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Over 4800 copies

Number 267

April 2018

Published by PostDatum,
24 Stone Street, Llandovery, Carmarthen SA20 0JP

Tel: 01550 721225



The Welsh Festival of Land Rovers at the Spring Festival will feature a broad selection of vehicles covering the Land Rover's long and varied history.

Photo credit: A Kendall / Shenstone Photography

LOVE LAND ROVERS?



THEN YOU'LL LOVE THE ROYAL WELSH SPRING FESTIVAL THIS YEAR...

Land Rover enthusiasts are in for a treat at this year's Royal Welsh Spring Festival.

Being held at the showground in Llanellwedd, Builth Wells on the 19 & 20 May 2018, the festival is excitedly working with the South Wales Land Rover Club (SWLRC) to host the very first Welsh Festival of Land Rovers, to make the 70th anniversary of the launch of the Landy.

A huge part of many people's lives since 1948, the Land Rover has been used by HM The Queen, Churchill, Bond, Lara Croft, Steve McQueen, Ben Fogle, Marilyn Monroe, British Armed Forces, farmers and many more.

The Welsh Festival of Land Rovers will celebrate heritage of the marque and the feature a broad selection of vehicles covering the Land Rover's long and varied history, ranging from vintage models up to the highly modified new vehicles available today.

As well as a static display of lots of interesting vehicles and the opportunity to chat with South Wales Land Rover Club members, Land Rover owners and fellow fanatics, you will also be able to enjoy a parade of the vehicles in the ring on Saturday afternoon at 5.15pm, complete with interactive and entertaining commentary.

The Royal Welsh Spring Festival is a fantastic weekend-long celebration of smallholding and rural life, packed full of interesting things to see, delicious food and drink, live music, country sports, livestock, shopping, demonstrations and fun, have-a-go activities, the festival promises to be the perfect day out for all.

For more information and to buy your discounted e-ticket, visit www.rwas.wales



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ALL ABOUT *The Post*

**COPY DATE
for next issue:
16th April 2018**

**Next issue distributed:
1st May 2018**

The Post Future Copy Dates

June..... 16th May
July..... 15th June
August..... 16th July

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The Post is published by
PostDATUM, 24 Stone Street,
Llandovery, Carmar. SA20 0JP.
Tel: 01550 721225,
info@postdatum.co.uk

PostDatum Opening Hours:
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90TH BIRTHDAY CELEBRATION

Given by friends and members of the Memorial William Williams Pantycelyn Chapel, Llandovery on 20th March 2018.

I wish to extend my sincere thanks and gratitude to all, for numerous cards and gifts I received, also not forgetting the wonderful scrumptious delightful party we thoroughly enjoyed.

Diolch yn fawr iawn i pawb.

Mrs Dilys Evans, Llandovery.

MERCHED Y WAWR, BRO PANTYCELYN

Budd y cyfarfod nesaf ar Ebrill 11eg am 7 or gloch yr hwyr, pryd y cawn gwmni'r nyrs Shirley Price Davies i gael Cynghorion am gadw yn iachach.

COR MEIBION LLANYMDDYFRI MONTHLY DRAW

JAN 2018

1. Lois A Luned Jones
2. Lloyd Hammond
3. Cennydd Thomas
4. Toni Byard
5. Cecelia French
6. Goronwy Davies
7. Angharad Davies

FEB 2018

1. Emlyn Morgan
2. Cefyn Davies
3. Jenny Robins
4. David White
5. Griff Thomas
6. Lorna Harris
7. J. Alun Davies

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03/19/12

CO THI GARDENERS' CLUB

It's hard enough getting those fiddly seeds into compost or trimming just the right side-shoots without holding your mobile phone to your ear and providing a running commentary to thousands of Radio 2 listeners at the same time.

If you haven't already guessed, our speaker in April will be Terry Walton. "The Life of a Media Allotment" promises to give us a look behind the scenes as Terry tells us about life on his allotment in the Rhondda and how he has given growing advice on the radio each month for over twelve years.

A gardener of over 40 years experience, Terry has worked plots on the same site since he was a boy, learning from his father and other allotment gardeners. Many of you will be familiar with his enthusiastic style, so do come along on April 18th to meet Terry. Mobile phones not necessary!

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

Plans for our Summer plant fair on July 8th continue apace, there will be craft stalls in Coronation Hall as well as a good variety of stands outside. Keep an eye on our website for details: www.cothigardeners.com

We're on Facebook too, or simply phone Julian on 01558 685119.

Annual membership to the club is £14, guests always welcome £3.

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GREAT WALKING OPPORTUNITIES

For enjoyable outdoor exercise this spring and summer the local Ramblers group, Dinefwr Ramblers, will again be offering a walks programme of great variety. The walks will range from one in the celebrated designed landscape at Hafod near Devil's Bridge to a weekend of walks on the beautiful Pembrokeshire coast. And as usual there will be many other walks in the hills and in nearer locations.

Individual walks will be listed in The Post's Events section every month as well as on the website www.dinefwrramblers.org.uk where the latest news about them will also be found. Or call 01558 823004 for a printed version of the complete programme. The leaders will be pleased to answer any questions about the walks and their level of difficulty.

Sadly, there are increasing problems with footpath maintenance as a result of the general reduction in public funding, a situation which the Ramblers organisation is addressing through the lobbying of government. By becoming members of the Ramblers walkers help to fund this and other work to improve the conditions for walking across the country.

More information about what the Ramblers do to promote walking and about the benefits for members will be found on the website www.ramblers.org.uk. The benefits include a discount at a leading outdoor equipment retailer and a free magazine with equipment reviews and many features about walking. An added benefit is provided by the local group which arranges group holidays in the UK and abroad.

THANK YOU, ANNE BROOKS, PUMSAINT WI

On the 6th March 19 ladies enjoyed a Swper Cowl evening at the Black Lion in Abergorlech to celebrate St David's Day. We also held a short meeting in which we discussed Food Safety Training which can be done on line. Margaret and Janet told us about a tree survey covering oak, ash and horsechestnut trees. This will be an ongoing survey. Names were taken for walks, and other activities. We were reminded to take our knitted woodland animals for the Denman Cup competition to the next meeting on 3rd April and also a reminder that we need items for our car boot sale at the end of May.

Our next meeting will be a visit to Jen Jones Quilt Centre in Lampeter. Further enquiries to Anne Brooks, 01558 650154.

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10/18(12)

A NEW YEAR OF GARDENING AND TALKS LLANGADOG GARDENING CLUB



We had a wonderful AGM in January with our dedicated members providing an evening of entertainment and food. In February we were supposed to host Ivor Mace but the weather got the better of us, we hope to see Ivor in the future. Our programme for 2018 includes:

28th March: Sheena Crossley – 12 months in a cold greenhouse

25th April: Neil Barry – Gardens of Cork and Waterford

30th May: Coach trip to Treberfydd and Y Neuadd Gardens

27th June: Visit to Lan Farm

25th July: Justine Burgess – West Wales Willows

4th August: Llangadog YFC Show – Plant stall fundraiser

26th September: Vicky Weston – Salvias and Penstemons

31st October: TBC

28th November: Christmas coach trip to Picton Castle

Meetings at Llangadog Community Centre, 7.30pm.
New members always welcome.

Contact Helen for further details 01550 777719.

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09/18(6)

ART CLASSES IN CARMARTHEN



I run a series of art classes in Carmarthen at the Community Education Centre (behind Carmarthen Library). The classes are very informal and aimed at beginners and those with some experience. Spaces are sought after as a result of community education classes around the county being closed, due to lack of government funding.

I've been running classes throughout Carmarthenshire for 12 years and have some students who have been with me for 10 years, trying out different art forms as they go. My classes used to be funded by the council but they succumbed to the cuts and were handed over for me to run privately. I try to keep the costs down to enable all to experience the enormous benefits of being creative.

The classes are in the art room at the education centre which is a vibrant, friendly and comfortable environment, for all types of learning. We have a small free car park, a community kitchen and lots of other courses throughout the week.

If you are interested in joining one of my art classes please contact me, details below.

10 week terms £65

Painting for Pleasure

- Tues 10.00am – 12.00pm and 1.00 – 3.00pm starting 17th April
- Thurs 9.30 – 11.30am starting 19th April

Watercolours

- Thurs 12.00 – 2.00pm starting 19th April

Drawing

- Thurs 2.30 – 4.30pm starting 19th April

at Carmarthen Community Education Centre, Furnace Rd, Carmarthen.

Contact: sheridanjulieann@gmail.com
Tel: 01550 777933.

TABLE TOP SALE

Table Top Sale at Croquet/Bowls Pavilion, Castle Car Park, 10.00am – 2.00pm, Sellers 9.30am. £5 per table, organised by Llandovery Community Sports Association (L.C.S.A.). Refreshments available. Tel: 01550 720680 to book.

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NEW REPORT POINTS TO 30% DECLINE IN WATER VOLE DISTRIBUTION

National treasure needs urgent help to survive



A new analysis of data collected over ten years by a network of experts led by The Wildlife Trusts has revealed that water vole distribution has declined dramatically across the UK. There has been a 30% decline in the places where these river mammals once lived across England and Wales during this time.*

While the new analysis reveals a slight expansion of range in certain areas – thanks to some successful conservation efforts by The Wildlife Trust of South and West Wales, Natural Resources Wales and others in Wales, for example – the full data covering the whole ten years paints a bleak picture.

Water voles are a much-loved British mammal which used to be regularly seen and heard along every ditch, stream and river in the UK. A creature which burrows in banks and feeds on reeds and grass, the water vole was a lead character – known as ‘Ratty’ – in Kenneth Grahame’s children’s classic *Wind in the Willows*.

Huge conservation efforts have been made to ensure a future for this charismatic mammal. In Wales, The Wildlife Trusts and Natural Resources Wales are increasingly focussing survey and conservation efforts in our upland areas, where water voles have managed to persist relatively unnoticed in marshy grasslands and

other wet habitats. Work is also continuing with habitat restoration, and reintroductions of this species across the UK by the Wildlife Trusts and many partner organisations. At a local level, these projects appear to have been highly successful, however, these successes are not big enough to reverse the national distribution trends.

Habitat loss, and fragmentation due to agricultural intensification and massive building development have led to declines in the voles since the 1960s; exacerbated by predation by North American mink. The water vole is the UK's most rapidly declining mammal and has been lost from 94% of places where they were once prevalent.* The latest data revealing a ten year decline of 30% shows an ever-worsening situation: their range is continuing to contract.

Dr Lizzie Wilberforce, Conservation Manager for the Wildlife Trust of South and West Wales, says:

"Water voles have declined so rapidly that the change is highly visible to those of us who have witnessed its disappearance from the landscape within our lifetimes. They are now completely absent from large areas of south west Wales, but with strongholds still in the Cambrian Mountains, and around the Llanelli and Laugharne and Pendine areas. It's incredibly important that we understand more about our critical upland populations so that we can protect them from the fate of lowland populations, as well as do everything we can to reverse their decline and secure the Llanelli and Pendine populations for the future."

The Wildlife Trusts are calling for:

- **Government** to provide better funding for water vole conservation projects and to initiate landscape-scale restoration schemes
- **Government and Local Authorities** to use their legislative and policy levers to protect, connect and create areas of natural habitat to help wildlife move through the landscape, benefitting not just water voles but a range of other wildlife.
- **Landowners** to manage river bank habitat positively to help water voles, e.g. providing generous buffer strips to provide shelter and feeding, opening up sections of the bank to the sun to prevent overshadowing, and creating soft edges to river banks for water voles to create burrows in
- **People** to volunteer as water vole surveyors with their local Wildlife Trust and/or donate to charities to help support water vole recovery work.

The Wildlife Trusts are at the forefront of reintroducing water voles and caring for the wild places that they need to survive. In 2014 and 2015, The Wildlife Trust of South and West Wales worked in partnership with Natural Resources Wales to reintroduce around 400 water voles bred from Carmarthenshire stock to Ffrwd Farm Mire, a Wildlife Trust reedbed nature reserve in Pembrey. Following on from several years work by NRW and the Trust to make the site and surrounding landscape as suitable for water voles as possible, this successful partnership continues and water voles on the reserve and in the surrounding areas are thriving.

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05/18/13

Bryndolau Retreat Day,
Cwmifor
Saturday, 14th, April.
"Stewardship, Worry
and Hope"

Our next Retreat Day will be on Saturday, 14th April to be led by the Revd. John Graves.

John is a retired priest and has now been given permission to officiate in his new home area in Poole, Dorset, where he continues to lead worship in both urban and rural environments. He grew up in Kent and Sussex and worked as a lecturer in further education. He was licensed as a Reader in 1993 and ordained in 2011. During this time, John had the care and responsibility for eight churches in the Romney Marsh area. John is married to Barbara and has two grown up sons and three grandchildren.

The day begins at 10.15am with tea/coffee and a vegetarian lunch will be provided. We expect the day to conclude at about 4pm.

There is no charge but donations may be made to the Retreat Association. Do give us a ring or email if you would like further details or to reserve a place. David Steel on 01558 824514 or email davidsteel@mypostoffice.co.uk.

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GWYNFE **NEWS**



The February Monday Club became a fusion of its members with the Bowls Club regulars! The latter were very patient in their tutoring and several Monday Club members showed a real flair for the game and have since been recruited to the weekly Bowls Club event (every Thursday afternoon at 2 p.m., in case you want to try your hand). Monday Club reverted to its usual format of chat, tea, coffee and cakes for the March meeting. The next meeting will be Monday, 9th April at 1:30 p.m. (on this occasion the second Monday of the month because of the bank holiday). Members have expressed interest in a minibus outing to the seaside, so we will be exploring this option for May. More details to follow.

Despite the shocking wintry weather, St. David's Day was celebrated in great style by about 20 people. The cawl supper went down a treat (thanks to all those involved in its preparation) as did the entertainment supplied by Alun Brookfield and Colin Davies. Alun had even written a specific song tribute to Dewi Sant especially for the event and this catchy number had us all singing along. As you might expect, his reading of Max Boyce's work had us all chuckling along.

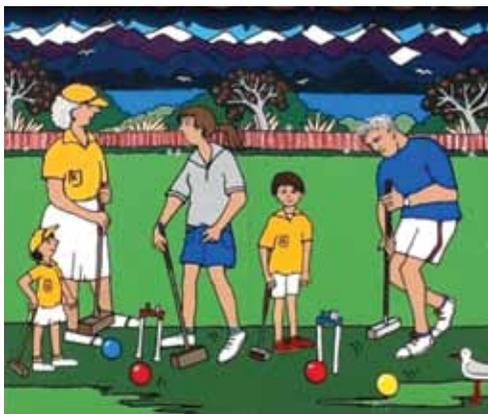
By the time you read this we will have staged the comedy drama Chip Shop Chips - at the time of writing this has been an early sell-out performance, so we are looking forward to it immensely.

Some future dates:

On Saturday, 28th April we will hold the next Gwynfe Quiz at the hall. Food (shepherd's pie - including veggie option) will be served from 7 p.m. and the quiz will start at 7:45. As usual, food+quiz tickets are priced at £6 and quiz only tickets at £2. Our charity for this quiz will be Llandoverly Hospital. Come along as a team of maximum six members, or join one when you arrive. Bar available.

On Friday, 11th May by popular demand Heather Protheroe, vocalist, will be joining us again. Heather's lively personality and beautiful voice were much appreciated on the last occasion, so advance booking for this event is recommended. More details in the next Post.

LLANDOVERY CROQUET & BOWLS CLUB



Members of the Llandoverly Croquet and Bowls Club are looking forward to the start of the 2018 season on Tuesday 3rd April at 2.00pm at the Castle Fields Bowling Green.

The Club has recently received news that it has been awarded a further 'Awards for All Wales' grant from the Big Lottery Fund. This will enable us to purchase much needed equipment to maintain the bowling green in pristine condition and also provide steps to make it safer to access the green.

The Club is open to visitors and non-members; no previous experience is necessary – all equipment is provided – you just need to wear flat shoes! Regular club afternoons will continue every Tuesday and Thursday from 2.00pm.

Croquet is a sport suitable for all ages and is one of the very few sports that men, women, boys and girls can play on equal terms. It is a challenging and intriguing sport requiring tactical ability, judgement and skill rather than strength and fast reflexes.

If you would like to give croquet a try or watch it being played then come along to the bowling green at Castle Grounds. For further information about the Club or to arrange a free trial please contact the secretary John on 01269 593938 or 07435 786762, or email john.evans@zen.co.uk, or alternatively Keith or Doreen on 01550 720680.

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02/18(12)



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CHALLENGEAID – SCHOOL CHARITY AMBASSADORS AT LLANDOVERY COLLEGE AFTER A LITTER PICK



ChallengeAid charity ambassadors at Llandovery College have recently done a number of litter picks around the Llandovery area. The ambassadors were surprised at the volume of litter that is dumped without care or attention to the environment. Even more disappointingly when the Team returns a week or two later more rubbish has been discarded without thought or care for the environment.

They have worked happily on these litter runs over the past few months for the good of the community and will continue to do so over the next few months.

The ambassadors are also involved in spreading the ChallengeAid message by collecting jumble to be sent to Kenya, raising money through cake days and undertaking a physical challenge over the course of the year.

