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THE ORCHID STUDY GROUP PRESENTS ITS **11TH WELSH ORCHID FESTIVAL** **1ST & 2ND SEPTEMBER 2018**

To be held at the National Botanic Garden of Wales
Llanarthne, Carmarthenshire, Wales SA32 8HN

The Welsh Orchid Festival welcomes the return of some of your favourite orchid nurseries, as well as new traders with a dazzling array of rare orchid species and hybrids for sale, and some of their finest and most spectacular blooms.

There will also be stalls selling carnivorous plants, orchid companion plants, botanical paintings and other works of art, as well as orchid and general plant books.

Regular talks and demonstrations on all aspects of orchid cultivation for both beginner and experienced grower will be held throughout the weekend, as well as a workshop on orchid micropropagation.

Festival opening hours: Saturday: 10.00am – 6.00pm
Sunday: 10.00am – 4.00pm

Normal admission fees to the Garden apply. Entry into the Orchid Marquee, talks and demonstrations is free.

For a full list of attendees and programme of talks, visit the OSG website: www.orchidstudygroup.org.uk (which will be updated regularly), or telephone the Secretary on: 01269 498002.

For information on the National Botanic Garden of Wales, please visit their website: www.gardenofwales.org.uk or telephone: 01558 667149.



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ALL ABOUT *The Post*

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**Next issue distributed:
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The Post Future Copy Dates

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November..... 16th October
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07/18(3)



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08/18(3)

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08/18(3)

BRASSED OFF

Just Good Friends

*August 1st, 2nd, 3rd 2018, 7.30pm
at St Peter's Civic Hall, Carmarthen*

If you're expecting the laugh a minute which last year's Spamalot provided, you need to think again. Brassed Off does have all the elements that we are accustomed to with Just Good Friends – professionalism, music, humour – but the background to this play is much darker.

Originally a film starring Pete Postlethwaite, Ewan McGregor and Stephen Tomkinson, it was adapted for the stage by Mark Harman. Billed as a comedy drama, it is based on the true story of the mining village of Grimsdale in the aftermath of the 1984/85 miners' strike.

Be prepared to have your heartstrings pulled. There are laughs, sadness, loss and victory, romance, political stitch-ups. Those of us of a certain age will remember the tragedy of the miners' battles with Margaret Thatcher's government. The repercussions can still be felt in mining communities everywhere, whether in South Yorkshire or South Wales.

Sian Morris has handed the directorial baton to her son-in-law, Jean-Paul (King Arthur in Spamalot) while her two older grandchildren, Dylan and Harriet, have now joined the cast; it was only a matter of time!

Music is provided by the brass section of the Carmarthen Symphonic Wind Band. I'm not sure what a flugelhorn is, but it's an important component in the ensemble. Gloria is allowed to join the brass band because of her expertise with this instrument, in spite of the fact that she is working for the opposition – the National Coal Board.

A departure from the usual offerings of Just Good Friends, we will still be guaranteed an evening of professional entertainment of the standard we have learned to expect from this group. Book your tickets now, £8 and £6 from Sian Morris 01267 237386

Mari Mitchell

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LLANDEILO ROTARY CLUB PLOUGHMAN'S LUNCH 2018



*Left to right Llandeilo Rotary Club President Richard Hughes
& Mayor Councillor Edward Thomas*

On Friday, 15 June Llandeilo Rotary Club held their annual main fund raising event The Ploughman's Lunch at the Civic Hall in Llandeilo.

Visitors from Llandeilo & the surrounding area started to arrive from late morning & the Civic Hall was filled to capacity by the time lunch was served which included cold meats, new potatoes, rice & salads with a glass of wine or soft drink for £7 per head.

President Richard Hughes & Major elect Councillor Edward Thomas, who presented President Richard with a cheque, formally declared the afternoon open.

A little later the main raffle was drawn by the Mayor with the winning ticket of £100 going to Llinos Wood of Llangadog, 2nd Prize of £50 to Karen Maguire of Cwmdud & 3rd Prize of £25 to a Mrs Jones.

Other prizes were dining vouchers from the Plough Inn at Rhosmaen & the Cottage Inn plus whisky & wine prizes.

The next draw was the Bottle Raffle of spirits & wines with the 1st Prize going to Eirlys Revitt of Llandeilo & 2nd & 3rd prizes to C Moses & Karen Davies.

In all this increasingly popular event gave people a chance to meet old friends, make new ones whilst at the same time to enjoy good food knowing that the proceeds of the afternoon would go to worthy causes.

To this end the event raised £1400 & this amount will at a later date be formally presented to the President's chosen charities Tenovus and MS Society Wales & other local charities.

President Richard Hughes would like to thank the Mayor Councillor Edward Thomas, Ladies of Inner Wheel & their friends, all those businesses who generously donated prizes & fellow Rotarians who all helped to make the day such a great success.

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10/18(12)

ERWLON CARAVAN AND CAMPING PARK CROWNED BEST IN CARMARTHENSHIRE



At the recent Carmarthenshire Tourism Awards, which were held at the Diplomat Hotel in Llanelli, Erwlon Caravan and Camping Park proudly took home the award for the Best Caravan, Camping and Glamping site of the Year. Based in the town of Llandovery, on the edge of the Brecon Beacons, Erwlon is a 5 star family run site, offering visitors to the area a holiday experience in a beautiful countryside location.

The Carmarthenshire Tourism Awards, which are held every 2 years, showcase the best of the tourism and hospitality industry within the county and with hundreds of entries received, Erwlon are delighted to come away with the Gold award in their category.

Erwlon was established in 1950's as a diversification from the farm and has been run by the Rees family ever since. Priding themselves on offering visitors a wonderful base for their holiday in Carmarthenshire, on site dedicated family and adults only areas make it a great choice for a caravan or camping holiday.

The focus at Erwlon has always been about providing a family friendly feel. On site facilities include a comfortable shower and toilet block including family changing areas, super pitches (which include hard standing, your own water point and grey waste discharge plus of course an electric hook-up) a children's play area, a dog walking area and Wi-Fi. And with a commitment to always improving facilities for visitors, in 2017 the team introduced a new camp kitchen and also 4 luxury glamping pods called Riverside Pods.

Riverside Pods are en-suite self-contained pods offering an alternative glamping accommodation for visitors, and set in a beautiful location along the river, in a great spot to relax and unwind. Each pod sleeps up to 4 people and offer all the facilities you would need for a comfortable and cosy holiday, including under floor heating which means all year round glamping.

Peter Rees owner of Erwlon Caravan and Camping Park said "We are delighted to have won the Gold award in the recent Carmarthenshire Tourism Awards. To be recognised for our quality of offering, facilities and customer service is so rewarding. It also makes it especially rewarding to have won the award in the year where we have expanded our offering and introduced our glamping pods to the site. This not only allows our regular guests to bring friends and family with them but also introduces Erwlon to new customers.

Erwlon and Riverside Pods are open all year round and to find out more about the on-site facilities, availability and to book online head to www.erwlon.co.uk.



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AN IMPROVED NEW ROAD, THANKS TO MRS LEWIS

As you turn left from Stone Street onto New Road, Llandovery you will see, on the gable end of the house on the corner, a plaque which reads:

This stone was laid by the Llandovery Corporation to commemorate the generosity of Mrs Elizabeth Lewis, wife of Charles Prytherch Lewis, Esq., M.A., J.P., Llandinagad, who made a gift of a piece of land adjoining Windermere House in order to widen the road which was formerly very dangerous at this spot. – Nov. 1908.



The widening took place when New Road was extended to join Llanfair Road. Most of the traffic would have been horse-drawn. Cars were still a rarity, and the newly-invented Ford Model T, the world's first mass produced car, had yet to arrive in Britain.

