking fee by ringing 0845 226 3510 or go on line @ theatrausigar.co.uk or just call in at the Lyric Theatre Box Office, King St. Carmarthen, excluding Sunday, Monday and Tuesday.

'Seiniau Cymru - Sounds of Wales', Lyric Theatre, Carmarthen, Sat. 10th March at 7.00pm.



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'TAILS' FROM THE TRUST....



*Gertie with her foal Eva on the mountain before their rescue.
Photo by Rhian Mai Photography*

Last month we found a new home for Gertrude, affectionately known as Gertie, the last of the 'Storm Ponies'. You may remember the story in the April 2016 issue of The Post which reported the rescue of four ponies from the Black Mountain. It took place in the February of that year following a desperate call from concerned local people. The ponies had been abandoned on the mountain some 18 months to 2 years earlier and had been struggling to survive the winter storms. They were found in a very poor state and were all due to be destroyed because their owners could not be traced. Gertie was in the worst condition of all as she had a little filly foal at foot who the staff named Eva. All four ponies were given names after the relentless storms they had endured on the mountain that winter. Henry and Imogen are the other two.



*Gertie in her new home.
Photo by Rhian Mai Photography*

Gertie is a Carneddau pony originating from the Carneddau group of mountains in Snowdonia, a genetically unique population and possibly one of the oldest breeds in Britain. Small and hardy, the Carneddau ponies live at altitudes of over 600 metres and play an important part in the ecology of the Snowdonia National Park helping to maintain habitat for the endangered red-billed chough. It is thankful they are here at all since King Henry VIII reportedly ordered feral native ponies to be destroyed because they couldn't carry a knight in full armour! More recently almost half of the herd in Snowdonia perished in the snows in the winter of 2012-2013.

Eva, Henry and Imogen have all been in their loving guardian homes for a while now, but Gertie is the last to go having been on the Trust's sponsorship scheme for a couple of years. When she first arrived at Lluest she was essentially a wild pony so it has taken some time for her to learn to trust human beings. However, her training came on leaps and bounds thanks to the endless patience of the grooms and she has also made a special friend of the resident cat, Billy Puss. She now loves a brush and is at happy to pick up her feet for the farrier. Now at the age of 9 years old Gertie has finally found her 'room with a view' in the form of a stable overlooking the Black Mountain.

If you are interested in sponsoring or rehoming a pony please visit our website, www.lluesthorseandponytrust.co.uk or call us for more information on 01550 740661.

Join us in our Easter Egg Hunt, 11.00am to 3.00pm daily between 30th March and 8th April. Find out more information on our website or call for more details.



*Gertie and Billy the cat.
Photo by Rhian Mai Photography*

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Following the success of the Festive Film night at The Reading Room in Llansadwrn, local residents have got together to form a fully fledged community cinema, 'Sinema Sadwrn'. Funding has already been raised for a programme of monthly screenings and for the group to undergo some training with national organisation 'Cinema For All'.

The first screening will take place on Friday, March 9th at 7pm. The film is 'Pride' - a great comedy based on true events during the 1984 Miners' Strike and set in Wales (with some local filming...). For a younger audience, the beautiful children's animation 'Song of the Sea' is being shown at 11am on Saturday, March 10th. Tickets £5/£4.

Lisa Denison, who is involved, commented, 'We've had such a great response to starting a rural cinema. It brings the whole community together and makes it really accessible. We're really excited to be showing our first films and have already starting thinking about the annual programme. Everyone is welcome but it's only a small venue so we're taking seat reservations just in case!'

The group are still developing and working out the long term programme and hope to be able to purchase their own equipment with the help of grants.

For more information you can go to the Reading Room Facebook page @llansadwrnreadingroom or call Lisa on 07900 908391.

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ReWorks has just opened in the Craft Centre in Llandovery and will be open from Thursday – Saturday, from 10.00am – 4.00pm every week. The shop is run by Anita & James Hardiman from Cilycwm but Anita is responsible for the sourcing, painting and reworking of the majority of items. James re-works the wooden pieces and has created a range of one-off clocks.

They upcycle furniture and work their magic on it to create bespoke one-off pieces and pride themselves in not just being your run-of-the-mill 'shabby chic' shop. They hand paint all of our own painted furniture, some of which is really quite intricate and sand, stain, wax and re-design their wooden pieces.

James said: "We don't buy in any new furniture from anywhere or any reproduction painted pieces and try to source all of our furniture from South Wales wherever possible.

We also make unusual items for the home, for example 1950's clocks remade into radios, LED chrome lanterns filled with recycled light bulbs or forest floor goodies from Cwm Rhaedyr, record-deck clocks and many other strange and wonderful items.

We also sell a range of hand made candles, from wedding favour jam-jar candles to vintage china tea-cup candles and each one is unique and hand-embellished."

They have just set up a new www.thereworksllandoverly.com.

80% of all items for sale are upcycled and they pride themselves on being able to re-design something that will last for years to come at affordable prices. The design of the shop is quirky and interesting.

Anita said: We love having a business in Llandovery, we have never been so happy since we moved to the area nearly 4 years ago – it's a beautiful town which is really starting to become interesting and there are a great many talented crafts people in the area and so we're proud to be doing something in such a great building as the Craft Centre.

Padmasambhava Yoga & Meditation Centre

The Spring term is now halfway through with its usual good range of classes, which include four daytime classes and a number of evening classes, as well as ones at Cwrt Henri Reading Room and Ammanford's Pensioners Hall. There may be spaces in some of the classes – please do contact the centre.

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

In April Poornam will be back to present her fifth Deepening Practice at Padmasambhava. Each Deepening Practice is unique, focussing on some of the many practices and philosophies in yoga. 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, and welcomes both those who have attended the Deepening Practice in the past as well as new participants. This course provides an opportunity for you to review and re-awaken your inspiration and vitality with like-minded people in a supportive environment. Deepening Practice develops over a six-month period of five Saturdays, starting 21st April (10.00am – 2.00pm) and concludes with a full day in September.

All materials will be provided and email and telephone support is offered for your home practice.

Deepening Practice is for yoga students, yoga lifestyle practitioners and yoga teachers. Poornam is a warm and sensitive teacher who brings an energetic and non-nonsense approach to class, with an underlying vision of yoga as a way of life. Please contact the Centre for a brochure and course details.

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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 bring 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 and what attending a class involves or generally to have a chat about such matters please do contact the Centre where they will be pleased to talk to you. For more information please contact the Centre 01558 823842, www.padma.org.uk or 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 class working with breath awareness and breathing practices which are useful tools in everyday life. Each class ends with a deep relaxation practice.

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03/18(6)



ELECTRICAL CHARGING POINTS COULD SOON BE COMING TO POWYS CAR PARKS

Plans to introduce electrical vehicle charging points in council-owned car parks have moved a step closer, Powys County Council has announced.

The council's Cabinet last month accepted the proposed Capital Strategy for 2018-23, which included £200,000 for electric charge points in council car parks.

The capital strategy was considered by full council on Thursday, February 22.

Cllr Liam Fitzpatrick, Cabinet Members for Highways, said: "Our highways service likes to be ahead of the game and that is why we have put forward a capital bid for £200,000 to place electrical charging points in our car parks.

"Technology is reshaping the world and our county and we must adapt and change in advance of new technologies that will be with us shortly.

"The country is seeing an increase a growth in electric vehicle ownership so it is important that we look to introduce this infrastructure in Powys now. By providing an accessible network of electric vehicle charging points, we will be playing a key role in encouraging the uptake of electric vehicles, which will help improve air quality by reducing emissions from our roads.

"We're also currently researching utilising waste plastics to be used to strengthen our highways but we are still at the early stages of discussion."

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03/18(4)



PATCH WORK FARM MEETING MARCH 3RD

Black Mountain Food Hub is inviting growers, farmers and land owners to a meeting to discuss and organise the coming season for local growing of vegetables and fruit for the Patch Work Farm. If you think you would like to join the Patch Work Farm, come to our meeting at Newton House, Dinefwr Park, Llandeilo from 11.00am – 3.00pm in the meeting room. We are also opening up the meeting for LUNCH at 1.00pm for community members who are interested in the project. If you come for lunch, please bring food for a potluck. Read more about the Patch Work Farm on our website blackmountainfoodhub.co.uk.

LLANDOVERY WI FEBRUARY MEETING

The February meeting of Llandovery WI at the William Williams Memorial Hall at 2pm was opened by our president Jill Blud who introduced our speaker Charity Saunders

who gave us a very interesting and informative talk on the history and healing properties of the Aloe Vera plant. We learned that this plant was on of Cleopatra's beauty secrets as well as many other interesting tips.

We then had tea provided by Carroll Nunnerley and got down to WI business. When we discussed the need to update the WI and how best to do it both nationally and in our own area, some good ideas were shared. We also had a good and interesting report from Su Davies on the institutes visit to Llanelli House which was both educational and enjoyable, very clever actors brought the house and its history to life, followed by a delicious afternoon tea where we were joined by the historical people of the household chatted with us in more depth about this real gem of local history

Next months meeting will be on the 5th of March at 2.00pm in the William Williams Memorial Hall.



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09/18/12



interested in this exciting initiative in the June edition of *The Post*.

THE STATION GARDEN

With there being promising signs of Spring in the air these days, we have been turning our attention to the Station Garden, and already we have been delighted to receive a superb wooden planter from Geraint Morgan, of Network Rail. We have placed it on the Down platform, and planted it with Honeysuckle and Primulas, and already it is showing very positive signs of life.

This is just the beginning, for there is a great deal of work for us to do in the Garden behind the Up platform. The trees there are growing ever broader and taller, with the result that their canopy now creates a huge shadow over the raised beds of vegetables which we placed there some six years ago. This has meant that we have received only a meagre selection of crops from these beds, and so we are going to move these beds further along the garden, where there is a broad patch of open grass. We hope that our vegetables will be much happier here, and that they will furnish us with some sturdier crops!

Perhaps the first thing to say about the Station is the fact that at night the platforms are now very warmly lit! This is thanks to Network Rail, who with their Contractors SSE must have spent an enormous sum of money in replacing the old lighting system. There is no doubt that now at night the Station is a much safer place to wait for a train – but we can also say that it has a very much more alluring air to about it, something akin to the lamplight of Paris! Indeed, you can almost hear the voice of Edith Piaf singing a mournful air of Montmartre there! *Sous les ponts de Paris, lorsque descend la nuit*

ART EXHIBITIONS

But let us return to the present! Our New Exhibition Year began in January with a display of Art Work from Katie Bullock, who has exhibited at the Station Gallery since it was first opened. Her work is always popular with both visitors and townsfolk alike, and her Display this year was no exception. Indeed, her present Display has been very successful, and has lasted two months, sharing the stage in February with the Handicraft and Knitting of Mrs. Paxman, from Myddfai, who is indisposed and was unable to put up her own Exhibition. We will be dreadfully sorry to lose Katie at the end of the year, for she is leaving Wales with her family and is moving to Australia: but there is no doubt that she will soon adjust to the climate and the customs Down Under, and that she will be able to nurture her creative talents there.

The next Exhibitions to be held at the Station Gallery are all from our popular local artists, and are as follows:

March – Richie Dean
April – Amanda Rose
May – Gorica Bulcock

We hope that full details regarding the Art Exhibition - Llandovery 150, will be ready and available for those

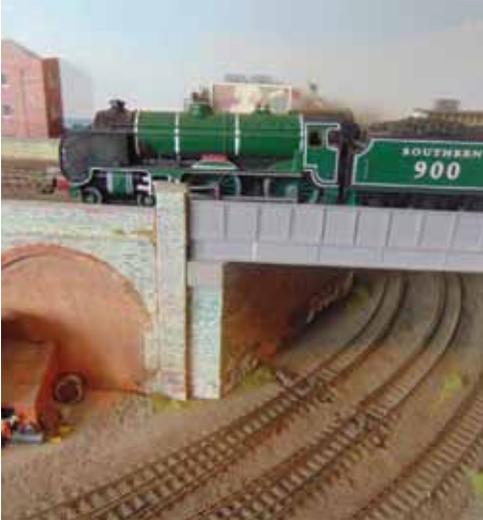
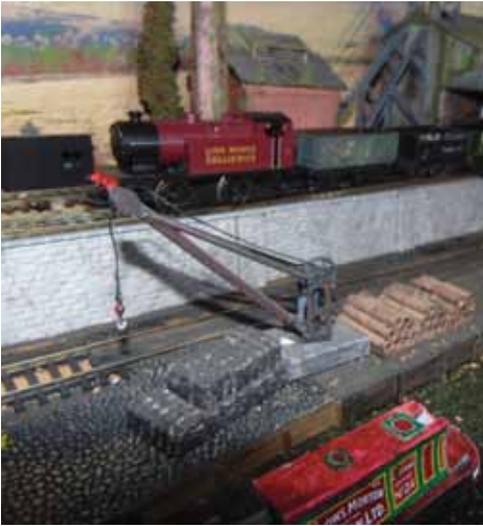
CREAM TEAS

Joan's Cream Teas are becoming ever more popular, and are attracting more visitors to the Station, even through the Winter, and there seems no doubt that they will grow in popularity even more this year. Joan can provide a sumptuous feast for Birthday Parties, Wedding Anniversaries, or just a delightful Treat for a few friends together!

Spring is in the Air, and she would like to see you there!! Joan can be contacted on 01550 721283.

THE MODEL RAILWAY CLUB

The Llandovery Model Railway Club has now been in existence for some four years or so, and is a thriving part of the activities taking place at the Station. The members have created a number of layouts between them, which display the breadth of possibilities of this very creative hobby. In the downstairs room are to be found four layouts: one a vintage 3-rail Hornby-Dublo layout named Fiddlers Green, the work and the pride of Austin Shackles, and the others are all Z-gauge layouts



of different character. Upstairs is to be found the magnum opus of the Club, a large 00-gauge layout: this is work in progress, but we trust that it will not be long before it is deemed as satisfactory by the Club members who are overseeing it.

After an afternoon of model making on a Thursday afternoon, members of the Club meet informally at the Station Café at around 4 00pm for tea and a chat, and at 7 00pm on the first Thursday of every month we have a more formal Club Meeting in the Café, where plans and future progress are discussed. Any intending members are warmly invited to join us at either of these meetings.

Glyn Evans
01550 720251

CONSULTATION BEGINS ON NRW'S SHOOTING PROPOSALS

Natural Resources Wales (NRW) is asking people to comment on its proposals about shooting on its land.

The consultation follows a review that considered if firearms are used for the right reasons, in the right circumstances and in the most sustainable way possible.

The review also looked at how others use NRW-managed land, including some pheasant shoots, and took account of a large amount of information provided by stakeholders.

The consultation papers set out the evidence and possible alternatives before setting recommendations for the future.

The proposals are that NRW should:

- continue to use firearms to manage the damage caused by wild animals on the land it manages where this is essential for the Sustainable Management of Natural Resources
- consider all applications for permission to enter onto its land to control wild animals affecting our neighbours land
- consider leasing land for pheasant rearing and shooting and wildfowling where it doesn't negatively impact on our sustainable management of the areas

Ceri Davies, NRW's Director of Evidence, Policy and Permitting said: "We want to make the most of the land we manage for the people, economy and environment in Wales.

"As a land manager, this means considering how best to make sure that we tackle the ongoing decline in our wildlife while conserving rare animals and habitats.

"We know that there will be differing opinions about shooting. This is why we want to be open and transparent about the evidence we've gathered and the decisions we're making."

The review was created due to implications from the new Environment (Wales) Act and following concerns raised by stakeholders.

The consultation is open until 25 April. The consultation documents can be viewed at naturalresources.wales/ShootingReviewConsultation?lang=en

After considering the consultation responses, NRW's Board will agree its approach to future shooting on NRW land.



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02/18(12)

GWYNFE NEWS



Join us in Gwynfe Village Hall on Thursday, 1st March for St. David's Day – an opportunity to commemorate our patron saint. There will be a cawl supper (soup, bread, cheese, Welsh cakes and bara brith) starting at 7.00 p.m. in the village hall, after which local artists will treat us to a few songs. Ellie & Megan have kindly agreed to sing, and to complete the entertainment Alun Brookfield will treat us to a few numbers, including one specially written to commemorate Dewi Sant. Entry £6, to include supper and entertainment. Bar available.

The Monday Club will next on Monday, 5th March (1.30 p.m. onwards). 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.

Gwynfe Village Hall are pleased to be hosting 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

Finally, a date for your diaries...the next Gwynfe Quiz will be on Saturday, 28th April. Food at 7.00p.m. and Quiz from 7.45 p.m. – more details in next month's Post.

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09/18(12)

INTERESTED IN LOCAL WILDLIFE?



The Welsh Wildlife Trust and Transition Tywi Trawsnewid present a talk by Dr Lizzie Wilberforce on the work of the Wildlife Trust of South and West Wales at the Castle Hotel in Llandovery on Tuesday 20th March 2018 beginning at 7.30pm. All welcome – free entry but donations welcome. The talk will be followed by Transition Tywi's AGM where you can hear a report of the year's achievements and elect officers. Contact Sue on 07780 544470 for any more details.

MERCHED Y WAWR, BRO PANTYCELYN

Ar Brynhawn Mercher Chwefror 14eg cafwyd y pleser o gwmni, Rhiannon Powell ac Ann Williams. Roedd y ddwy wedi dod a chasgliad o waith llaw yn dangos ystod eang o sgiliau. Roedd safon y gwaith yn uchel a gwaith cywrain iawn, a oedd yn wledd i'r llygaid.

Cynhelir y cinio yng ngwestylr Castell ar Fawrth 14eg cyfarfod 6.30 cinio am 7 or gloch pryd y cawn gwmni Meirwen Lloyd. Islywydd cenedlaethol.