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05/18(3)

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09/18(12)

THE DIRECTORS WALK

On Saturday 24th February, representatives of all three Carmarthenshire Rambling groups, Llanelli, Dinefwr and Carmarthen District met to walk "The Directors Walk" and followed it up with a cawl lunch at the Black Ox in Abergwili. The aim of the leisurely four and a half mile circular walk - which was led by Cyril Phillips - was to bring together representatives from each group to meet regional officials and enhance and improve the Ramblers area organisation. Angela Charlton - Director of Ramblers Cymru and Catherine Morgan an Area Support Officer for Ramblers Cymru - both based at regional office in Cardiff mingled with the walkers as they progressed around the circuit.

The oldest walker was eighty seven year old Geoffrey Williams from the Llandeilo area and the youngest walkers were twelve-year-old Ffion and eleven year old Eiros Morgan who recorded on his technical gadgetry - thirteen thousand two hundred and seventy nine steps on the walk and a loss of one thousand nine hundred and ninety six calories.

The walkers assembled in the museum car park in Abergwili where Angela introduced herself to the gathering and welcomed everyone before they headed out of the museum grounds to meet the A40. Here they headed eastwards along the road about half a mile before turning right onto the country road that leads down to the concrete works and followed that for about three quarters of a mile to cross over the A40 to link up with the old road adjacent to Allt Ty-llwyd at Whitemill.

Turning northwards the terrain changed now as they walked up a stony track to reach a country road then shortly afterwards reach Alltyfyrdin farm where they stopped to get permission to pass through the fields to Merlin's Hill. As they climbed the hill they passed some new lambs in the field as they made their way up to the fort on top of Merlin's Hill the highest point of the day at a height of one hundred and fifty metres - a good spot for a group photograph with clear blue skies and excellent visibility for good views up and down the Towy Valley.

They retraced their footsteps back to the road and headed down hill to a bend in the road near Pen-y-gadair where they crossed a couple of fields to each the access lane to Cwm farm and followed it down Pen-y-banc to meet the road at Bishops Mill. From here it was a half-mile stroll along Castell Pigyn Road then over the footbridge across the A40 back through Abergwili to complete the circuit at the museum..

On Sunday 25th, Carolyn and Dennis Hills led a ten and a half-mile walk in the Llangyndeyrn area in brilliant sunshine with clear blue skies but a bitterly cold northeasterly wind. The route followed bridleways, quiet country roads and crossed farmland to enjoy some pleasant views up and down the Gwendraeth fach Valley. There were several beautiful banks of snowdrops - lily wen fach - along the way and several new season lambs were spotted as they passed through some of the fields.

This walk started from the carpark of the church hall from where they took a lane northward into a bridleway

and followed it up hill for about half a mile stopping half way up to look back over the village whilst Carolyn recalled the threat to build a dam to flood the valley to supply Swansea with water.

They continued up the hill to examine a standing stone in the middle of a field on the top of the hill at a height of one hundred and thirty metres, the highest point of the walk.

Just passed Clos-teg the group reached a minor road and walked it for about a quarter of a mile passing Penplwyf to reach Llwynpiod Farm then followed the right of way across the fields in a southwesterly direction carefully negotiating a couple of barbed wire fences across the stiles on the route to reach Rhydw Fach. Along this section they admired the views westward as they walked onward along its lane to Rhydw on the B4306 Llangyndeyrn to Cwmffrwd road.

At this point they had to walk the main road for about a quarter of a mile towards Cwmffrwd to reach a lane that led them down towards Ffos-Walter then turned off to cross some fields to meet a minor road at Bancycapel and then crossed the B4309 Carmarthen to Pontyates road.

A half mile further on they took the access lane to Fforest-isaf then walked through the farmyard and garden into the fields beyond to Pen-y-maes Farm and stopped at a sunny bank just before then Crugan Fach for a lunch break with views over the Gwendraeth Fach valley and the sun reflecting off the sea to highlight Worms' Head in the distance.

In the afternoon they passed through the farmyard of Crugan Fach passing under the two rows of electricity pylons and Cwmafael to meet a minor road then walked southward downhill through Llandyfaelog down to Pont Rhydyronnen on the fast flowing river Gwendraeth Fach on the valley floor.

This was the start of the return journey as they turned eastwards to walk up the Gwendraeth fach valley with about a mile of road passing Coed Gwempa before turning off the road to pass through Gwempa farm to contour around a hillside through the fields to reach Pontanwn on the B4309. They crossed the river and then continued up the valley for the last mile of road walking into Llangyndeyrn and walked through its churchyard back to the start.

The next walk will be on 11th March when Auriol and Huw Llewellyn will lead the ten and a half mile "Miners' Walk" in the Saundersfoot area. Further details are available on 01267 231487.

Points of Interest.

Angela Charleton's role involves steering Ramblers Cymru to deliver high quality projects and reach a wider audience. She want the Ramblers to be relevant to everyone in Wales, wherever they are and she ensures the Ramblers maintain a high profile and a strong voice with Welsh Government and partners in Wales.

She has over 20 years experience in the voluntary sector, including community engagement in both the rural and urban environment context. Angela is from South Wales and has a real passion to see the people of Wales have every opportunity to flourish in a sustainable way whilst meeting the needs of the people and the environment.

Catherine Morgan works with the Area volunteers, helping them get the support they might need to enable the groups to run effectively whether that's offering 1st Aid training, social media workshops, a better understanding of Rights of Way and Access or a comprehensive induction for the Area Chair. In addition she provides admin support to the Director of Ramblers Cymru and ensures the office operations are running smoothly.

The village of Llangydeyrn is approximately 5 miles to the east of Carmarthen and 4 miles to the west of Pontyberem. The village is well known for its resistance against the attempt to flood the village in order to create a reservoir for the Borough of Swansea.

When the old Swansea Corporation announced plans to flood the Gwendraeth Fach Valley in 1961 the whole community rallied to oppose it and won.

The plan was to flood 600 acres. Three complete farms would have been flooded, some other farmland would have been under the shadow of a giant dam.

When they heard about the scheme from the Western Mail in 1961, the village united in opposition forming a defence committee. Farmers risked jail-barricading land to stop the corporation coming in, against a court order. The Church in Wales gave permission for church bells to be rung in warning when men with diggers arrived and tractors were in place and a crowd went up to stop them.

The diggers were turned back by hundreds of villagers from babes in arms to pensioners. There were women pushing prams, pensioners, everybody, the whole village came out. Just the sight of such unified opposition deterred workmen from starting to dig.

A memorial stone engraved with the words "Strength is in Unity" was erected in the village some years ago.

The religious community founded by St Cyndeyrn based at the site of the current church building dated from the 6th century. The church was then a wooden building and was the centre of a sizeable community of monks, who, in addition to giving themselves to worship and prayer also worked the surrounding lands. The extent of the community may be illustrated by the fact that as a result of a yellow fever epidemic, 497 monks were buried at one time under the North Chapel of the existing church, to be subsequently uncovered by renovation work on what is now the vestry, in the Victorian era.

St Cyndeyrn was a Strathclyde 'Welshman' (from the Old North, and speaking what we would recognise today as Welsh) known to be a friend of St David, and exiled to Wales after a dispute with a local lowland chieftain. It is believed that on his return to Ystrad Clud later in life Cyndeyrn founded what was to become the great Scottish city of Glasgow.

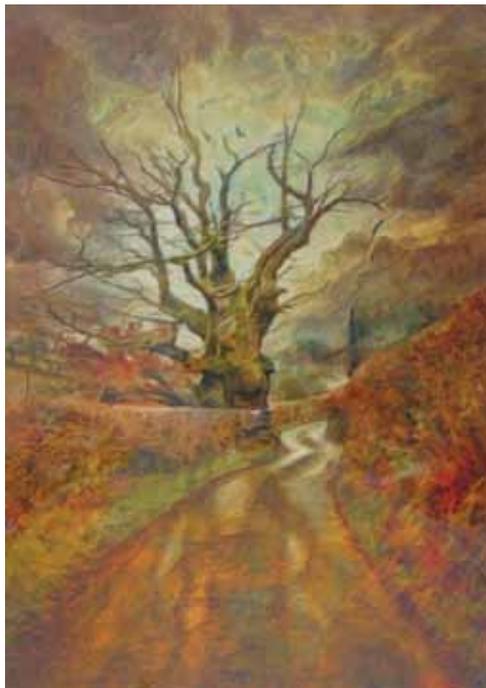
The present church building is mediaeval with the main part of the church dating from the 13th century, with the later work being completed in the 16th century. The remains of a preaching cross still stand in the churchyard, adjacent to the southern entrance.

A major building refurbishment was undertaken between 1883 and 1888., Location.

06/18(3)

07/18(6)

ART EXHIBITION: RICHIE DEAN



Richie Dean has been a faithful supporter of the Station Gallery since its inception some six years ago, and an Exhibition of his Art Work is always an extremely popular event with the critical public. Once again this year, Richie has produced an Exhibition which reveals the breadth of his talents, and which gives the visitors to the Gallery much to ponder. This present Exhibition of his contains some of the limited editions of his digital work, together with some of original water-colours and acrylics.

A new addition to Richie's Exhibition this year is a display of Greetings and Birthday Cards, and these are well worth perusing, particularly if you are looking for something a little bit special. All of his work is on sale, and you may be sure that any purchase you make will bring you endless hours of satisfaction.

ADOPT A STATION CONFERENCE

The Committee Members of FoLS have been invited by the Management of Arriva Trains Wales to attend this year's Station Adopters' Conference at the Metropole Hotel, Llandrindod Wells, on May 10th 2018. It would seem that the initiatives that we are creating here in



Llandovery are of considerable interest to those members of other Committees up and down the HoW Line who wish to discuss in some detail what particular activities we in Llandovery have found to be successful, and how best to put them into practice. It will be a pleasure for us to describe what activities do take place here, and to be able to say with a certain degree of accuracy which of them are most successful. Primarily among these we would number the Volunteer Staff whom we have recruited, and who are our best Ambassadors and without whose help we would certainly founder: and so based on this strong central foundation we may mention the contribution made to the running of the Station by the members of the Llandovery Model Railway Club, the Dinefwr Poetry Society, the Llandovery Artists Group, and the Llandovery Gardening Club. There is no doubt that there is a strong feeling of social participation among all these people who give so generously of their time, and who can be rightly proud of the work that they do. We look forward with interest to learning about other initiatives in Llandrindod, and to seeing what we in Llandovery can gather from attending this meeting.

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04/18(12)

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03/18(2)



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M. Evans

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Helen Smith

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D. Nowell

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03/18(12)

CÔR MEIBION DINEFWR

200 Club Results for February 2018.

- 1st Philip James, Cwmdru.
- 2nd Wyn and Pat Thomas, Trap.
- 3rd Gerwyn Davies, Llansawel.

200 Club Results for March 2018.

- 1st Linda Quinn, Ammanford.
- 2nd Cathryn Richards, Llanedi.
- 3rd Lyn Jones, Llangadog.

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04/18(3)

ANNUAL SEED AND PLANT SWAP

Llandeilo Food Network and Permaculture Tywi from Transition Tywi, and Cymdeithas y Dalar would like to invite growers to their annual seed and plant swap. Seed and plant swaps allows gardeners in the community to come together and share seeds, cuttings, transplants and experiences from their own gardens with others. The Swap will take place on Saturday, the 14th of April from 10am to 1 pm at the Tywi Centre, Dinefwr Home Farm, Llandeilo SA19 6RT.

Do you have seeds? Or have you bought too many? Do you have any extra cuttings? Please bring along any seeds, plants or even tools that you are able to contribute. Don't worry if you've nothing to bring – for a small donation you'll be able to take something away with you. Plants which don't find a new home by the end of the day will be available on Monday in the Greenshop, Llandeilo.

Hot drinks will be available to warm you up!

For further details email mags@gn.apc.org or katka.d@btinternet.com. We are very grateful to The Tywi Centre for providing the venue for this community event.

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07/14(12)



We have followed a full programme of Walks over the last month or so, and if the weather has been somewhat unpleasant at times then the companionship has been warm! On February 21st we followed the circuit of the Twm Siôn Cati Trail, in Rhandirmwyn: this can be a somewhat tricky exercise, especially in wet or cold weather, but we all coped admirably with the rocky climbs above the river, while the more daring of our members even made it all the way up to and into Twm's Cave. Among these was Ricardo Xavier Evans, this year's College Student from Patagonia, and it must be said that he coped admirably with it all. Indeed, Ricardo has come out on two of our Walks, and on both occasions it was a pleasure to have his company. He is a delightful young man, and would seem to be a very worthy winner of the Scholarship.

On Tuesday March 2nd, we explored a relatively short, but very pleasant, walk closely around Llandovery. Our route took us over the Towy Bridge on the A40 and then up Heol Rhos to Croesffordd. Here we turned westwards until we came to the left fork up to Garth Farm, which seemed to be deserted. A discussion now took place about the best way back down to Llandovery through the fields all around, until Dan Jones spied the sign post pointing to the path winding its way down to the A40:



Carreg Cennen – In the Cafe afterwards



Gravells Kidwelly pay the Air Fare every year of the Patagonia Scholar: David Gravell, and now his son Jonathan, both Old Boys of Llandovery College, are real and true supporters of the Patagonia Scholarship.

this turned out to be a delightful track, very muddy of course with all the rain we had been having, but it took us all the way down to Nantyrhogfaen. From here, we took the pavement alongside the A40 and so back to the warmth of the Station Café, where we all enjoyed some well-deserved refreshments.

By the time this edition of The Post appears, we hopefully will have completed a somewhat complicated exercise! You may by now be aware that the Heart of Wales Line Trail is really taking shape, and that a number of its sections have already been completed, with the support and cooperation of the various County Councils along its chosen route. It is now apparent that the Leg from Llandeilo to Llangadog has more or less been finished, and so we at Llandovery WaW are going to test it out! If all went according to plan, on Thursday 22nd March, we went from Llandovery by car to Llangadog Station, and here we caught the 8 44am train to Llandeilo. On reaching Llandeilo, we followed the path, now completed, from Llandeilo Station back to Llangadog: this promises to be a complicated undertaking, especially when we consider on the way the ascent of Garn Goch – and so, by the time this edition of The Post appears, we wish that all went well!

Glyn Evans



Ogof Twm Siôn Cati

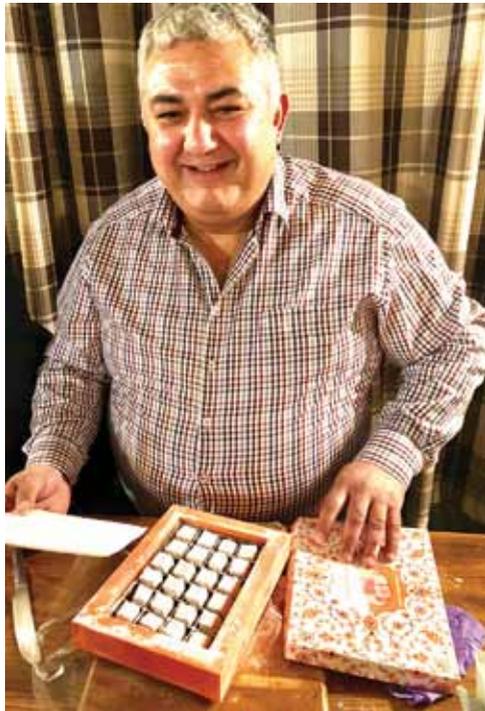
LLANDOVERY ROTARY CLUB



This was one of the quietest months in business terms that we have ever seen. It did however culminate in a wonderful end as we had one of the finest speakers visit us in a specially arranged function at the Rugby Club. This meant that we were one meeting short in a month when little business came our way.

After his long absence which has been long documented here Oz returned to the fold bringing with him his customary gift from the east, no not the Beast! (see photo). This he produced in an unofficial gathering meaning that many were not present. This allowed those that were present to gorge on the wonderful genuine Turkish Delight that Oz had somehow carried from his home country. Those of you that have not tasted this culinary bliss have missed something great to behold. Simply deeeeeeeelicious describes it perfectly. Thanks again Oz. You can go as often as you like!

Whilst on the subject of culinary brilliance here is one which gives us huge pride. We received some fantastic news regarding a young chef that we had previously sponsored. Catrin Manning, a Llandovery girl and a pupil at Ysgol Bro Dinefwr has just won a Young Chef competition which started with 12,000 competitors from all over the United Kingdom (see photo). An organisation called Springboard are the competition organisers and their



Oz bringing gifts from the East.



Catrin Manning with Rick Stein following her amazing success.

raison d'être is to celebrate culinary talent and inspire them to further their careers at the highest possible level. The organisation's chairman is Brian Turner, a well known TV chef and he was one of ten adjudicators, which included David Mulcahy, Food Development and Innovation Director at Sodexo UK, Rick Stein, restaurateur, author and presenter and Steve Munkley, head chef at the Royal Garden Hotel, Kensington, London.

In the final competition Catrin had to travel to Westminster College, London together with her cookery teacher, Mrs Doreen Martin and Dave Vale from Valans Restaurant, Llandybie. Following a lavish dinner on Sunday night Catrin then had to prepare a meal for the adjudicators. About mid-afternoon on Monday the 12th of March a phone call came to Ysgol Bro Dinefwr informing us that Catrin had won and there were hoots of joy. Catrin would obviously want to thank Mrs Doreen Martin and Dave Vale for all the support, assistance and advice they have given her.

And what was the prize? Catrin and her family will visit the Henley Regatta and Catrin will be allowed to assist the head chefs of Sodexo in the preparation of lunch and in the afternoon they will be allowed to enjoy all that the Henley Regatta has to offer. The school will also receive a monetary prize and Dave will be given a plaque to add to his collection on the walls of Valans Restaurant Llandybie.