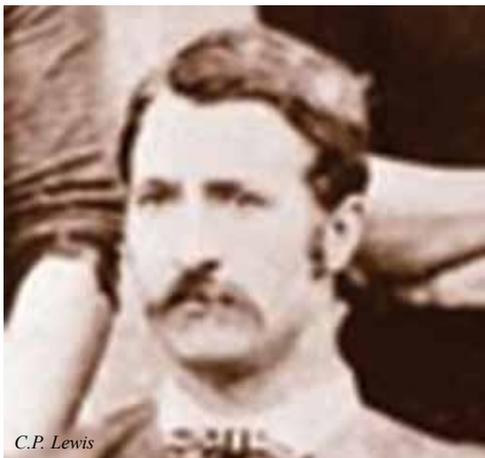
The lady who donated the land had inherited Windermere House from her late uncle, David Jeremy, a maltster, born in Llangathen, who was manager of the Bank of the Black Ox from 1847 until 1876. He re-roofed the south aisle of Llandinagad Church at his own expense, and he presented a wall clock to the borough of Llandovery for use in the council chamber. He died at Windermere House on 7th June, 1882.

Mrs Lewis also inherited the White Hart Inn (60, Stone Street) from her uncle. In order to perpetuate his memory, she paid for a stained glass window to be placed in the south side of Llandinagad Parish Church. The inscription reads:

In loving memory of David Jeremy, Esq of Windermere House, who died 1882, aged 76 and of Mary, his wife, who died 1885 aged 77; and of John, their only child, who died 1865, aged 17. This window was given by their niece, Elizabeth Walters, Easter, 1886.

Elizabeth was the daughter of Watkin Walters, a draper of Alma House, who moved to Waterloo House, Stone Street in 1854, then to the Cloth Hall (later the Post Office) by 1866. The Cloth Hall was yet another property that was eventually owned by Elizabeth.

When she died in January 1909, only a couple of months after donating the land, she had amassed a fortune worth nearly three million pounds in today's values. She had already paid for two stained glass windows and an ornamental pulpit at Llandinagad Church, where her funeral took place.



C.P. Lewis

Many more were to benefit from her will. They included the Llandovery Nursing Committee, the vicar and churchwardens of Llandinagad, Alltymynydd Sanatorium, near Llanybydder, Carmarthen Infirmary, the St. David's Diocesan Fund, the London Throat Hospital in Great Portland-street, the Central Ophthalmic Hospital in Grays Inn Road, the Cancer Section of the Middlesex Hospital; the NSPCC, the RSPCA, the Brompton Hospital for Consumption, the RNLI, Dr. Barnardos Homes and the Church Missionary Society.

The sum of £200 (worth over £23,000 in today's values), to be known as the Elizabeth Lewis Coal Charity, was earmarked to buy coal for distribution among the poor of Llandovery at Christmas. A further sum, of £100, was to be spent on tending family graves, and a similar amount was left to her coachman, David Evans.

Elizabeth was already in her mid-forties when she married Charles Prytherch Lewis (1853-1923), a solicitor who was nearly ten years her junior. He is still remembered as C.P. Lewis, who captained the Welsh rugby team in all five of his international appearances.

Born at Llwynceilyn, Llanwrda, he was educated at Llandovery College and Jesus College, Oxford, where he won a triple Athletics Blue. During his rugby career, he played for Swansea, Rosslyn Park, London Welsh and Llandeilo.

It was he who represented Llandovery at the inaugural meeting of the Welsh Rugby Union in Neath on 12 March 1881. He became the first president of Llandovery RFC in 1885, the year he refereed the international match at St Helens, Swansea between Wales and England.

He was also a gifted cricketer who was once selected to play for England against Australia, but failed to make the journey. In January 1877, he was appointed a master at Llandovery College, which won its sporting reputation during his time there. In 1883, he left the College to study Law, qualifying as solicitor in 1886. He became Mayor of the town in 1894-95 and again in 1904-05. He died in Llandovery in May 1923.

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09/18(12)

LLANDOVERY HOSPITAL LEAGUE OF FRIENDS

May I start by thanking all those of you who took the time to attend the consultation session and who have completed the questionnaire. I think they were quite surprised to see so many of us. I cannot think why as this community has always put its weight behind our beloved hospital.

As always a big thank you to all those who give so generously be it in memory of a loved one, in appreciation of good care or as a result of a fund raiser. Every penny and pound is very much appreciated and always used wisely for the benefit of everyone using the hospital.

Let me emphasise again all cheques made payable to the Friends of Llandovery Hospital, or paid directly to me go into our account and the money cannot be accessed elsewhere.

Keep an eye open for details of our annual Fete at the end of August. Please also support our raffle which will on sale in August to be drawn at the Fete.

Gina Jones Treasurer.



LLANEGWAD RAINFALL

Although rain fell on 10 days this month it did not amount to much. In the 8 weeks from the 3rd May to the 30th June only 34.75mm of rain fell making one of the driest periods on record.

JUNE Total: 15.25mm – 5/8”

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12/18(12)

MEDICAL DETECTION DOGS

Many thanks to all of you who have been saving used postage stamps. In Llandovery you can still drop off your stamps at the Surgery, or at the Cat Charity Shop. Llanwrda P.O. also will accept them. So far I have collected a magnificent 50.1 kilos. The stamps are sorted by a company in Glasgow. Once sold on the proceeds are sent MDD. To remind you the following link demonstrates some of the work carried out to conquer this evil disease.

<http://www.executiveinterviews.com/delivery/v1/mini/default.asp?CI=N&order=bio-detection#>

THANK YOU

THANK YOU to all the people who came to Gas Cottage 'Open Garden' day on 7th July & gave so generously to Air Ambulance Wales/Llanelli.

Thank you to all our friends who donated plants and raffle prizes and gave up their afternoon/evening to help. We were delighted to raise a total of £760.00 that has been sent to the Charity. Again - Many thanks to all concerned from David & Babs



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07/19(12)

LOCAL PERMACULTURE GROUP SCOOPS WORLD FAMOUS AUSTRALIAN PERMACULTURALIST



The team at Permaculture Tywi are extremely proud to present one of the earliest pioneers of permaculture, Geoff Lawton, who was taught by the father of permaculture himself, Bill Mollison. This will be his **ONLY** major presentation in Wales this year. This will take place in Llandeilo Civic Hall on August 24th at 7pm.

Permaculture design principles are now widely seen as the methodology by which we can thrive in a world that is undergoing climate change. Issues such as food sustainability; water control in the landscape; capturing and storing energy and eliminating waste are addressed. The principles can be applied to an individual household or to a whole community. Central to permaculture are the three ethics: Earth care, People care and Fair shares.

Geoff is a world renowned consultant, designer and teacher in this field and will talk about his extraordinarily exciting work in the world of permaculture. He has worked worldwide on a vast range of projects, much of the time supporting people in devastated areas to regain a life using permaculture principles. In 1996 he was accredited with the Permaculture Community Services Award by the permaculture movement for services in Australia and around the world.

After the presentation the audience will have the opportunity to ask Geoff questions about his work **AND** about the role of permaculture in Wales.

Included in this gala event will be a delicious plant based supper using local foods where attendees will be able to have informal discussions about issues such as living sustainably and growing of food. Our visitors will also have the opportunity of meeting local food producers and fair trade providers on a range of stalls.