LLANEGWAD RAINFALL



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07/18(12)

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M. Evans

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Helen Smith

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D. Nowell

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on 01550 720495 to discuss what we can do to help.**

03/18(12)

LLANDOVERY ROTARY CLUB



With our recent losses still hanging heavily in the air we move on but still with a very, very heavy heart. Lifelong friends are never forgotten but to lose one is a very sharp reminder how vulnerable we all are. To lose four in relatively quick succession is something that would rock even the strongest human being and we feel it in Rotary as strongly as anyone. However, we do carry on. Rotary will always carry on.

It may seem ironic but last month had a heavy emphasis on youth. In this area we seem to be blessed with many very talented young people in so many different aspects of life be it academic, sporting or the arts. Rhydian Tiddy representing Llandovery won the Rotary Young Musician Heat and Owain Rowlands representing Llandeilo won the Vocal heat and Bethan Evans was reserve. Catrin Manning won the area heat in the Young Chef Competition and goes forward to the next round. Also our Senior English Youth-speaks representatives, Eli Wynne, Catrin Duff and Osian Richards won their heat. Much success for Dai Dyer's prodigies from Ysgol Bro Dinefwr.

Staying with Youth we had a visit from a lovely young man from Patagonia in South America. A Welsh colony was established there in 1865 when the tea clipper *Mimosa* carrying 200 Welsh speakers travelled the 8,000 miles to Patagonia to settle and maintain their traditions, culture and Welsh language. Links have been retained with Wales to this day and Llandovery College have a sponsorship (Gravell's) and invite a student from Patagonia over to study for a term every year. We the Rotary Club are proud to sponsor the student's pocket money during their stay. This year following interviews by Skype conducted by one of the founders of this scholarship, Glyn Evans, young Ricardo Evans (yes really) was chosen for this honour. And what a fine young man Ricardo is. He conducted himself beautifully, turned out immaculately and is an excellent

ambassador for the project and the College. Ricardo is a great credit to his family in Patagonia. Croeso Ricardo.

Our speaker for January was Valerie Wood-Gaiger OBE. I was very disappointed to have missed this talk but my colleagues were eager to impress upon me how I would have enjoyed it. Valerie explained how her project 'Learning With Grandma' had developed as grandparents and grandchildren learn to use the technical revolution to communicate using the Internet. They learn together using modern technology as they spend so much more time together in this era of working parents. Valerie has attended seminars in Uganda and has 43 countries involved in her ever growing spin off projects. Val eventually hopes that a 'Grandma's Digital Library' can be set up creating e-books. All this following a triple by-pass in 2012. Valerie is a perfect example of keeping active to keep healthy. Thanks very much Val and good luck. I sincerely hope I won't miss your next talk!

We received a request from Barn Owl, Catherine Lewis, for funding as it is the intention to restart Llandovery Guides. This fantastic organisation has had a long and successful history in Llandovery until a few years ago when numbers dropped forcing it to end. However, numbers have grown again enabling them to start afresh which would see a new Llandovery Guides group. We are keen to support this exciting venture for local young people and a donation has been handed over. Good luck to all the new Guides. And well done Barn Owl (and all the other Owls!).

We will be supporting our excellent town Mayor, David Long, by attending his Mayor's Charity Ball later in March.

As previously reported Oz (Ozzy) ((Ismail)) got married. Our intrepid travelling President Anthony, attended his great friends celebratory ceremony in Morocco where alcohol is banned (what was he thinking?) and returned home having greatly enjoyed the experience, albeit very thirsty! He went again the following week to Istanbul (no not Ynysybwl) to celebrate in Oz's home country, Turkey. Knowing that Anthony was travelling as a single man he was much in demand by the local ladies but, he insists, resisted all



President Anthony Wathan, Glyn Evans, Ricardo Evans and College Warden Guy Ayling.



Dai Dyer with his Bro Dinefwr prodigies. Prize winners all.



The beautiful Welsh Love Spoon given to Oz and Latifa.

temptation and represented Rotary in the finest possible manner! Anthony was nicknamed Ahmed by Oz's family whilst out in Turkey so if you see a new taxi company in Llandoverly marked 'Ahmed's Taxis' you'll know it is due to his recent incursion into Istanbul and his newly acquired Welsh/Turkish business initiative! (Good luck with that Ahmed!). Anthony was able to present Oz and Latifa a traditional Welsh gift on our behalf, a beautifully inscribed Welsh Love Spoon. We were tempted to add the inscription 'Pizzas, two for the price of one on Thursdays' at the bottom but thought better of it at the last moment.

Then, another bombshell. A REAL bombshell. We heard more fantastic news. Perhaps it was that earthquake! Oz's wife Latifa is pregnant (a fast worker is Oz!). When this was announced at the next meeting it was greeted by a stunned and prolonged silence then rapturous applause, stamping of feet, yelling and raucous cheering. Yes indeed. There is going to be an Oz Bach. Now there's a thought!

Many, many congratulations to you Oz and Latifa. We sincerely wish you both (the three of you!) well.

Llandoverly Karate Club is a strong and thriving club and



Anthony with our speaker Valerie Wood-Gaiger OBE.

wrote in requesting funding for essential matting which is desperately required. The club has gained tremendous success in competitions lately and even has local Welsh squad members in their midst. We were pleased to support the club with a donation.

At our weekly meetings we pride ourselves on our turnout. Collar and tie is the least accepted attire and our respect for one another is absolute. It is accepted course to conduct yourself with honour. We very rarely disagree. Sometimes however, in meetings we may have a difference of opinion. Sometimes it may get a little heated. But this month saw a first. During a slight disagreement one of our few surviving founder members the normally immaculate Mr Pugh-Morgan got a little over excited and much to our amazement arose from his chair and seemingly smashed it to absolute smithereens. There was total silence. We were aghast. Ieuan stood there and was laughing like a drain. The seat upon which he was sat had given way and collapsed into small pieces. Dry rot apparently. Well, that's what he says!

On 16th March at the Rugby Club we have a VERY special evening. A former Governor of Belmarsh High Security Prison is coming to give us a talk. Geoff Hughes who regularly talks on the P&O cruise ships will talk on his experiences of Governing one of the highest security prisons in the UK. Geoff will tell of his experiences of 'hosting' Ronnie Biggs, The Great Train Robber during his time there. We are greatly honoured that Geoff has agreed to visit us. Tickets are strictly limited but at the time of going to press there are still a few available. They are just £15 and include a two course meal. This is a non profit making event. Contact Anthony for availability.

As stated earlier carrying on is what we do. Carrying on supporting those less fortunate than ourselves and those who require assistance be it financial or otherwise. We raise funds to help with financial matters and we offer ourselves to assist with any service that we can in our local community. The Rotary motto is 'Service Above Self' and we pride ourselves in following this throughout our membership and service to Llandoverly and District. If you need help, we are here for you. You only have to ask. A simple letter will suffice.

Derek Jones.

NEW ARRIVALS



Crafts Alive, the Llandeilo based Artists' and Craft-makers' co-operative is delighted to welcome three new members, bringing our total up to 43.

Sian Evans is the Featured Artist in Crafts Alive during March with a range of paintings and prints on show. Sian lives in Machynys Bay, Llanelli, and takes her inspiration from the beautiful Welsh coastline on her doorstep. As an interior designer she has a natural flair for colour and texture and has developed her paintings using acrylics and mixed media to express her love of the sea and landscape in an abstract way. Her work is much in demand and she is happy to create works of art to suit the individual needs of her customers.

John Mead, spent many years as a cabinet maker in Wiltshire designing and creating stylish kitchens. Now he lives in Henllan Amgoed near Whitland, where he makes wonderful wooden bowls and dishes. He gets all the timber he uses from his carefully managed woodland. He even planks it up himself using a portable sawmill. You can't get much more local than that!

Another new arrival this month is Cuddlezoos, a small family business based in Bonllyn, Ammanford. Artist Diane Thomas has a degree in design and textiles and now she and her husband Wayne use their skills to make and decorate a range of beautifully made children's hoodies, neck warmers, blankets and personalised gym bags, all featuring their own exclusive embroidery and applique motifs.

All three new members are going to be working behind the counter this month, so if you'd like to find out more about what they do, why not pop into Crafts Alive and have a chat.

LLANDOVERY GARDEN CLUB SECRETARY'S

Report by Margaret Price

On 25th January our Speaker for the evening was Mr Tom John from Swansea whose topic was BEES. His interest came from his father and grandfather and he has been involved for the last 25 years. He gave an interesting and informative talk on the activities of honey bees in the hive through the year. He told us that bees have declined as a result of changes in farming practices, increased levels of parasites and diseases and exposure to pesticides. He was questioned at length by members. A very enjoyable evening was had by all and a lot of thanks was given by Enid Protheroe.

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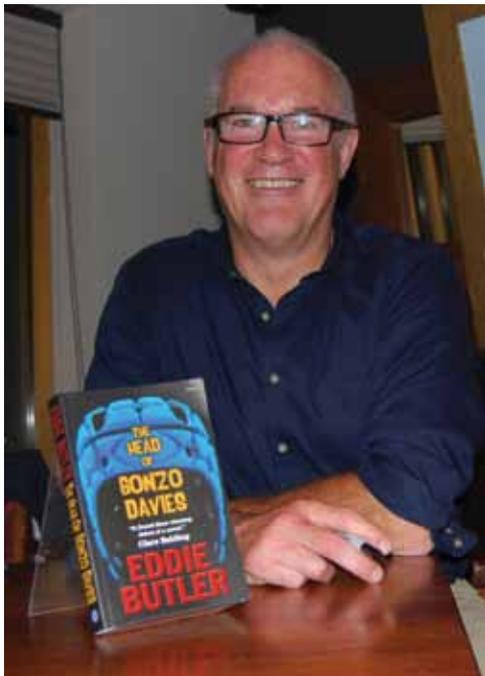


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07/18/12

HWYL RETURNS TO LLANDEILO WITH A SECOND ANNUAL LIT FEST



The four day programme contains Welsh, English and bi-lingual literary events running from Thu 26th to Sun 29th April. Highlights include:

- * a discussion between AM Adam Price and Dr Simon Brookes on “Why Wales Never Was”;
- * “How the West was Won” – a discussion between women entrepreneurs in West Wales;
- * an evening with former Welsh Rugby Union player Eddie Butler;
- * Stand-up comedy with Noel James;
- * literature and music blend in “Medieval Music” and Klezmer Brunch;
- * a talk on The Iron Masters of Merthyr;
- * panel discussions on “New media in Wales”, “Psychopaths in Literature” and “Tudor Wales”;
- * workshops for writers and poetry sessions;
- * readings for children.

Other confirmed names include: Menna Elfyn, Martin Shipton, Myfanwy Alexander, Owen Sheers, Jon Gower, Tim Hartley, Sara Gethin, Lyn Ebenezer, Dominic Williams, The Rock Hoppers, Steven J Jones, Ffion Dafys, Aneirin Karadog, Catrin Dafydd, Terry Breverton and many more.

Guided tours and a picture quiz will take visitors around our beautiful town. The Lit Fest will also be hosting a two day book fair in the Civic Hall.

Visit our website <https://llandeilolitifest.org/calendar/>



**April 26th to 29th
2018**



Hwyl Llandeilo Litfest
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04/18(6)

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CLWB CRICED LLANWRDA CRICKET CLUB



We are delighted to announce our plans for pre-season training.

Registration Evening for juniors will be at 5.45pm on Friday 16th March at Llandovery College Sports Hall. The juniors can then stay for nets starting at 6.00pm. Nets for adults start at 7.00pm.

Further training at Llandovery College Sports Hall on Friday 23rd March, 6th April and 13th April – juniors at 6.00pm with adults at 7.00pm.

Outdoor training starts on Friday 20th April at our ground at Castle Fields Llandovery SA20 0AR.

Llanwrda is an All Stars Cricket Club. This is an initiative from the England and Wales Cricket Board aimed at providing children aged five to eight with a great first experience in cricket. It is a fun and active way to develop your child's skills, and through our eight-week programme they will learn lots – as well as make new friends – in a safe and inclusive environment. Registration is now open for the programme, just search online for "all stars cricket".

Girls and boys aged 5 and over are welcome to join Llanwrda C.C. Please contact Gwynn Davies at 07956 147464 or llanwrddacc@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. We also welcome new adult players.

CALLING ALL LITTER WARRIORS



©Jessica Grimbley/CBMWC

It's Year of the Sea in Wales and the Wildlife Trust of South and West Wales' Living Seas team at the Cardigan Bay Marine Wildlife Centre (CBMWC) need your help to tackle marine litter!

Dedicated to conserving the marine wildlife of Cardigan Bay through research, awareness raising and education, tackling issues such as litter in the marine environment is part of our ongoing conservation efforts locally.

For over 15 years staff and volunteers at the CBMWC have been cleaning up New Quay's beaches and the surrounding area. The dedicated Living Seas Team of staff and volunteers, host regular community litter picks and conduct beach cleans daily throughout the summer months.

Since 2011 the team have been recording the amount of litter collected, categories include plastic, cigarette butts, glass, rope/fishing gear, polystyrene and much more. During this time volunteers have spent over 950 hours collecting a staggering 157,736 pieces of litter which has included over 50,000 pieces of plastic!

"Litter can be a real problem in the marine environment, not only for species inhabiting our seas but it can also be a danger to us. The majority of marine litter we collect is plastic, which can enter the food chain when mistaken for food by fish, seabirds or large animals like seals, dolphins and turtles, who can mistake plastic bags for jellyfish" says WTSWW's Living Seas Science Officer, Dr Sarah Perry.

To continue our ongoing efforts and in support of the Plastic Free New Quay campaign, the CBMWC are running beach cleans throughout 2018 and we're asking for your help.

"Over 50 people attended our first beach clean of 2018 and we collected 25 full bags of rubbish! We're hoping that we have another great turn out for our next clean up.

If you are interested in helping out with a beach clean or joining the Living Seas volunteer team then visit www.cbmwc.org or contact Laura Evans at volunteer@cbmwc.org or give us a call on 01545 560224.

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03/18/12



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11/18/12

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Richard

"Please pass on my thanks to Andrew and his team – for a very neat, efficient and professional job.
Thanks and Best Regards"
Jonathan

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FRIENDS OF BRECON AND DISTRICT MIND

in association with BRECON WOMEN'S FESTIVAL 2018

AN AUDIENCE WITH SHURL A one-woman show written and performed by Sue Bevan



Tuesday 6th March 2018, The Muse, Glamorgan Street, Brecon, 7pm. Tickets £7 (Friends £4) from: The Hours, Ship Street; Brecon and District Mind, Tŷ Croeso, Free Street, Brecon; or, if unsold, at the door.

What does a girl do when, at just fifteen, she is forced to give up her baby for adoption? Follow the tragi-comic Shurl in her search for connection in an ever-shifting landscape.

The Friends of Brecon and District Mind have invited playwright and actor Sue Bevan to perform, her one-woman show An Audience with Shurl at the Muse, Glamorgan Street, Brecon, on Tuesday 6th March at 7.00pm. Lasting over an hour, there will be an opportunity for questions afterwards.

Shurl escapes the poverty of the Welsh valleys to follow the woman she believes can save her, Dame

Shirley Bassey. It draws on Sue Bevan's own experience of losing her child to adoption as a teenager raised in a poor, tight-knit Welsh valleys community.

The universality of connection, loss and search for meaning has moved audiences in the United States, Sweden and South Africa. It received an outstanding-performance award at Prague Fringe. Sue Bevan won the Drama Association of Wales International One-Act Play Competition.

'Gripping, immersive stuff and powerfully emotional'
– *Three Weeks*

'Perfect fusion of script and performer... beautifully executed' – *Broadway Baby*

'Sad and sweet and beautiful all at once' – *Edfringe Review*

'Shurl has captivated audiences from Stockholm to Cape Town, London and Edinburgh to Boston, New York and San Francisco.' – *The Stage*

'An extraordinary storyteller and an incredible presence on stage' – *Drama Queens Review*

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

10/18(12)

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03/18(12)

NEWS FROM THE TOWN HALL

ASSET TRANSFER OF PARKS AND PLAYGROUNDS

After months of negotiation with County Hall, Llandoverly Town Council has finally signed the lease to take over management of the Town's parks and playgrounds. A formal handover of the facilities will take place early in March in Maesglas Park. There will be a public meeting in the Rhys Prichard Memorial Hall at 7.00pm on Wednesday 21st March to set up a community group to manage, maintain and develop the parks and playgrounds over the coming years. A very well attended public meeting in October 2016 demonstrated that Llandoverly residents care passionately about our children's play spaces and we hope that people will volunteer to join the community group to run the facilities. The intention is for the group to access grants to make improvements to play equipment.

MEETING WITH ELUNED MORGAN AM

On Friday 2nd February, several members of the Town Council met with Baroness Eluned Morgan AM, to discuss possible funding opportunities for regeneration projects that the Town Council are looking to take forward. The council had become aware of European Rural Development Fund monies that were as yet unspent, and wanted to explore opportunities for accessing this fund to benefit the Town. Eluned was able to confirm that, whilst there was money that was unspent, this funding had been earmarked for projects. There was a productive discussion about sources of funding and the types of community projects that were most likely to attract funding. The Council's Forward Planning Committee will be considering the information and advice gained from the meeting when it meets in March.

MEETING WITH SOUTH WALES TRUNK ROADS AGENCY (SWTRA)

On Tuesday 6th February, members of the Town Council met with a representative of SWTRA, the South Wales Trunk Roads Agency, which manages trunk roads such as the A40 on behalf of the Welsh Government. There was a wide ranging discussion about what was and was not permitted to be done on or adjacent to trunk roads, which will help inform the Town Council's regeneration priorities. The SWTRA representative provided an update on the road restrictions opposite Nisa and plans for completing work on the Bawddwr, which is in very poor condition. The work required to replace the culvert is complex and will cause significant disruption when work commences. The Town Council are pressing SWTRA to undertake the work as soon as possible in order to bring an end to the road restrictions.