But the biggest prize of all, Catrin has already received an offer of work at one of the best restaurants in London!!!

A most magnificent achievement Catrin. Heartiest congratulations to you all. I know it gives me enormous joy to see local people succeed. I also know that your parents are, quite rightly, bursting with pride at your wonderful achievement and so are we. A heartwarming story if ever I saw one. Fantastic.

And on the subject of success, our Rotary Youth Speaks team was, Chair Ellie Wyn, Speaker Catrin Duff and the Vote of Thanks Osian Richards. The Topic on which they had to speak was "The populous are suffering from mass stupidity". Really? The venue was the King Henry VIII school Abergavenny and the Competition was the Rotary District 1150 south, west and mid Wales. This was the

Youth Speaks competition final and they were runners up to the eventual winners. A remarkable achievement given the strength of the opposition and again, many congratulations to you all. We at Rotary are very proud of you. Brilliant.

We received a letter from Llandovery Scout Group requesting funding for the intended purchase of 2 new Gazebos with sets of water weights for each. We were keen to support this wonderful organisation which has a tremendous history of helping the young people in this area to achieve their aims. We were unanimous in supporting this request and are donating financial support that will go a long way to enable the Scouts to purchase these Gazebos. 'Be Prepared' Scouts. Our cheque is on it's way.

Even more local success for Llandovery YFC. They did magnificently to reach the final of the Welsh YFC Pantomime Competition. 'Oh yes they did'. Telor Dyer was voted 'Best Actor' at the Event. 'Oh yes he was'. Congratulations to you all.

And even more local success. Is there no end to the local young talent? Two young men, Harri Doel and Dafydd Land both extremely talented Rugby players represented Wales Under 18s again last month with great distinction. A fantastic last minute try from Harri enabled the Wales team to defeat Scotland. Special mention goes to Harri's Dad Stuart who has coached the two boys from under 7 to the Under 16s. Ardderchog.

On Friday 18th March we were extremely privileged to have as a speaker, the former Governor of Belmarsh High Security Prison, Geoff Hughes. Derek had met him whilst having dinner on holiday and amazingly, whilst on the second (ahem) bottle of wine he agreed to visit us for no charge. The only proviso being that we made a contribution to Velindre Cancer Hospital. Luckily on my return the club agreed to this or I'd have had to make the contribution myself!

Geoff has a CV that would fill this column alone but a small part of it being:

He is a former Governor of Belmarsh High Security Prison, the highest security prison in the UK and during his time in office 'hosted' The Great Train Robber,

Ronnie Biggs among other (in)famous names; Geoff is a former Governor of Cardiff Prison; He is the Senior Warden of the Worshipful Livery Company of Wales (no, nor me); During the last two years he has been engaged as a guest speaker on cruise ships for Cunard and P&O having been on ten cruises in the past year (nice work if you can get it!). In fact Geoff and his lovely wife Sue had come back from Australia and New Zealand the week before so from the splendour of The Queen Mary 2 his next talk was at Llandovery Rotary Club! Fair enough!

Geoff's talk was absolutely first class and it will be remembered for a very long time by those who were present. He gave a most interesting perspective of prison life which he followed with a Question and Answer session so was on his feet for an hour and a quarter. What a wonderful talk Geoff gave. Well done to Anthony for selling the tickets and to John and Jackie for providing a lovely meal at the Rugby Club. John (the Chef, whose surname is Cooke!) informed us then that he would donate a pound from each meal back to us to add to the donation to Velindre. This was a very generous gesture. Thank you John and Jackie. Then with those present giving very generously to the raffle (well done Gina) which we added to the donation, this then resulted in a very healthy cheque being handed over to Geoff to give to Velindre which Geoff has written thanking us for. It was a wonderful non profit making night which the Rotary Club can be proud of.

There must be something in the air, or the beer, in Llandovery right now as in 2018 alone we in Rotary have three members who have been celebrating becoming grandparents, two for the first time. Alan Morgan, Ian Aveson and Derek are the ones who join the privileged who can say they have joined this happy club. Add Dai Dyer who also became a grandfather for the first time just before Christmas and we are indeed a growing, if ageing, band.

We have more interesting speakers lined up in the coming months. The next will be Wales National Karate Coach Matt Stockham Sensei 5th Dan and I'm coming with a crash helmet!

Thanks to Dai and Dan for their contributions to the compilation of this report.

We will keep you POSTed!

Derek Jones.



Geoff Hughes, former Governor of Belmarsh prison with Derek and Anthony.

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04/18/12

**FRIENDS OF BRECON
AND DISTRICT MIND**
**NATURAL HEALTH
AND WELLBEING:**
Tania Dolley explores
the positive mental and
physical benefits of
connecting with nature
and the outdoors

**Wednesday 25th April 2018, The
Wellington Hotel, Brecon, 7pm,
£5 (Friends / Members £2)**

The Friends of Brecon and District Mind have, on Wednesday 25th April, invited Powys Local Health Board psychologist Tania Dolley to talk at the Wellington Hotel, Brecon, from 7pm about the positive mental and physical benefits of connecting with nature and the outdoors.

Tania will outline research evidence and both national and local initiatives in this field including plans to develop further nature-based therapies and services in Powys. Some of the approaches and projects she will explore include mindfulness, Japanese Forest Therapy (or 'forest bathing'), Ecominds ecotherapy projects and 'green gym' activities. She will also explore 'social and green prescriptions' which can, for example, refer people to join a walking group. One of her most intriguing subjects will be the so-called Biophilia Hypothesis which suggests that humans have an innate affinity with other living things and with nature as a whole because they have evolved in natural settings.

Closer to home, she will describe initiatives at Bronllys Hospital where a therapy garden and woodland walks have been developed with the involvement of armed-forces veterans and where there are also exciting plans for a Wellbeing Park. She will examine, too, the Welsh



Government's interest in the further development of our outdoor resources for 'green health'.

All are welcome and Tania hopes that the event will, in part, be participatory. Those attending will be encouraged to share experiences of healthy connections with the natural world.

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. They are open to everyone and holds talks, walks, social activities and fund-raising events.

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

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07/18/12

Rutter Magnificat

Lauridsen Lux aeterna

CANTORION LLANDEILO SINGERS will be performing the superb Magnificat by John Rutter and the radiant Lux aeterna by Morten Lauridsen in St Teilo's Church, Llandeilo, on Saturday, 28 April 2018, starting at 7.30 p.m.

Supporting the choir's customary high standard will be prize-winning Carmarthenshire soprano soloist Helen Pugh, and the professional musicians of the Tywi chamber orchestra led by international violinist Simmy Singh who comes from Llandybie. St Mary's Swansea organist Dr William Reynolds will be joined by percussion, a harpist, woodwind, two horns, and a trombone.

Musical director Gordon Kilby continues his enthusiastic leadership of the choir, not only by choosing beautiful and challenging works but also by gaining sponsorship from local businesses for high-calibre performances, thus enabling the ticket price to be kept as low as £12 while at the same time donating to local charities. The choir in its present form was created in 2014, and has now raised just over £9000 shared between Tenovus, Wales Air Ambulance, The Fire Fighters Charity, Kidney Wales Foundation, and Shelter Cymru. Half of the money received from ticket sales in April will be donated to the Llandeilo Mayor's chosen charities – Kidney Wales Foundation and Shelter Cymru.

John Rutter's Magnificat, first performed in 1990, is based on the Latin text as sung in Catholic and Anglican churches, but expands the theme of the Virgin Mary by the inclusion of an anonymous English poem 'Of a Rose, a lovely Rose'. Rutter was influenced by the joyous images and music of outdoor celebrations of feast days of the Virgin Mary in countries such as Mexico and Puerto Rico. A reviewer notes that he emphasises the joy experienced by 'a soon-to-be mother'. 'Bright and joyful', 'tranquil and flowing', 'slow and calm', 'energetic', mark the tempi of the music. Rutter's music



Gordon Kilby

'is always beautifully written for the voice and superbly orchestrated' says reviewer John Bawden.

One of America's most-performed and beloved living composers, Morten Lauridsen, received the National Medal of Arts from the President in 2007 in a White House ceremony 'for his composition of radiant choral works combining musical beauty, power and spiritual depth that have thrilled audiences worldwide'. Lauridsen's requiem Lux aeterna (first performed in 1997) is a tranquil, light-filled piece expressing through music the depth of human emotion. Its haunting 'O Nata Lux' – a central a capella motet – has made it to the Classic FM Hall of Fame! Lux Aeterna suggests shades of Gregorian chant, plus medieval and Renaissance tones, blended with modern dissonance. If you haven't heard it yet, now is the opportunity to experience this 'serene, rich and intensely moving and powerful work'.

Looking further ahead, in November 2018 the Singers will perform Duruflé's Requiem and mark Leonard Bernstein's centenary with his Chichester Psalms. The annual concert to raise money for the choir will be in September – a Supper Concert Evening with Aled and Eleri Edwards and two students from Ysgol Bro Dinefwr. If you enjoy singing, you too could sing in the next concert. Just 'phone Gordon on 01558 822696.

Tickets for the April concert are £12 and available from Peppercorn in King Street, Llandeilo, at the door, or by 'phoning 01558 685542. There will be a licensed wine bar. www.llandeilosingers.wixsite.com/llandeilo-singers



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CLWB CRICED LLANWRDA CRICKET CLUB



Pre-season training continues at Llandovery College Sports Hall on Friday 6th April and 13th April – juniors at 6pm with adults at 7pm.

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 14 74 64 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.

The club is also on the look for new adult players so if you are a budding cricketer or know anyone that enjoys playing cricket come along to our nets sessions and enjoy!

We will be releasing any preseason friendlies as they are confirmed and our league fixtures will also be released in due course.

The club is also on the search for Home Match Ball Sponsors for the forthcoming season. This will be at a cost of £25 and you will receive a mention on our match reports; which are broadcast here in the Post every month and on our Facebook page. For more information on this and more regular updates please visit us on Facebook, just search @llanwrddacc.

Bonus Ball Winners:

14 Feb 2018	5	Cerith Rees
21 Feb 2018	38	Carwyn Jones
28 Feb 2018	29	Margaret Davies
07 Mar 2018	29	Margaret Davies

LLANEGWAD RAINFALL



The 10 dry days at the end of the month was the longest dry spell since May 2017!

Measurable rain falling on 15 of the first 18 days.
February Total: 90.5mm – 3 1/2"

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AWARD WINNING LOCAL BUSINESS HELPS PROMOTE LLANDOVERY



Congratulations to local residents, Sue and Jonah MacGill for their outstanding achievement in being named as the South West Wales Regional Winners in the category of Best Self-Catering at the National Tourism Awards for Wales 2018.

Located just outside Llandovery, Basel Cottage Holidays was started by Sue and Jonah and in just 4 years they have been finalists in the Carmarthenshire Tourism Awards as well as the Brecon Beacons Awards running their 5 Star, dog-friendly, Holiday Cottage.

Sue and Jonah overcame strong competition from many other well-established businesses to become Regional Winners. They recently participated in the National Finals organised by Visit Wales, which took place at the Celtic Manor on the 8th of March compered by Sian Lloyd. Visit Wales said "The National Tourism Awards for Wales celebrate the very best of Wales' tourism – showcasing Wales' tourism businesses and the industry's achievements". The finals saw similar businesses from the North, South East and Mid-Wales competing for the

12/18(12)



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accolade of "Best in Wales". Whilst they did not win Sue and Jonah have been able to promote Llandovery as a destination of choice to a diverse audience.

Along with other enthusiastic, like-minded, volunteers, Sue and Jonah also spearhead the Llandovery Motorbike Weekend which takes place in the town in July. This event was de-veloped to support sustainability of the town and local areas whilst supporting The Wales Air Ambulance and Blood Bikes Wales. It is also used to raise road safety awareness, pro-mote health and wellbeing, provide educational or vocational opportunities whilst also providing a great day out for all the family.

As a result of the Awards Scheme, Sue and Jonah have been able to ensure that greater numbers of people have been made aware of the inclusive nature of Llandovery as well as the myriad of events which contribute to the drumbeat of activities throughout the year which make our town unique.

If you would like more information about Basel Cottage or the Llandovery Motorbike Week-end, please visit: www.baselcottageholidays.co.uk or www.llandoverymotorbikeweekend.co.uk or find us on Facebook.

LLANDOVERY U3A

Lighter nights, warmer days, buds opening – come and join us at the Rugby Club, Church Bank on Wednesday mornings.

We meet at 10.00am for a 10.30am start with the speaker of the day.

Special interest groups meet at other times and include Social History, Music Appreciation and new this Spring – Geology.

Wednesday 4th April

Martin Rhodes – Rev. Lucius Markham.

Wednesday 18th April

Alicia Leow-Dyke – The Beaver Project across Wales.

Next lunch is Thursday 19th April at The Castle Hotel, Llandovery. Details at the next meeting.

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ICONIC POPPY SCULPTURE WEEPING WINDOW OPENS IN HEREFORD



Getty Images

The iconic poppy sculpture Weeping Window by artist Paul Cummins and designer Tom Piper will open tomorrow, Thursday 14 March, at Hereford Cathedral. The work will be on site until 29 April 2018 as part of the final year of 14-18 NOW's UK-wide tour of the poppies.

The presentations by 14-18 NOW, the UK's arts programme for the First World War centenary, give people across the UK the chance to experience the impact of the ceramic poppy sculptures in a range of places of particular First World War resonance. The sculptures have already been displayed in 13 locations since the tour started in 2015, and viewed by over 3.5 million people to date. At the end of the tour they will become part of the Imperial War Museums' collection.

The men and women of Herefordshire made a huge contribution to the war effort, from the brave young men recruited into the Herefordshire Regiment - among them Allan Leonard Lewis who was awarded the Victoria

Cross - to the Canary Girls who filled munition shells at the Rotherwas Munitions Factory. Local farmers provided food for the country and the Front, as well as horses for the movement of soldiers and supplies.

Herefordshire Council Cabinet Member for Economy and Communications, Cllr David Harlow, said:

"We are delighted to work with Hereford Cathedral to welcome the iconic poppy sculpture, Weeping Window to Herefordshire. We are expecting up to 2,000 visitors a day to come and see the artwork over the next few weeks, explore the cathedral and the city. As a proud military county, it is an honour to be able to mark the sacrifices made by those during the First World War."

The Dean of Hereford said:

"It is an enormous privilege for us at Hereford Cathedral to be the first venue in this final year of the 14-18 NOW tour to host Poppies: Weeping Window. As expected, it looks stunning, with the poppies cascading down the staircase turret of our north transept. We know Weeping Window will be a poignant and inspiring focus for prayer and reflection over the next seven weeks for many people from across our city and county and far beyond. We are immensely grateful to all those who have helped to bring this very special work of art to Hereford. We look forward to welcoming the visitors who will come to see it."

Jenny Waldman, Director of 14-18 NOW, said:

"The poppies have captivated millions of people across the UK, and we are delighted to present Weeping Window at Hereford Cathedral as part of the ongoing tour. We are so grateful to artist Paul Cummins and designer Tom Piper for these two enormously powerful artworks of national significance that continue to inspire all who see them."

Weeping Window is from the installation 'Blood Swept Lands and Seas of Red' - poppies and original concept by artist Paul Cummins and installation designed by Tom Piper - by Paul Cummins Ceramics Limited in conjunction with Historic Royal Palaces. The installation was originally at HM Tower of London from August to November 2014 where 888,246 poppies were displayed, one for every British or Colonial life lost at the Front during the First World War. Together, the sculptures Wave and Weeping Window are made of over 11,000 poppies.

The tour has been made possible by the Department for Digital, Culture, Media and Sport (DCMS), the Backstage Trust, the Clore Duffield Foundation and the National Lottery. DAF Trucks are the transport sponsor for the UK presentations, and 14-18 NOW are delighted to partner with DAF on making this historic project a reality. The learning and engagement programme for the poppies tour is supported by the Foyle Foundation. Storage of the sculptures is generously provided by MTEC.

14-18-NOW

WW1 CENTENARY ART COMMISSIONS

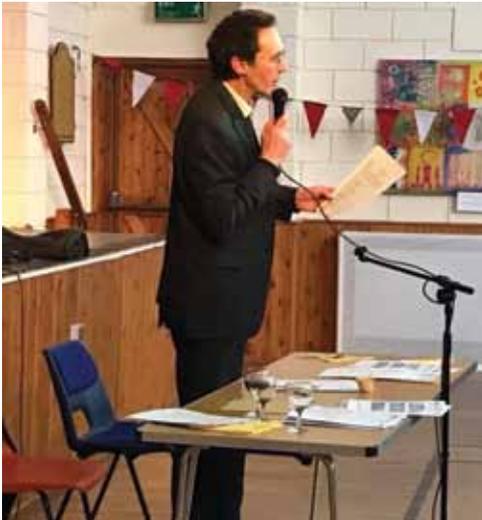
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Blues and Beyond

We have already had two very successful fundraising events this year, first a Blues Concert and Supper in January and then a Celebrity Quiz and Supper in March with the actor Guy Henry as our guest quizmaster. We are very grateful to everyone who has attended and supported these events. However our main fundraising event is our Annual Supper and Auction which will be held on Saturday the 21st April. We held the first one in 2000, thinking it would be a one off and here we are 18 years later still having them (by public demand). They have been very successful and good fun over all these years and have made a big contribution to keeping the Church going and enabling us to make improvements to the facilities in the Church.