Tickets available from www.eventbrite.co.uk/e/an-evening-with-geoff-lawton-tickets-47468257837 or find on Facebook: Permaculture Tywi Public Events

LLANWRDA AND LLANSADWRN COUNTRY WOMEN'S GROUP

Imagine the scene: the sun still shining but low in the evening sky, Talley church bathed in golden light and the majestic Talley Abbey silhouetted against the hillside and all the ladies on their July outing from Llanwrda and Llansadwrn Country Women's Group eager to explore and find out more about this beautiful place. Ready at hand Pat and Wyn Edwards from Talley had kindly offered to share their interest and knowledge about the church and abbey with everyone. They led us into the cool church where we sat and savoured the peace and quiet whilst reading about its history from prepared sheets. Later, we went to see the gravestone of the poet, Dafydd ap Gwilym born 1320, who is regarded as one of the leading Welsh poets in the Middle Ages. From this vantage point in the graveyard we could admire the view over the beautiful tranquil Talley lakes. Whilst there, Wyn told us more interesting historical details about the origins of Talley, the roads used in past times and even further back in age, how the river Cothi used to flow through the valley. Moving on, we stopped to admire the remains of the abbey and Wyn, once again, was a fund of knowledge about its amazing history and all who had lived there in the past. With the sun now setting over the hillside we entered the delightful church hall, where lovely light refreshments had been laid on for us and an exhibition of historical documents and photos for us to look at and enjoy.

A perfect summer outing in delightful company drew to a close.

Many thanks indeed to Pat and Wyn, who worked very hard indeed and made our visit so special.

No meeting in August.

Next meeting will be in Llansadwrn Reading Room on September 3rd at 7.30pm when Christopher Squire will give a presentation on his Ecuadorean Adventures..... sounds good! Phone for more information: 01550 777622

New members are always welcome to come and join us on the first Monday of the month in Llansadwrn Reading Room at 7.30pm A warm welcome is guaranteed. Phone for more information: 01550 777622.



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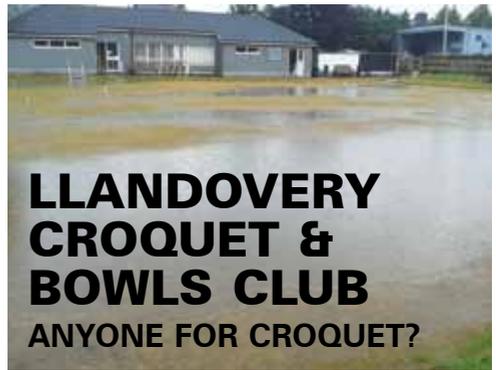
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LLANDOVERY CROQUET & BOWLS CLUB **ANYONE FOR CROQUET?**

Croquet Club members have been enjoying the hot and fast conditions on the bowling green during the early summer months until the heavens opened on 12th July and the green was temporarily flooded.

Croquet is the ideal game for all the family in the summer holidays. At the Llandovery Croquet and Bowls Club beginners and visitors are welcome to come along and have a go at Croquet. Free coaching is available to beginners and all the equipment is provided by the Club (next to the Castle Car Park). We play every Tuesday and Thursday from 2pm and at other times by prior arrangement with the Club officers. Please contact the secretary John on 07435 786762, email: john.evans@zen.co.uk , or alternatively Keith or Doreen on 01550 720680.

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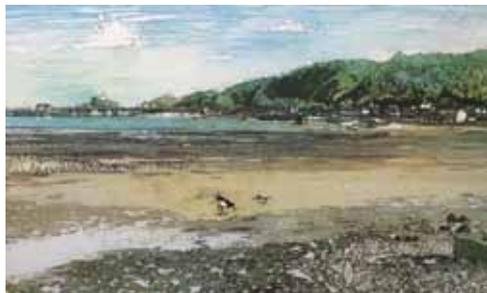
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10/18/31

ART AT THE HALL V – SURF, SAND & SEA



Swansea Batik Artist - Rhona Tooze

As we complete our second year of pop-up exhibitions at Llangathen Temperance Hall we are taking you a coastal journey.

With our rich heritage of beautiful beaches and world renowned coastal paths, this summer's exhibition promises to be an exciting ride.

Now an award winning exhibition recognised for "Excellence in Visual Arts & Crafts" at the Celebration of Culture in April this year, Art at the Hall is attracting new exhibitors to compliment the already rich collection of local artists and makers.

Master Potter and the godfather of Carmarthenshire potters, Mick Morgan will be returning along with internationally renowned sculptor Gill Still. Llandeilo resident and former gallerist Gill visited us at the last exhibition and was so impressed with the quality of work displayed she was keen to join as an exhibitor at the next show.

Returning to the exhibition will be favourites such as landscape and wildlife artist David Cowdry, potters Neil Curran and Bryony Rich, sculptors Sallie Wakley and Valerie Price-West and many more, including painters Duncan McLaren, Andrew Douglas-Forbes, Maria Pierides and Duncan Macdonald Johnson.

We will also be introducing recently graduated potter Julie Hutton, Swansea illustrator Hannah Davies and the

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We are running a competition for budding and amateur artists with 3 Categories : Adults, Secondary School & Primary School.

The Theme is to coincide with the exhibition – ‘Surf, Sand and Sea’ – Seascapes, Boats, Marine Wildlife, Waves. Any medium: 2D or 3D, maximum Size A3, unmounted and unframed.

First Prize in each category (2d work only) will be professionally framed by Jo Ronald of Pure Framing in Llangynog near Carmarthen www.pureframing.co.uk (sponsored by Pure Framing). There will also be a £50 voucher for each winner to spend at the exhibition.

The winning entries will be exhibited alongside the work of established local artists and makers at the exhibition and can be sold if the artist wishes (25% commission going to Hall restoration fund) – a fantastic opportunity to get your work noticed.

More information is available in the leaflet below.

Completed Entry Form A to be accompanied by the required fee must be received by Brigid Loizou by 10th August to the following address – The Old Estate Office, Llangathen, SA32 8QF

Your entry fee will be donated to the Hall restoration fund to help continuing work on this beautiful 1906 Temperance Hall.

Enjoy. We will look forward to seeing you entries.



Plate by Narberth Potter - Bryony Rich

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“ITS TOO HOT, I CAN’T GARDEN”



Here I am watching The Beechgrove Garden, Gardeners World and Byw yn yr Ardd as I am unable to garden because its too hot, even in the evening!

The hot weather in Wales seems set to continue with the heat wave predicted to stay for at least another few weeks. Temperatures in Wales have rocketed to well over 30°C with Porthmadog becoming the hottest place in the UK when it hit a high of 33°C in July.

With this in mind it’s fair to ask whether you can keep gardening. If the temperature goes too high then take care. If you get too hot, you risk dizziness, fainting, or even heat cramps. In very hot conditions the body’s blood temperature rises. If the blood temperature rises above 39°C, there is a risk of heat stroke or collapse. We can look after ourselves by going inside or having a ice cream but what about our plants?

Here are a few tips for coping with your garden in the heat.

Don’t panic into watering grass. If your grass turns brown it will be able to bounce back when the rains return later in the year.

For pots and herbaceous beds, water first thing in the morning or last thing at night to avoid damaging plants to avoid stress.

Add organic matter into the soil it helps the moisture-holding capacity of the soil. An organic mulch to a depth of 25mm into the surface of the soil regularly will help conserve water.

Practice a no-dig or limited-dig policy to minimise the loss of moisture from the surface of the soil.

Take extra care of young plants they’ll adapt more readily to the amount of water they receive, and get used to irregular watering. If you know it’s going to be a hot summer, it’s worth bearing this in mind with your younger plants.

Looking after your vegetable plot is important in hot weather too, especially if you’re hoping for delicious food to go in summer salads. Don’t leave large areas of your vegetable patch bare, but plant with green manures and companion plants. Surface rooting plants such as lettuce and tomatoes will wilt quickly and require more watering, whereas deeper rooting vegetables such as carrots, parsnips and potatoes may be more resilient.