MYDDFAI NEWS

*Myddfai Shop and Café opening hours
Tuesday – Sunday, 10.30am – 5.00pm*

WE HAVE A VACANCY FOR A PART TIME CAFÉ ASSISTANT – PLEASE CONTACT US FOR DETAILS.

Nice to know that Spring has arrived. Just the time to have a drive to Myddfai then have a walk to take in the scenery.

March 11th is Mothering Sunday so come to the Myddfai shop for a special gift. Etched wine glasses perhaps, a choice of earrings or necklaces, welsh tweed blanket, scarf or head warmer to keep her warm, a hand dyed silk scarf, music cds, toiletries or box of chocolates/sweets. In addition we have a selection of other gifts all hand crafted for all occasions. Our home made preserves and chutneys are very popular along with local honey. We also have a range of herbal teas to suit a variety of tastes.

Also see our range of hand crafted wooded chopping boards which, it has been reported, are now more hygienic than the plastic sort. Every purchase supports one of the many local businesses that supply the shop as well as the Myddfai TyTalcen Charity.

There are a wide range of baked goods on offer at the café and various delicious, gratifying soups with ever changing varieties to tempt you to try something new. Cottage pie and lasagne are on offer for lunch, along with toasts or paninis well as our excellent locally roasted and ground coffee. Why not treat your mother to an afternoon tea with delicious home-made scones and cakes

We can arrange group talks on The Physicians of Myddfai & Herbal Medicine or local Myths and Legends, why not combine a talk with afternoon tea.

Myddfai Hall is an amazing and affordable venue ideal for Weddings, parties, conferences, away-days, and any type of fitness or activity class. The underfloor heating makes it a great all year round venue, come and take a look, or join in one of the current classes!

What's on in Myddfai Hall:

Willow Weaving class on 23rd March; Farmers Market Wed 28th 9.00am – 1.00pm. Regular classes: Floral Art class Tuesday afternoons 2.00 – 4.00pm; Yoga Tuesday evenings 7.00 – 8.30pm; Craft Class Wednesday Mornings 10.00am – 1.00pm; Pilates Thursday mornings 10.00 – 11.00am; Art classes Wednesday pm twice a month.

For further information or bookings please contact Les at les@myddfai.org. Mobile 07879119223 or Hall No. 01550 720449

For Catering or Café please contact Carol Dugdale @ carolannedugdale@hotmail.co.uk

Check our website www.myddfai.org for What's On. Please like Myddfai Community Hall on Facebook and follow us on Twitter.

LLANWRDA AND LLANSADWRN COUNTRYWOMEN

At our Meeting on the 5th February Sue Middleton from Flying Goose Quilting, Llandeilo gave an informative talk on patchwork. Illustrating the use of the basic kit of self-healing mat, rotary cutter, template and ruler together with packs of pre-cut colour coordinating and complimentary materials Sue created effective and beautiful patterns.

Sue gave pointers for easier working such as maximising straight line stitching, consistency of seam width and depth and as a simple example to make a cushion cover, Sue showed us how to stitch together 5in squares and by judicious cutting and re-stitching made a decorative piece of varying sized squares and repositioned patterns.

By using both template and marked ruler Sue gave further guidance on how to form hexagons and triangles all of which could be used to make cushion covers or for the more ambitious, expanded to make a bed covering. There is a wide range of materials and equipment available from the Flying Goose and Sue is always available for help and advice.

The raffle was won by Diana Jones and Anne Morgans and the teas were provided by Maureen Berryman, Margaret Juster and Jan Agg. Our next gathering will be for cawl at the Sexton Arms on 5th March and the next meeting will be on the 9th April in the Reading Room, Llansadwrn when Chris and Justine Dodd of Cariad Glass will be our speakers.

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09/18(12)

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09/18(12)

THE HISTORY OF THE PATAGONIA SCHOLARSHIP TO LLANDOVERY COLLEGE



I have been asked by a number of people over the last few years how Llandovery College has established such a strong link with the Welsh Communities in Patagonia, and perhaps it is time for this whole initiative to become more widely known among the general public.

The Patagonia Scholarship was established in response to the challenge of the Welsh Assembly Government in the year 2000 that every school in Wales should do something worthwhile to celebrate the new Millennium. Some of us on the Staff in College recalled that on two separate occasions in previous years we had received two students from Patagonia, namely Alun Iâl Jones and Ivan Yalastaque, who had each spent a few weeks with us in Llandovery while on a visit to Wales. This had been an experience valuable both to our guests and to the College pupils, and so the decision was made that the College should set up the Patagonian Scholarship, to be open to a boy or a girl of Sixth-Form age to spend the Spring Term in Wales, i.e. from January to March, as these are the months of Summer in Patagonia, as in most Southern Hemisphere countries.

The then Warden of the College, Peter Hogan, together with the Chairman of Trustees, Sir David Mansel Lewis, fully approved of this initiative, and gave us the authority to proceed. Further support was then co-incidentally given to us in Brecon, when a number of members of Staff at the College attended a Rotary Club meeting at the Castle Hotel, which hosted a group of young professional people from Patagonia – a doctor, a lawyer, a teacher, a police officer, and so on, and who were members of what is called in Rotary circles as a Group Study Exchange - and who were led by an Optician from Trelew, namely

José Omar Jones. Omar gave us great help with all the formalities which needed to be followed to set up the Scholarship, as did Gruff and Eifiona Roberts, from Brecon, whose daughter was living in Patagonia, and, of course, Luned Gonzalez, the doyenne of the Welsh community in Gaiman, and with whom we are still in close contact. The final pieces of the jigsaw were put in place when, after some months of very close scrutiny, our plans for the Scholarship were approved by the UKBA (the United Kingdom Border Agency).

We were therefore ready to receive our first two Patagonian Scholars in 2003, when we deliberately chose both a boy, Gustavo Zampini, and a girl, Carol Davies Sala, in order to show that in the future there was to be no sexual discrimination to be made in the choice of the Scholarship winner. The Rotary Club of Llandovery gave us their full support, and ever since the arrival of the first Scholar, the Club has invited the Scholar to a Dinner at the Club, and has given them a handsome donation of pocket money to be used during their stay, while individual members have frequently taken the Scholar out on trips and excursions to various parts of Wales. We are delighted to say that the Club has already invited this year's Scholar, to one of their meetings, where he was accorded a warm Welsh welcome, and made to feel perfectly at home. In another wonderful gesture, for which we are heartily grateful, David Gravell, himself an Old Llandoveryan, and a member of the Rotary Club of Cefn Sidan, has taken over financial responsibility for the air flights of the Scholar, in memory of his father, the redoubtable Tom Gravell, who himself had strong connections with Y Wladfa, as the Old Colony is known in Wales. Another established aspect of the Scholarship is that the Patagonia Scholar spends every Friday morning in Ysgol Rhys Prichard, where under the careful supervision of the Teachers there they are able to give the pupils a first-hand awareness of Patagonia. With such staunch backing from all these fine supporters, it is no wonder that the Scholarship has gone from strength, and this year we are delighted to receive our sixteenth Scholar, Ricardo Xavier Evans, from Colegio Camwy, Gaiman.

We in Llandovery College have taken groups of our own pupils to Patagonia on two occasions. In 2003, we followed a programme which included a week spent in the coastal area, around Puerto Madryn, Gaiman and Trelew, i.e. the first area of Welsh settlement after 1865, which was followed by a second week spent in the mountain communities of Trevelin and Esquel, which became the second area of Welsh settlement in the 1880's, when the land available in the Lower Valley near the coast had all been taken up. It was here, in the glorious surroundings of the foothills of the Andes, that our boys and girls completed their Duke of Edinburgh's Award Gold Expedition. Two years later, in 2005, we went back to the Andes once again – but this time with Llandovery College CCF leading an all-Wales Army Cadet Expedition, which included detachments from every Public School in Wales and from every County ACF in Wales, some sixty participants in all, and a huge success – but one which, sadly, has never been repeated.



Other highlights stand out also, such as:

- Camila Molina winning a place to follow the two-year International Baccalauréat course at Atlantic College, St. Donat's, followed by further success and gaining admission to St. Andrew's University, in Scotland – where she dreamed, unsuccessfully, of meeting her Prince Charming!
- Glyn Gareth Williams, the Scholarship winner in 2012, and who was the grandson of Prof. R. Bryn Williams, who at Cardiff University in 1965, one hundred years after the Landing / Glaniad of the first settlers in Patagonia, proclaimed that unless something was done urgently at that time, then the identity of the Welsh in Patagonia would be lost by the turn of the century. It was the Professor's vision which initiated the renewal of interest in Wales in the "Old Colony", and which is largely responsible for the strong links which are now to be found between our two communities.
- Our visit to Bod Iwan, now Glyn Gareth's family farm in Gaiman, of which Bruce Chatwin wrote so movingly in his classic travelogue "In Patagonia":

Old Mrs. Davies lived in the big house of five rooms. The living-room hadn't changed since she came here as a young bride in 1913. The pink walls were the same. The two Sheffield-plate trays – they were wedding presents – were on the mantelpiece, and the two pottery pug-dogs. On either side of the dresser

were tinted photographs of her husband's parents, who came out from Ffestiniog. They had always hung there, and they'd hang there when she'd gone.

They were still there when we, from Llandovery College, visited the house.

- and finally, of course, who can ever forget Alun Wyn Jones, Old Llandoveryan, and now the Captain of Wales, winning his first Welsh cap when playing for Wales against Argentina at Puerto Madryn in June 2006. With what conflicting emotions did the spectators view this match!

So many wonderful memories – but also such promise for the future! There is no doubt that the Llandovery Scholarship is of huge importance to the High Schools and Colleges in Patagonia, and that the competition for this prestigious award is fierce. Indeed, this year we were able to give interviews to the final short-list of candidates via Skype, and this in itself shows what further possibilities will be available in the future! For the moment, however, we will content ourselves by giving the best possible experience to Ricardo, and by wishing him all the very best as he enters on his stay here in Wales.

The Winners of the Patagonian Scholarship to Llandovery College

- 2003: Carol Davies Sala: Trelew
Gustavo Zampini: Gaiman
- 2004: Santiago Zampini: Gaiman
- 2005: Karen Judith Roberts: Dolavon
- 2006: Camila Irianni: Gaiman
- 2007: Eileen Hughes: Esquel
- 2008: Ivan Ganga Yalastaque: Trevelin
- 2009: Felipe Irianni: Gaiman
- 2010: Scholarship not awarded.
- 2011: Camila Molina: Trelew
Agustina Tora: Commodoro Rivadavia
- 2012: Glyn Gareth Williams: Gaiman
- 2013: Scholarship not awarded due to problems with UKBA
- 2014: Camila Belen Dossi: Trevelin
- 2015: Jeremias Knobel: Esquel
- 2016: Heri Ryan Lloyd: Esquel
- 2017: Saskia Eystenstein: Gaiman
- 2018: Ricardo Xavier Evans: Gaiman



07/18(6)

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12/18(12)



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CO THI GARDENERS' CLUB

Join us on March 21st when Cothi Gardeners will be welcoming back an old friend, Richard Cain.

Richard runs "Penlan Perennials" at Newchapel in Pembrokeshire, a nursery where you'll find organic plants raised in an environmentally sensitive way. His illustrated talk for us will be all about geraniums, always popular and hardy enough to cope with our local climate. There are many varieties to choose from, so Richard will bring a selection of plants from his nursery for sale at the end of the evening.

Guests and visitors most welcome, £3, to include refreshments. The presentation begins at 7.30pm.

We are busy planning a big event on July 8th; our very own Plant Sale at Coronation Hall & Field, Pumsaint. Several local nurseries will have stands where you can buy perennials, summer bedding plants and more. Save the date and keep an eye on our website/facebook for more details.

An annual membership to the club is still only £14 and for this you'll hear some expert speakers throughout the year. We often organise visits to local gardens and enjoy other informal social events.

Cothi Gardeners' Club: Coronation Hall, Pumsaint, SA19 8UW

We're on Facebook or check www.cothigardeners.com
Tel: Julian 01558 685119 for further information.

EBENEZER EVERGREEN CLUB

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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.

A warm welcome awaits you.

Coffee mornings will take place on 6th March, 20th March 2018 and fortnightly after that.

Further information from Pastor Ian Hughes on 01570 481887.

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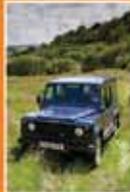
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12/18(12)



LLANDOVERY RUGBY CLUB

Croeso cynnes i chi gyd i'r erthygl misol Y Porthmyn! Welcome, once again, to the regular Club news.

First of all - congratulations to our Youth side who have won the East Carmarthenshire Youth League, getting to pole position with a game in hand and four points clear of runners-up Ammanford and Tumble. Longyfarchiadau bois! Well done to you all – and to your coaches (and your parents ...)

We look forward to seeing them in action in the East Carmarthenshire Cup. By the time you read this they should have played Ammanford at Church Bank and, in March, they are away to Pontyberem (3rd) then at home to Tumble on the 10th and then away to Ammanford on the 24th.

Yet another Valentine's Day has come and gone and, no doubt, some of you have failed to mark the occasion with a card to your loved one. If you were one of those, it is time to plan for next year. Just think of the possibilities. For a very modest fee, you could have your message inscribed on the jerseys (or shorts) of our entire squad and, over the course of the season, seen by thousands of people – and even appear on S4C! Just get in touch with us for more details ...

More seriously, and as spring (we hope) approaches fast, it is time for us to sign up our jersey sponsors for next season. We are grateful to all those loyal sponsors who have been supporting us for a number of years now, and would like to get some others involved. As you are all aware that is not a straightforward easy task in a rural area – the town's population is less than ¼% of the total population of all the towns in the Premiership.

But what the area may lack in population it makes up in many other ways. Thanks to you, we are one of the best supported clubs in the Premiership, and are proud to see over the years so many former Drovers have moved on to represent their country at all levels – notably at the moment of course Wyn Jones (come down to the Club to cheer him on for the last two games of this year's Six Nations against Italy and then France!). Just as important, we are it seems one of only a handful of clubs in the Premiership which provide rugby for all ages.

So one favour we are asking of you in the next few weeks is to let us know if you can see an opportunity to bring a new sponsor on board. If you can introduce us – get us through the door – we will do the rest.

Although we still do not know what the League will look like after to 2019-20 season (perhaps it will be clearer by the time you read this article) we want to strengthen the Club's finances as we approach the end of the Principality Premiership in its current form. Our aim is to keep playing rugby at the highest possible level, to give as many people as possible the chance to play community rugby – and to do all that in a way that is financially sustainable.

As part of this process a number of our regular match and ball supporters came to share their views about the future with us and – where we can – we are taking their ideas on to the next stage. We will let you know about these as soon as we can. Part of making sure we are 'sustainable' as a club is not only about money – it also means that we rely on a large number of volunteers to help us in all sorts of ways, from coaching the Junior Drovers to clearing weeds from the car park.

So, if you think you can help us in any way at all – with your ideas about how we run the club, your skills or your time (even an hour or so a week can make an enormous difference) we would be pleased to hear from you.

Unwaith eto, diolchwn o galon i bob un o'n noddwyr, ein cefnogwyr a phob un sy'n barod i roi o'u hamser i sicrhau fod Y Porthmyn yn dal i fynd o nerth i nerth; does dim gwell amser i gyd-weithio na'r presenol! In the meantime, thank you for your continued support for the Club and we look forward to seeing you again soon at Church Bank!

And finally, the usual reminder that – as always – 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.

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

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RHYS WATKINS TO PERFORM THE TCHAIKOVSKY VIOLIN CONCERTO IN LLANGADOG



This popular, gifted and nationally celebrated violinist returns once more to St. Cadog's Parish Church, Llangadog on Saturday, March 17th at 7.30 p.m. to perform Tchaikovsky's great masterpiece with Symphonica Tywi, under the direction of Michael Cottam.

Following a year of sell-out concerts throughout South Wales, the orchestra also returns to Llangadog in this thrilling concert of melody and passion, which includes Wagner's majestic Overture to "The Mastersingers of Nuremberg" and the lyrical 1st Symphony by Kalinnikov.

The orchestra is led by Rhys, whose career as first violinist in the London Symphony Orchestra and founder member of The Nidum Ensemble, involves a very hectic schedule of travelling and performances all over the world. His roots are in the Towy valley though, where his grandfather, Harry Brace was a fondly remembered vicar of Llanwrda and where Rhys's mother, Barbara grew up. His father is Stuart Watkins, a former Welsh rugby international and British Lions player and one of the greatest wingers that the country has known.

This is truly a concert, not to be missed and the tickets are very good value at £12, with concessions at £10. Children under 14 are, as always with Symphonica Tywi concerts, free of charge.

Tickets can be reserved by calling or texting the Ticketline on 01646 636564 or 07876 727906 or by mailing mikecottam@hotmail.com. They are also available from The Mace Stores in Llangadog. As demand is likely to be very heavy, it is advisable to book early to avoid disappointment.

05/18(12)



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03/18(10)

SAY HAVE YOU HEARD THE NEWS..... I GOT THEM JAM JAR BLUES



It's generally accepted that the music evolved from African spirituals, African chants, work songs, field hollers, rural fife and drum music, revivalist hymns and country dance music. The Blues grew up in the Mississippi Delta just upriver from New Orleans the birthplace of Jazz. (A Brief History Of The Blues-All About Jazz)

When you think of the blues, you think about misfortune generally. You know lost love, lost work, lost territory, your dog dies that kind of thing. While Blues lyrics are often downright miserable, there is in them a

spirit also of overcoming which can be uplifting, almost as if the singer is saying "this is how it is, but I am still here singing the Blues out of my troubles".