We are very grateful to everyone who has supported us in the past for this event and hope that you will join us again for another very special evening. It is always a very happy time and the supper is excellent and provided by



Guy Henry Celebrity Quizmaster

members of the congregation. We also have a wine and soft drinks bar to jolly the evening on. The highlight of course is the Auction itself and we are very grateful to many local businesses for supporting us with donations. This year we are very pleased that Mr Huwel Manley has again agreed to be our auctioneer.

The Supper and Auction is held in Llangadog Community Centre and the doors are open for viewing at 7.00pm. Tickets for the evening are £12 and can be booked by calling 01550 777657. Because of the need to know numbers for catering, tickets must be booked in advance. If you have any good quality items which you wish to donate for the auction please call the above number. Items cannot be accepted on the day.



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05/18(2)

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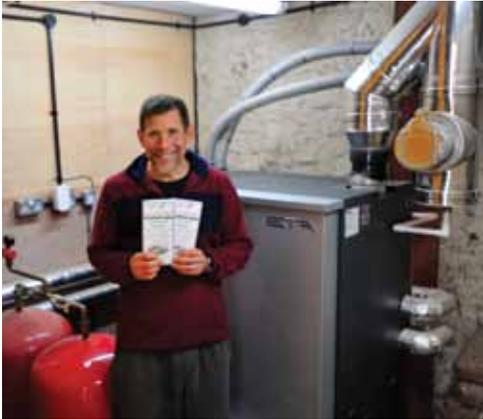


SHUFFLEBOTTOM

03/18(12)

LLANDEILO LIT FEST ORGANISER WINS CARMARTHENSHIRE CELEBRATION OF CULTURE AWARD

End of April will see the second annual Hwyl Lit Fest in Llandeilo. Last year's inaugural event was an instant success with visitors and authors and attracted hundreds of people into town. Now festival organiser and Birds' Hill client Christoph Fischer has been named a winner in the Carmarthenshire Celebration of Culture Award



for Literature. The programme for this festival looks promising with big names, such as Rugby legend Eddie Butler, poets Menna Elfyn and Owen Sheers, comedians Noel James and Myfanwy Alexander, children's authors Meleri Wyn Jones and Huw Davies, and workshops and panel discussions with media specialists, female entrepreneurs and Welsh Nationalists. Birds Hill are proud sponsors of the festival. For details go to <https://llandeilolitfest.org>

Christoph is the author of twelve historical fiction and murder mystery novels and a keen supporter of green politics. He even scheduled an event on climate change in the festival. He lives in an old Manor House just outside of Llandeilo with his partner and their three labradoodles. To keep the building warm a lot more oil was needed than they were prepared to burn, so they switched to a wood pellet boiler from Innasol. The boiler and the pellet silo are located in a utility outbuilding but linked to wi-fi and email for systems notifications or warnings. The switch has significantly reduced their carbon footprint. The system is easy to use, fully automated and programmable and a good return on investment via the RHI payments.

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12/18(12)



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LLANDOVERY THEATRE

HORATIO NELSON THEATRE CAT

Writing from my starry window-sill!

Friends!

So wonderful to hear on the radio that some schools in France are now breaking the working day by taking 15 minutes every day – **TO READ A BOOK!** Before you say – I thought that was what schooling was all about – let me explain. The idea is that everyone in the school, children, teachers and staff – including cleaning and maintenance staff – stop work (or play) and take 15 minutes to read a book. No magazines are allowed, no visual aids or smart phones – but everyone can read a book of their own personal choice – on any subject – it does not have to be related to school learning as such, though much precious learning will be gained.

Teachers in France say this 15 minute break is also beneficial, in that after the 'session' the children are much calmer and more ready to learn!

I know many parents are worried at the dominance of the smart 'phone, that children rely on to communicate, that email and text use truncated speech – I confess I use it myself sometimes – contrast this to the mass of information and adventure that can be relayed through a book and will last in memory, a lifetime, it can never be superseded in value by a 'tweet'!

In our home, we have on our book shelves books from when we were children – *The Water Babies – When we were very Young – Poems by A A Milne – The Just So Stories – Rudyard Kipling* – books we could never part with – so many memories and so many times read – threadbare covers from much adoration – indeed Jacky tells me her first Dickens' book was Nicholas Nickleby – and as a girl she fell so in love with the character of Nicholas – that she read the book seven times!

There are wonderful writers for children to read today:

– I have seen young people literally doubled up with laughter at Roald Dahl's *Revoltin' Rhymes* and full of bouncing excitement relating to me the story of J K Rowling's *Harry Potter and the Philosopher's Stone*.

It was the wonderful Roald Dahl Foundation who sponsored our first literacy and drama project in 1997 – and we filled the Theatre bookshelves with his stories – so our young workshop participants could borrow and take them home. I have to say – on examining the shelves the other day – there are none of his books there, so much loved they were, they were never returned to us! But they were READ, and that is all we wanted! There are also pictures in the Theatre of our Youth Group 'Banging cans' for an open-air performance of Roald Dahl's work in Cardiff and pictured with Sophie Dahl and Lacey Dahl among others!

Returning to this idea of a 15 minute reading session every day, I wondered why we adults do not all practise it. I'm not sure what time of the day the French schools use, but suggest maybe 1.45 – 2 p.m. would be good – and the idea is that whatever you are doing – working or just worrying about what to do next – stop – sit down and read a book!

Wouldn't it be amazing if the reading for 15 minutes a day spread throughout our town – in the café's and shops – everywhere – we would become as famous as the Hay on Wye bookshop town, with a singular difference – we would be – **Llandoverly – The Reading a Book Town!**

Horatio Nelson

www.llandoverytheatre.com



EBENEZER EVERGREEN CLUB

**Are you feeling lonely and in
need of companionship?
Would you like to feel
refreshed and uplifted?**

Come along to our fortnightly coffee morning (10.30am to 12.00 noon), held in the hall of Ebenezer Church, Halfway, (near Talley) SA9 7YH.

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 3rd April, 17th April 2018 and fortnightly after that.

Further information from Pastor Ian Hughes on 01570 481887.

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LLANDOVERY RUGBY CLUB

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

It was with huge sadness that we heard of the passing of Bryan Weaver. Our deepest condolences are extended to Eileen his wife and all the family. As his email signature strapline clearly portrayed, Bryan was a "Cyw Bawddwr a Phorthmon ers i mi cael fy ngeni" - born and raised in the centre of the town of Llandovery until he left to pursue a teaching career 'the other side of the bridge' before becoming HM Inspector of Schools up until his retirement some years ago.

Without question Bryan's huge contribution to Llandovery RFC will continue to live on into the future through the Llandovery RFC website. Bryan's unique skill and enthusiasm (at a time when most of us were still not computer-literate) enabled him to volunteer to undertake a role on behalf of the Club for which he cared so passionately. Bryan single-handedly initiated, developed and coordinated this for more than 20 years - capturing and recording the most significant period of success and achievement in the Club's long history. He had the foresight to see that the creation of a Club website was essential to promote and enhance the Club's profile and history across Wales and the world-wide rugby community.

Thanks entirely to Bryan's efforts Llandovery RFC was one of the first, if not the very first, rugby Club website to be established in Wales. Since then it has also become recognised as being one of the very best. In recent years Bryan helped instigate another first in Wales for the Club, following the introduction of the 'Oral History' project which captured the stories, memories and experiences of many Drovers' stalwarts over the decades, providing a unique insight for posterity into how things were 'in those days'.

In recent years, with the advent and growth of social media, Bryan became busier than ever on match days providing vital score updates on 'Twitter'. Even more remarkable was this achievement when you consider the fact that Bryan would be relaying all this information while continuing to live in London! However, he would of course be sure to arrange regular weekend trips throughout the season, travelling down with Eileen to support his beloved Drovers at Church Bank. So much so that when he was invited to become a Director of the Club several years ago. He would travel down especially early to attend Thursday evening Board Meetings for an even longer weekend!

In 2013/14 Bryan was deservedly presented with the

'Outstanding Services to Llandovery RFC' award in recognition of his unstinting voluntary commitment and endeavour on behalf of the Club. Bryan, we will all miss your fun loving, friendly welcoming smile and most of all your company. Cysgan'n dawel frind, Cyw Bawddwr a Phorthmon trwy dy fywyd oll.

Bryan would have been pleased to see that our Junior Drovers continue to provide training and competitive opportunities for young players to progress to the very highest levels of the sport. The two latest Drovers to be given the honour of representing their country are Hari Doel and Dafydd Land, who both started for Wales Under 18s against Scotland in the penultimate weekend of the Six Nations. Congratulations from all at Llandovery RFC are extended to the two Drovers, and especially to Hari who scored the winning try in the last few minutes of the game to give the side a 32-30 win over their hosts. Keep an eye on both over the years to come, and - of course - come down to Church Bank to support all our younger players, and enjoy some entertaining rugby at the same time.

None of our Junior and Youth players would be where they are today without the help and support of their coaches and all the many others who help to make sure that they can play rugby in a safe, stimulating and - above all - enjoyable atmosphere. If you think you can help us - in any way at all - just get in touch!

A couple of events to note in your diary too. The first - happening more or less as soon as this edition of the Post is published - is our Hen Borthmyn reunion on Saturday 30th March when we welcome Newport to Church Bank. If you are a former player and haven't yet joined as a Hen Borthmon just come along on the day and catch up with us in the Red Room. And, by the way, don't forget that, after each game, we have a 'Happy Hour' starting at 5:30 - and brought forward, of course, if we have an early kick off!

The other - a little further ahead on 14th April - will be our Ladies Day at the Bridgend game. Last year's event was a great success - and your generous support also helped us to raise valuable funds for local charities. Make sure you book your table as soon as you can. There will be cocktails and a buffet in the Red Room from 12 noon and reserved seats in the stand all for £15. To reserve your table just email the Club (droversrfc@gmail.com) or phone Gina on 01550 720014 or 0779488231.

And, before we go, 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 great meal, at the Club. You can phone them on 07774 914992 or email the club on droversrfc@gmail.com.

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!

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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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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0418(12)

Padmasambhava Yoga & Meditation Centre

The Easter holidays are nearly over and the Summer term at Padmasambhava will be starting on Monday 16th April with its usual good range of classes which are suitable for students of all ages and abilities, including people who have never attended a class before as well as experienced practitioners. With the longer and hopefully warm sunny days ahead, this is a good time to prepare the body and mind for more active summertime pursuits.

There are a good number of evening and daytime classes in Llandeilo, as well as classes at Cwrt Henri Reading Room, Ammanford Pensioner's Hall and Maes Elfryn. Please look for details in the brochure and on the website www.padma.org.uk

On Saturday 21st April Poornam will present her fifth Deepening Practice series. Each Deepening Practice is unique, focusing on some of the many practices and philosophies of 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.

This 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 (10.00 am - 2.00 pm) and concludes with a full day in September. All materials will be provided and email and telephone support is offered for your home practice.

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 relaxation practice which helps to reduce stress, calms the mind and relaxes the body. All of these above

points make classes at Padmasambhava special, beneficial and enjoyable. Indeed classes at Padmasambhava can help you to deal with everyday life and the problems it can bring and generally help with your well being. To find out more about the classes, what attending a class involves or generally to have a chat about this, please do contact the Centre where they will be pleased to talk to you. For more information please contact the Centre on 01558 823842, or email mail@padma.org.uk More details about classes or workshops can be found at www.padma.org.uk

Chair-based Yoga at Maes Elfryn Hall

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



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“WALKIES”?

Going for dog walkies can be better as a pack; so why not make it a social experience.....

My wife and I have two dogs, a 3yo German Shorthaired Pointer and a 2yo Cocker Spaniel. We consider both to be well trained and well behaved - although some elements of dog behaviour can't be taught. Exercising dogs is relatively easy with all the surrounding countryside. However, we would like to introduce our dogs to some social interaction with other dogs (and owners).

With this in mind we are hoping to form a dog walking group in the Llandovery area. We know of many great walks and are looking forward to learning many more.

The aim is for a dogs-on-leads inaugural meeting and to expand from there. At this early stage we suggest meeting twice a month and schedule walks for approximately 1 hour. We are quite flexible and meetings can evolve depending on the groups needs.

If you are a likeminded dog owner please feel free to call me to discuss further. We'd be delighted to hear from any dog owners who may already be involved in any similar groups. Please call Richard on 01550 750439.

LLANDOVERY GARDEN CLUB

I would like to mention Richard Cain who was our Speaker in February. He gave us a most informative talk on 'The Plant Hunters' over the years who risked life & limb crossing the seas to bring to Britain the widest collection of plants imaginable. Most of these we have benefitted from but some, the invasive ones, have become very difficult to control. Richard Cain is retiring at the end of this year & we would like to thank him for sharing his knowledge with us through the many talks he's delivered & questions he has answered for us over the years. We wish him all the best for the future.

THE PLEASURE OF SHOPPING



There are lots of skilled crafts men and women living and working in our part of Wales, producing work of extremely high quality. The problem is finding a place to sell it. It's not easy to persuade a high street shop to stock locally made individual craft items. Of course IF you've got a reasonable internet connection you can sell through on-line outlets like Etsy. But while on-line shopping is fine for buying mass-produced, standard 'widgets', it doesn't work so well when it comes to hand made crafts like jewellery, pottery or wooden bowls. When buying (and making) crafts we use all of our senses. The product not only has to look right, it should feel satisfying to the touch and in the case of cosmetics and wood it also has to smell good. Shopping should be a pleasurable experience, not simply an anonymous transaction between machines.

CRAFTS ALIVE in Rhosmaen Street, Llandeilo provides a home for over 40 different local crafts people to sell their wares. Our members take it in turns to work behind the counter, and because we were set up as a not-for-profit co-operative, we are able to keep our prices extremely reasonable. We don't have bosses or middlemen to look after, so after covering our running costs, every penny you pay goes direct to the maker.

This month we are delighted to welcome three new members; Enfy's Jenkins of Retro Aprons in Llandybïe makes fabulous cushions and aprons, Duncan and Karen Browning from Cwmystwyth in Ceredigion make colourful stoneware pottery; and Ruth Tait from Brechfa specialises in up-cycled bags, purses and fabric doorstops. Why not call in to Crafts Alive so you can see (and feel) the quality of all this excellent new work for yourself?

LIT FEST IN LLANDEILO WINS CARMARTHENSHIRE CELEBRATION OF CULTURE AWARDS

A flood of nominations from authors, readers and local politicians alike got Llandeilo Lit Fest organisers Gaynor Jones and Christoph Fischer named winners in the Literature category of the awards. The 2017 festival, was a commercial success and brought over 800 visitors into Llandeilo. The bilingual festival attracts big names, such as Owen Sheers, Menna Elfyn, Fflur Dafydd and Peter Lord, as well as newcomers and local artists. It



features a wide range of genres: from stand-up comedy to poetry readings, panel discussions, workshops, children's events, fiction and varied topics, such as art, historical and political literature. Amongst the acts are AM Adam Price and TV presenters Heddyr Gregory and Eddie Butler. For the full programme see <https://llandeilolitfest.org/>

It came as a big shock when it was refused public funding by the Arts Council of Wales and Literature Wales. The vibrant town with many award winning shops and venues and some private investors chipped in to make sure the festival can go ahead from April 26th – 29th. Some artists even reduced their fees and the county council uses an existing scheme to suspend car parking charges on the Saturday in support.

The second Hwyl Llandeilo Lit Fest will take place between April 26th to 29th and will include a picture hunt, guided walks and a book fair café at the civic hall.

“In a world where Amazon algorithms have replaced the book shops and their staff, artists struggle to connect with their audiences and festivals have become more important than ever to support local and even national talent,” says Fischer. “It’s great to live in such an inspiring community who rally around to sustain vibrant culture in Wales.”



**April 26th to 29th
2018**



Hwyl Llandeilo Litfest
Hwyl Llên Llandeilo



WELSH-FIRST AS CAPTIVE- BRED CRAYFISH REPRODUCE IN THE WILD



A Welsh conservation programme to save a highly endangered species is celebrating a major milestone after a captive-bred population has successfully spawned in the wild for the first time.

Experts from Natural Resources Wales' (NRW) released native white-clawed crayfish in a tributary of the river Irfon near Builth Wells between 2012 and 2014.

Now they have found first-generation wild crayfish in the area – demonstrating that a new population has been established.

The white-claw is Britain's only native crayfish and without intervention the species could become extinct in mainland Britain in 20 to 30 years.

Over the last decade the species has declined by up to 80 per cent world-wide.

In the wild they have less than a 10 per cent chance of surviving to adulthood, compared to around 80 per cent in the hatchery.

To date more than 5,000 captive-reared crayfish have been released into carefully selected 'Ark' sites in Wales.

The programme aims to offset the damage caused to the native crayfish population by the non-native American signal crayfish, climate change, habitat degradation and the impact of pollution on water quality.

The American signal crayfish, introduced for food production in the 1970s and 80s, carries a plague which affects only the white-clawed species.

Oliver Brown, Fish Culture Officer for Natural Resources Wales, said:

"This is a great legacy for the Irfon Special Area of Conservation Project which is led by the Wye and Usk Foundation.

"The project included a number of actions to improve water quality and habitat such as sand liming, restoring a peat bog, coppicing and fencing.