If you need more tips or advice please come to our garden club in Llangadog. We meet on the last Wednesday of every month throughout the year. Our next meeting will be on Wednesday 26th September at Llangadog Community Centre, 7.30pm with a talk by Vicki Weston, “Salvias and Penstemous”.

LLANGADOG 50TH SHOW

We are having a plant stall at Llangadog Show on Saturday 4th August. Please come and say hello and buy some bargain plants. If you have any spare plants to donate please leave them down the side of The Last Gallery Workshop across from the community centre, Llangadog.

Oh, the cloud has come over, I better get back in the garden! Happy, safe gardening to you all and we all look forward to seeing you at the show or in the Autumn.

AUTUMN 2018 PROGRAMME

- 4th Aug: Llangadog YFC Show – Plant stall fundraiser
- 26th Sept: Vicky Weston - Salvias and Penstemons
- 31st Oct: TBC
- 28th Nov: Christmas coach trip to Picton Castle

New members always welcome.

Contact Helen for further details 01550 777719.

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08/18(12)

LLANDOVERY WI

JULY 2018 MEETING



On July 10th Members and guests of Llandoverly WI met at the town carpark for a trip to the Welsh Quilt Museum in Lampeter.

We travelled in members cars through the countryside to Lampeter where we lunched before going to see the fabulous museum of Welsh Quilts. This is the tenth anniversary of the museum. The display is arranged by style and period with clear and interesting description cards to aid understanding. We had a very interesting and informative talk by one of the curators. The quilts were so beautiful it was very tempting to break the rules and touch them. BUT as some of the collection on show is well over 100 years that was seriously forbidden!

There was another gallery showing a superb collection of large samples done in the seventeenth and eighteenth centuries by young girls of Carmarthenshire Ceredigion and Pembrokeshire to hone and show their needlework skills. The colours of the threads we're remarkable in their strength and clarity. A skill not found easily in today's world more is the pity. We did wonder at the state of their fingertips after such undertakings?

The day ended with a tea and a meeting for WI business. We returned to Llandoverly with a greater respect for the work of the Welsh quilters making quilts for their own families and those who travelled about to wider horizons with their work.

This very special museum is shutting in November and will then only be a touring exhibition! It is very well worth a visit before this happens. It will be a great loss for Lampeter and the surrounding hinterland.

Our next meeting in after the summer break will be on Monday 10th September at 2pm in the William Williams Memorial church vestry, when we will have a presentation on the use of willow 'from withy to decoration'. Members hope to follow instructions and make a heart, or a nesting capsule for birds.

Why not come along and enjoy light refreshments and try your hand at willow art with our friendly group? (Pictured) Look out for our advert in Llandoverly at the end of August! For further information phone 720243.

LLANDOVERY IN BLOOM 2018 Competition Results

BEST STREET

- First – Castle Street
- Second – Stone Street
- Third – Lon Rhys Prichard

BEST BUSINESS

- First – Railway Station
- Second – Mathews Butchers
- Joint Third – Morris Isaacs

BEST SMALL GARDEN

- First – Sandra Ardolino
- Second – Babs Woollon
- Third – Bethan Price

BEST CAR-PARK BED

- First – Llandovery Brownies
- Second – Llandovery YFC
- Third – Llandovery Scouts

BEST MEDIUM GARDEN

- (over 100 sq yds)
- First – Bethan Price
 - Second – Heulwen Price
 - Third – Donna Stevens

BEST SENIOR CITIZEN'S DISPLAY

- First – Enid Evans
- Second – Betty Stohr
- Third – Linda Evans

BEST DWELLING FRONTAGE

- (no forecourt)
- First – Linda Evans
 - Second – Denise Williams
 - Third – Bethan & Rolly Stewart

BEST CHILDRENS DISPLAY

- First – YMCA Market Square
- Second – Blu Hughes
- Third – Ysgol Rhys Prichard

BEST HANGING BASKET

- First – Bethan Price
- Second – Ivor Jackson
- Third – Mathews Butchers

BEST VEGETABLE DISPLAY

- First – Bryan Page
- Second – Bethan Price
- Third – Heulwen Price

In a close competition, Llandovery Town Council would like to congratulate the prize winners, but also thank all who took part. Presentation of the Trophies will take place on Saturday, 4th August at 2.00pm in the Jubilee Patio at the Heritage Centre

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10/18/12



MYDDFAI NEWS

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

August 10th is the Myddfai Ras. On 11th August we have The Gruffalo Trail at 2.45pm; Myddfai Lamb Roast is planned for Friday 24th, then our monthly Farmers Market is on Wednesday 29th 9am-1pm. Don't forget Myddfai Show will be on 1st September. Regular classes are Yoga on Tuesday evenings 7.00pm-8.30pm; Pilates is on Thursday mornings 10.00am-11.00am, just turn up to join in.

Whether it be rain or shine you will always get a warm welcome when you visit the Myddfai Community Centre. For that ideal gift or greetings card you will be spoilt for choice. Come and browse round our shop where a wide range of products are locally made to a very high standard from Jewellery, Pottery, Ceramics, Soaps, Stained Glass, Love-spoons, Glass Clocks, Welsh Tweed, Myddfai

toiletries, Wooden Boards, Aprons, Bags and much more. We also have a range of interesting books some by local authors. Not forgetting our wide selection of Home-made jams and chutneys, Free Range eggs, delicious Welsh Chocolate and much more. Every purchase made support a local business and the Myddfai Ty Talcen charity.

On these summer days what is nicer than to have a trip out to Myddfai to relax in a peaceful country setting enjoying a freshly cooked lunch, a glass of wine or a Welsh beer. Treat yourself to a cream tea, delicious home-made cake or one of our very popular afternoon teas. If you are part of a group that enjoys an outing then give us a call, we can arrange talks on the Physicians of Myddfai and Herbal Medicine for groups combined with a delicious afternoon tea.

Myddfai Hall is a very adaptable and sought after venue for any social event from Conferences to Weddings, as well as exercise and activity classes. We have a Ceremony License for weddings and can accommodate up to 120 in the hall, which is fully equipped with portable staging, stage lighting and audio equipment. For a small gathering our meeting room is ideal.

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

For Catering or Café please ask for Carol Dugdale.

Check our website www.myddfai.org for What's On.

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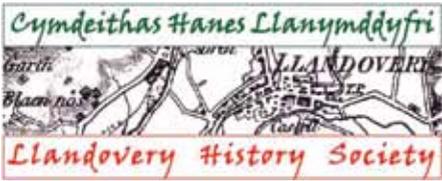
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11/18(12)



An article in the July edition on the bombs that were dropped on the outskirts of Llandoverly during World War II prompted a number of responses. One was from Mr Neville Morgan of College View, Llandoverly, who recalls that one of the bombs exploded close to the railway signal box.

His father, Jeffrey Morgan, who had served with distinction in the Dragoon Guards during World War I, was an Air Raid Warden. He arrived at the scene shortly afterwards with a colleague, possibly Mr Cadwallader.

Although the windows of the South Box were shattered, the signalman on duty escaped without injury. The following morning, Mr Neville Morgan, a young child at the time, went to the scene and collected pieces of shrapnel which he kept for several years until his mother ordered him to get rid of them.

PUMSAINT WI

On 3rd July 20 ladies from Pumsaint WI held their monthly meeting at the home of one of our members, Diane, to see and learn about her 2 continental heavy horses Dolly and Slyva we were told about their history and their work. Both are now retired and enjoying a very quiet life in Wales. This was followed by wonderful refreshments provided by Diane. Because of the very hot weather we were able to hold the entire meeting outside, which was quite different. The usual monthly business was then continued, names for walks, competition items handed in for The Show at the end of July, and final details for our summer trip. Another very enjoyable meeting. For further details please contact, Anne Brooks 01558 650154 or Diana Jones 01558 650153. No meeting in August next meeting September 4th 7.30p.m. at the Coronation Hall Pumsaint with a talk on Red Squirrels.