During the middle to late 1800's, the Deep South was home to hundreds of seminal bluesmen who helped shape the music, but unfortunately much of this original music followed these sharecroppers to their graves.

Blues didn't spread out significantly from the South to the midwest until the 1930's and 1940's, and we still have plenty of evidence from those periods.

So it was then on a late January night at Crugybar Village Hall with the wind and rain a howlin and the dark closed in all around John Huff and Spanish John (remember them?), weaved together the story of the Blues that spans decades into a rich tapestry that wrapped itself around all of those that came to hear old classics lovingly played.

Muddy Waters, Howlin Wolf, Leadbelly, Rolling Stones, Clapton, and Fleetwood Mac, and the wonderful Peter Green all paid due homage to in a set that was warm and cosy like a hug from an old friend.

Certain favourites drew Ooohs and Aaahs! of appreciation such as Clapton's "Wonderful Tonight" and Peter Greens "Man of The World" Delicious!

We even had some Blues education from the guys, all in a lovely way to spend a Saturday Evening.

After all, who wants to stay in and watch Big Brother or Dancing On Ice when for a tiny fee you can have live music and relive the soundtrack to our generation.

Catch the Jam Jar Blues if you get the chance, you will not be sorry.

P.S. If you wanna play the blues, wear a cool hat!

THE FLOWERING OF BRECON CEMETERY

SUNDAY 18TH MARCH 2018
10.00AM – 2.00PM

The Flowering of Brecon Cemetery Project needs YOU!

PLAN Brecon has permission from Powys to plant a verge down the left side of Brecon Cemetery below Cemetery Lodge as a designated bird and bee friendly zone. We'll be doing a mix of direct sowing and plug plants.

For this we need practical help on Sunday March 18th from 10.00am – 2.00pm.

Please bring a spade, rake, gloves and a mug for tea refills!

We're also looking for people willing to plant some wildflowers in seed trays to be plugged in when they're ready.

To let us know if you can help or for questions please contact Deborah: rosanegra8@gmail.com



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PUMSAINT WI

On Tuesday 6th Feb 15 ladies braved the cold weather to attend the WI meeting at the Coronation Hall Pumsaint. There were several apologies from ladies who could not attend and we were sorry to learn that Jane Holmes was receiving more radiotherapy. Congratulations were given to Sue Jones and Diane Bookham for coming joint 3rd in both the singles and the pairs table tennis competition. Congratulations were also given to Anne Astington on her 2nd granddaughter. The monthly newsletter was read and names were taken for walks, crafts and other events. Arrangements were made for next months Swper Cowl at the Black Lion in Abergorlech. Arrangements were also made for the Group meeting on 21st March in

Llandoverly College where the Llandoverly choir will be our entertainment.

Our speaker for the evening was Liam from the Red Cross who talked us through various first aid scenarios and how to treat them. We all had a go at resuscitation on the dummy and now feel competent about helping out.

We then enjoyed our refreshments with some delicious cakes. For further information please contact Sue Jones on 01570 218045 or Anne Brooks on 01558 650154.

08/18(12)



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03/18(12)

RETIRING TO CARMARTHENSHIRE

BY CARMELA JONES



On retiring from Haberdashers' Monmouth School for Girls, Monmouth, I returned to my roots – Carmarthenshire - and in particular to within 6 miles of both Llandeilo and Llandovery where I spent part of my childhood and years of education.

What changes had occurred to this county in the intervening years! Many new restaurants with fabulous cuisine and hotels with spas, the elegant work of Mari Thomas, maker of jewellery to the stars and royalty. Then there's the resurrected house and gardens of Aberglasney, the Llandeilo Jazz Festival, the Myddfai Visitor Centre and the various Christmas markets and Festival of the Senses. But then some

things were just the same. The majesty of the Brecon Beacons, the rolling sandy beaches, e.g. Cefn Sidan, the castles especially Carreg Cennen – where an enlightened history teacher once allowed me to organise a Y10 (forth form in those days) school trip complete with paraffin lamps to descend into the oubliette – ah happy, simpler times! Then of course there's Dylan Thomas & Laugharne – the Boat House and Brown's Hotel (as loved by Pierce Brosnan ex James Bond, who popped into the paper shop in Llandeilo once and was told off by a friend for jumping the queue!) The list goes on...

So, here I was in the county of my birth, giving myself a six-month sabbatical and time to consider what would appeal to me and discover where new directions would



In the Deer Park at Dinefwr, Llandeilo.



Winter in the Deer Park, Dinefwr, Llandeilo

lead. The six months hadn't passed before I discovered Nordic Walking which I have come to love with a passion.

One day I tentatively asked my instructor if she would train me to take walks, she astounded me by saying that with my background, I should book onto the next available instructors' course with Nordic Walking UK. That's how I came to be sitting in an elegant mansion off the Downs in Bristol, in a classroom studying for my Diploma in Fitness and Nordic Walking! My heart sank as, when making the rounds of the room for introductions, I heard, "physiotherapist", "professional golfer", "national cycle champion", another "physio", "doctor", "professional dancer", eventually it was my turn...oh dear. But my fears were needless, soon we were out on the Downs training for 2 and 3 hours at a time, all getting it wrong and occasionally right, becoming friends and supporting each other.

Then came the Level 2 anatomy and physiology exam on the last day. It felt very odd to be on the other side of an exam paper. The mantra of many revision sessions with my pupils going through my head, take your time, read each question thoroughly, make sure you turn the pages correctly...and breathe!

So, what is Nordic Walking I hear you ask? Well it's basically an enhancement of ordinary walking – it makes something we all do... twice as effective! Nordic Walking uses poles in order to add two major benefits to walking

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I have been amazed at the change in my fitness level and new-found energy and strength. Not only that, I have found fabulous new friends from a wealth of different backgrounds. Best of all, I feel I am helping others to achieve their goals and improve their health and lifestyle in the finest gym of all – the great Welsh outdoors!

To learn more about Nordic Walking, contact Becki 07502 2158270 or Carmela 07926 088020. Or have a look at the website, www.pilatesinthenordic.com

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LLANDOVERY WALKERS ARE WELCOME



We are pleased to say that despite the very unpredictable weather we have had since the beginning of the year, this has not prevented us from following our planned programme of walks in the countryside around Llandovery. January 24th saw us start the year by taking one of our established and popular walks, a circular route around the Estate of Llwyn y Wermod, and one which certainly gets the constitution going after the heady delights of Christmas and the New Year.

This Walk set us up perfectly for a Walk on Friday 2nd February across the wild expanse of Myddfai Mountain in search of the true Physicians' Well. This was a Walk of some 10 kms or more, part of the programme of the Brecon Beacons Park Society, but led by our own Robin Barlow. Starting from Myddfai Village Hall, we were lucky to be blessed by a day of very pleasant weather, something which put us all in a very positive frame of mind! It was a pleasure to welcome the members of the Brecon Beacons Park Society to one of our walks, and

there is no doubt that we hope to see them take part in some of our walks in the future.

Thursday 8th February saw us take a walk of quite the opposite nature, that around Carreg Cennen Castle, near Trap. From the moment we seven hardy souls set off, who included Ricardo Xavier Evans, this year's Patagonian Scholar at Llandovery College, we were faced with a cold wind, squally rain, and a muddy track underfoot! We contended with these conditions for an hour or so, but it was no surprise when, half way round and seemingly as one, we decided to turn back. This we did, and with lighter hearts and more positive determination, we headed straight for the warmth of the Café! Here we had a welcome warm drink and tasty treats, and soon the wind and the rain and the cold were forgotten! It was a pity that Ricardo was unable to complete the circuit on this occasion, but he will surely have the chance in the next few months to come out with us once again, and this time in much more pleasant weather!

By the time this edition of The Post appears, we will have completed the Walk around Twm Sion Cati's Cave in Rhandirmwyn, but two Walks which will be awaiting us are:

Tuesday 6th March: a Walk to Llyn y Fan Fawr over open country from the mountain road. Meet at Llandovery Station at 10 00am.

Thursday 22nd March: The Section of the new Heart of Wales Line Trail from Llandeilo to Llangadog, via Garn Goch. This is a relatively long walk of some 14 kms, and should take 5 hours or so. We will meet at Llangadog Station in time to catch the 8.44 train to Llandeilo, and will walk back from there to Llangadog – where hopefully our cars will be awaiting us in the Car Park!

Glyn Evans: Robin Barlow



LLANDOVERY THEATRE

HORATIO NELSON THEATRE CAT

Writing from my starry window-sill!

Dear Friends

They tell me that a cat has nine lives. Well, my friends, I have travelled a long journey and am now settled in a new world and the start of my second life - my first having been lived, in what I believe to be an almost perfect paradise - the Theatre world.

Theatre folk are a family - not blood related but joined by creativity, by dreams, by shared success and - yes - sometimes by failure! I have shared all, enjoyed all and loved long, for we Thespians know that total dedication and love is an absolute requirement for the aspiring artist and actor. He that chooseth me must give and hazard all he hath - so says Shakespeare.

TO BE OR NOT TO BE!

In these difficult and confusing times it is hard to remain positive about the future, especially when our town of Llandovery seems to be reflecting a general loss of energy; we have lost our children and their secondary school, our shops are mostly empty, to attend a bank we have to queue up in the car park and our wonderful post office is about to close.

As actors, we are aware that the Thespian life is often precarious - but Llandovery Theatre is about to reach its 40 year anniversary, it is named in a recent Review of the Theatre memoir *What country friends is this? as 'possibly the most beautiful small theatre arts centre in the Kingdom' - surely a good time for renewal of hope, a time for celebration! If you would like to know more - go on the theatre Web page and click 'contact us' and leave us a message - we read everything and we will respond.

THE SLEEPING BEAUTY

Llandovery is a Conservation Town, it has a proud and exciting history linked to its Roman and Ricardian connections, with a landscape setting in the shadow of the Black Mountains that cannot be equalled for beauty - but Llandovery sleeps - and a Sleeping Beauty is no use to anyone - though, come to think of it, we do have a Prince living in the area!

Horatio Nelson

www.llandoverytheatre.com and Facebook

*copies of 'What country friends is this?' are available via Amazon and the PostDatum Office, Llandovery.

BRECON TO HOST WELSH GUARDS ST DAVID DAY'S PARADE

Wales's Senior Infantry Regiment will be visiting Powys next month for their annual St David's Day Parade.

The Welsh Guards will be in Brecon on Thursday, March 1 as part of their annual parade.

A service will be held at Brecon Cathedral at 11.30am before the parade, led by the Band of the Welsh Guards, marches from the cathedral at 12.30pm to the town centre and halt outside the Wellington Hotel.

Outside the hotel, Cllr Dai Davies, Chairman of Powys County Council, will be joined by Lord Lieutenant of Powys, the Hon Mrs Shan Legge-Bourke, Major General Bathurst CBE and the High Sheriff of Powys, Mrs Susan Thompson in handing our leeks to the regiment.

The parade will then march off to Theatr Brycheiniog for a reception.

"The Welsh Guards have a proud history and we are delighted that they are coming to Powys for their annual St David's Day Parade," said Cllr Davies.

"Powys has a long association with the armed forces, particularly the army, so it will be a privilege to see our servicemen and women parade in Powys."

LLANDOVERY LUNCHEON CLUB

Llandovery Luncheon Club held at Dolau Bran community hall twice a week Tuesday and Thursday from 12 md.

We had celebrations again this month Mr Glyn Jones celebrated his 90th birthday on Feb 14th, Mr Jones's daughter Helen brought along a birthday cake, Glyn cut the cake and we all sang Happy Birthday, we all had an enjoyable afternoon. Anyone wishing to join us contact Mary 720056 or Margaret 720919 for more information. There is no age limit.

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0518(12)

PHOTOGRAPHS OF ABERGLASNEY TRIUMPH IN 'INTERNATIONAL GARDEN PHOTOGRAPHER OF THE YEAR' FOR A SECOND YEAR



Organisers of 'The International Garden Photographer of the Year' competition have announced this year's winners and for a second time images of Aberglasney Gardens in Carmarthenshire feature amongst the winning entries.

'The International Garden Photographer of the Year' or IGPOTY, brings together the best garden, plant and botanical photography from across the world with 19,000 entries from over 50 countries. This year's competition is said to have attracted some of the best images to date, images which according to the competition organisers, "push the boundary of the genre and communicate the significant beauty and importance of plant life."

Two images of Aberglasney Gardens taken by Nigel McCall and entered in the 'Bountiful Earth' and 'Beautiful Gardens' categories were triumphant with his photograph Morning Mist & Mellow Fruitfulness being chosen as the overall winner in the 'Bountiful Earth' category.

Nigel is managing director of his family's builders' merchants, Towy Works Ltd. in Carmarthen. He has a great interest in wildlife and landscape photography and has spent the last three years documenting the changing seasons at Aberglasney.



Speaking after hearing of his success in the competition for a second time he said: "When I was told by the organisers that the judges had awarded my photo Morning Mist & Mellow Fruitfulness first place in the 'Bountiful Earth' category I was absolutely overjoyed. Following my success in last year's competition I certainly wasn't expecting 'lightening to strike twice!'"

He went on to say: "My hope is that the photographs show the true magic & delights of Aberglasney to as wide an audience as possible and hopefully inspire people to visit this wonderful place."

The second of Nigel's images to impress the judges was June Morning which was named as a finalist in the 'Beautiful Gardens' category.

Aberglasney's Marketing Manager Ellen Llewellyn explained the value of Nigel's images and his success in the competition to Aberglasney: "Nigel's images have helped us to promote the Gardens in all sorts of ways over the last three years. As a small registered charity, a continuous supply of images of Aberglasney throughout the seasons, all of which are of an exceptional standard, has been invaluable. Everyone knows the saying that 'a picture speaks a thousand words', this is so true when looking at Nigel's photographs. We're extremely grateful to him and are thrilled about his success in IGPOTY for a second year in succession."

Aberglasney

GARDD DREFTADAETH ARBENNIG • HERITAGE GARDEN OF EXCELLENCE

Aberglasney 'Heritage Garden of Excellence' / Aberglasne 'Gardd Dreftadaeth Arbennig', Llangathen, Carmarthenshire SA32 8QH. Phone/ Ffôn 01558 668998.

FRIENDSHIP CLUB

The first meeting of the year took place on Wed Jan 31st, The new chair person Mrs Gina Jones opened the meeting welcoming all members and wishing everyone a happy new year.

Memberships were taken and subscriptions remained at £12, 32 members attended, the speaker Mr Adrian Hughes was introduced who had come along to demonstrate and explain the use of defibrillators. Mr Hughes works for the fire service and is a volunteer with "Cariad" on his days off.

He gave an excellent lecture and tried to gain our confidence in the use of the defibrillator by saying you can't do anything wrong as the machine tells you what to do. In Llandovery the defibrillator is installed in Market Square, in some towns old telephone kiosks are used to house the defibrillator.

He also explained that there are grants available to purchase defibrillators, they cost £1000 + £400 for the case.

President Mr Stan Baugh gave the vote of thanks, tea was served.

A presentation of a crystal vase and bouquet of flowers was given to the retiring chair person Mary Jackson. The President Mr Stan Baugh gave a history of Mary's involvement with the club for eighteen years, there were two clubs, OAP and housebound and handicap club. In the year 2010 the two clubs were amalgamated and is now known as The Friendship Club.

All members showed their appreciation and a buffet and cake was served. Mary thanked everyone for their support over the years, Mary is now secretary so there's more writing than talking !!

Meeting then took place

Correspondence: news letter from Ty Hafren

Finances: satisfactory

Minutes of the last meeting was read and signed by chairperson.

Chair's report

Gina apologised she was unable to attend Xmas lunch but the dinner and afternoon was a success.

Trips are to be arranged during the year, Mrs Mair Pennycook will come along to the February meeting to discuss trips she is organising, Mrs Elaine Jones is demonstrating re - furniture painting.

The raffle was then drawn, meeting closed 4pm next meeting Wed Feb 28th

Mary Jackson BEM

MARCH AT THE STATION GALLERY, LLANDOVERY

RICHIE DEAN



Hello everyone I have an exhibition of my latest work at the Station Gallery. It will run for the whole of March and you are all invited.

Alongside the limited editions of my digital work will be some of my original watercolours and acrylics.

I'll be at the Gallery on several days throughout the month, so come along. I look forward to meeting you to answer any of your questions or take commissions.

Also at The Royal Oak Inn Rhandirmwyn, The Visitor centre Myddfai, Crafts Alive Llandeilo, Oriol Fach Rhayader, Ivy House Tearooms Montgomery and worldwide www.richiedean.com info@richiedean.com

CELEBRITY HOST QUIZ NIGHT

SATURDAY MARCH 10th at 7PM

LLANGADOG COMMUNITY CENTRE

£10 PER PERSON TO INCLUDE

A SIMPLE SUPPER!

BAR, RAFFLE and PRIZES

IN AID OF LLANGADOG CHURCH

TO BOOK A PLACE OR TABLE (max 8)

PLEASE RING IRENE

ON 01550 777657

OR EMAIL irenehayes@aol.com

POSTDATUM
Producers of
The Post

LLANDOVERY YOUTH AND COMMUNITY CENTRE

SUNDAYS: 4, 11, 18, 25

Towy Christian Fellowship – Sundays at 10.30am to midday. Informal Bible study meetings. Llandovery LYCC Community Drop-in Centre, 19 Market Square. 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. Llandovery LYCC Community Drop-in Centre, 19 Market Square. Tel: 01550 721499.

MONDAYS: 5, 12, 19, 26

After School Club ('Getaway Club'). Every Weekday 4.00pm to 5.45pm. For children aged 9-18 years. Cost: 50p per person. Llandovery LYCC Community Drop-in Centre, 19 Market Square. Tel: 01550 721499.