"Finding these wild-born offspring from our captive-reared programme proves that this could be a valuable tool in safeguarding the species for the future.

"Wildlife is an important part of our environment, our heritage and our culture in Wales. The natural resources we are here to protect – our air, land and waters – provide a home to the rich, diverse and valuable wildlife we have in Wales

"The white-clawed crayfish is described as a keystone species, consuming detritus and almost acting as engineers in the aquatic environment.

"Their presence is an indicator of good water quality, as they are very sensitive to pollution, so their continued presence at the release sites is really encouraging."

Simon Evans, Chief Executive of the Wye and Usk Foundation said:

"This project was one of the most successful partnership projects we have been involved in.

"The fact that native crayfish reared at NRW's hatchery are now breeding in the wild is one of the project's legacies and a testament to the skill and expertise of the staff there.

"It is great news for a species that have been all but wiped out from this catchment due to water quality and habitat problems which have now been corrected, in a large part by this project."

This project is a small part of the wider work taking place to improve water quality in Welsh rivers.

NRW is working in partnership with a range of organisations to support land managers and farmers so they can prevent pollution, plan for future innovation to improve their businesses and eliminate pollution.



TRAP WI

Our planned speaker for the evening was unable to attend, therefore we turned the evening to our advantage and made it a social occasion whilst enjoying Cawl, Welsh Cakes and Bara Brith. Our Senior Citizens' Tea Party was postponed due to the weather and will now take place at Llandyfan Hall on Sunday, 29th April at 4.00pm.

The raffle this month was won by Sue Ward and Annie Jones and the competition by Heather Evans, Joan James and Hannahlyne Jones.

The next meeting will be at 6.45pm on Tuesday, 10th April at Trap School.

COMING IN FROM THE COLD

Ziggy and Dillon came to us in early February. We received a call from concerned neighbours who had realised that the owner of two ponies and a donkey was struggling to look after them. The Donkey Sanctuary took the donkey in quickly as the weather was very wet and cold. One of the two ponies called Ziggy, a handsome 19-year-old bay stallion and the other was Dillon, a 30-year-old chestnut. Both had been living outside and, although Ziggy was in good condition, Dillon, due to his advancing years, had several health issues, including a lice infestation, rain scald and Cushing's Syndrome. We went to visit him first at his home to assess his condition and there was a question mark over whether he would be fit to travel to Lluest as he was so weak. After some discussion, we decided to give it a go and padded the lorry out with a bed of straw, driving very slowly to help him keep his balance. On arrival, he was carefully led off the lorry and he wobbled down the ramp and across the yard into the isolation unit where he and Ziggy were to spend the next two weeks.

They have been the perfect guests. Ziggy is sweet and has impeccable manners in the stable. He will be castrated soon and will be available for rehoming as a companion. Both ponies have been treated for lice, but Dillon has ongoing issues with his skin. He is being carefully fed concentrates and supplements to build him up and is having his scurfy skin treated with regular brushing and special oils. We have Lintbells to thank for providing us with their Yumega Skin and Coat oil which,



Dillon before coming to Lluest in February

*Dillon one month after his arrival.
Photo by Rhian May*



added to his daily feed, is helping to clear up his scurfy skin. He was given an all-over haircut to remove all the dead and patchy hair to allow his new coat to come through and stood so quietly to be clipped and oiled that we were sure he was enjoying the attention. After his clip, he was dressed in a thick rug to make up for his sudden and drastic hair loss.

Just over a month later, Dillon has grown in strength and stature. He's moving more freely and jogs happily along on the end of the lead rope, occasionally breaking into a canter when gets the chance. He is a friendly boy who, if he could, would hang out in the office with us. In fact, he has already has invited himself in once or twice.

We have had a busy winter here at Lluest and are up to capacity. If you are interested in sponsoring or rehoming a pony like Ziggy or Dillon, or even fostering for a short time, please visit our website, www.lluesthorseandponytrust.co.uk or call us for more information on 01550 740661.

Join us in our Easter Egg Hunt, 11am to 3pm daily between 30th March and 8th April. We're also holding our first-ever Hoof Camp on 2nd April. Find out more information on our website or call us for more details.



Dillon our office visitor.



If you're interested in having an allotment then some plots have become available in Llandeilo. Membership of the association is £2 and the annual plot fee is a very reasonable £30 a year.

The plots can be just off the A40 road to Carmarthen on the outskirts of Llandeilo next to the National Trust's Home Farm.

If you are interested in taking up a plot or in finding out more about the allotments then please contact Margaret Nicholls at the Green Shop, Llandeilo Telephone 01558 822646 or email mags@gn.apc.org

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Experience*



MARCH LLANDOVERY WI MEETING



We had a wonderful treat at the March meeting of Llandovery WI of a display, talk on how to create beaded jewellery from Jude Stephens of Bowspangles. We saw her beautiful jewellery and had an informative display of the varying size and types of beads she uses from small to very very tiny. She showed us how she made the jewellery by weaving the beads on very fine fishing line. Then she gave us a demonstration of how to crochet with the beads a very impressive technique far beyond the ability of some of us but one or two had a go and found the skill both fascinating and possible.

Her friend came along with decoupage cards which were well made and could be made to order for special occasions. A good reference for that special event.

Thanks was given by Jeannette Jones.

The tea was provided by Su Davies and was very welcome.

The meeting followed with emails of the Group meeting.



MYDDFAI NEWS

Website www.myddfai.org

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

Saturday April 14th we have The Washboard Resonators band coming to Myddfai for a night of Footstomping Blues, Ragtime, Swing & Folk Music – Everyone welcome 8.00pm, Tickets £10 on the door bring your own drink. Tuesday 24th April Willow Weaving course with Justine from West Wales Willows; Wednesday 25th April is our monthly Farmers Market. 9.00am – 1.00pm

There are so many beautiful walks, long or short starting from the Centre. You can leave your car in the car park and visit the café for refreshments afterwards. The café serves delicious home-made cakes, soups and a range of tasty lunches as well as afternoon teas. We offer talks with teas for any groups on the Physicians of Myddfai but please book in advance.

Our Myddfai shop is full of unique gifts to suit everyone Welsh Tweed, Pottery, Bags, Aprons Toiletries – including the Myddfai range, lovespoons, pens, etched glass, Stained Glass, Jams, Chutneys & Honey, Chocolate, Books, CDs, not to mention a wide selection of cards for every occasion. Come along and have a browse.

Just think of an alternative Easter gift. Every purchase made supports a local business and the Myddfai TyTalcen Charity.

If you are looking for a venue for any event or class from Weddings, kids birthday parties and concerts or conferences to exercise and activity classes then Myddfai Community Hall is the place for you. It is fully equipped with portable staging, stage lighting and audio equipment. For a smaller gathering our meeting room is ideal. We also have a carpeted gallery which is a good area for multi-functional use. Come and take a look, you won't be disappointed.

Why not join in with one of our regular classes, everyone is welcome – Yoga with Sonia is on Tuesday evenings 7.00 – 8.30pm; Craft Class Wednesday mornings 10.00am – 1.00pm doing stained glass, art or any craft; Art Classes with Amanda are on Wednesday afternoons twice a month; Pilates with Sonia is on Thursday mornings 10.00 – 11.00am; Some Fridays there is Nordic Walking at 11.15am with Carmela go to www.pilatesinthenordic.com for more details.

For further information or bookings please contact Les at les@myddfai.org. Mobile 07879 119223 or Hall No. 01550 720449

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

NPG WATER SERVICES

Renewal of outdated & defective
underground water & drain supply pipes
using no dig techniques (mole boring)

Water Leak Detection • CCTV Surveys

Plumbing Repairs • Jetting / Blocked Drains

Tel/Fax: 01591 620662

Mobile: 07721 427684

0811860

ALL SAINTS CHURCH GWYNFE

A whist drive was held at the Community Hall, Gwynfe on Thursday 15th February 2018, all proceeds went towards the Church restoration.

MC for the evening was, Mrs Ann Williams, Llangadog.

Winners were

Top of room – Bronwen Morgan

Other winners were – Madge Holliday, Dilys Morgan, Lloyd Williams, Sheila Morgan, Jackie Dare, Dilys Morgan, Viv Jones.

Raffle Prize Winners – June Howard, Ann Williams, Lillian Williams, Eirlys Rowlands, Wendy Fleming, Catrin Price, Clare Jays.

The members of the Church would like to thank everyone who came to support them, also to everyone who supplied refreshments, raffle prizes, and those who gave donations, thank you to you all once again.

RED KITE QUIZ LEAGUE

Congratulations to Cwmdum, this year's winners. Second place went to the Sexton Arms (last year's winners) and third were Neuadd Llyn Brianne (also previous winners).

Our A.G.M. will be held on Wednesday, 18th April, at the Sexton's at 8.00pm. This will be followed by a table quiz – open to all (teams of any number). Why not come with some friends and see if "quizzing" appeals to you? Registration for 2018/2019 competition will be in early September.



LLANDOVERY FRIENDSHIP CLUB



Monthly meeting was held on Wed Feb 28th at Vicar Prichard Hall, 42 members attended.

Chairperson opened the meeting welcoming all members, also two new members, we would like to encourage young people to come and join us.

The Lords Prayer was then said. Mrs Mair Pennycook was introduced who had come along to inform us of trips she is organising, Mair has Cardiff Theatre trips and also Xmas markets to Cardiff and Birmingham, Mair will come along nearer to the dates to see if any members are interested.

Elaine Jones was then introduced who had come along to demonstrate chalk painting, which is water based and demonstrated how various items can be restored, her album was on display showing her work, also on stencilling, you can visit Elaine at unit 26E Llandovery antiques centre Queens Way.

President Stan Baugh gave a vote of thanks. Tea was then served Bara Brith and Welsh cakes as March 1st is tomorrow!!

3.15 Meeting:

Correspondence, thank you letter from retiring Chair Mary.

Finances satisfactory, also been audited for the year.

Minutes of last meeting read.

CHAIR REPORT

We have been invited to Llandovery College for afternoon tea on Fri March 16th 2pm, names were taken by Rosemary.

We have also been invited to afternoon tea by Llandeilo Round Table, again this year on Sat April 14th 4pm, free bus which leaves car park approx 3pm, Angela Kenyon will take names at the March meeting, Chairperson informed us of various entertainment during March.

Concert at Pantycelyn School, which had to be postponed owing to bad weather. Also a dinner at the Rugby Club organised by the Rotary Club on Friday March 16th, no other business.

Thank you to the hostesses.

Raffle drawn, meeting closed 3.45pm

Mary Jackson B.E.M

LUNCHEON CLUB (LLANDOVERY)

We meet on Tues and Thurs for a two course meal, cup of tea and enjoy company and are able to socialise.

Mr Glyn Jones was 90 and his daughter and son in law joined us.

Mr David Cheesman also had a birthday so there were more celebrations.

Anyone wishing to join us please contact Mary 720056 or Margaret 720919 for more information, we will be very happy to welcome you.



'IN OUR HANDS: SEEDING CHANGE' FILM SHOWING

Food and farming is in crisis. The fundamental link between people, food and the very land we stand on is being broken. Yet it need not be this way.

In Our Hands is the inspiring story behind the blood, sweat and tears of the British Farmers seizing the Brexit moment to outgrow the industrial food system. Produced by Black Bark Films and the Landworkers Alliance, the film looks at the growing movement of farmers and food workers who are creating vibrant farms, living soils, thriving food markets and a fairer food system for all.

Transition Tywi Transnewid will be showing "In Our Hands : Seeding Change" at the The Angel (upstairs), Llandeilo on the 24th April @ 7.45pm (Free Entry). The feature will be introduced by Frank Gundry from the Black Mountain Food Hubs – Patchwork Farm Project.



COSY TOES FOOT HEALTH PRACTITIONER

Jill Lloyd, DipCFHP, MPSPract

Builth Wells Clinic – Monday
Llandovery Clinic – Thursday
also Home Visits

Nail Trimming – Corns Removed – Callus Reduction
– Ingrowing Toenails – Diabetics Treated



Mobile: 07718 150571 or
Evenings: 01591 620355



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Bush House Vet Group.....	Llandovery	Rhandirmwyn Campsite	Rhandirmwyn
Ratcliffe's Shop	Llandovery	Towy Bridge Inn.....	Rhandirmwyn
Llandovery Opticians.....	Llandovery	Pharmacy.....	Llanwrtyd Wells
Décor Centre	Llandovery	Stonecroft Inn.....	Llanwrtyd Wells
Pamper.....	Llandovery	Neuadd Hotel	Llanwrtyd Wells
Pet Shop	Llandovery	Drovers Rest.....	Llanwrtyd Wells
Newsagent	Llandovery	Ratcliffe's Yard	Llanwrtyd Wells
Pound Shop.....	Llandovery	Spar Shop.....	Llanwrtyd Wells
Llandovery Kebab Shop	Llandovery	Llanwrtyd Wells Filling Station	Llanwrtyd Wells
The Three Horseshoes	Llandovery	Texaco Petrol Station	Gorslas
Tudors Café	Llandovery	Post Office.....	Llangeddarg
Craft Centre	Llandovery	The Old School	Capel Dewi
The Kings Head.....	Llandovery	Dryslwyn Post Office	Dryslwyn
Post Office	Llandovery	Pen y Bont Inn.....	Llanfynydd
No. 7 Hairdressers	Llandovery	Pontagothi Hall.....	Pontagothi
The Bluebell.....	Llandovery	Whitemill Service Station	Whitemill
Charity Shop.....	Llandovery	Donna's Diner.....	Whitemill
Dolau Bran Community Centre	Llandovery	Brechfa Community Shop	Brechfa
Library	Llandovery	Black Lion.....	Abergorlech
Barclays Bank	Llandovery	The Angel Pub.....	Llansawel
Coop.....	Llandovery	Black Lion.....	Llansawel
Erwlon Caravan Park	Llandovery	Post Office.....	Cwmdu
The Castle Hotel.....	Llandovery	Royal Mail Sorting Office	Llandeilo
Tourist Visitor Centre.....	Llandovery	The Hangout.....	Llandeilo
Red Cross Charity Shop.....	Llandovery	Llandeilo Builders Services Shop	Llandeilo
Carmarthen and Pumsaint Farmers Coop	Llandovery	Llyn Griffiths Petrol Station.....	Llandeilo
Spar	Llandovery	Thomas Services.....	Llandeilo
Chaplins Hairdressers	Llandovery	Food Hub.....	Llandeilo
West End Café	Llandovery	The Cottage Inn	Llandeilo
Morris Isaacs Filling Station	Llandovery	The White Heart	Llandeilo
Train Station Café	Llandovery	Spar Shop.....	Llandeilo
The Lord Rhys	Llandovery	Natural Health Centre.....	Llandeilo
The Level Crossing	Llandovery	CK's Supermarket.....	Llandeilo
Owl's Nest.....	Llandovery	Hugh Williams Solicitors	Llandeilo
Ystrad Nurseries.....	Llandovery	Library	Llandeilo
Trecastle Village Hall	Trecastle	GT Locksmiths	Llandeilo
Londis Murco Garage	Sennybridge	Doctors Surgery.....	Llandeilo
Sennybridge Petrol Station	Sennybridge	Opticians.....	Llandeilo
Sennybridge Trading Company	Sennybridge	The Greenhouse.....	Llandeilo
Sennybridge Doctors Surgery.....	Sennybridge	Flying Goose Quilt Shop	Llandeilo
Halfway Garage	Halfway	Little Welsh Dresser	Llandeilo
Baron's Court Caravan Park	Llangadog	N. Wall Jeweller	Llandeilo
Llangadog Surgery.....	Llangadog	Crafts Alive.....	Llandeilo
Morgans Newsagents and Post Office.....	Llangadog	Carmarthen and Pumsaint Farmers	Fairfach
Goose & Cuckoo	Llangadog	Bush House Vet Group.....	Fairfach
Mace.....	Llangadog	Post Office.....	Fairfach
The Castle Pub	Llangadog	Trapp Village Hall.....	Trapp
St Cadogs Church.....	Llangadog	Chip Shop.....	Llandybie
The Telegraph Inn Café	Llangadog	Llandybie Stores	Llandybie
Martin and Sues Cabin	Llangadog	Newsagent.....	Ammanford
Abermarlais Caravan Park.....	Llangadog	Public Library.....	Ammanford
Texaco Petrol Station.....	Manordeilo	Barclays Bank	Ammanford
Sextons Arms	Llansadwrn	Brynteg Dental Surgery	Ammanford
St Gwrdaf Church	Llanwrda		
Llanwrda Shop	Llanwrda		
The Dolaucothi Arms	Pumsaint		
D. A. Lewis Agricultural Merchant.....	Pumsaint		
Tourist Information Centre	Pumsaint		
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- **Schoel foot spa** 2 year guarantee £20 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.
- **Period Pitch Pine kneehole desk** with leather inlay and 7 drawers, £300 no offers. Brecon area. Tel: 01874 658262.
- **2 French bedside cabinets** each with drawer and cupboard with marble tops, £100. Tel: 01874 658262.
- **Strong wire paper rack** with 25 slots ideal card-maker, £20. Tel: 01874 658262.
- **Large selection of Black Mountain Pottery** as new, from Pottery near Talgarth, £80. Tel: 01874 658262.
- **Cream Ceramic Table-lamp** along with cream shade, £15. Tel: 01874 658262.
- **Petrol Lawnmower**. Mountfield Emperor; Self-propelled. Powerful 4hp Briggs & Stratton engine. Cutting width approx 55cm. Starts well, runs well, collects well, £25. Tel: 01550 750439.
- **Tractor big bale spike** on 3 point linkage, £60. Tel 07903633660 or 01550 777570 Llangadog.
- **Fridge** HOTPOINT SLIMLINE W20ins x H33ins excellent condition, new kitchen = reason for selling, £40. Tel: 07761 107055.
- **Chest Freezer** PROLINE W20ins x H34ins. Can be seen working, £30. Tel: 07761 107055.