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LLANDOVERY ROTARY CLUB



Our new President Gary Strevens, centre. President Elect, Mickey Gough, left, and President Nominee, Alan Morgan, right.

We have a new President. All Hail the President.

At our Handover Dinner held at the Rugby Club the outgoing President Anthony handed the reins over to Gary. Gary Strevens is a retired Chartered Surveyor who moved here from Hertfordshire in 2015. He joined us in Rotary and quickly became a hard working volunteer utilising his many and considerable talents putting them to good use to enhance our club. Gary is married to the lovely Carol, originally from Swansea. Gary gave us a talk last year and surprised many of us by announcing that he along with his teammates became a Tug of War World Champion. He produced a Gold Medal which he had won some years ago. The local Young Farmers got to hear of his exploits (it pays to read the Post!) and invited him to assist in coaching them which in turn brought them much success. Gary's Charity this year is the Old Mill Foundation which is a Cancer Support Group. He is grateful to them for their previous support. Following an excellent meal by the Owen Money recommended Rugby Club chef John Cook, Gary outlined what he is going to put us through this year and we are in for a very busy time. Luckily we love being busy! Our line of succession is now:- This years President - Gary Strevens, Our President Elect (Next Years President) - Mickey Gough, President Nominee (The Year After) - Alan Morgan. A fine line up of talent if ever I have seen one. Our future is indeed in good hands. We enjoyed a wonderful evening of fellowship with much joviality. We have a long list of excellent speakers lined up well into next Summer and beyond. We are not going to have a Super Large event like our Casino Night this year



Just some of the prize winners at the Rotary Schools Competition.

but a number of smaller events throughout the year. As ever we will keep you posted.

We had a speaker last month. Stu Banfield from the Fire Service came to talk to us about fire safety especially in the home and very interesting it was too. Stu pointed out the main points. Prevention, Detection and Escape. His advice was that in the event of a fire, 'Get Out, Stay Out and Dial 999'. Some things we take for granted in the home are frowned upon as a potential fire risk. One thing he highlighted was the use of '3 into one' plugs we put into our walls. Well I do (did) anyway. Far safer to use a trailing lead with 3 separate plug sockets. Simple things that could prevent a catastrophe. Now I know! Did you know you can have a FREE home fire safety check and FREE smoke alarms from your local Fire and Rescue Service. Call FREE now on 0800 169 1234. www.freesmokealarm.co.uk Thank you Stu, your talk was excellent.

We received a letter of thanks from Catrin Manning's Mum giving us thanks for our support in the recent Rotary competition. Well it was a pleasure and Catrin was a credit to you, to us at Llandovery Rotary but more so to herself. Once again, many congratulations Catrin.

If it was July, it was the Rotary Schools Competition. Although sadly we have recently lost a few of our local Primary Schools, this year had a very healthy entry in all competitions. The Art, Reading and Maths entries really were of the highest calibre. Although it must be remembered that these were Primary School pupils, in the Maths competition the four Rotarians overseeing the test were huddled into one corner and much scratching of heads, puzzled looks, writing down and rubbing out took place. Several disagreements ensued. One question in particular caused much shaking of heads and although we didn't agree on the answer I was told afterwards that several of the pupils had the correct answer. Well, it is a VERY long time since we were in school! The staff of the schools all deserve special praise for their dedication to their work and to the care put into the education of our children. Most impressive of all were the children themselves. Their standard of work seriously impressed the judges and the children's behaviour



Stu Banfield following his talk on Fire Safety. Very interesting.

throughout the afternoon was exemplary. Well done to you all. And a thank you to Dai for his organisation again.

At the risk of boring you witless you'll never guess who won another bottle of wine in the raffle this month. As I have no wish to report this drudgingly repetitious event any more, just assume from now on that every month in the future for as long as he is alive Alan Morgan will win the raffle.

Cefn Sidan Rotary Club from Burry Port were playing a bowls competition in Llandrindod Wells on 3rd July and decided rather than go straight home they would come to our meeting which coincided nicely on the Tuesday evening. Any Rotarian from anywhere in the world can attend any other Rotary Club's meeting at any time ensuring that, you may, if you wish, attend a meeting somewhere even if you are away from home. This is part of the Rotary Fellowship scheme which is embraced throughout the world. Nine members from Cefn Sidan attended having given us prior notice so we could arrange a meal for them and we enjoyed a most convivial evening with our guests. We have promised to reciprocate with a return visit very soon.

As you will have read here many times we welcome, even encourage, requests for funding to help local good causes. May we respectfully ask that you put your request for funding in to us at least 6 weeks prior to your event date. Our Finance Council meets monthly and then recommends the request to the full club meeting for acceptance. Only if you give us sufficient notice are we able to consider your request. Thank you for your cooperation on this matter.

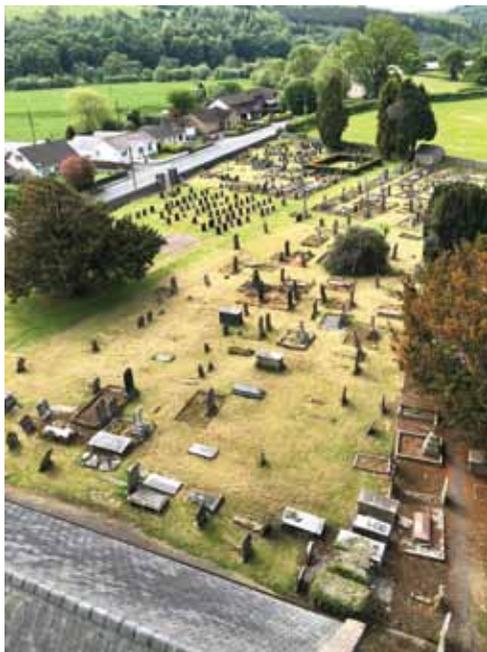
Despite many members declaring their unavailability at relatively short notice, those members that could attend doubled up to ensure our promise to the Llandovery Motorbike Weekend was fulfilled. Kevan who was tasked with ensuring we had sufficient Marshall's for the event worked overtime asking, pleading, begging and only just stopped short of threatening before we had it covered. Well done to all those that did turn out on the Saturday and Sunday and enjoyed a very well attended, wonderfully organised event in perfect sunshine. The Motorbike Weekend is now part of Llandovery's calendar of many excellent annual events. We have received feedback that the Marshalls did a great job with the usual happy smiles upon our faces. We have since received a lovely letter thanking us for our donation and for the Marshalls doing a fine job of traffic control and parking. Marvellous. Job done.

Dai advised that he had taken Marged Williams from Ysgol Bro Dinefwr to the Senedd where she was presented with a certificate for winning the Best Writer award in the Rotary Competition.

A letter of thanks was received from Pat Smith, Secretary of the Scout and Guide Hut Committee for the donation that we had given recently.

I have been asked to report the work done outside of Rotary but in the community by some members who give much of their time to other causes. Mike Blud, together with Glyn Evans has done an outstanding job at the Railway Station by turning up in the early hours of each morning to ensure the Railway Garden was watered every day in this wonderful Summer in order to present it in tip top condition for the recent visit of HRH The Prince of Wales.