Internet DigiLab – Every Weekday 9.30am to 3.30pm. Free use of the internet-ready IT suite. Llandovery LYCC Community Drop-in Centre, 19 Market Square, Tel: 01550 721499.

Job Club – Every Weekday 9.30am to 3.30pm. Free help with compiling CVs and help with job searches. Llandovery LYCC Community Drop-in Centre, 19 Market Square. Tel: 01550 721499.

TUESDAYS: 6, 13, 20, 27

After School Club ('Getaway Club'). Every Weekday 4.00pm to 5.45pm. For children aged 9 - 18 years. Cost: 50p per person. Llandovery LYCC Community Drop-in Centre, 19 Market Square, Tel: 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. Llandovery LYCC Community Drop-in Centre, 19 Market Square. Tel: 01550 721499.

Christmas Tree Festival

A Christmas Tree Festival was held at St Cwrdaŵ's Church in Llanwrda on the 15th and 16th December 2017. In all, there were twelve trees, each decorated by a different group/class/association in the community. On the Friday evening there was a Christingle with Nine Lessons and Carols service where the local children took part in the readings. We would like to thank all who took part in this lovely event.

BBC First Click Computer Course – Tuesdays 10.00am to 12.00pm. Adult learners - broaden your IT skills. Suitable for complete beginners or existing users. Cost: £2.00 per session. Llandovery LYCC Community Drop-in Centre, 19 Market Square. Tel: 01550 721499.

Job Club – Every Weekday 9.30am to 3.30pm. Free help with compiling CVs and help with job searches. Llandovery LYCC Community Drop-in Centre, 19 Market Square. Tel: 01550 721499.

Alternating Latin and Greek – Tuesdays 12.00 to 2.00pm. A University of the Third Age

(U3A) group. Llandovery LYCC Community Drop-in Centre, 19 Market Square. Tel: 01550 721499.

Craft Circle – Tuesdays 1.00pm to 3.00pm. Get together, do craft work and natter! All abilities welcome. Cost: £2.00 per person. Llandovery LYCC Community Drop-in Centre, 19 Market Square. Tel: 01550 721499.

WEDNESDAYS: 7, 14, 21, 28

New – Gentle, Mindfulness Yoga Class. Wednesdays 10.00 to 11.30am. Bring your favourite blanket, cushion and exercise mat (if you have one). Cost: £6.00

Llandovery LYCC Community Drop-in Centre, 19 Market Square, Tel: 07780 544470/01550 721499.

After School Club ('Getaway Club'). Every Weekday 4.00pm to 5.45pm. For children aged 9 - 18 years. Cost: 50p per person. Llandovery LYCC Community Drop-in Centre, 19 Market Square. Tel: 01550 721499.

Mencap Family Get-together. For persons with all types of disabilities. Every 3rd Wednesday 10.00am to midday. Llandovery LYCC Community Drop-in Centre, 19 Market Square. Tel: 01550 721499.

Reiki, Aromatherapy and Massage - New Sessions starting end of March – most days to suit. Llandeilo, Llandovery and in between – bookings with Anna Marshall. Tel: 07813 475470. Donations to LYCC Community Drop-in Centre for sessions at 19 Market Square in Llandovery. Email: annarosemarshall@yahoo.co.uk

Writing for Fun and Profit Group with David Thorpe. Wednesdays 7.00pm to 9.00pm. Llandovery LYCC Community Drop-in Centre, 19 Market Square, Tel: 07901 925671.

THURSDAYS: 1, 8, 15, 22, 29

After School Club ('Getaway Club'). Every Weekday 4.00pm to 5.45pm. For children aged 9 - 18 years. Cost: 50p per person. Llandovery LYCC Community Drop-in Centre, 19 Market Square. 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 LYCC Community Drop-in Centre,
19 Market Square., Tel: 01550 721499.

NAAFI (Navy, Army and Airforce Institutes). Ex-services personnel meet regularly to have a chat and a cuppa together. Llandoverly LYCC Community Drop-in Centre, 19 Market Square. 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 LYCC Community Drop-in Centre, 19 Market Square. Tel: 01550 721499.

FRIDAYS: 2, 9, 16, 23, 30

After School Club ('Getaway Club'). Every Weekday 4.00pm to 5.45pm. For children aged 9 - 18 years. Cost: 50p per person. Llandoverly LYCC Community Drop-in Centre, 19 Market Square. Tel: 01550 721499.

Friday Friends Fortnightly Cuppa and Cake – Volunteers please to make drinks for a new vegan group wanting to set up a friendly drop-in space in Llandoverly for 3 hours once a fortnight at the LYCC Community Centre. A Wellbeing Group Initiative. Tel: Sandra 01550 721197 or Jill 01550 721499.

APRIL 2018

APRIL 2

After School Club ('Getaway Club'). Every week day from 4.00pm to 5.45pm. For children aged 9-18 years. Cost: 50p per person. Also, **Free Internet DigiLab** – all ages. Every Weekday 9.30 am to 3.30 pm. Llandoverly LYCC Community Drop-in Centre, 19 Market Square. Tel: 01550 721499.

APRIL 3

Youth Club Night – Tuesdays and Thursdays, 7.30pm to 9.30pm. Ages 11 - 25 years). Cost: 60p. Llandoverly LYCC Community Drop-in Centre, 19 Market Square. Tel: 01550 721499.

BBC First Click Computer Course – 10.00am to 12.00pm. Broaden your IT skills, complete beginners

or existing users. Cost: £2.00 per session. Llandoverly LYCC Community Drop-in Centre, 19 Market Square, Tel: 01550 721499.

Alternating Latin and Greek – 12.00 to 2.00pm. A University of the Third Age (U3A) group. Llandoverly LYCC Community Drop-in Centre, 19 Market Square. Tel: 01550 721499.

Craft Circle – Tuesdays 1.00pm to 3.00pm. Get together, Craft and Natter! All welcome. Cost: £2.00. Llandoverly LYCC Community Drop-in Centre, 19 Market Square. Tel: 01550 721499.

LIGHTING OF THE CHRISTMAS TREE

On Wednesday 6th December 2017 the community of Llanwrda gathered at Bridgend Garage for the lighting of the Christmas Tree. Proceedings were led by the Rev. Roger Thomas and Llandoverly Male Voice Choir sang carols accompanied by the community and whom we sincerely thank. People are still talking about the evening and how they thoroughly enjoyed it, in spite of the weather.

Our thanks go to Richard and Margaret for providing the venue, Danny Sheds for erecting the tree and for the handling equipment and Ian Povey for providing the tables.

The tree was kindly donated by Ceri and Jacquie Thompson of Cae'r Brwyn.

Thanks to the local police – Helen – for providing "care on the square" and to all locals for attending and providing refreshments.

This event once again demonstrated community spirit at it's best.

The date of the Lighting of the Community Christmas Tree next year will be Wednesday 5th December 2018 at 6.30p.m. – Bridgend Garage.

THANK YOU

Julia Price of Siloh, Llandoverly, would like to thank friends and neighbours for the cards, flowers, cakes and messages of sympathy she received after the loss of her dear Mother.

Thank you to those who gave donations, they have been given to Velindre Hospital and Heart research.

Your friendship and kindness have been a great comfort.

RETIREMENT OF THE REVEREND ROGER THOMAS

The churches of Manordeilo, Llansadwrn, Capel Dewi and Llanwrda are liaising so that a joint presentation is made to Roger in appreciation of his Ministry. If anyone has had previous connections with any of these churches and would like to contribute to the presentation this would be very welcome and should be passed to the respective churchwardens.

Gordon Jones (01550 777131)

READERS' SALES & WANTS

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

FOR SALE

- **Schoel foot spa** 2 year guarantee £20 ono. Tel: 01267 202230.
- **BMX cycle** awesome Apollo as new £45 ono. Tel: 01267 202230.
- **Prima fan oven**, stainless steel, built in with Electrolux 4 ring easy clean ceramic top, £95 ono. Tel: 01267 202230.
- **Set of 4 Volvo alloy wheels with tyres**, £100 ono. Tel: 01267 202230.
- **Electric Horse Groomer** and other items. Tel: 01550 777699.
- **Sideboard**, 2 end cupboards and 3 drawers, 16"W x 71"H x 28"H, £15, buyer collects. Tel: 01550 777432 (long ring).
- **Artists:** over 20 high quality picture frames, some brand new, others complete with mounts. Various sizes. Also mounts, boards and canvasses. Ideal for oils, pastels and watercolours plus odds and ends. Sell as job lot. Genuine enquiries only. Tel: 01550 777432 (long ring).
- **Vax Infinity Steam cleaner**, 1500W. Cleans carpets, hard surfaces and upholstery. No chemicals required, £20. Tel: 07830 265828.
- **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.
- **Ladies Golf Clubs** with a red bag, £5. Tel: 07761 107055.
- **4 white internal doors** (good condition), £4 each or £12 for the lot. Tel: 07761 107055.
- **1 Glass door**, £5. Tel: 07761 107055.
- **3 x 3ft long Fluorescent lights** with individual switches, £3 each. Tel: 07761 107055.
- **An old steel log holder** for sawing firewood, £30. Tel: 07761 107055.
- **Cast iron Pig trough**, £30. Tel: 07761 107055.
- **Childs cot and high chair**, £25. Tel: 01558 650611.
- **Brass mixer taps.** Brand new in box with collection pipes and installation booklet. Very stylish and good quality, £35. Tel: 07771 817277.
- **Glass/chrome tv stand**, three shelves L 80cm H 52cm D 45cm, £10. Tel: 07771 817277.
- **Dog/puppy pen**, approx. 3ft. Folds easily and comes with carry case. Brand new £15 ono. Tel: 07771 817277.
- **Foot spa** with feet massage attachments, £12. Tel: 07771 817277.
- **Stainless steel sink with drainer and mixer taps.** 203cm laminate worktop, £20. Tel: 07771 817277.
- **Radiator** H 31 cm L 120 cm D 9 cm Double rad, £30 ono. Tel: 07771 817277.
- **Rabbit hutch**, outside run and bowls, £10. Tel: 07771 817277.
- **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.
- **Pair of Brown lace-up Men's shoes:** Leather soles, CLARKS UK size 9 1/2, Excellent condition: stored in original box. Worn only once for Family Wedding – the couple, like shoes are still together! Picture via e-mail on request. Cash sale only: Buyer to collect, £25. Tel: 01558 668612.
- **Siemens fridge**, in excellent condition, dimensions, 600 x 600 x 850, £80 ono. Tel: 07825 249064.
- **BOYS MOUNTAIN bike**, 12" frame, 20" wheels, 18 gears, suit 9-12 years, hardly used, very good condition, £45. Tel: 07890 511569.
- **2 Bedside cabinets** (French) in light wood with cupboard, drawer and marble tops, £120. Tel: 01874 658262.
- **Selection of Black Mountain pottery**, made near Talgarth, 6 coffee cups and saucers, mugs, storage jars and more, £85. Tel: 01874 658262.
- **Set of 4 Denby soup bowls** with lids 2 yellow & 2 blue, £20. Tel: 01874 658262.
- **Filing cabinet** with 15 drawers, grey, £30. Tel: 01874 658262.
- **Paper rack for 12 x 12 papers**, 25 slots, £2. Tel: 01874 658262.
- **i-Phone 5 with charger.** All reasonable offers considered. Tel: 01558 822622.
- **i-Phone docking station.** All reasonable offers considered. Tel: 01558 822622.
- **Box of bric a brac.** All reasonable offers considered. Tel: 01558 822622.
- **Offered free:** 2 swivel bar-stools, adjustable height (gas lift), solid, good quality. Black leather-look seats very worn, possible reupholstery project? View/collect from Llanwrtyd. Tel 01591 610701 for info.
- **Helly Hanson XL work jacket**, brand new, £30. Tel: 01550 721005.
- **Men's giant escape hybrid bike** in very good condition, never been out in the rain, £180. Tel: 07779 078091.
- **Used Bostich 16 gauge Air nail gun** in good condition, fires 12 – 2½ nails, £50. Tel: 07779 078091.
- **12 aluminium sash clamps** in various sizes, £45. Tel: 07779 078091.
- **Large Dewalt tool bag** in good condition with side pockets, £20 Tel: 07779 078091.
- **Caravan awning for a 20 foot caravan**, £98. Tel 01550 760316.

THE POST
ADVERTISING
you CAN afford

- **Sheep turnover crate**, £50 ono. Tel 01550 779077.
- **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.
- **Weihrauch HW100 .22 Air Rifle** with quick fill upgrade, Deben/Hawke rifle scope, extra magazine, FX 4 stage hand pump, cleaning kit and carrying bag. All as new. £700 for quick sale. Tel: 01558 823188.
- **Portable Table Saw (Bench saw)** very little use. Has own switch gear. £30. Ring 01558 823188.
- **Exercise Bike**. Very little use, been stored for some time, £20. Ring 01558 823188.
- **Calor Gas room heater** – good condition, little used, £35 ono. Tel: 07788 137883.
- **Conservatory Cane furniture** comprising 2 seater sofa and two armchairs (with cushions) plus coffee table. All in good condition, £99 ono. Tel. 07788 137883.
- **Vegan Companion and understanding tenant** with M.E, MCS & EMS offers shared skills for self-contained accommodation. Tel: 01550 721197 (please leave message). Tel: 01550 721197.

WANTED

- **Professional Gentleman Tenant**, works from home, seeks rural unfurnished 2/3 bedroom house or cottage to let. Tel: 01591 610020.
- **Rental property require**. Retired couple. Talley/Cwmdu. Anything considered. Tel: 07341 943757 or 07377 728742.
- **Any used postage stamps or old £1 coins**: To help raise funds for Llest Horse and Pony Trust please send them to Llest, Beilli Bedw Farm, Llanddeusant, Llangadog, Carm. SA19 9TG. Please make sure to cut not more than a 1cm border around any stamps you send. Thank you
- **No smoking no pet family looking to rent 1-2 bedroom cottage/house** in the £375 – 450 range with allowance for 2 children and housing ben in the Llandoverly/Llangadog/Llandeilo area. Good reference provided. Call Sara on 07597 231371.
- **Detached House to Rent**. Located in or near Countryside with garden if possible. Outbuilding a bonus. Quiet couple (artists and writers). Monthly rent and/or bartered skills exchange arrangement considered. Traditional older property with Rayburn acceptable. Current let 18 years. One or more properties considered to rent from same location. Excellent references. Please telephone: 01550 721197 after 6pm (answer machine messages replied to).
- **Suzuki Alto GL Wheels**. 4 wheels with tyres wanted. Tel: 01550 721197.
- **Admin/Website Volunteers needed for Vegan charity**. See Vegfam entry in The Post Local Directory. Tel: 01550 721197.
- **Carer, Home help and Respite Accommodation**. Part-time, experienced Home-help, P.A. and Driver required. Self-employed positions. Direct Payments Scheme funded. Day care and overnight. Allergy aware staff for Vegan client near Llanwrda. Also advocacy and rural self-contained accommodation needed (short or longterm). Please telephone: 01550 721197 (leave a message).

ACORN ANTICS ACHIEVEMENT



Learners from all over Wales have been taking part in Natural Resources Wales' (NRW) biggest ever Acorn Antics campaign.

Over thirty education and learning groups collected approximately 386,400 acorns in three weeks – enough to plant 257 football pitches full of oak trees.

The Acorn Antics project, which takes place each year, helps NRW plant more trees which have been grown from local seeds.

The project also gives young people the opportunity to learn about, and connect with, the natural environment in Wales.

Ffion Hughes, Education Co-ordinator, Natural Resources Wales said:

“We piloted the project in North East Wales over the last two years, but this year we opened the opportunity to education groups across Wales.

“The response has been huge and we're proud to help more people get outside and learn about our woodlands and forests.

“In three to four years we will be able to replant the successful saplings in the area they were found as acorns.”

Education groups such as Brownies, Cylch Meithrin, Scouts and primary schools took part.

With acorns collected from school grounds and country parks. Some were even collected from the grounds of a tennis centre and an art gallery.

Ffion continued:

“We want to thank everyone who organised or took part in collections, and the landowners who gave permission for groups to collect acorns from their sites.

“2017 has been a great year for Acorn Antics which will help ensure there will be plenty of Welsh oaks for the future.”

NRW have sent the acorns to the Forestry Commission tree nursery in Cheshire where they will be grown into saplings.

Replanting local seeds helps reduce the risk of spreading pests and diseases which can devastate forests.

Oak trees help provide a home for wildlife, and help reduce the effects of climate change by absorbing carbon dioxide from the atmosphere.

They can also help reduce flood risk and help create great places for people to relax and enjoy the outdoors.

Church Services

E-English W-Welsh B-Bilingual

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

(all services are bilingual)

St Gwrdaf Church, Llanwrda

- 4 Mar 8.30am Holy Eucharist
11 Mar 8.30am Holy Eucharist
18 Mar 8.30am Holy Eucharist
29 Mar 7.00pm Holy Eucharist + Stripping of Altar
30 Mar 2.00am Good Friday (Hour of Meditation)
1 April 8.30am Holy Eucharist

St. Sadwrn Church, Llansadwrn

- 4 Mar 11.00am Holy Eucharist
18 Mar 11.00am Holy Eucharist
25 Mar 11.00am Rainbow Church
1 Apr 8.30am Holy Eucharist

Capel Dewi Sant

- 4 Mar 2.15pm Cymun Bendigaid
18 Mar 2.15pm Cymun Bendigaid
25 Mar 2.15pm Hwylol Weddi
1 Apr 8.30am Pasg Cymun Bendigaid

St. Paul's, Manordeilo

- 4 Mar 9.30am Holy Eucharist
11 Mar 9.30am Morning Prayer
18 Mar 9.30am Holy Eucharist
25 Mar 9.30am Holy Eucharist
1 Apr 8.30am 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 Mar 9.30am Holy Communion
11 Mar 9.30am Morning Prayer
18 Mar 9.30am Morning Prayer
25 Mar 9.30am Morning Prayer
29 Mar 7.00pm Holy Communion
30 Mar 10.00am Morning Prayer
1 Apr 9.30am Holy Communion

For further information please contact 01550 777226.