- **Saucepan stand**. Chrome finish 5 sections, as new, £8. Tel: 07761 107055.
- **Roller Blinds** LAURA ASHLEY to suite window H43ins x W35ins, Beige base with Raspberry coloured flowers, £30. Tel: 07761 107055.
- **Roller Blinds** LAURA ASHLEY to suite window or glass door, H43ins x W28ins. Beige base with Raspberry coloured flowers, £40. Tel: 07761 107055.
- **4 China Pot Plant Holders**, £8 each. Tel: 07761 107055.
- **3 x 3ft long Fluorescent lights** with individual switches, £3 each. Tel: 07761 107055.
- **An old (very strong) steel log holder** for sawing logs, £30. Tel: 07761 107055.
- **Cast Iron Pig trough** 3ft long x 1ft wide with curved bottom, £30. Tel: 07761 107055.
- **High level Pulsating 360 degree water sprinkler** with adjustable tripod. (spreads over large area). £20. Tel: 07761 107055.
- **PLAY THE PIANO**. Learn how to play the keyboard with "Play It Today". 35 Audio Tapes and 35 Instruction Booklets. Very easy to follow. Learn at your own pace. Hear how it should be played. Play real music from Lesson 1. Only £50 Telephone 01550 77769.
- **Ford KA** 2002 MOT to May. Sound engine, 4 good tyres. Bodywork shot/spares. Runner. £125 ono. Tel: 01550 721380 before 6 p.m.
- **FRIDGE FREEZER**. Make - 'Logik'. Overall dimensions 501(W)*560(D)*1525(H) mm. Energy grading A+, £99. Tel. 07788 137883.
- **WASHING MACHINE**. Make - 'Hoover'. Maximum load 6Kg. Includes special programmes for Woolmark, Sports etc. as well as time saving programmes, £99. Tel. 07788 137883.
- **Oak Bookcase** - Open front reproduction with relief carving 36" wide x 45" high x 13" deep. 4 shelves - 3 adjustable, £55.00 Tel. 01550 777882
- **2 Concrete Planters** - 24" top, base 12" diameter. Natural colour, £40 pair. Tel 01550 777882.
- **Lloyd Loom Linen Basket** - white painted flip top 12" square x 21" high, £10.00. Tel 01550 777882.
- **Hohner electric organ**, good working order, 2 key boards + food pedals. Tel: 01550 777904 / 07866 489639.
- **Brand new Helly Hanson work jacket**, XL, cost £75 bargain £30. Tel: 01550 721005 / 07855 176981.
- **5ft metal clothes rail**, heavy duty on wheels and easy dismantles £20 Tel: 01550 721005 / 07855 176981.
- **Doggy trailer**, brand new, large, cost £165 accept £50 Tel: 01550 721005/ 07855 176981.

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you CAN afford

- **Graco travel system**, charcoal grey check. Four wheels and car seat. £85 o.n.o. Tel: 01267 202394.
- **2x car seats**. £10 each. Tel: 01267 202394.
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- **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.
- **Indian Rug** – thick pile, 10' x 7', neutral colour with abstract motifs, £80. Tel: 01550 777410.
- **Chinese thick pile rug**, 6' x 4', light colour with abstract motifs, £60. Tel: 01550 777410.
- **Pine dining table**, circular central pedestal, 4ft diameter, £40. Tel: 01550 777410.
- **Citroen Berlingo Exhaust**. As new. Complete with catalytic converter. Fair offers considered. Tel: 01550 721197.
- **'Art and Artist's' Book's and Dvd's**. Swap's considered. Tel: 01550 721197.

WANTED

- **ASAP: Help with Personal Care and Home Help.** Hours/days to be discussed. Tel: 01550 777322.
- **Walk in bath**, Maximum width 70cm, Thank you in anticipation, John Thorp. 01550 60316.
- **Any used postage stamps or old £1 coins:** To help raise funds for Llest Horse and Pony Trust please send them to Llest, Beili Bedw Farm, Llanddeusant, Llangadog, Carm. SA19 9TG. Please make sure to cut not more than a 1cm border around any stamps you send. Thank you.
- **Hand singer sewing machine** in reasonable working order Tel: 01550 777904 / 07866 489639.
- **House or cottage sought for rent (and/or barter).** Detached with garden if possible. Outbuilding appreciated. Artistic, local couple. Excellent references. Tel: 01550 721197.
- **Carers and home help's.** Part-time, self employed position's. Rural location. Overnight or day care. Allergy aware and vegan - friendly person's sought, also help with M.E., accommodation and advocacy. Tel: 01550 721197.
- **Suzuki Alto wheel's and tyre's.** Tel: 01550 721197.



NEWS FROM THE TOWN HALL

ASSET TRANSFER OF PARKS AND PLAYGROUNDS



After months of negotiation with County Hall, Llandovery Town Council has finally signed the lease to take over management of the Town's parks and playgrounds with effect from 30th January. A formal handover of the facilities took place in Maesglas Park. At a public meeting in the Rhys Prichard Memorial Hall on Wednesday 21st March, volunteers were sought 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 Llandovery 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.



APPOINTMENT OF MAYOR AND DEPUTY FOR 2018/19

At the March meeting of the Town Council, councillors agreed to nominate Councillor Annabel Paul as Mayor of Llandovery for 2018/19. Annabel will take over from the current Mayor, Councillor David Long, at the Mayoral Installation which will take place in the Town Hall on Thursday 17th May. Deputy Mayor for the coming year will be Councillor Louise Wride

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

- 1 Apr 8.30am Holy Eucharist
- 8 Apr 8.30am Holy Eucharist
- 15 Apr 8.30am Holy Eucharist

St. Sadwrn Church, Llansadwrn

- 1 Apr 11.00am Holy Eucharist
- 15 Apr 11.00am Holy Eucharist
- 22 Apr 11.00am Rainbow Church

Capel Dewi Sant

- 1 Ebrill 2.15yp Cymun Bendigaid
- 15 Ebrill 2.15yp Cymun Bendigaid
- 22 Ebrill 2.15yp Hwyrrol Weddi

St. Paul's, Manordeilo

- 1 Apr 9.30am Holy Eucharist
- 8 Apr 9.30am Morning Prayer
- 15 Apr 9.30am Holy Eucharist
- 22 Apr 9.30am Holy Eucharist
- 29 Apr 9.30am Joint Holy Eucharist

Please contact 01550 777343 for further information.

PARISH OF LLANDOVERY WITH MYDDFAI

Llandingat

- 1 Apr 10.00am Easter Family Communion
- 8 Apr 6.00pm Holy Communion
- 9.30am Holy Communion
- 6.00pm Informal Evening Service
- 15 Apr 9.30am Holy Communion
- 6.00pm Evening Prayer
- 22 Apr 8.00am Holy Communion
- 9.30am Holy Communion
- 3.00pm Messy Church
- 29 Apr 10.30am Joint Parish Communion
- 6.00pm Evening Prayer

Llanfair

- 1 Apr 9.00am Cymun Bendigaid y Pasg
- 15 Apr 11.00am Cymun Bendigaid

St Michael's, Myddfai

- 1 Apr 11.30am Easter Communion
- 8 Apr 11.30am Holy Communion
- 15 Apr 11.30am Morning Prayer
- 22 Apr 11.30am Holy Communion
- 29 Apr 10.30am Joint Service in Llandingat

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

EBENEZER APOSTOLIC CHURCH, HALFWAY, TALLEY

Pastor Ian Hughes. Tel 01570 481887.

- 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

- 1 Apr 9.30am Holy Communion
- 8 Apr 9.30am Morning Prayer
- 15 Apr 9.30am Morning Prayer
- 18 Apr 7.00pm Easter Vestry
- 21 Apr 7.00pm Supper and Auction
- 22 Apr 9.30am Morning Prayer
- 29 Apr 10.30am Holy Communion Gwynfe

For further information please contact 01550 777226.

ST SIMON & ST JUDE, LLANDEUSANT

- 1 Apr 2.00pm Holy Eucharist with Rev. Vanessa Hope-Bell
- 8 Apr 6.00pm Evening Prayer
- 22 Apr 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, Llandoverly.

Phone: 01550 777149

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

BAPTIST CHAPEL

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

ALL SAINTS GWYNFE

DATES NOT AVAILABLE AT TIME OF GOING TO PRESS

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 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 CILYCYWM & YSTRAD FFIN WITH RHANDIRMWYN & CYNGHORDY

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

- 1 Apr 2.30pm Easter Eucharist
- 8 Apr 2.30pm Eucharist
- 15 Apr 2.30pm Evening Prayer
- 22 Apr 2.30pm Eucharist
- 29 Apr 2.30pm Evening Prayer

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

St. Barnabas Church, Rhandirmwyn

- 1 Apr 9.30am Easter Eucharist
- 8 Apr 9.30am Eucharist
- 15 Apr 9.30am Morning Prayer
- 22 Apr 9.30am Eucharist
- 29 Apr 9.30am Morning Prayer

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

St. Michael's, Cilycwm

- 1 Apr 11.15am Easter Eucharist
- 8 Apr 11.15am Eucharist
- 15 Apr 11.15am Morning Prayer
- 22 Apr 11.15am Eucharist
- 29 Apr 11.15am Morning Prayer

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
Sun 10.00am Bible Study
11.00am Worship

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

Our spotlight this month is on the person of Jesus Christ. We just love how he uses every day tasks to demonstrate His love for us. Not one of us can live without water. In the bible we are told that Jesus offers us **living water** and it is ours for the taking. Have a read of the following passage and I urge you to meditate upon it.

John 4:1 Now Jesus learned that the Pharisees had heard that he was gaining and baptizing more disciples than John— 2 although in fact it was not Jesus who baptized, but his disciples. 3 So he left Judea and went back once more to Galilee.

4 Now he had to go through Samaria. 5 So he came to a town in Samaria called Sychar, near the plot of ground Jacob had given to his son Joseph. 6 Jacob's well was there, and Jesus, tired as he was from the journey, sat down by the well. It was about noon.

7 When a Samaritan woman came to draw water, Jesus said to her, "Will you give me a drink?" 8 (His disciples had gone into the town to buy food.)

9 The Samaritan woman said to him, "You are a Jew and I am a Samaritan woman. How can you ask me for a drink?" (For Jews do not associate with Samaritans.)

10 Jesus answered her, "If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water."

11 "Sir," the woman said, "you have nothing to draw with and the well is deep. Where can you get this living water? 12 Are you greater than our father Jacob, who gave us the well and drank from it himself, as did also his sons and his livestock?"

13 Jesus answered, "Everyone who drinks this water will be thirsty again, 14 but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life."

Would you like to discover more about this living water?

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 Cwmdud 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.

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 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

ZUMBA FITNESS – The Ultimate Latin Fitness Dancercise Class, 3.00 – 4.00pm at Civic Hall, Llandeilo. Call Melissa for info 07909 903773.

Cwmdru Inn. A traditional Sunday lunch will be available from 12.30pm to 2.30pm. This is a first Sunday meal for the community restaurant, so please support this initiative of Lisa and Tom who will be cooking, and contact the shop/pub on 01558 685156 or 01558 685088 to make your booking.

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

The Ramblers – Bancyfeelin: A circular walk on open ground and quiet roads with extensive views (weather permitting). Dist. 10 miles. Energetic Explorer map 177. Meeting point: Llandeilo Railway Station. Dep. 9.30am and on by car, organised by Dinefwr Ramblers. Leader: Richard Ambrose Tel. 01792 361814 Mob. 07716 657243.

Have a go at archery – with Castle Archers, in the outer walled garden (near the bandstand) from 10.00am – 5.00pm £1.50 charge. Test your head for heights with an abseil off the top of Science Centre, all day. Jugglestruck – Folly Farm's favourite magician, in Theatr Botanica, 12.00 noon – 3.00pm. The world-famous Quack Pack – see one man and his dog herd Indian runner ducks round obstacles, up and over slides and through tunnels. 12.00 noon, 1.00pm, 2.00pm and 3.00pm. See the First World War exhibition by Carmarthen Modellers, in Principality House all day. Family activities 11.00am – 3.00pm, organised by National Botanic Garden of Wales. For a full run-down of what's on, where and when in the Garden at Easter, visit <https://botanicgarden.wales/>. Admission to the Garden is £11 (including Gift Aid) for adults and £5 for children five-to-16 years of age. Under 5s are free. Entry is FREE for Garden members and parking is free for all.

2 APRIL:

We are holding our first-ever family Hoof Camp at Lluest Horse and Pony Trust: Various activities, competitions and games, including learning about horse care. Cost £25 per child over 5 years, additional children £20 each. 11am to 3pm. Contact us for more details and to book your place. More information on our website. www.lluesthorseandponytrust.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. Llandoverly LYCC Community Drop-in Centre, 19 Market Square. Tel: 01550 721499.

Make a campfire in the woods and build a shelter on our Bushcraft adventure, Fairy Woods, all day. The world-famous Quack Pack – see one man and his dog herd Indian runner ducks round obstacles, up and over slides and through tunnels. 12.00 noon, 1.00pm, 2.00pm and 3.00pm. Jugglestruck – Folly Farm's favourite magician, in Theatr Botanica, 12.00 noon – 3.00pm. Listen to Pembrokeshire's Saint City Jazz Band, in the Great Glasshouse. Have a go at archery – with Castle Archers, in the outer walled garden (near the bandstand) from 10.00am – 5.00pm £1.50 charge. Family activities 11.00am – 3.00pm, organised by National Botanic Garden of Wales. For a full run-down of what's on, where and when in the Garden at Easter, visit <https://botanicgarden.wales/>. Admission to the Garden is £11 (including Gift Aid) for adults and £5 for children five-to-16 years of age. Under 5s are free. Entry is FREE for Garden members and parking is free for all.

3 APRIL:

The Arts Society Brecknock, 'The Camden Town Group', a talk to be given by Linda Smith; 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.

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.

Craft Circle – Tuesdays 1.00 pm to 3pm. Get together, Craft and Natter! All welcome. Cost: £2.00. LLandoverly LYCC Community Drop-in Centre, 19 Market Square. Tel: 01550 721499.

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

BBC First Click Computer Course – 10 am to 12 pm. 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.

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

Llandoverly Croquet and Bowls Club – Croquet at the Castle Car Park bowling green from 2pm, visitors and beginners welcome.

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

Have a go at archery – in the outer walled garden (near the bandstand) from 10.00am – 5.00pm. Family activities 11.00am – 3.00pm, organised by National Botanic Garden of Wales. For a full run-down of what's on, where and when in the Garden at Easter, visit <https://botanicgarden.wales/>. Admission to the Garden is £11 (including Gift Aid) for adults and £5 for children five-to-16 years of age. Under 5s are free. Entry is FREE for Garden members and parking is free for all.

4 APRIL:

Writing for Fun and Profit, course. 7.00pm to 9.00pm, YMCA, 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.

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

Monthly meeting of Capel Dewi Community Association at The Old School, Capel Dewi. 7.00pm

Cwmdu Smallholders. The group for smallholders will be meeting 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.

Patchwork Quilting Group, Cwrt Henri 1.30 – 4.00pm at the Cwrt Henri reading room. This is a small friendly tutored group for quilters of all abilities and experience, from total beginner to advanced level- no experience required. This is an opportunity to explore your creative stitchery skills in a relaxed friendly environment. The cost is £6.50 per session This group meets every Wednesday throughout the year. For more information or to book your place contact thequiltingdragon@yahoo.com

The Ramblers – Alltwn-Gellinud-Rhos: Streamside walk and old tramways linking the villages of Alltwn, Gellinudd & Rhos Dist. 5 miles. Moderate/Energetic Explorer map 165. Meeting point: Tesco Pontardawe car park Dep. 11.00am, organised by Dinefwr Ramblers. Leader: Wendy Davies Tel. 01269 826707 Mob. 07973 714795.

Garden History Tour – found out about our fascinating and unique history, one-hour tour, 2.00pm meet: Western Entrance of Great Glasshouse. Test your head for heights with an abseil off the top of Science Centre, all day. Family activities 11.00am – 3.00pm, organised by National Botanic Garden of Wales. For a full run-down of what's on, where and when in the Garden at Easter, visit <https://botanicgarden.wales/>. Admission to the Garden is £11 (including Gift Aid) for adults and £5 for children five-to-16 years of age. Under 5s are free. Entry is FREE for Garden members and parking is free for all.

5 APRIL:

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.

Llandoverly Croquet and Bowls Club – Croquet at the Castle Car Park bowling green from 2pm, visitors and beginners welcome.

Short mat bowls at The Old School, Capel Dewi, every Thursday evening. 7.00pm Contact Tony Emmerson 01267 290361

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

Llanwrtyd Wells & District Heritage and Arts Centre, illustrated talk by Rev. Andrew Tweed on travelling by rail abroad, 'Trains across Europe'. Starts at 7pm, entry £2 includes refreshments. For more information, see www.history-arts-wales.org.uk, email: ldhac2016@gmail.com or telephone 01591 610067.