Also Dan Jones and Derek Jones put in long hours every week in Llandingat Church caring for the very considerable area in the Churchyard. While Dan puts in long shifts doing the heavy work mowing and strimming between the hundreds of gravestones, Derek visits 2/3 times a week cutting everywhere the ride-on will go (and sometimes where it won't!). Between them they have received many thanks and congratulations on behalf of the grateful families who have relatives buried there. Apart from one very old area which is inaccessible the massive Cemetery is a joy to see. They take great pride in its presentation which you can see from the picture taken from the top of the Church tower before the recent drought. Well done all of you (I was instructed to write that!).



The beautifully kept Llandingat Churchyard taken from the top of the Church Tower.

Two of our members went for a walk. Or more accurately two of our members went for a very long walk. They like walking see! It started off as most inspired thoughts to in the Pub. They were chatting after our meeting and it went like this "Do you fancy going for a walk tomorrow Doug?" "Aye, why not Dave." "Where shall we go Doug?" "I don't mind Dave." "Neither do I Doug." "You say Dave." "No you say Doug." Well anyway, the next day they found themselves standing together on the Coastal Path in Cardiganshire in the hissing rain. "Which way shall we go Doug?" "I don't mind Dave." "Neither do I Doug." "You say Dave." "No you say Doug." Very decisive people are Doug and Dave! Well after deciding where to go and which way they were going off they set. And six months later they haven't stopped. They are still going! Following that off the cuff remark "Do you fancy going for a walk tomorrow Doug?" they have walked along the hugely undulating Wales Coastal Path the whole length of Ceredigion, Pembrokeshire, Carmarthenshire, around the whole Gower Peninsula and well into Glamorgan taking in the absolutely stunning sights we are blessed with in this country along the way. Amazingly they have covered over 400 miles in all. Not bad for ones so young! Very well done boys. You have done something many of us would have loved to do. There's a lesson for all of us there. Do things while you can, before it's too late. Well, you'd think that they would have had enough of walking but I overheard them chatting again after our meeting last week and it went like this. "Not a bad walk that Doug." "Not bad at all Dave." "Do you fancy a walk tomorrow Doug?" "Aye, why not Dave?" "Where shall we go Doug?" "I don't mind" . Well you know how it goes. They haven't finished yet!

For a regular update and many more photos check out the Llandovery Rotary Club facebook page.

Derek Jones.



RUGBY TRAINING IN ARUSHA JUNE 2018

See photos from the Rugby training for sports teachers held last week in Arusha. The teachers came from Kiranyi Secondary, Burka, Salei and Orkerian Primary schools in Arusha.

The 15 teachers and supervisors who participated in the 3 days training were delighted with the progress that they made especially as four of the SoH's already have rugby teams.

The training was carried out in partnership with Tanzanian Rugby in Arusha.

“Tap & go” if some of the rugby wear may not have been what we might expect in the UK - but it's all about participation.



BRIWSION BETHLEHEM



BETHLEHEM SNIPPETS

The sun has shone warmly on Bethlehem for many weeks now, attracting more and more visitors to the Sunday café, including locals, visitors, and people moving into the community.

It's been lovely to meet such a variety of diners over the spring and summer, we hope everyone continues to call by from time to time, every plate of food, cup of coffee and piece of cake helps raise much needed funds for our little hall.

We open every Sunday from 12 till 3, and offer a varied selection of light lunches and snacks every week, at very reasonable prices.

Everyone is welcome, we have disabled access and toilets, and baby changing facilities, and can adapt the menu to suit your needs – we think there's something for everyone!

Many visitors have been enjoying the colourful outside space which boasts wonderful views over the Tywi Valley, where better to spend half an hour on a Sunday with coffee and cake!

The July quiz was the busiest for a very long time, the hall was packed, and the quizmasters Alan, Andy and Gill entertained us all evening, so a big thank you to them.

The eventual winners, by just one point, were the Absolutely Not's, so they will be setting the questions for the August quiz which will be held as always on the second Monday of the month, the 13th.

Before that, on Saturday the 11th of August, the hall will be the venue for a traditional Tea Party, in aid of Breast Cancer charities. This is being organised by a group of local ladies and promises to be quite a special occasion, so it would be wonderful if as many people as possible call in to support the event. More details will be posted nearer the time on our Facebook page and via our mailing list.

Also planned for the summer are a couple of film nights, as well as a frog race.

For more details on all these events, and to find out what the Sunday Specials will be every week at the café, visit the Facebook page

www.facebook.com/bethlehemcymru

For details of hall hire, contact us through the Facebook page, email us at bethlehemhall17@gmail.com or call Nia on 01550 777254.

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08/18G3



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“We cannot speak highly enough of the attention my aunt was given at The Grange. All the staff, carers, cleaners and kitchen staff were most caring to her and particularly to us as a family. In times when it is easy to give bad press to care institutions, it gives me great pleasure to praise the quality of care that is the hallmark of your team.”

M. Evans

“I know Dad is very happy at The Grange and that makes me happy”

Helen Smith

“You have made a very great and positive difference to what might have been an unhappy time”

D. Nowell

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04/19(12)

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0319(12)

JOEL HOPE-BELL DIES AGED 44

A leading Welsh businessman and former investment banker, Joel Hope-Bell, has died aged 44, following a short battle with cancer.

Joel Hope-Bell gained nearly 20 years' experience in corporate finance at City firms before returning to work in Wales in 2015 to lead prominent roles in two multi-million pound Welsh headquartered businesses.

Joel Hope-Bell was raised in Llansadwm near Llandovery, Carmarthenshire, where he attended Ysgol Llansadwm and Ysgol Pantycelyn, before studying Environmental Science at the University of Leeds, achieving a first-class degree while raising his two young children. He then qualified as a chartered accountant at Arthur Andersen, where he won national awards for his high scoring in professional exams.

He later secured a string of senior roles at the Bank of America Merrill Lynch, DC Advisory, Morgan Stanley and UBS, advising international clients on mergers and acquisitions and capital market transactions, as well as debt financing and restructuring. Before his return to Wales, he was managing director at the global finance advisory and investment banking firm, Duff and Phelps.

Leaving his career at City finance firms, Joel Hope-Bell joined two of Wales' fastest growing businesses that operate across the UK: Smart Solutions, an outsourced services provider, and Veezu, the parent company of private hire and taxi operators.

The Brunant Arms



SUNDAY CARVERY £7.95

We slow roast three 3 meats and let you have them all in case you can't decide. Served up with roasted and mashed potatoes, Yorkshire puddings, stuffing, parsnips and a selection of vegetables.

CHILDREN'S MEAL £4.95

WEDNESDAY NIGHT IS STEAK NIGHT FOR £8.95

Choose from an 8oz Rump, 12oz Gammon, or a BBQ chicken breast.

Other steaks are also available.

Served with trimmings.

THURSDAY NIGHT IS 2 COURSES FOR £10.95

Choice of 5 mains and 4 puddings

FRIDAY NIGHT IS FISH AND CHIP FOR £6.95

Upgrade and get a pudding for £3 extra.

SATURDAY SPECIALS

Burger and a pint £9.95 served all day.

COUPLES SPECIAL (served Saturday 5.00 – 8.30pm)

2 8oz ribeye steaks or 12oz gammons, plus 2 pints/glasses of wine or 2 gin and tonics plus 2 puddings. All for £35.00.

Bookings and couples special quote required.

1018(3)

CAIO 01558 650483 / 07734 361686



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about other special offers and theme nights.



During his time as chief financial officer at Smart Solutions the business grew from £40 million turnover to £98 million, and he implemented new integrated systems and delivered cost improvement programmes.

In 2017, Joel Hope-Bell was appointed chief executive officer of Veezu and chairman of Smart Solutions. Within four months of his appointment, he led the biggest acquisition of a regional taxi business in Veezu's history, increasing the number of drivers across the group by 40%. During his time at Veezu, the company debuted at number four on The Sunday Times Fast Track 100.