PARISH OF LLANDOVERY WITH MYDDFAI

Llandingat

- 4 Mar 10.00am Family Communion
6.00pm Holy Communion
11 Mar 10.00am Mothering Sunday Service
6.00pm Informal Evening Service
18 Mar 9.30am Holy Communion
6.00pm Evening Prayer
25 Mar 9.30am Holy Communion
4.00pm Meet in the Market Square
4.30pm Palm Sunday Special

Llanfair

- 4 Mar 9.00 m Cymun Bendigaid
18 Mar 11.00am Cymun Bendigaid

St Michael's, Myddfai

- 4 Mar 11.30am Holy Communion
11 Mar 11.30am Holy Communion
18 Mar 11.30am Morning Prayer
25 Mar 11.30am Holy Communion

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

ST SIMON & ST JUDE, LLANDEUSANT

- 11 Mar 11.00am Morning Prayer
25 Mar 2.00pm Holy Eucharist

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 Maestilo

- 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 Taliaris

- 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, Llandovery.

Phone: 01550 777149

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

BAPTIST CHAPEL

Queen Street, Llandovery (at the end of Orchard Street.)

10.30am Welsh Service.

ALL SAINTS GWYNFE

- 4 Mar 11.15am Eucharist
11 Mar 11.15am Morning Prayer
18 Mar 11.15am Morning Prayer
25 Mar 2.00pm Llanddeusant
No service Gwynfe
1 Apr 11.00am Eucharist

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).
Phone for details.
Llandeilo 7.30pm Farm meeting, Thursday.
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

PARISH OF CILYCWYM & YSTRAD FFIN WITH RHANDIRMWYN & CYNGHORDY

St Mary's, Cyngordy (Llanfair-ar-y-bryn)

- 4 Mar 2.30pm Eucharist
11 Mar 2.30pm Eucharist
18 Mar 2.30pm Evening Prayer
25 Mar 2.30pm Eucharist
1 Apr 2.30pm Easter Eucharist

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

St. Barnabas Church, Rhandirmwyn

- 4 Mar 9.30am Eucharist
11 Mar 9.30am Eucharist
18 Mar 9.30am Morning Prayer
25 Mar 9.30am Eucharist
30 Mar 10.00am Good Friday Service
1 Apr 9.30am Easter Eucharist

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

St. Michael's, Cilycwm

- 4 Mar 11.15am Eucharist
11 Mar 11.15am Eucharist
18 Mar 11.15am Morning Prayer
25 Mar 11.15am Eucharist
29 Mar 7.00pm Maundy Thursday Service

1 Apr 11.15am Easter Eucharist

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

ST CYNWIL, CYNWYL GAEO

Sunday services 9.30am

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

ST SAWYL, LLANSAWEL

Services on the 1st and 3rd Sundays of the month at 11.00am

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

ST MICHAEL'S, TALLEY

Sunday services 11.00am

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

ST DAVID, ABERGORLECH

Sunday services at 9.30am

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

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: davidkeitheavans@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 Andrew Redman, who lives in Capel Isaac

My name is Andrew. I am 75 in June. I will have been married to Meg for 53 years in September. We have two grown up daughters and two grandsons. We live in Capel Isaac with our five little dogs and one ginger cat. We have had horses all our married life until 2 years ago. The eldest horse we bought at Stow Fair when she was eighteen months old, lived to the age of 37!

I started working life in farming and was a student at the Royal Farm at Windsor which was a great experience. I moved away from farming in 1969. Since then I have worked in various sectors (10 years at Parker Knoll Furniture Co., then slaughterhouse, building, gardening and a cake factory!)

We have been long term foster carers looking after special needs' children which gave us a great deal of pleasure and we are in regular contact with several of them.

We moved to Wales in 2010. Meg's Father was born in Aberdare and was very proud of his Welsh roots. We have had some great holidays here.

We have made a lot of good friends too and we were introduced to the Apostolic Church at Llandybie. We were baptised there and renewed our marriage vows in 2015. When the Church closed we started to attend The Apostolic Church at Cwmdu and we feel so blessed to be made so very welcome by the members here.

One of my favourite piece of scripture from the bible is Psalm 139 and it is very precious to me. "You know when I sit and when I rise; you perceive my thoughts from afar". We have a caravan and use it to visit friends and family who live in various parts of the UK. I do hope that this is a brief insight to my life!

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.

LOOKING FOR A COPY OF THE POST?

Pick your copy up at one of our usual drop points:

PostDatum	Llandovery	Texaco Petrol Station	Gorslas
Llanfair Surgery	Llandovery	Post Office	Llanddarog
Llandovery Hospital	Llandovery	Capel Dewi Village Hall	Capel Dewi
Bush House Vet Group	Llandovery	Dryslwyn Post Office	Dryslwyn
Ratcliffe's Shop	Llandovery	Pen y Bont Inn	Llanfynydd
Llandovery Opticians	Llandovery	Pontagothi Hall	Pontagothi
Décor Centre	Llandovery	Whitemill Service Station	Whitemill
Pamper	Llandovery	Donna's Diner	Whitemill
Pet Shop	Llandovery	Brechfa Community Shop	Brechfa
Newsagent	Llandovery	Black Lion	Abergorlech
Pound Shop	Llandovery	The Angel Pub	Llansawel
Llandovery Kebab Shop	Llandovery	Black Lion	Llansawel
The Three Horseshoes	Llandovery	Post Office	Cwmdu
Tudors Café	Llandovery	Royal Mail Sorting Office	Llandeilo
Craft Centre	Llandovery	The Hangout	Llandeilo
The Kings Head	Llandovery	Llandeilo Builders Services Shop	Llandeilo
Post Office	Llandovery	Llyn Griffiths Petrol Station	Llandeilo
No. 7 Hairdressers	Llandovery	Thomas Services	Llandeilo
The Bluebell	Llandovery	Food Hub	Llandeilo
Charity Shop	Llandovery	The Cottage Inn	Llandeilo
Dolau Bran Community Centre	Llandovery	The White Heart	Llandeilo
Library	Llandovery	Spar Shop	Llandeilo
Barclays Bank	Llandovery	Natural Health Centre	Llandeilo
Coop	Llandovery	CK's Supermarket	Llandeilo
Erwlon Caravan Park	Llandovery	Hugh Williams Solicitors	Llandeilo
The Castle Hotel	Llandovery	Library	Llandeilo
Tourist Visitor Centre	Llandovery	GT Locksmiths	Llandeilo
Red Cross Charity Shop	Llandovery	Doctors Surgery	Llandeilo
Carmarthen And Pumsaint Farmers Coop	Llandovery	Opticians	Llandeilo
Spar	Llandovery	The Greenhouse	Llandeilo
Chaplins Hairdressers	Llandovery	Flying Goose Quilt Shop	Llandeilo
West End Café	Llandovery	Little Welsh Dresser	Llandeilo
Morris Isaacs Filling Station	Llandovery	N. Wall Jeweller	Llandeilo
Train Station Café	Llandovery	Crafts Alive	Llandeilo
The Lord Rhys	Llandovery	Carmarthen and Pumsaint Farmers	Fairfach
The Level Crossing	Llandovery	Bush House Vet Group	Fairfach
Owl's Nest	Llandovery	Post Office	Fairfach
Ystrad Nurseries	Llandovery	Trapp Village Hall	Trapp
Trecastle Village Hall	Trecastle	Chip Shop	Llandybie
Londis Murco Garage	Sennybridge	Llandybie Stores	Llandybie
Sennybridge Petrol Station	Sennybridge	Newsagent	Ammanford
Sennybridge Trading Company	Sennybridge	Public Library	Ammanford
Sennybridge Doctors Surgery	Sennybridge	Barclays Bank	Ammanford
Halfway Garage	Halfway	Brynteg Dental Surgery	Ammanford
Baron's Court Caravan Park	Llangadog		
Llangadog Surgery	Llangadog		
Morgans Newsagents and Post Office	Llangadog		
Goose & Cuckoo	Llangadog		
Mace	Llangadog		
The Castle Pub	Llangadog		
St Cadogs Church	Llangadog		
The Telegraph Inn Café	Llangadog		
Martin and Sues Cabin	Llangadog		
Abermarlais Caravan Park	Llangadog		
Texaco Petrol Station	Manordeilo		
Sextons Arms	Llansadwrn		
St Gwrdaf Church	Llanwrda		
Llanwrda Shop	Llanwrda		
The Dolaucothi Arms	Pumsaint		
D. A. Lewis Agricultural Merchant	Pumsaint		
Tourist Information Centre	Pumsaint		
Checkpoint Garage	Harford		
Brunant Arms	Caio		
Neuadd Fawr Arms	Cilycwm		
Royal Oak Pub	Rhandirmwyn		
Rhandirmwyn Campsite	Rhandirmwyn		
Towy Bridge Inn	Rhandirmwyn		
Pharmacy	Llanwrtyd Wells		
Stonicroft Inn	Llanwrtyd Wells		
Neuadd Hotel	Llanwrtyd Wells		
Drivers Rest	Llanwrtyd Wells		
Ratcliffe's Yard	Llanwrtyd Wells		
Spar Shop	Llanwrtyd Wells		
Llanwrtyd Wells Filling Station	Llanwrtyd Wells		

SPECIAL EVENTS IN LLANDINGAT CHURCH

Palm Sunday (Sul y Blodau) is 25 March this year. We hope that Cariad the donkey from Bryndafydd Animal Assisted Therapy will be able to join us for our Palm Sunday Special. We begin in Llandovery Market Square at 4 pm. Cariad will lead us to Llandingat Church for a brief service of celebration: there will be something for people of all ages, so families with children are particularly welcome.

Our monthly Informal Evening Service takes place on Sunday 11 March at 6 pm. The hymns include some old favourites as well as some of the best of the more recent hymns. We have some Bible readings, some thoughts from the readings and prayer. We trust that the service gives an uncomplicated way to allow God some space in our lives.

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

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 MARCH:

Llanwrtyd Wells Thursday Walkers leave the Neuadd Arms Hotel at 10.30 a.m. for a walk of about 5 miles. Easy-pace, friendly group, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

Cymdeithas Cwmdu. A short meeting at the earlier time of 7pm, to precede

TABLE TENNIS at Coronation Hall, PUMSAINT, SA19 8UW. Every THURSDAY 10.00am – 12.30pm. Equipment provided. Please wear appropriate footwear. All welcome. Please contact Yvonne 01558 650870 with any queries.

Holistic Heaven Yoga with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

Cawl a Chan at the Neuadd Arms Cilycwm postponed.

St David's Day in Cwmdu. Following a short meeting of Cymdeithas Cwmdu at 7pm, hopefully an entertaining evening, will follow from 8pm, with amongst other things - a Cawl Competition - all entries to be tasted and voted on by the clientele. If there are any singers, musicians, poets or other Welsh entertainers who would like to participate, please contact Irene in the shop. Also, Cawl, cheese and rolls will be available to all. Please see posters and website for further information or check on our new telephone number: 01558 685156.

Thursdays: YOGA with MINDFULNESS in Llandoverly. A gentle yoga class for overall wellbeing, working deeply on body, mind and spirit. Beginners welcome. The Bowls Pavilion, Castle Car Park. 10.30a.m - 12.00. Cost £6.00. For information telephone Stephanie/Nirbhaya: 01558 650534.

Llanwrtyd Wells & District Twinning Association AGM at 8pm in the Institute, everyone welcome, bring refreshments. Contact Bryn Davies 01591 610633 for information.

IT'S FUN TO SING WITH 'YTWI 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 Effryn Hall (far end of Dinewtr Ave, off new Rd, by Spar.) Search our website 'Ytwi 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.

2 MARCH:

INDOOR SHORT MAT BOWLS at Coronation Hall, PUMSAINT SA19 8UW from 7.00pm 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.

Gentle chill out yoga with meditation at Henllys Estate SA20 0EW, 12.15pm – 1.15pm. Small, friendly classes with Claire Latimir. All welcome 07985 077227. Email: Claire@holistic-heaven.com www.holistic-heaven.com

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 our new telephone number: - 01558 685156.

Llandeilo Country Market – 'Bake - Craft - Grow'. Home baked cakes, savouries, jams, pickles and sauces, fresh local, seasonal vegetables and plants. Wide selection of handcrafted gifts ideal as presents – all from our local producers. Orders can be taken and be ready for collection every Friday. Find us between 9.00am and 12.00 noon in the Civic Hall, Llandeilo – free entry. Check us out on Facebook. New producers always welcomed.

3 MARCH:

Llandeilo Antiques and Vintage Monthly Fair at the Civic Hall, Llandeilo. Homemade snacks and refreshments will be available at the fair. Doors open at 10.00am and close at 4.00pm. Admission is just £1. Tel: 01267 220260 or 07790 293367 for further info.

GRAND MID WALES CYCLE JUMBLE AND AUCTION (INCLUDING SURPLUS ITEMS FROM THE MUSEUM STORES) The event will take place at the Royal British Legion, Tremont Road, Llandrindod Wells LD1 5EB (on A483 north end of town near Aldi). Tables: £7 each (set up from 8.30am). Public admission: Pre 9.30am £3. From 9.30am £1. Auction of surplus museum stores cycles at 11.00am. For a list of machines for auction and to book a stall, please contact Steve Griffith on 02083 465215, mob 07740 923630 or email: griffith531@hotmail.com NB: THERE WILL NOT BE DEBIT/ CREDIT CARD PAYMENT FACILITIES ON SITE. PAYMENT BY CASH ONLY.

Archaeology day at Aberystwyth. A day of presentations, exhibitions and discussions on the results of recent archaeological research and investigations, 10.00am – 4.30pm at Morlan Centre, Morfa Mawr, Aberystwyth SY23 2HH. £5 to include tea, coffee and biscuits. Book early to avoid disappointment! Contact Jenna Smith, j.smith@dyfedarchaeology.org.uk. Tel: 01558 825995 / 01558 823121.

Cadog Film Club: My Cousin Rachel (2017) This Daphne du Maurier thriller tells the story of a young man who becomes infatuated with his older cousin Rachel. But his passion begins to become clouded with his growing suspicions about Rachel's past. Llangadog Community Hall

**APOLOGIES TO
ALL READERS AND
CONTRIBUTORS WHO
WERE AFFECTED BY
LAST MONTHS EVENTS
SECTION ERROR.**

at 7.30pm 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.

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 our new telephone number: - 01558 685156.

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.

Patch Work Farm Meeting, Newton House, Dinefwr Park, Llandeilo. 11.00am - 3.00pm in the meeting room. Black Mountain Food Hub is inviting growers, farmers and land owners to a meeting to organise the coming season for the Patch Work Farm.

Shane Davies Tractor Road-Run in Llanwrtyd Wells. Any age tractor, quad, 4x4 or road vehicle welcome, must be road-worthy and insured. Entry @£15 per vehicle includes a light lunch, proceeds to the Dolwen Field Project. Meet at the school, Ysgol Dolafon, registration from 8am, leave at 10am. For details or to register in advance, contact Jimmy Davies on 07867 498127.

Bore Cofii Dydd Gwyl Dewi. St David's Day Coffee Morning from 10.30am - 12 noon in the Victoria Hall, Llanwrtyd Wells. Stalls, entertainment, refreshments, prize-draw etc. Admission £1 (includes tea/coffee/biscuits). Proceeds to Llanwrtyd and District Heritage & Arts Centre. Tel.Mrs. Susan Price on 01591 610303 for information.

Cawl Supper in Crugybar Village Hall at 7.30 pm. Adults £5 and children £2. There will be a raffle and a quiz. Contact Anne on 01558 685570.

Talley & Llansawel St Davids Celebration; Twmpath by local band Rattlin Bog, Cawl & Bar at Neuadd Llansawel Hall, 6.30pm to 11.30pm. Adults £10, Secondary School £5, Primary School Free. Ticket includes Cawl. Proceeds to Llansawel Hall & Talley School PTA.

Trecastle Eisteddfod. To start at 6.30pm. Further information contact 01874 636706.

4 MARCH:

Holistic Heaven Yoga with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

The Ramblers – Halfway Forest and Epynt Way: A walk through the forest and onto the Epynt Way and return using forest tracks and footpaths. Good walking but some long climbs with great views (weather permitting). Dist. 8 miles. Energetic Explorer map 186. Meeting point: Llandovery Railway Station. Dep.10.00am and on by car, organised by Dinefwr Ramblers. Leader: Stuart Collins Tel. 01550 721251 Mob. 07775 503441.

Brecon Litterpicking: 1st Sunday of the month.Meet 10.00am at Watergate Car Park. We meet regularly to help remove litter around Brecon town, riverbanks and paths. Litter looks unsightly, and can be dangerous to animals and children. So, why not come and give a small amount of time? Just two hours can help to keep our lovely town looking tidy! It's a great way to enjoy fresh air, observe local nature, by doing great work that benefits the local community which impresses the many visitors coming to beautiful Brecon, and a wonderful way in which to show our pride in the local area. Why not come

along and join us? We have the kit, just bring yourself, friends, family! Volunteers needed! Come along to join us on a social stroll around beautiful Brecon and help keep your town tidy! #KeepBreconTidy @PLANBrecon facebook.com/PLANBrecon
Every Sunday: ZUMBA FITNESS – The Ultimate Latin Dancercise class, 3.00 – 4.00pm at Civic Hall, Llandeilo. Call Melissa for info 07909 903773.