Llanwrtyd Wells Thursday Walkers leave the Neuadd Arms Hotel at 10.30am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, 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

Middleton: Paradise Regained – Update – get an update on the very latest news of our parkland restoration project from Heritage Officer Louise Austin, Theatr Botanica, 11.00am. Go ape and climb a tree (with trained instructors!) all day. Family activities 11.00am – 3.00pm, organised by National Botanic Garden of Wales. For a full run-down of what's on, where and when in the Garden at Easter, visit <https://botanicgarden.wales/>. Admission to the Garden is £11 (including Gift Aid) for adults and £5 for children five-to-16 years of age. Under 5s are free. Entry is FREE for Garden members and parking is free for all.

6 APRIL:

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

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.

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.

Cwmdu Folk Night. A live music session in the Cwmdu Inn. Free entry. Come and join in or just enjoy the music. From 8.00pm. For more information, phone the shop/pub on 01558 685156.

Parkland Restoration Guided Walk – come and find out more about our historic parkland and see the progress of our restoration works. Two-hour tour, 2pm, meet Western Entrance of Great Glasshouse, stout shoes or boots required. Test your head for heights with an abseil off the top of Science Centre, all day. Family activities 11.00am – 3.00pm, organised by National Botanic Garden of Wales. For a full run-down of what’s on, where and when in the Garden at Easter, visit <https://botanicgarden.wales/>. Admission to the Garden is £11 (including Gift Aid) for adults and £5 for children five-to-16 years of age. Under 5s are free. Entry is FREE for Garden members and parking is free for all.

7 APRIL:

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.

Cadog Film Club: Hidden Figures (2016) The true story of a team of female African-Americans mathematicians who played a vital role in NASA during the early years of the space programme, while also facing the racial prejudice prevalent at that time. Llangadog Community Hall at 7.30pm for supper (bring a dish each) and bar; 8.30 pm for film only. Non-members welcome. For booking and further information contact Irene Hayes on 01550 777657 or email cadogfilmclub@aol.com

SRART ART: Monthly Saturday morning art classes for beginners with tutor Wendy Powell-Jones at St Michaels Church Hall Golden Grove near Llandeilo, 10.00am – 1.00pm. For details and to book contact Wendy: 07818 555243 Email: wj@hotmai.co.uk www.wendypowell-jones.me.uk

SATURDAY BOOKS at Llansadwrn. 10.00am – 12.00 noon. Reading Room. Bring, browse or take away, plus free refreshments in good company.

Conversational French classes with Amelie in the Angel, Llandeilo. A four week course, starts Wednesday 7th April. Beginners 6.30 to 7.30pm, advanced 7.45 to 8.45pm, upstairs of the Angel Inn [The Function Room], Llandeilo. For Bookings and Information, please contact Amelie. vivelafrance@gmail.com, telephone 01558 685175.

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 number 01558 685156 or 01558 685088.

Talley Parish History Group will hold an open session in the Cwmdu Inn from 10am to 12noon. If you have any queries

about the Parish archives or have anything of interest to add to them, Pat Edwards will be there to help you browse the collection.

An informative and practical Drawing/Painting workshop, with professional artist, Genevieve Caminade. Each students abilities and personal interests will be taken into careful consideration. This course will start Wednesday 7th April, at the Angel Inn [Function Rooms] Llandeilo, day class or evening classes possible, depending on the demand. For further info contact genecaminade@hotmail.com or tel:01558 685175.

Capel Gosen Cynghordy – The Rev’d Rees Evans (1844 – 1929) returns to his roots. A celebration of the life of this son from Llanerchindda in words and music led by The Rev’d Dr Wynford Thomas, 2.30pm in the chapel, followed by afternoon tea in the vestry. Retiring collection.

Spring Antiques Weekend. Go on a bargain hunt among the 100 stalls of antiques, vintage, curios and collectables, in the Great Glasshouse, Principality House, Marquee and Theatr Botanica, all day. Its Doggy Weekend, too, so bring your pooch for a mooch in our 568 acres of gorgeous garden, all day. Go ape and climb a tree (with trained instructors!) all day. Family activities 11.00am – 3.00pm, organised by National Botanic Garden of Wales. For a full run-down of what’s on, where and when in the Garden at Easter, visit <https://botanicgarden.wales/>. Admission to the Garden is £11 (including Gift Aid) for adults and £5 for children five-to-16 years of age. Under 5s are free. Entry is FREE for Garden members and parking is free for all.

8 APRIL:

ZUMBA FITNESS – The Ultimate Latin Fitness Dancercise Class, 3.00 – 4.00pm at Civic Hall, Llandeilo. Call Melissa for info 07909 903773.

The Ramblers – Kenfig Pool: A varied walk with a castle, a pool and Sker House. May see some interesting flora and fauna. Dist. 8 miles. Moderate Explorer map: 151 Meeting point: Kenfig Pool Nature Reserve. Grid Ref SS801810 Dep. 10.30am, organised by Dinefwr Ramblers. Leader: Ian Wagstaff Tel. 01269 823949.

Spring Antiques Weekend. Go on a bargain hunt among the 100 stalls of antiques, vintage, curios and collectables, in the Great Glasshouse, Principality House, Marquee and Theatr Botanica, all day. Its Doggy Weekend, too, so bring your pooch for a mooch in our 568 acres of gorgeous garden, all day. Have a go at archery – in the outer walled garden (near the bandstand) from 10.00am – 5.00pm. Family activities 11.00am – 3.00pm, organised by National Botanic Garden of Wales. For a full run-down of what’s on, where and when in the Garden at Easter, visit <https://botanicgarden.wales/>. Admission to the Garden is £11 (including Gift Aid) for adults and £5 for children five-to-16 years of age. Under 5s are free. Entry is FREE for Garden members and parking is free for all.

9 APRIL:

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

Cariad Glass – Talk and demonstration by Chris and Justine Dodd at The Sexton Arms, Llansadwrn, 7.30pm organised by Llanwrda & Llansadwrn Countrywomen’s Group. Tel: 01550 777347 for further info.

Bushcraft adventures in Fairy Wood. Build a den, light a campfire and toast marshmallows, all day. It's Doggy Day, too, so strike out with your four-legged friend(s), all day. Family activities 11.00am – 3.00pm, organised by National Botanic Garden of Wales. For a full run-down of what's on, where and when in the Garden at Easter, visit <https://botanicgarden.wales/>. Admission to the Garden is £11 (including Gift Aid) for adults and £5 for children five-to-16 years of age. Under 5s are free. Entry is FREE for Garden members and parking is free for all.

10 APRIL:

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

Llandovery Croquet and Bowls Club – Croquet at the Castle Car Park bowling green from 2pm, visitors and beginners welcome.

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

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.

The meerkats are back, plus lots of other amazing, exotic animals, in the Garden marquee. Shows at 11.00am, 12.30pm, 2.00pm, 3.30pm £3 charge. Specialist talk – One of a series of talks which set the Garden's history and heritage in its broader context, Theatr Botanica, 12.00 noon – 12.45pm. Test your head for heights with an abseil off the top of Science Centre, all day. Family activities 11.00am – 3.00pm, organised by National Botanic Garden of Wales. For a full run-down of what's on, where and when in the Garden at Easter, visit <https://botanicgarden.wales/>. Admission to the Garden is £11 (including Gift Aid) for adults and £5 for children five-to-16 years of age. Under 5s are free. Entry is FREE for Garden members and parking is free for all.

11 APRIL:

Writing for Fun and Profit, course. 7.00pm to 9.00pm, YMCA, 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.

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

Wildlife Trust South & West Wales – East Carmarthenshire Group: Annual General Meeting followed by a Talk on Moorlands by Dr Michael Isaac at Maes Elfryn Hall, Dynevor Avenue, Llandeilo at 7.30pm. For further information about the Meeting or the Group, please contact Valerie Arnall, Honorary Secretary - phone 01267 253485.

Patchwork Quilting Group, Cwrt Henri 1.30 – 4.00pm at the Cwrt Henri reading room. This is a small friendly tutored

group for quilters of all abilities and experience, from total beginner to advanced level- no experience required. This is an opportunity to explore your creative stitchery skills in a relaxed friendly environment. The cost is £6.50 per session This group meets every Wednesday throughout the year. For more information or to book your place contact thequiltingdragon@yahoo.com

The Ramblers – Black Mountain, Brynamman: From Upper Brynamman Mountain Centre up on to Foel Deg-arbedol, S.W. to the Pedol valley and back down through the valley. Dist. 5 miles. Moderate Explorer map: OL12 Meeting point: Upper Brynamman Mountain Centre car park. Dep. 1.00pm, organised by Dinefwr Ramblers. Leader: Pam & Hugh Simpson Tel. 01558 822405 Mob. 07810 414378.

The meerkats are back, plus lots of other amazing, exotic animals, in the Garden marquee. Shows at 11.00am, 12.30pm, 2.00pm, 3.30pm £3 charge. Garden History Tour – found out about our fascinating and unique history, one-hour tour, 2.00pm meet: Western Entrance of Great Glasshouse. Go ape and climb a tree (with trained instructors!) all day. Family activities 11.00am – 3.00pm, organised by National Botanic Garden of Wales. For a full run-down of what's on, where and when in the Garden at Easter, visit <https://botanicgarden.wales/>. Admission to the Garden is £11 (including Gift Aid) for adults and £5 for children five-to-16 years of age. Under 5s are free. Entry is FREE for Garden members and parking is free for all.

12 APRIL:

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Capel Isaac Community Talk: "The Williams-Drummonds of Edwinstford in Talley, the last Master, his Wife, and the Butler who inherited everything" Illustrated Talk to be given by David Lewis, at St. John's Church, Maesteilo, Capel Isaac SA19 7TF, 7.30pm, £4 followed by refreshments.

Llandovery Croquet and Bowls Club – Croquet at the Castle Car Park bowling green from 2pm, visitors and beginners welcome.

Deep Relaxation (Yoga Nidra) and Meditation. 7.00 – 8.00pm. Manordeilo Reading Rooms, Cwmifor, SA19 7AW. £5. Tel: 07813 647936, email: kirstymaryyoga@gmail.com, www.facebook.com/kirstymaryyoga

Short mat bowls at The Old School, Capel Dewi, every Thursday evening. 7.00pm Contact Tony Emmerson 01267 290361

Coffee Morning with speaker at The Old School, Capel Dewi. £2 including raffle and refreshments. (10.00am – noon)

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.

Llanwrtyd Wells Thursday Walkers leave the Neuadd Arms Hotel at 10.30am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, 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

The meerkats are back, plus lots of other amazing, exotic animals, in the Garden marquee. Shows at 11am, 12.30pm, 2.00pm, 3.30pm £3 charge. Have a go at archery – in the outer walled garden (near the bandstand) from 10.00am – 5.00pm. Family activities 11.00am – 3.00pm, organised by National Botanic Garden of Wales. For a full run-down of what's on, where and when in the Garden at Easter, visit <https://botanicgarden.wales/>. Admission to the Garden is £11 (including Gift Aid) for adults and £5 for children five-to-16 years of age. Under 5s are free. Entry is FREE for Garden members and parking is free for all.

13 APRIL:

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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.

The Combined Forces @ LINKS will be holding an awareness day at the Theatr Ffwrnes, Park Street, Llanelli, Dyfed SA15 3YE. We have room for around 10 information stalls for organisations offering veteran support please let me know ASAP if you would like to book a space. We also have the pleasure of Just Druid films showing their Passchendaele short film titled "I Died In Hell (They called it Passchendaele)". Just Druid Films would also like to speak with veterans with PTSD who have served in Bosnia as this will be the theme for their next project.

Amazing Bird of Prey Display, see hawks, kites, owls and falcons, on Millennium Lawn, flying displays at 12.00 noon and 2.00pm. Parkland Restoration Guided Walk – come and find out more about our historic parkland and see the progress of our restoration works. Two-hour tour, 2.00pm, meet Western Entrance of Great Glasshouse, stout shoes or boots required. Test your head for heights with an abseil off the top of Science Centre, all day. Family activities 11.00am – 3.00pm, organised by National Botanic Garden of Wales. For a full run-down of what's on, where and when in the Garden at Easter, visit <https://botanicgarden.wales/>. Admission to the Garden is £11 (including Gift Aid) for adults and £5 for children five-to-16 years of age. Under 5s are free. Entry is FREE for Garden members and parking is free for all.

14 APRIL:

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

Brian Dennis Motorsport Welsh Historic Rally Championship 2018: Rallynuts Stages Rally (F) Midland Manor M C. Contact: Steve Tibbetts on 02476 694754 or email: steven.tibbetts@btinternet.com for further information.

Bryndolau Retreat Day to be led by Revd. John Graves. "Stewardship, Worry and Hope". Please ring David Steel 01558 824514 for more details or to reserve a place.

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

Myddfai Hall hosts The Washboard Resonators come along for some Footstomping Blues, Ragtime, Swing & Folk Music- Everyone welcome 8pm, Tickets £10 on the door bring your own drink. Tel 01550 720449 www.myddfai.org
SATURDAY BOOKS at Llangadwrn. 10.00am – 12.00 noon. Reading Room. Bring, browse or take away, plus free refreshments in good company.

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 new number 01558 685156 or 01558 685088.

Victoria Hall, Llanwrtyd Wells, Farmers' & Crafts Market 10am to 1pm. Local produce, hand-made items, refreshments, free entry. For information or to book a table, contact Jen at jenny.blacksheep@gmail.com or telephone 01591 610637.

Table Top Sale at Croquet/Bowls Pavilion, Castle Car Park, 10.00am – 2.00pm, Sellers 9.30am. £5 per table, organised by Llandoverly Community Sports Association (L.C.S.A.). Refreshments available. Tel: 01550 720680 to book.

The Goonies, watch classic 80s American adventure comedy in our Cinema Under the Stars season, 7.00pm separate ticket from <https://thelittleboxoffice.com/cinemaunderthestars/event/view/78771>. Amazing Bird of Prey Display, see hawks, kites, owls and falcons, on Millennium Lawn, awesome flying displays at 12.00 noon and 2.00pm. Go ape and climb a tree (with trained instructors!) all day. Family activities 11.00am – 3.00pm, organised by National Botanic Garden of Wales. For a full run-down of what's on, where and when in the Garden at Easter, visit <https://botanicgarden.wales/>. Admission to the Garden is £11 (including Gift Aid) for adults and £5 for children five-to-16 years of age. Under 5s are free. Entry is FREE for Garden members and parking is free for all.

15 APRIL:

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.

ZUMBA FITNESS – The Ultimate Latin Fitness Dancercise Class, 3.00 – 4.00pm at Civic Hall, Llandeilo. Call Melissa for info 07909 903773.

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

The Ramblers – Beacons Bonanza 6: Central Beacons. Another series previously described. This one takes in the central Beacons ridge and all the peaks and high points on it. We'll visit the site of a crashed WWII Wellington bomber

and Tommy Jones' obelisk. With 4550' of ascent, this is a strenuous but worth-while walk. Linear. Dist. 11 miles. Strenuous Explorer Map: OL12 Meeting point: Llandovery Railway Station Dep. 9.00am and on by car, organised by Dinefwr Ramblers. Leader: Jim S Tel. N/A Mob. 07851 365303.

Amazing Bird of Prey Display, see hawks, kites, owls and falcons, on Millennium Lawn, awesome flying displays at 12.00 noon and 2.00pm. Towy Valley Vintage Club's annual spring 'crank-up' with classic cars and vintage vehicles, Millennium Square, Garden Marquee, all day. Have a go at archery – in the outer walled garden (near the bandstand) from 10.00am – 5.00pm. Family activities 11.00am – 3.00pm, organised by National Botanic Garden of Wales. For a full run-down of what's on, where and when in the Garden at Easter, visit <https://botanicgarden.wales/>. Admission to the Garden is £11 (including Gift Aid) for adults and £5 for children five-to-16 years of age. Under 5s are free. Entry is FREE for Garden members and parking is free for all.

17 APRIL:

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.

Llandovery Croquet and Bowls Club – Croquet at the Castle Car Park bowling green from 2pm, visitors and beginners welcome.

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

18 APRIL:

Writing for Fun and Profit, course. 7.00pm to 9.00pm, YMCA, 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.

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

Terry Walton presents "The Life of a Media Allotmenteer" at Cothi Gardeners' Club, Coronation Hall, Pumsaint, SA19 8UW. 7.30pm. Visitors & Guests welcome, £3 (includes refreshments)

Patchwork Quilting Group, Cwrt Henri 1.30 – 4.00pm at the Cwrt Henri reading room. This is a small friendly tutored group for quilters of all abilities and experience, from total beginner to advanced level- no experience required. This is an opportunity to explore your creative stitchery skills in a relaxed friendly environment. The cost is £6.50 per session This group meets every Wednesday throughout the year. For more information or to book your place contact thequiltingdragon@yahoo.com

Members Night organised by Llandovery Floral Art at 7.00pm in Dolau Bran, Llandovery. Tel: 01550 740242 for further details.

The Ramblers – Abergolech: A spring walk in the forest following forestry tracks and footpaths. Dist. 5 miles. Moderate Explorer map: 186 Meeting point: Llandeilo Railway

Station and on by car. Dep. 1.00pm, organised by Dinefwr Ramblers. Leader: Jude & John Charteris Tel. 01558 823004 Mob. 07776 433921.

19 APRIL:

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.