Speaking about Joel Hope-Bell, the founder of Smart Solutions, Nathan Bowles, said: "When it was first suggested to me that I should meet Joel, I used all of the tools available to us in terms of research. I Googled him, read his biography and asked around. I instantly thought that, this guy who had seemingly achieved so much, so young and was so bright, couldn't possibly be a nice guy.

"However, when I eventually met Joel, with some trepidation, I was at ease within seconds; very rarely do people walk into your life and you have an immeasurable instant respect for them. I knew from the first meeting we would go on to work together closely and successfully.

"Joel was the calmest and brightest person to have around. He was liked and respected by everyone who he met – he made time for everybody. His intelligence was paramount, yet he was one of the most humble men I have had the pleasure of knowing. He will be sorely missed."

Outside of his professional career, Joel Hope-Bell was a dedicated and passionate family man, husband to Eleanor and father to six children – Joshua, Bethan, Ewan, Evelyn, Emilia and Elisabeth. He was also a keen supporter of charities, in particular the NSPCC, so much so that both Smart Solutions and Veezu have donated more than £40,000 to the charity in the last 12 months.

Joel Hope-Bell was born on 7 November 1973 and died on 21 May 2018.

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09/18(G)

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10/18(G)

JOB VACANCY

08/18(1)

We have a vacancy for an enthusiastic and outgoing person to work flexible shifts between the hours of 8.00am – 8.00pm, with some weekend shifts required.

Applicants must be over 18 years old. No experience essential as full training will be given.

To apply, please see Bridget Hughes at **Morris Isaacs Filling Station, Queensway, Llandovery, SA20 0EG.** Or call on 01550 720176.

LLANDOVERY GARDEN CLUB VISIT TO LLANLLYR TALSARN



On the afternoon of Thursday 24th May, the garden club visited Llanllyr, a large garden that has its origins in the 19th Century. This garden is sited on what was a medieval nunnery and the present owners have been renovating and replanting it for the last forty years. The garden which had many azalea's and rhododendron's in full bloom, also contains a large pool with a splendid bog garden, a formal water garden, and rose and shrub borders. There is a lovely meadow containing three avenues of trees, underplanted with geraniums, which fan out from a central focal point.

Tea and home-made cakes were enjoyed by all before returning home

Denise Nicholson (Club Secretary)

07/19(12)



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04/19(12)

NET-REACH



EDUCATION FOR ALL

NET-REACH

CHARITY NO.: 1177118

A new Carmarthenshire-based charity has been set up for students who are not in education, employment or training (NEET). Net-Reach provides live, face-to-face education at home for those who need educational qualifications that they did not achieve at school, usually through no fault of their own. Live teaching is important because it allows trained, experienced teachers to help their students overcome difficulties, achieve the exam success they need and gain the confidence to progress in life.

Net-Reach has been set up to help people like Cara, a lady whose school career was hampered by acting as carer for her mother: she is now a single parent. She would like to become a teacher but without her Maths and English GCSE, she cannot progress. Caring for her infant prevents her attending her local college, but in any case she could not afford the fees for their part-time courses.

What is she to do? Given funding, we at Net-Reach can teach this lady in her home. She will gain both GCSEs needed and then progress to the career she wanted. Teachers are in very short supply so not only will she benefit, but the country will too. Everyone wins.

There are many stories like Cara's. Whether a child was a carer, had a troubled home life, was bullied at school or was ill for long periods, he or she deserves a chance. The Charity believes that everyone deserves a chance.

As all classes are held online, the costs of teaching are very low so Net-Reach will be able to offer tuition to students all across the UK who fit the Charity's criteria.

Please support this locally-based charity and help students who are unable to progress in their lives through no fault of their own. Net-Reach fills a desperate need as there is currently no funding available for this group of students. Please help in anyway you can and we look forward to seeing you at our fun, fundraising events which will be announced on posters, on Facebook and on our website which is currently in preparation.

Every Sunday in August Net-Reach and the Cornwallis Trust will be hosting tea and cake get-togethers from 2.30pm to 5.00pm in the Village School orchard, if fine, or in the school if the weather's unkind. Come along for a warm welcome and to meet your neighbours.

If you would like to donate please email on net.reach.charity.co.uk. The Net-Reach Centre is in Llanwrda Primary School under the auspices of the Cornwallis Trust, which owns the building. Further details from Karen Ardouin on 07779 651116 or Rod Burdon on 01550 779298.

NEWS FROM THE TOWN HALL

(from the Mayor of Llandovery & The Town Council)

The Tour of Britain will pass through Llandovery on the 2nd September 2018, at which there will be aerial television coverage. This is a fantastic opportunity to promote Llandovery. A Working Group is being set up and is open to ideas (please email the Town Clerk)

We are pleased that the Museum will be returning to the Heritage Centre in 2019 and there will be an exhibition of WW1 memorabilia in the Castle Garage Showroom during the Sheep Festival on the 22nd & 23rd September 2018.

We congratulate the winners in the Llandovery in Bloom Competition. The Presentation to the Winners will be held in Jubilee Patio (at the back of the Heritage Centre) on Saturday 4th August 2018 at 2.00 p.m.

We congratulate Llandovery Station & The Friends of Llandovery Station on the very successful celebrations to mark the 150th Anniversary of the Railways.

Family Volunteer Day on the 1st August 2018. If individuals/groups wish to get involved and for further information please contact the Deputy Mayor Cllr. Louise Wride (email: louisewride@live.co.uk) tel: 01550 721016)

Carmarthenshire County Council Local Development Plan (LDP): if you wish your land to be included for consideration within the LDP then please register your interest with CCC's Planning Department without further delay. 'Candidate Sites' for land to build on in Carmarthenshire: application deadline to CCC is 29th August 2018.

Carmarthenshire County Council Framework Contractor Opportunities exist now. If you are a local building contractor and wish to tender for projects for CCC then please be advised that the Council will be holding a Market Engagement Event on Tuesday 24th July 2018 in order to inform and engage with potential and current contractors on the services it is seeking to procure. The event will be held at 9.00 a.m. at The Ffwrnes Theatre, Llanelli, Carmarthenshire SA15 3YF. Any interested parties will have to register their interest via Sell2Wales - an initiative from the Welsh Government helping SMEs work successfully with the public sector. https://www.sell2wales.gov.wales/search/show/search_view.aspx?ID=JUN255989

Llandovery Swimming Pool renovations are in progress. Significant works are underway to enhance and improve the condition and appearance of the building both internally and externally. Works are due to be completed in August 2018.

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Brian Mitchell

"Just to let you know what a great job you did earlier in the week. Highly professional, charming and friendly to deal with, and they left the place much tidier than they found it. I think all the neighbours would join me in thanking them for the work done and the entertainment provided!"

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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HEART OF WALES



A day to remember on the 4th of July was the “150 year celebration of The Heart of Wales Line” at the station in Llandoverly.

In May I was asked to replant the raised bed made from railway sleepers with herbs and wildflowers, using plants grown from seeds and cuttings in my small nursery in Llanddeusant.

It was a nice surprise to be asked if I would present a bunch of herbs to Prince Charles and The Duchess of Cornwall on their visit to Llandoverly station.

Herbs must be picked on the morning of use, as they wilt quickly, so on the Wednesday morning it was a quick flurry around my garden looking for nice fresh herbs to pick (a difficult task as here at Gorsddu we’d had no rain for over 6 weeks)... Change of plan “it would have to be herbs and wildflowers”!

When I got to the station I displayed some herbs and flowers in pots and then waited on the station platform and by ten o’clock there was an excited buzz in the air by train enthusiasts, school children and the local community.