Dinefwr Poetry. An informal collection of poetry lovers meet to read out their poetry at 2.30pm on the first and third Sunday of every month at the Railway Station Cafe, Llandovery. Refreshments and cake available. Tel: Mick: 01550 777656.

Brian Dennis Motorsport Welsh Historic Rally Championship 2018: Mid Wales Stages (F) Newtown & District M.C. Contact: Wayne Jones on 01686 640863 or email: wayne_jones@talk21.com for further information.

5 MARCH:

Dydd Gwyl Dewi Hapus. Celebration at The Sexton Arms, Llansadwrn, 6.30pm for 7.00pm organised by Llanwrda & Llansadwrn Countrywomen's Group. Tel: 01550 777347 for further info.

Holistic Heaven Yoga with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

Mondays: CHAIR YOGA in Llandovery: for those with restricted mobility who wish to enjoy the full benefits of yoga; gentle movement and deep relaxation for wellbeing. The Bowls Pavilion, Castle Car Park. Wheel chair access. 10.15am – 11.15am. Cost: £5.00. For information telephone Stephanie 01558 650534.

Yoga at Salem Hall with Sian, Mondays 10.00am – 11.30am, suitable for all. Bring a yoga mat, a blanket, a bottle of water, and yourself, however you are. Take time out for YOU to find strength, flexibility and balance. Call 07534 974413.

6 MARCH:

The Arts Society Brecknock, 'Tibet the Roof of the World', a talk to be given by Zara Fleming; 2.30pm at Theatr Brycheiniog, Brecon LD3 7EW. Visitors will be most welcome - tickets £8.00; available in advance from Theatr Brycheiniog Box Office 01874 611622 or 'on the door' on the day.

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. Cost: £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.

BADMINTON at Coronation Hall, PUMSAINT, SA19 8UW. Every TUESDAY 10.00am – 12.30pm. Rackets/shuttles provided. Please wear appropriate footwear. All welcome. Please contact Yvonne 01558 650870 with any queries.

Short Mat Bowls at Llangadog Community Centre, every Tuesday, 7.00pm. Contact: Geraint 01550 777576 or Megan and Eric 01550 777645.

A Drawing/Painting course starting with practising artist Genevieve Caminade every Tuesday mornings, from 10.00pm until 12.00 noon, at the Civic Hall, Llandeilo. All levels welcome. For further information and bookings contact genevacaminade@hotmail.com, tel 01558 685175.

Tuesdays: YOGA with MINDFULNESS in Llandovery. A gentle yoga class for overall wellbeing, working deeply on body, mind and spirit. Beginners welcome. The Catholic Hall. 6.00p.m - 7.30p.m. Cost £6.00. For information telephone Stephanie/Nirbhaya: 01558 650534.

Every Tuesday: JUST JHOOM! "Bollywood" Dancercise, 6.00 – 7.00pm at Civic Hall, Llandeilo. Call Melissa for info 07909 903773.

Pub Aid Quiz for Prostate Cancer hosted by The Royal Oak Inn, Rhandirwmyn SA20 0NY, 7.30pm – 10.30pm. For details contact 01550 760201.

Hatha Yoga: Tuesdays 9.30am – 11.00am. Gentle yoga to improve balance, strength, flexibility and coordination. Suitable for beginners. Includes breathing exercises and deep relaxation. Feel energized, relaxed and rejuvenated. Contact Reva 07874352276 Mandala Yoga Ashram, Llansadwrn <http://www.mandalayoga.net/>

7 MARCH:

Writing for Fun and Profit, course. 7.00pm to 9.00pm, Llandovery LYCC, Gerwyn House, 19 Market Square, Llandovery SA20 0AB. For anybody crazy enough to have an interest in writing, offering constructive feedback in a safe environment for all stages of the writing process.

Holistic Heaven Candlelit evening session Yoga with Claire Latimir. 6.00 – 7.00pm small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

The Ramblers – Llanelli Walk: Furnace, Tre-beddrod reservoir and Swiss Valley reservoir. A pleasant circular route with good views. Dist. 5 miles. Easy Explorer map 178. Meeting point: Llandybie Railway Station. Dep. 12.30pm, organised by Dinefwr Ramblers. Leader: David Murfin Tel. 01269 850914 Mob. 07872 428423.

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

Wednesday evenings: Conversational French, beginners, from 11.00am until 12.00pm. Intermediate learners from 6.30pm until 7.30pm in Llandeilo, at the Function Room, The Angel Inn. Bookings and info. Contact: amelie@vivelafrance.gmail, tel:01558 685175.

Cwmdu Smallholders. This month, the group for smallholders will be meeting in the Blue Room upstairs in the Cwmdu Inn from 7.00pm. Bring a plate of food to share. For more information, please contact Pete Mitchell on 01558 685815 or Talley and Cwmdu Smallholders on Facebook.

Mindfulness Yoga Classes at Llandovery LYCC Llandovery, Wednesday mornings 10.00 – 11.30am. Please bring your favourite cushion and blanket. No experience necessary. Contact Sue on 07780 544470.

Yoga for Mums and Teen Daughters at Salem Hall, Wednesdays 4.30pm – 5.30pm. A chance to bond with your daughter away from the hustle and bustle of daily life. Yoga is great for teenagers, helping them to cope with the stresses of exams, arguments with friends and hormone fluctuations, as well as improving balance, coordination, strength and flexibility. Call Sian on 07534 974413.

Hatha Yoga: Wednesday 6.30pm – 8.00pm. Gwynfe Village Hall. Gentle yoga to improve balance, strength, flexibility and coordination. Suitable for beginners. Includes breathing exercises and deep relaxation. Feel energized, relaxed and rejuvenated. Contact Reva 07874352276 <http://www.mandalayoga.net/>

8 MARCH:

Llanwrtyd Wells Thursday Walkers leave the Neuadd Arms Hotel at 10.30 a.m. for a walk of about 5 miles. Easy-pace, friendly group, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact

Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

TABLE TENNIS at Coronation Hall, PUMSAINT, SA19 8UW. Every THURSDAY 10.00am – 12.30pm. Equipment provided. Please wear appropriate footwear. All welcome. Please contact Yvonne 01558 650870 with any queries.

Holistic Heaven Yoga with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

Whist Drive at Llangadog Community Centre, 7.30pm. Contact Jackie on 01550 777316 for details.

Talley Church Hall. A new Craft and Sewing Group meeting on the second Thursday of every month, from 9am – 12am. Refreshments available. All welcome.

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.

Thursdays: YOGA with MINDFULNESS in Llandovery. A gentle yoga class for overall wellbeing, working deeply on body, mind and spirit. Beginners welcome. The Bowls Pavilion, Castle Car Park. 10.30a.m - 12.00. Cost £6.00. For information telephone Stephanie/Nirbhaya: 01558 650534.

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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 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.

9 MARCH:

INDOOR SHORT MAT BOWLS at Coronation Hall, PUMSAINT SA19 8UW from 7.00pm 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.

Gentle chill out yoga with meditation at Henllys Estate SA20 0EW, 12.15pm – 1.15pm. Small, friendly classes with Claire Latimir. All welcome 07985 077227. Email: Claire@holistic-heaven.com www.holistic-heaven.com

Llandeilo Country Market – 'Bake - Craft - Grow'. Home baked cakes, savouries, jams, pickles and sauces, fresh local, seasonal vegetables and plants. Wide selection of handcrafted gifts ideal as presents – all from our local producers. Orders can be taken and be ready for collection every Friday. Find us between 9.00am and 12.00 noon in the Civic Hall, Llandeilo – free entry. Check us out on Facebook. New producers always welcomed.

10 MARCH:

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 our new telephone number: - 01558 685156.

Celebrity Quiz Night and Simple Supper in Llangadog Community Centre at 7pm. Bar, raffle and prizes. Come as a

team (max 8 pers) or join a team on the night. Tickets £10 to be booked in advance due to catering. Contact ireenhayes@aol.com or ring 01550777657 for tickets or more information.

Quiz Night in Crugybar Village Hall with Mike and Dave at 7.30 pm. Admission £2. Bring drinks and nibbles.

Brecon Farmers Market: Second Saturday monthly at the Brecon Market Hall, 9.30am – 2.00pm.

11 MARCH:

Holistic Heaven Yoga with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

The Ramblers – South of Builth Wells: From Tre'ricket Mill south of Builth on lanes and tracks over Brechfa Common, past Brechfa Pool and return by the Wye. Good views of the Black Mountains. Dist. 9 miles. Energetic. Explorer map 188. Meeting point: Llandovery Railway Station. Dep. 9.30am and on by car, organised by Dinefwr Ramblers. Leader: Judy Gore Tel. 01591 610613.

Every Sunday: ZUMBA FITNESS – The Ultimate Latin Dancercise class, 3.00 – 4.00pm at Civic Hall, Llandeilo. Call Melissa for info 07909 903773.

11 MARCH – 22 MARCH:

Art in the Mansion – NewStartArt: We are five artists from the Towy Valley returning to Aberglasney for the third time, our preview this year is from 11.00am. The variety of our styles always makes for a colourful and eclectic mix of paintings and home crafts influenced by what we see around us. For further details contact Ann Page (aberpedwar@googlemail.com); Sue Reah (susan.reah@sky.com); Cecelia French (celiaj.french@gmail.com); Val Fowler (valerie.fowler@gmx.com); Gorica Bulcock (goricabh@yahoo.co.uk)

12 MARCH:

Holistic Heaven Yoga with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

Holistic Heaven Candlelit evening session Yoga with Claire Latimir. 6.00 – 7.00pm small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

Mondays: CHAIR YOGA in Llandovery: for those with restricted mobility who wish to enjoy the full benefits of yoga; gentle movement and deep relaxation for wellbeing. The Bowls Pavilion, Castle Car Park. Wheel chair access. 10.15am – 11.15am. Cost: £5.00. For information telephone Stephanie 01558 650534.

NAAFI Morning at Llandovery Youth and Community Centre, 11.00am – 1.00pm. For more information contact us on 01554 757957.

13 MARCH:

BADMINTON at Coronation Hall, PUMSAINT, SA19 8UW. Every TUESDAY 10.00am – 12.30pm. Rackets/shuttles provided. Please wear appropriate footwear. All welcome. Please contact Yvonne 01558 650870 with any queries.

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. Cost: £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.

Short Mat Bowls at Llangadog Community Centre, every Tuesday, 7.00pm. Contact: Geraint 01550 777576 or Megan and Eric 01550 777645.

Tuesdays: YOGA with MINDFULNESS in Llandovery. A gentle yoga class for overall wellbeing, working deeply on body, mind and spirit. Beginners welcome. The Catholic Hall. 6.00p.m - 7.30p.m. Cost £6.00. For information telephone Stephanie/Nirbhaya: 01558 650534.

Every Tuesday: JUST JHOOM! "Bollywood" Dancercise, 6.00 – 7.00pm at Civic Hall, Llandeilo. Call Melissa for info 07909 903773.

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Holistic Heaven Candlelit evening session Yoga with Claire Latimir. 6.00 – 7.00pm small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

The Ramblers – Waterfalls at Ystradfellte: A tour around some of the waterfalls in this area. Some steep stepped sections and some rocky scrambles. Dist. 4.5 miles. Moderate/Energetic Explorer map OL12. Meeting point: Brynamman Black Mountain Centre. Dep. 10.00am and on by car, organised by Dinefwr Ramblers. Leader: Max Hughes Mob. 07881 297601.

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

Mindfulness Yoga Classes at Llandovery LYCC Llandovery, Wednesday mornings 10.00 – 11.30am. Please bring your favourite cushion and blanket. No experience necessary. Contact Sue on 07780 544470.

15 MARCH:

Llanwrtyd Wells Thursday Walkers leave the Neuadd Arms Hotel at 10.30 a.m. for a walk of about 5 miles. Easy-pace, friendly group, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

TABLE TENNIS at Coronation Hall, PUMSAINT, SA19 8UW. Every THURSDAY 10.00am – 12.30pm. Equipment provided. Please wear appropriate footwear. All welcome. Please contact Yvonne 01558 650870 with any queries.

Holistic Heaven Yoga with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

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. Contact Tanya on 01558 668228 or Veronica via the shop on our new telephone number: - 01558 685156.

Thursdays: YOGA with MINDFULNESS in Llandovery. A gentle yoga class for overall wellbeing, working deeply on body, mind and spirit. Beginners welcome. The Bowls Pavilion, Castle Car Park. 10.30a.m - 12.00. Cost £6.00. For information telephone Stephanie/Nirbhaya: 01558 650534.

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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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Cadog Film Club: Departures (2009) An unemployed cellist moves back to his hometown to look for work. He answers an ad entitled 'Departures', thinking he will be working as a travel agent, only to discover the job is preparing the dead for their final 'departure'. Although his wife and others despise his job, he begins to take pride in his work. Japanese with English subtitles. Llangadog Community Hall at 7.00 pm. No booking required. Nonmembers welcome. For further information contact Irene Hayes on 01550 777657 or email cadogfilmclub@aol.com.

Hijinx Ceilidh Band Llanwrda Hall SA19 8AD 7.30pm – late £8/£6 Please bring food to share www.hijinxmusic.co.uk/ NIGHT OUT FUNDED www.facebook.com/llandoverfolkandancing/ www.llandoverfolkandancing.co.uk for Jean 01550 720483.

Gentle chill out yoga with meditation at Henllys Estate SA20 0EW, 12.15pm – 1.15pm . Small, friendly classes with Claire Latimir. All welcome 07985 077227. Email: Claire@holistic-heaven.com

Llandeilo Country Market – 'Bake - Craft - Grow'. Home baked cakes, savouries, jams, pickles and sauces, fresh local, seasonal vegetables and plants. Wide selection of handcrafted gifts ideal as presents – all from our local producers. Orders can be taken and be ready for collection every Friday. Find us between 9.00am and 12.00 noon in the Civic Hall, Llandeilo – free entry. Check us out on Facebook. New producers always welcomed.

17 MARCH:

The Ramblers – Gower Walk: Llanmorlais and Three Crosses. A gentle walk over fields and quiet country lanes. Good views over the Burry Estuary. Dist. 8 miles. Moderate Explorer map 164. Meeting point: Llandybie Railway Station. Dep. 9.00am and on by car, organised by Dinefwr Ramblers. Leader: David Murfin Tel. 01269 850914 Mob. 07872 428423.

Cwmdu Inn. Saint Patrick's Day and Food Night in the community run restaurant. There will be an Irish theme to the evening with some traditional Irish entertainment. For details of the menu and to book (recommended), please contact the shop/pub on our new telephone number: - 01558 685156.

RHYS WATKINS TO PERFORM THE TCHAIKOVSKY VIOLIN CONCERTO at St. Cadog's Parish Church, Llangadog at 7.30 p.m. This is truly a concert, not to be missed and the tickets are very good value at £12, with concessions at £10. Children under 14 are, as always with Symphonica Tywi concerts, free of charge. Tickets can be reserved by calling or texting the Ticketline on 01646 636564 or 07876 727906 or by mailing mikecottam@hotmail.com. They are also available from The Mace Stores in Llangadog. As demand is likely to be very heavy, it is advisable to book early to avoid disappointment.

Brian Dennis Motorsport Welsh Historic Rally Championship 2018: Historic Agbo Stages (S) Owen Motoring Club Ltd. Contact: Clare Bird on 0121 218 2337, 07837 212015 or email: birdy_2212@hotmail.co.uk for further information.

18 MARCH:

Trecastle Farmer's Market and Community Café: all local producers. Bread, Eggs, Cheese, Ready Meals, Preserves, Fancy Goods, Garden Produce and Plants in season. Monthly on the third Sunday from 1.00 pm onwards. Join us in the community café for hot and cold drinks and homemade cakes. Follow us on Facebook. Potential sellers are welcome to call in or contact the Community Hall Committee for details. Trecastle Community Hall is situated at the west end of the village on the A40. Parking available in the layby opposite and 100m away towards Llywel near the Antiques Centre.

Holistic Heaven Yoga with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

The Ramblers – Rhandirmwyn: A walk from the village of Rhandirmwyn, along the river Towy, through forestry and fields to include Nant y Mwyn lead mines Dist. 9 miles. Energetic/Strenuous Explorer map 187. Meeting point: Llandover Railway Station. Dep. 9.30am and on by car, organised by Dinefwr Ramblers. Leader: Beryl Williams Tel. 01550 777870 Mob. 07713 709240.

Cwmdu Inn. Llanelli and Bynea Cycling Club will be stopping off in Cwmdu for lunchtime refreshments including Cawl, during their annual spring bike ride. Supporters also welcome.

Every Sunday: ZUMBA FITNESS – The Ultimate Latin Dancercise class, 3.00 – 4.00pm at Civic Hall, Llandeilo. Call Melissa for info 07909 903773.

Dinefwr Poetry. An informal collection of poetry lovers meet to read out their poetry at 2.30pm on the first and third Sunday of every month at the Railway Station Cafe, LLandover. Refreshments and cake available. Tel: Mick: 01550 777656.

19 MARCH:

Holistic Heaven Yoga with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

Holistic Heaven Candlelit evening session Yoga with Claire Latimir. 6.00 – 7.00pm small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

Mondays: CHAIR YOGA in Llandover: for those with restricted mobility who wish to enjoy the full benefits of yoga; gentle movement and deep relaxation for wellbeing. The Bowls Pavilion, Castle Car Park. Wheel chair access. 10.15am – 11.15am. Cost: £5.00. For information telephone Stephanie 01558 650534.

20 MARCH:

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. Cost: £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.

BADMINTON at Coronation Hall, PUMSAINT, SA19 8UW. Every TUESDAY 10.00am – 12.30pm. Rackets/shuttles provided. Please wear appropriate footwear. All welcome. Please contact Yvonne 01558 650870 with any queries.