Chris Yemm International Circle Dancing, Rhys Pritchard Hall, SA20 ODD 7.30pm – 10.30pm £5 www.facebook.com/llandoverfolkandancing/ www.llandoverfolkandancing.co.uk ffor Jean 01550 720483.

Llandovery Croquet and Bowls Club – Croquet at the Castle Car Park bowling green from 2pm, visitors and beginners welcome.

Deep Relaxation (Yoga Nidra) and Meditation. 7.00 – 8.00pm. Manordeilo Reading Rooms, Cwmifor, SA19 7AW. £5. Tel: 07813 647936, email: kirstymaryyoga@gmail.com, www.facebook.com/kirstymaryyoga

Short mat bowls at The Old School, Capel Dewi, every Thursday evening. 7.00pm Contact Tony Emmerson 01267 290361

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 new number 01558 685156 or 01558 685088.

Llanwrtyd Wells Thursday Walkers leave the Neuadd Arms Hotel at 10.30am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, 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

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.

20 APRIL:

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

Cadog Film Club: A Man Called Ove (2015) Ove, an ill-tempered ageing curmudgeon living in a Swedish housing estate, finds his life turned upside down by the new young family who come crashing into his postbox and into his life. Swedish with English subtitles. Llangadog Community Hall at 7.00 pm. No booking required. Non-members welcome. For further information contact Irene Hayes on 01550 777657 or email cadogfilmclub@aol.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.

21 APRIL:

Wildlife Trust South & West Wales - East Carmarthenshire

Group: Annual Early Purple Orchid Count led by Colin Miles. A chance to see a profusion of hedgerow wildflowers. Meet at Harlech Barn, Pentrefelin, Llandeilo SA19 6DS (SN596237) at 2.00pm. For further information about the Meeting or the Group, please contact Valerie Arnall, Honorary Secretary - phone 01267 253485.

SATURDAY BOOKS at Llansadwrn. 10.00am – 12.00 noon. Reading Room. Bring, browse or take away, plus free refreshments in good company.

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 new number 01558 685156 or 01558 685088.

St Cadog's Church Annual Supper and Auction which will take place in the Community Centre on Saturday 21st April. We are very grateful to Mr Huwel Manley for agreeing to be the auctioneer again this year. Tickets are £12 and can be booked by ringing 01550 777657. Tickets will be limited due to catering arrangements and so need to be booked in advance.

22 APRIL:

ZUMBA FITNESS – The Ultimate Latin Fitness Dancercise Class, 3.00 – 4.00pm at Civic Hall, Llandeilo. Call Melissa for info 07909 903773.

The Ramblers – Castlemartin Range: Walking between Stack Rock and Brownslade Gate. A mostly coastal walk giving spectacular views of the south Pembrokeshire coast. Part of the walk leads from the coast, along the Frainslake Valley and past Brownslade Gate. Maximum number of walkers is 20. There are no toilet facilities on this walk. Details in Newsletter. Dist. 6.5 miles. Moderate Explorer map: OL36 Meeting point: Llandeilo Railway Station Dep. 8.00am and on by car, organised by Dinefwr Ramblers. Leader: c/o Alwyn Squires Tel. 01269 594415 Mob. 07969 646115.

23 APRIL:

CHAIR YOGA in Llandoverly: 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.

24 APRIL:

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.

Tywi Tunes' Half Moon 30 Stone Street, Llandoverly (or nearby pub!) 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.

Llandoverly Croquet and Bowls Club – Croquet at the Castle Car Park bowling green from 2pm, visitors and beginners welcome.

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

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.

Willow Weaving Workshop at Myddfai Community Centre. Come and weave a Spanish Zarzo basket, 10.30am – 4.30pm, £42 including all materials. Contact Justine at West Wales Willows 01267 202309 or info@WestWalesWillows.co.uk

In Our Hands: Seeding Change – "The inspiring story behind the blood, sweat and tears of the British Farmers seizing the Brexit moment to outgrow the industrial food system"; Introduced by Frank Gundry from the Black Mountain Food Hubs - Patchwork Farms Project. The Angel (upstairs), Llandeilo at 7.45pm. Free Entry. Open to all. [a TTT event]

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.

25 APRIL:

Writing for Fun and Profit, course. 7.00pm to 9.00pm, YMCA, 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.

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

Llandoverly Community Cinema. DUNKIRK (12a) Action/Drama/History. May/June 1940. 400,000 British soldiers are holed up in the french port of Dunkirk. The only way out is via the sea. The situation is desperate, Britain sends civilian boats to try to evacuate the beleaguered forces. This is the story seen through the eyes of a soldier, RAF pilots and a group of civilians on their boat. Doors Open at 6.45pm. Short Film starts at 7.00pm. Main Film starts at 7.30pm at Rhys Pritchard Memorial Hall, Bridge Street, Llandoverly SA20 ODD. For further details Contact the Hall Manager on 01550 720258.

Pilgrim Service at Llanfihangel Rhos y Corn, 6.30pm at St Michael's Llanfihangel, near Gwernogle, SA32 7RY – the fourth Wednesday in the British Summer Time months – a service of prayer and meditation - Info Roger Nock on 01267 202347.

Patchwork Quilting Group, Cwrt Henri 1.30 – 4.00pm at the Cwrt Henri reading room. This is a small friendly tutored group for quilters of all abilities and experience, from total beginner to advanced level- no experience required. This is an opportunity to explore your creative stitchery skills in a relaxed friendly environment. The cost is £6.50 per session This group meets every Wednesday throughout the year. For more information or to book your place contact thequiltingdragon@yahoo.com

Myddfai Farmers Market 9.00am – 1.00pm Come along to Myddfai Community Hall for a wide range of quality local produce. #supportlocal www.myddfai.org

The Ramblers – Myddfai Cilgwyn Forest: A walk on quiet lanes, fields and a forest track an ascent of only 100m gives superb views of the Black Mountain and Tywi valley. Dist. 5 miles. Moderate Explorer map: OL12 Meeting point: Llangadog Railway Station Dep. 1.00pm and on by car, organised by Dinefwr Ramblers. Leader: Ros Bellamy Tel. 01558 823542 Mob. 07976 631083.

Llangadog Gardening Club. A talk by Neil Barry "Gardens of Cork and Waterford". All welcome, 7.30pm. Enquiries to Helen on 01550 777719.

26 APRIL:

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.

Cafe church is on Thursday at 6.00pm in @139Rhosmaen MaryEllens Llandeilo.

Llandovery Croquet and Bowls Club – Croquet at the Castle Car Park bowling green from 2pm, visitors and beginners welcome.

Deep Relaxation (Yoga Nidra) and Meditation. 7.00 – 8.00pm. Manordeilo Reading Rooms, Cwmifor, SA19 7AW. £5. Tel: 07813 647936, email: kirstymaryyoga@gmail.com, www.facebook.com/kirstymaryyoga

Llandovery Garden Club members will be visiting Aberglasney. We will aim to arrive at 1.00pm in order to enter as a group. As well as enjoying the House & Gardens we look forward to treating ourselves to refreshments at their Tearooms. For further enquiries please contact Babs Rees at 01550 729771.

Short mat bowls at The Old School, Capel Dewi, every Thursday evening. 7.00pm Contact Tony Emmerson 01267 290361

Llanwrtyd Wells Thursday Walkers leave the Neuadd Arms Hotel at 10.30am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, 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

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.

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.

27 APRIL:

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.

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.

Sinema Sadwrn present 'The Florida Project' starring Willem Dafoe. Llansadwrn Reading Room. Doors 7.00pm. £5 or £4 for groups of more than 3 people. Visit Facebook page for more information or call 07900 908391

28 APRIL:

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.

We are hosting the Llandeilo spring clothes swap. Doors open at 10h30, charge at the door of £2, bring a bag of unwanted clothes (women/men/children/accessories/shoes/maternity)..PLEASE SORT THE CLOTHES BY CATEGORY., 11h00 the happy diving into the piles of clothes starts and you go home with a new wardrobe or plenty to up-cycle! There will be drinks/tea/coffee and cakes/fruits, please do bring home-made cake or biscuits for sale if you can, all the proceeds go to the breastfeeding support group. Last time a few people stayed and helped with the sorting out at the end, it was most helpful and we all had a good time of it, please let us know that you can help this time. Looking forward to seeing you all on the day for our usual fun xx Mia (01570 421529) and Louise (07891 029833).

JAM JAR BLUES make another appearance at Crugybar Village Hall. Doors open 7.30 p.m., admission £5.00. Bring your own drinks and nibbles, or enjoy tea, coffee and biscuits provided. Keeping the Blues alive!!!

SATURDAY BOOKS at Llansadwrn. 10.00am – 12.00 noon. Reading Room. Bring, browse or take away, plus free refreshments in good company.

JOHN RUTTER 'MAGNIFICAT' AND MORTEN LAURIDSEN 'LUX AETERNA'. CANTORION LLANDEILO SINGERS charity concert in aid of Kidney Wales Foundation and Shelter Cymru at St Teilo's Church, Llandeilo SA19 6BH at 7.30pm Soprano soloist Helen Pugh; Twyri Chamber Orchestra led by Simmy Singh; organist Dr William Reynolds; conductor Gordon Kilby. Licensed wine bar. Tickets £12 from Peppercorn in Llandeilo, at the door, or by phoning 01558 685542.

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 new number 01558 685156 or 01558 685088.

29 APRIL:

ZUMBA FITNESS – The Ultimate Latin Fitness Dancercise Class, 3.00 – 4.00pm at Civic Hall, Llandeilo. Call Melissa for info 07909 903773.

The Ramblers – Talley – Caio: A linear walk with good views and contrasting scenery. Dist. 8 miles. Moderate Explorer map: OL186/187 Meeting point: Llandeilo Railway Station Dep. 9.30am and on by car, organised by Dinefwr Ramblers. Leader: Jude & John Charteris Tel. 01558 0823004 Mob. 07776 433921.

Brian Dennis Motorsport Welsh Historic Rally Championship 2018: Dixies Challenge (S) Forresters & Forest of Dean M.C. Contact: Neil Fuller on 07798 868865 or email: neilfuller12@hotmail.com for further information.

30 APRIL:

ANNUAL GENERAL MEETING. There will be an Annual General Meeting of Llandeilo Civic Hall Trust Ltd at 6.30pm. All welcome to attend.

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.

1 MAY:

The Arts Society Brecknock, 'Welsh (and a few English) Cathedrals', a talk to be given by Catherine Oakes; 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.

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.

Whist drive at 7.30pm in the Church Hall at St Michael's Church Llanfihangel Rhos y Corn, near Gwernogle, SA32 7RP – Prizes, raffle, refreshments. Info 01267 202305.

Llandovery Croquet and Bowls Club – Croquet at the Castle Car Park bowling green from 2pm, visitors and beginners welcome.

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.

2 MAY:

Writing for Fun and Profit, course. 7.00pm to 9.00pm, YMCA, 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.

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

Patchwork Quilting Group, Cwrt Henri 1.30 – 4.00pm at the Cwrt Henri reading room. This is a small friendly tutored group for quilters of all abilities and experience, from total beginner to advanced level- no experience required. This is an opportunity to explore your creative stitchery skills in a relaxed friendly environment. The cost is £6.50 per session This group meets every Wednesday throughout the year. For more information or to book your place contact thequiltingdragon@yahoo.com

Llanwrtyd Wells & District Heritage and Arts Centre, 'Researching My Family Tree' talk by Howell Evans. Discover how far back we can trace our ancestors, starting at 7pm, entry £2 includes refreshments. For more information, see www.history-arts-wales.org.uk, email: ldhac2016@gmail.com or telephone 01591 610067.

The Ramblers – Godre'r Graig: A walk around Mynydd Allt-y-Grug. Footpaths, fields and hill walking. Dist. 6 miles.

Moderate Explorer map: OL165 Meeting point: Lidl's car park Pontardawe Dep. 11.00am and on by car, organised by Dinefwr Ramblers. Leader: Pam & Hugh Simpson Tel. 01558 822405 Mob. 07810 414378.

3 MAY:

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.

Llandovery Croquet and Bowls Club – Croquet at the Castle Car Park bowling green from 2pm, visitors and beginners welcome.

Short mat bowls at The Old School, Capel Dewi, every Thursday evening. 7.00pm Contact Tony Emmerson 01267 290361

Llanwrtyd Wells Thursday Walkers leave the Neuadd Arms Hotel at 10.30am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, 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

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.

4 MAY:

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

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.

4 MAY – 7 MAY:

Talgarth Walking Festival: Walks for all abilities in the stunning Black Mountains. Book online at www.talgarthwalkingfestival.org

5 MAY:

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.

SATURDAY BOOKS at Llansadwrn. 10.00am – 12.00 noon. Reading Room. Bring, browse or take away, plus free refreshments in good company.

Cwmdu Beer Festival. One day festival in the field at The Cwmdu Inn from 12 noon till 12 midnight on the Saturday of the Bank Holiday weekend. Welsh and Real Ales, BBQ and street food as well as the usual community restaurant meals in the evening. Live Music. Possible camping available – please book. Free entry. For more details, please contact the shop/pub on new number 01558 685156 or 01558 685088.

Local Directory

Support Local Business

ACCOUNTANCY & TAXATION SERVICES

WILLIAM EVERATT: Accountancy services and tax advice for small businesses, partnerships and limited companies, reasonable rates, free first meeting. 15 years experience, free local phone advice. Tel: 01558 668742 / 07711 050509. 05/18/12

AERIAL & SATELLITE SERVICES

LYN ROBERTS, Llandybie. Aerial & satellite services. Tel: 01269 850934 / 07889 217207 (mobile). 02/19/12

ARCHITECTURAL SERVICES

DARREN MILLS ARCHITECT – locally based Architectural Practice, fully qualified with over 20 years experience. RIBA Chartered and ARB registered architect, providing the following services: Architectural plans, drawings and specifications. Planning and Listed Building Consents. Building Regulations. New Build, Barn Conversions, House remodeling and Alterations & Extensions. Commercial, Agricultural & Equestrian. Grant Applications. Partnered with Carmarthenshire County Council's Building Regulations Department for streamlined applications. Contact: (office) 01550 777992 (mobile) 07977 129055 e: dmills@dmarchitect.co.uk 03/18/12

BROWN PARTNERSHIP ARCHITECTURAL SERVICES – A wide range of services available at realistic rates (not VAT registered). Quality computer drawn plans. Extensions, new-builds, loft conversions. Planning & Listed Building Applications, All Grant Work Undertaken, Partnered with Carmarthenshire County Councils Building Regulation Department for Streamlined Applications. Working Locally for 25 years with an excellent reputation. Contact Nick Brown, Three Horseshoes, Gwynfe, Llangadog on Tel: 01550 740287, Mob. 07779 163626 or E-mail: nick@brownpartnership.com www.brownpartnership.com 10/18/12

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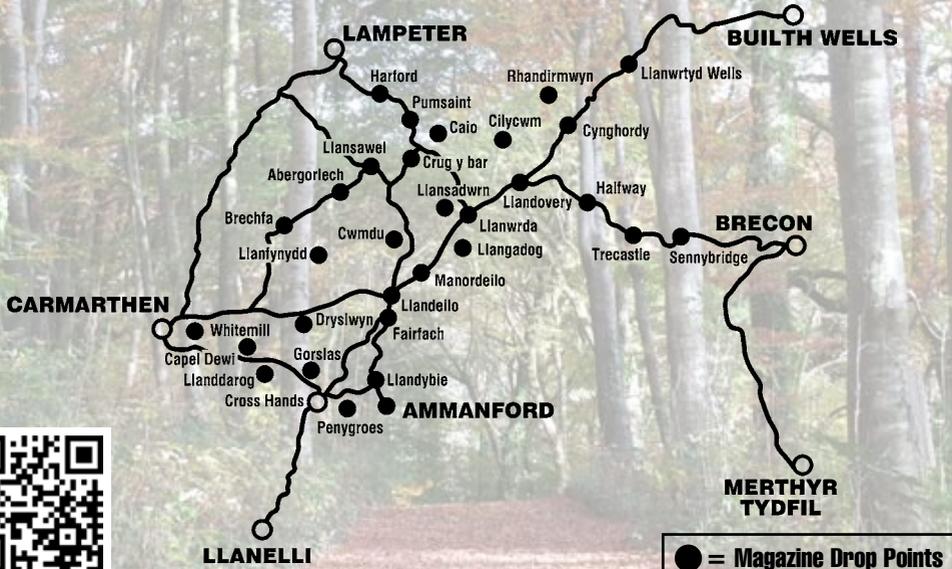
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Wed 09:00 - 17:30 (Staff available 13:30 - 17:30)

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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

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

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

		Monday to Friday			Saturday			Sunday					
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	—	08.25	09.44	14.53	18.62	04.50	09.34	13.32	18.40	11.32	15.49
Ffairfach	D	05.54x	—	06.59x	10.26x	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	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	
Ffairfach	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

Llandovery - Llandeilo - Carmarthen (280/281)

	281	280	281	280	281	280	281	280	281	280	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	281	280	281	280
Llandeilo	6.05	7.20	9.15	10.20	12.20	14.20	16.20	17.50	—	—	—	—
Cwmifor	6.36	8.00	9.59	11.00	13.04	15.00	17.04	18.29	—	—	—	—
Llangadog (Common)	—	—	10.05	—	13.10	—	17.10	—	—	—	—	—
Llangadog (Rhyd)	—	—	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.

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.