The Work of the Georgian Preservation Society by Richard Keen, 7.30pm at St. John's Church, Maestelo, Capel Isaac SA19 7TF. £4 followed by refreshments.

Short Mat Bowls at Llangadog Community Centre, every Tuesday, 7.00pm. Contact: Geraint 01550 777576 or Megan and Eric 01550 777645.

Tuesdays: YOGA with MINDFULNESS in Llandoverly. A gentle yoga class for overall wellbeing, working deeply on body, mind and spirit. Beginners welcome. The Catholic Hall. 6.00pm - 7.30pm. Cost £6.00. For information telephone Stephanie/Nirbhaya: 01558 650534.

Capel Isaac Community Talk: Saving Risky Buildings: The Work of the Welsh Georgian Trust. Illustrated Talk to be given by Richard Keen: Historian and Conservator, at St. John's Church, Maestellio, Capel Isaac SA19 7TF, 7.30pm, £4 followed by refreshments.

Every Tuesday: JUST JHOOM! "Bollywood" Dancercise, 6.00 - 7.00pm at Civic Hall, Llandeilo. Call Melissa for info 07909 903773.

21 MARCH:

Writing for Fun and Profit, course. 7.00pm to 9.00pm, Llandoverly LYCC, Gerwyn House, 19 Market Square, Llandoverly SA20 0AB. For anybody crazy enough to have an interest in writing, offering constructive feedback in a safe environment for all stages of the writing process.

Holistic Heaven Candlelit evening session Yoga with Claire Latimir. 6.00 - 7.00pm small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

The Ramblers - Llansteffan: A walk from the southern beach car park, past the castle and on to Wharley Point. Climbing up from Parc Glas there are extensive views before descending into the pretty Georgian styled village of Llansteffan. Dist. 4.5 miles. Moderate Explorer map 177. Meeting point: Llandeilo Railway Station. Dep. 10.30am and on by car, organised by Dinefwr Ramblers. Leader: Liz and Ian Dutch.

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Mindfulness Yoga Classes at Llandoverly LYCC Llandoverly, Wednesday mornings 10.00 - 11.30am. Please bring your favourite cushion and blanket. No experience necessary. Contact Sue on 07780 544470.

Wellness Project Presentation at 2.30pm at Llanwrtyd Wells Heritage & Arts Centre. Jude Boutle, Wellness Co-Ordinator, is coming to present information on the Project, focusing on tourism and future business opportunities for the area. Open to anyone interested in finding out more, just turn up or email ldhac2016@gmail.com for info.

Richard Cain from Penlan Perennials presents an illustrated talk, "Geraniums". Cothi Gardeners Club, Coronation Hall, Pumsaint, SA19 8UW. 7.30pm. Guests & visitors welcome, £3. Plants for sale.

Llandoverly Poetry and Prose. Midday to 1.45pm. Dolau Bran Community Hall (by the Co-op). All ages welcome. Meet this Wednesday, to read poetry out loud (self-penned or otherwise) or to just listen and enjoy. Friendly people and a mix of different poetry types and styles. Monthly group. Donation of whatever you can afford. Tel: Simon or Sandra on: 01550 721197.

The Cat Walk. Demonstrator: Ann Thewlis organised by Llandoverly Floral Art at 7.00pm in Dolau Bran, Llandoverly. Tel: 01550 740242 for further details.

22 MARCH:

Llanwrtyd Wells Thursday Walkers leave the Neuadd Arms Hotel at 10.30 a.m. for a walk of about 5 miles. Easy-pace, friendly group, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

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Quiz Night at the Cennen Arms, Trap: Every 4th Thursday of the month at 7.30pm with all proceeds being donated to Lluest Horse and Pony Trust. Bring a team or join one when you arrive where good food, drink and great company will be on tap all evening.

Llandoverly Garden Club will welcome Dr Pam Greengrass who's talk is entitled "Flowers in the French Alps". Our meeting begins at 7.00pm at the Dolau Bran Community Hall, Llandoverly SA20 0DF. All are welcome to come and join us just for the evening at £2.00 per head or join our Club at £10.00 per annum. Refreshments are provided at the end of the evening & we hold a raffle. We have five outings a year and five talks are given by chosen Speakers at the Hall above. For further enquiries please contact Babs Rees at 01550 729771.

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23 MARCH:

Whist Drive at Llangadog Community Centre, 7.30pm. Contact Jackie on 01550 777316 for details.

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25 MARCH:

Holistic Heaven Yoga with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com

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The Ramblers – Beacon Bonanza 5: This walk will take in the highest point in Carmarthenshire with its trig point and all the land over 2000ft. along Fan Hir. We will visit the site of a crashed aircraft where much of the wreckage is still present and will enjoy walking the shores of both Llyn y Fan Fach and Fawr. There are fine views over near and distant mountains. At 3200ft of ascent and 11 miles, this is a very challenging walk. Dist. 11 miles. Strenuous Explorer map OL12. Meeting point: Llangadog Railway Station. Dep 9.00am and on by car, organised by Dinefwr Ramblers. Leader: Jim S Mob. 07851 365303.

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Tywi Tune Club Half Moon 30 Stone Street, Llandovery. 7.30pm. We are a friendly group learning and playing mainly Welsh traditional tunes. All abilities and instruments welcome. For more information call Helen on 01550 721476.

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. Cost: £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.

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

Pilgrim Service at Llanfihangel Rhos y Corn – at 6.30pm at St Michael’s Llanfihange, SA32 7RY – the very first of our meditative services - Info Roger Nock on 01267 202347.

Mindfulness Yoga Classes at Llandovery LYCC Llandovery, Wednesday mornings 10.00 – 11.30am. Please bring your favourite cushion and blanket. No experience necessary. Contact Sue on 07780 544470.

Myddfai Farmers Market 9.00am – 1.00pm at Myddfai Hall. Come along and support local for a great range of quality produce. Café and gift shop will be open too. www.myddfai.org 01550 720449.

Poetry at The Angel, Llandeilo. Meet Last Wednesday of every month, 6.30pm – 8.30pm. Free Admission. Upstairs Room at The Angel Hotel. Share your own poetry and prose and/or your other favourites. Either simply turn up, telephone Sandra on: 01550 721197 or Email: DavidWilson244413@hotmail.com

Llangadog Gardening Club. A talk by Sheena Weston “Twelve months in a cold greenhouse”. All welcome, 7.30pm. Enquiries to Helen on 01550 777719.

The Ramblers – Myddfai: Myddfai – Afon Bran-Cilgwyn Wood. Fine vistas of Mynydd Myddfai. Woodland tracks, country lanes and farmland. Dist. 5 miles. Moderate Explorer map OL12. Meeting point: Myddfai Community Hall car park (Grid Ref. SN77153010). Dep. 11.00am, organised by Dinefwr Ramblers. Leader: Phil Howes Tel. 01550 720112 Mob. 07802 856007.

Llandovery Community Cinema. THE MOUNTAIN BETWEEN US (12A) Adventure/Drama. Stranded after a tragic plane crash, two strangers must force a bond to survive the extreme elements of a snow covered mountain. When they realize no help is coming, they embark on a perilous journey across hundreds of miles of wilderness, pushing one another to endure the journey to eventual safety. Doors Open at 6.45pm. Short Film starts at 7.00pm. Main Film starts at 7.30pm at Rhys Pritchard Memorial Hall, Bridge Street, Llandovery SA20 0DD. For further details Contact the Hall Manager on 01550 720258.

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Holistic Heaven Yoga with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com
Thursdays: YOGA with MINDFULNESS in Llandovery. A gentle yoga class for overall wellbeing, working deeply on body, mind and spirit. Beginners welcome. The Bowls Pavilion, Castle Car Park. 10.30a.m - 12.00. Cost £6.00. For information telephone Stephanie/Nirbhaya: 01558 650534.

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.

30 MARCH:

INDOOR SHORT MAT BOWLS at Coronation Hall, PUMSAINT SA19 8UW from 7.00pm 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.

Gentle chill out yoga with meditation at Henllys Estate SA20 0EW, 12.15pm – 1.15pm. Small, friendly classes with Claire Latimir. All welcome 07985 077227. Email: Claire@holistic-heaven.com www.holistic-heaven.com

Llandeilo Country Market – 'Bake - Craft - Grow'. Home baked cakes, savouries, jams, pickles and sauces, fresh local, seasonal vegetables and plants. Wide selection of handcrafted gifts ideal as presents – all from our local producers. Orders can be taken and be ready for collection every Friday. Find us between 9.00am and 12.00 noon in the Civic Hall, Llandeilo – free entry. Check us out on Facebook. New producers always welcomed.

30 MARCH – 8 APRIL:

Easter Egg Hunt at Llust Horse and Pony Trust: Search for clues around the woods at Belli Bedw Farm, Llandeusant every day from 30th March to 8th April 2018. No booking necessary, just turn up between 11am and 3pm. £2.50 per hunt.

30 MARCH – 2 APRIL:

Walk, Beer Music Weekend at the Neuadd Arms Hotel, Llanwrtyd Wells, a full-board package of activity, relaxation and entertainment with real ales, live music/open mic and guided walks. Contact Lindsay at enquiries@neuaddarmshotel.co.uk, telephone 01591 610236, see also www.green-events.co.uk

31 MARCH:

Easter Saturday in Llanfihangel Rhos y Corn – at St Michael's Llanfihange, SA32 7RY – special First Light Service at 7.00pm – seeing Easter in by candlelight - Info Roger Nock on 01267 202347.

Cwmdru 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 our new telephone number: 01558 685156.

Llandeilo Country Market – 'Bake - Craft - Grow' Home baked cakes and savouries, pickles and sauces and handcrafted gifts – all from our local producers. Find us between 9:00am and 3:30pm in the Market Place at the top of the Llandeilo car park. Check us out on Facebook.

The Ramblers – Trecastle to Llandovery: A linear ridge walk from Trecastle to Llandovery along the old Roman road over

Mynydd Myddfai. Dist. 9 miles. Moderate/Energetic Explorer map OL12. Meeting point: Llandovery Railway Station. Dep. 9.30am and on by car, organised by Dinefwr Ramblers. Leader: Pam and Hugh Simpson Tel. 01558 822405 Mob. 07810 414378.

1 APRIL:

Trecastle Community Hall Craft Fair and Community Café Local producers selling to local people. Needle crafts, soft toys, food items, paper crafts, jewellery, bags, clothing and fancy goods. Join us in the café for hot and cold drinks and homemade cakes. Open 10.00 to 16.00 Sunday April 1st. Follow us on Facebook. Potential sellers are welcome to call in or contact the Community Hall Committee for details. Trecastle Community Hall is situated at the west end of the village on the A40. Parking available in the layby opposite and 100m away towards Llywel near the Antiques Centre.

Brecon Litterpicking: 1st Sunday of the month. Meet 10.00am at Watergate Car Park. We meet regularly to help remove litter around Brecon town, riverbanks and paths. Litter looks unsightly, and can be dangerous to animals and children. So, why not come and give a small amount of time? Just two hours can help to keep our lovely town looking tidy! It's a great way to enjoy fresh air, observe local nature, by doing great work that benefits the local community which impresses the many visitors coming to beautiful Brecon, and a wonderful way in which to show our pride in the local area. Why not come along and join us? We have the kit, just bring yourself, friends, family! Volunteers needed! Come along to join us on a social stroll around beautiful Brecon and help keep your town tidy! #KeepBreconTidy @PLANBrecon facebook.com/PLANBrecon

2 APRIL:

We are holding our first-ever Hoof Camps at Llust Horse and Pony Trust: Various activities, competitions and games, including learning about horse care. Separate days for adults, unaccompanied children and families. Times from 11.00am to 3.00pm. Contact us for more details and to book your place. More information on our website. www.llusthorseandponytrust.co.uk, tel: 01550 740661.

After School Club ('Getaway Club'). Every week day from 4.00pm to 5.45pm. For children aged 9-18 years. Cost: 50p per person. Also, Free Internet DigiLab – all ages. Every Weekday 9.30 am to 3.30 pm. Llandovery LYCC Community Drop-in Centre, 19 Market Square. Tel: 01550 721499.

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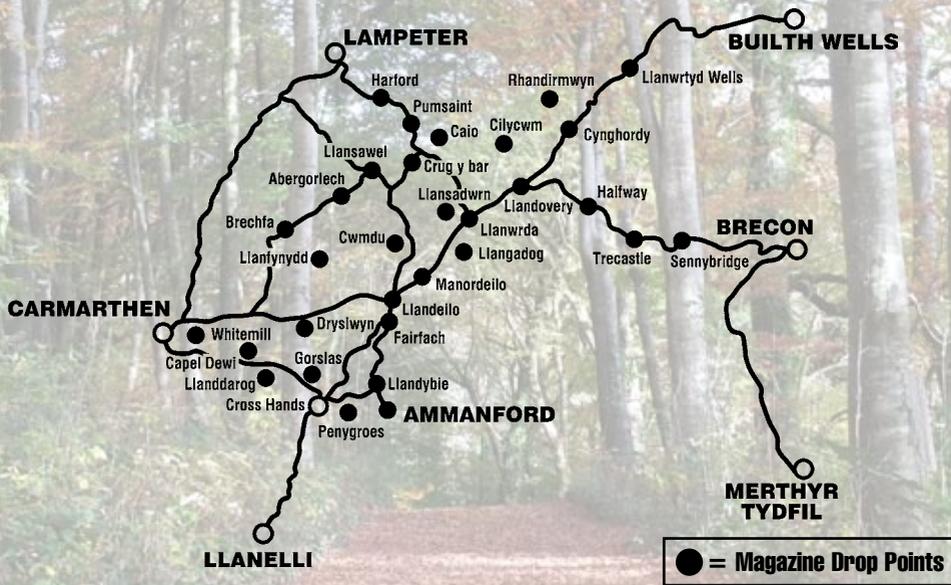
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Black & White	£110.69+VAT	£83.02+VAT per issue	£74.16+VAT per issue	£55.35+VAT per issue
QUARTER PAGE (64mm x 93mm)				
Full Colour	£70.43+VAT	£52.82+VAT per issue	£47.19+VAT per issue	£35.22+VAT per issue
Black & White	£66.94+VAT	£50.21+VAT per issue	£44.85+VAT per issue	£33.47+VAT per issue
EIGHTH PAGE (64mm x 45mm)				
Full Colour	£39.55+VAT	£29.66+VAT per issue	£26.50+VAT per issue	£19.78+VAT per issue
Black & White	£37.63+VAT	£28.22+VAT per issue	£25.21+VAT per issue	£18.82+VAT per issue
SIXTEENTH PAGE (64mm x 20mm)				
Full Colour	£23.97+VAT	£17.98+VAT per issue	£16.06+VAT per issue	£11.99+VAT per issue
Black & White	£22.75+VAT	£17.06+VAT per issue	£15.24+VAT per issue	£11.38+VAT per issue

Series discounts are available for **ADVANCE PAYMENT** only. Changes Permitted. REFUNDS ARE NOT GIVEN FOR EARLY CANCELLATION OF PRE PAID ADVERTISEMENTS IN THE POST.

LOCAL DIRECTORY (discounts not available): 6 months = £50.32+VAT 12 months = £81.15+VAT

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 721626

Mon 1.00pm - 5.00pm; Wed 1.00pm - 5.00pm

Fri 10.00am - 12.00am; 2.00pm - 6.00pm

COUNTRY MARKETS

Llandeilo: Fri, 9.00am - 12.00 noon, Civic Hall, Crescent Rd.

Myddfai: Last Wed of Month, 9.00am - 1.00pm. Tel: 01550 720449

Brecon: 2nd Saturday of month at the Brecon Market Hall, 9.30am - 2.00pm.

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'leilio Tel: 01558 822093; Mobile: 07742 283325.

JM Taxis, Llanwrtyd Wells - Tel: 01591 620777.

Rays Taxi, Llandovery Tel: 0777 521 0900.

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 S+NS	281	280
L'ldovery(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)	—	9.14	—	12.44	—	16.48	—	—
Llangadog (Common)	7.24	—	11.09	—	14.24	—	18.12	—
Cwmifor	—	—	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	281	280	281	280	281	280	281	280
Llandeilo	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
Cwmifor	—	—	10.05	—	13.10	—	17.10	—
Llangadog (Common)	—	—	10.17	—	13.22	—	17.21	—
Llangadog (Rhyd)	—	8.13	—	11.13	—	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'ldovery(car park)	6.58	8.36	10.41	11.36	13.46	15.36	17.44	19.05

All services operate Mon-Sat,

except where shown:

NS: Mon to Fri only.

S: Saturdays only.

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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	Recreational Public Swimming
Wed:	1.00pm - 2.00pm	Family/Lane Swimming	11.00pm - 12.00pm	Family/Lane Swimming	
Wed:	2.00pm - 3.55pm	Staff Training			
Wed:	3.55pm - 6.30pm	Lessons only			
Wed:	6.30pm - 7.30pm	Family/Lane Swimming			

Train Times (Timetable 10/12/17 - 19/05/18)

Sunday times change from 17th September

		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	15.49	
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	05.54x	—	06.59x	10.28x	15.27x	19.16x	05.24x	10.10x	14.08x	19.14x	12.08x	16.24x
Llandeilo	D	05.59	—	07.06	10.33	15.32	19.21	05.29	10.15	14.13	19.19	12.12	16.32
Llangadog	D	06.08	—	07.16	10.42	15.42	19.30	05.39	10.24	14.23	19.28	12.23	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	
Llanrindod	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	D	07.57	10.14	13.32	18.28	22.54	08.22	13.09	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	
Llanrindod	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	12.44x	16.36x	20.44x	07.35x	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	21.04	
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

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.