I watched as Prince Charles and Camilla walked around the vegetable garden and the children sang songs to them all the while I was thinking “what can I say?”

Charles and Camilla slowly made their way to the platform. Local travellers arriving at the station and waiting to embark the train where bemused to realise

they were going to be traveling with royalty. Camilla accepted my bouquet gracefully and after a few words about the flowers names (Angelica, Sweet Rocket, Meadow Sweet, Cornflowers, Vipers Bugloss, Scabious, Hyssop to name a few).

I then said “I’d really like to speak to Charles” ... where she called him over (did I really just forget to curtsy and ask to speak to her husband!!!)

“I admire your stumpery” I said. (He has huge chestnut stumps piled high on one another, with pockets of ferns peaking out of the gnarled wood at Highgrove House). He was interested about the wild flowers and how I’d managed to naturalise them in my garden in Llanddeusant. “Ah Vipers Bugloss, a very appropriate name” as his hand brushed the plant it bit!

“What a charming gentleman” I thought ... funny how things in life change, as Anarchy and God save the Queen by the Sex Pistols was a more familiar route in my youth!

And with excited chatter around them they embarked the “public train”!





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06/19/12

150

LLANDOVERY

Years

During the first week in July, the 150th Anniversary of the completion of the Heart of Wales Railway was celebrated in style at Llandovery Station. A Grand Marquee was erected at the far end of the Car Park, which housed a number of activities which were available to visitors.

The Proceedings began with a short Concert, with items given firstly by the Llandovery Male Voice Choir, and then by the children of Ysgol Rhys Prichard, under their Conductor, Tracey Aston. This was followed in turn by a short Talk given by Tony Birdwood on the construction of the Railway: Tony has a wealth of knowledge of this subject, and his Talk was both extremely interesting and stimulating, giving us in the audience a wealth of knowledge of which we knew very little. Tony was followed by our Guest of Honour, Paul Atterbury, who is still a well-known figure from his days as a Presenter of the Antiques Road Show. His talk, as expected, was extremely entertaining, full of interesting anecdotes, and covering a breadth of his experiences on that very popular programme, now sadly missed.

In the afternoon, Mr. Atterbury devoted much of his time to giving valuations of objects brought in by our visitors: it was extremely interesting to hear his learned descriptions and valuations of these items, although – as far as we know – no great fortune was made by any of our visitors!

A number of small-holders also occupied the Marquee in the afternoon: they displayed a wide range of goods for sale, and it would seem that they were well patronised. A very interesting item to be found outside in the Car Park was an authentic Steam Railway, provided by the members of the Llanishen Model Railway Club in Cardiff, which gave rides to both children and adults along the Car Park, complete with authentic railway smells and noises!

The Llandovery Model Railway Exhibition was to be found in the Station Building, and this too was well-patronised, with visitors taking a great interest in the layouts which were on display there, among them being Alan Stevens' Hobo Flats, which took up virtually the whole space!

A final port of call was provided by the small marquee just outside the Station Building: here a small range of snacks and drinks was provided by our ever-faithful Volunteer Staff, and it was, indeed, a very popular port of call!

Glyn Evans





CLWB CRICED LLANWRDA CRICKET CLUB



The seniors continue life in the South Wales Cricket Association Division Five in excellent form and are unbeaten in the league so far this season.

16th June – Another week; another win. Llanwrda won away from home this weekend in Baglan against their 2nd XI. Having lost the toss, Llanwrda went in to bat and made a decent 127/8 off the 40 overs with runs coming from Adrian Davies (33), Nigel Clarke (33) and Tom Thurtle (20). In reply, Baglan could only manage 73 all out with their opening batsman Steve Kempton getting 40 of them! Wickets were shared out for the team with Adrian Davies 3-11, Tom Thurtle 2-8 and Sion Nicholas 2-18.

23rd June – As we finish the first halve of the season, Llanwrda continue their unbeaten season with another easy victory over Porthcawl 2nd XI. Porthcawl won the toss and elected to bat but could only see out 22.2 overs culminating in a total of 79 all out. The Llanwrda bowlers reeked havoc on them with Adrian Davies taking 4/6; Nigel Clarke 3/14 and Will Thurtle 2/19. In reply, Llanwrda only took 13.2 overs to win the match with the runs coming from Adrian Davies (39*); Nigel Clarke (25) and Tom Thurtle (14*).

30th June – Llanwrda continued their unbeaten run against second placed Drefach 2nds home. Winning the toss, Llanwrda opted to bat and got a secure total of 220/5 off the 40 overs. The runs were greatly shared out with Josh Archer (73*); Nigel Clarke (55); Osiar Nicholas (36) and Cerith Rees (35) all getting in. In reply, Drefach could only manage 153 all out with a couple of players getting in and scoring. Steffan Roberts finished with five wicket haul for only 21 runs. Telor Dyer took 3/26 and Sion Nicholas got 2/22 making sure Llanwrda took a 20 point victory.

7th July – Llanwrda were away to Cowbridge 2nds and came away with yet another win. Winning the toss and electing to bat, Llanwrda put on 196/6 with runs coming from almost all of the batsmen but Tom Thurtle (64*) and Adrian Davies (44) got the majority. In reply, Cowbridge fought well to get to 158/8 off the 40 overs. Just like the runs, the wickets were well shared between

the team with Nigel Clarke (3/25) and Adrian Davies (2/53) getting the bulk.

14/07 – Llanwrda were away again this week facing Maesteg Celtic 2nd's. Maesteg won the toss and elected to bat making 113/9 from the 40 overs. In reply, Llanwrda secured the win in under 24 overs with a total of 115/2.

A 20 point win however now see's Llanwrda a huge 46 points clear of second place Drefach in the league with six games left to play.

Upcoming senior fixtures:

21/07 – Llantwit Major Cavaliers 1st's (H)

28/7 – Mumbles 'A' (A)

4/08 – Felinfoel 2nd's (H)

11/08 – Llandarcy 1st's (A)

We are now training outdoors at our ground at Castle Fields Llandoverly SA20 0AR – 6pm on Fridays. Girls and boys aged 5 and over are welcome to join Llanwrda C.C.

Please contact Gwynn Davies at 07956 14 74 64 or llanwrdaacc@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.

Bonus Ball Winners

June 20th - Guy Ayling

June 27th - Dai Thomas

July 4th - No Winner

July 11th - Martin Rees

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08/18(1)

THE HEART OF WALES LINE TRAIL – 2018

The Heart of Wales Railway Line runs diagonally through some of the most attractive scenery not only in Wales but in the whole of the British Isles, and it is not surprising that it is enormously popular with Walkers. The creation of a long-distance Walking Trail which follows the railway line has long been a goal of the Walking fraternity, and we are delighted to say that such a goal is now well within reach. As Professor Paul Salvesson has said: *“The Heart of Wales Line, as one of the most scenic in Britain, presents the ideal opportunity to create a rail-based Walking Trail.”*

The Trail is now being developed in association with a number of Local Authorities in Mid-and South Wales, and indeed a number of sections that are planned for the Trail have already been created. It starts in the old railway town of Craven Arms, and then snakes diagonally south-westwards through such delightful country towns as Knighton, Builth Wells, Llandovery and Llandeilo, until 120 miles later it reaches the South Wales Coast at Llanelli.

En route, the Trail intersects with some other spectacular Walking Trails, such as the Shropshire Way, Offa's Dyke Path, the Beacons Way and the Wales Coast Path. It will be rare that a walker will complete the whole route at any one time – but this may well be possible! - and being rail-based means that it may be followed in sections of a day or a weekend.

We in *Llandovery Walkers are Welcome* have co-operated fully with the local authorities in the planning and the creation of the Trail: we were given three Sections of the Trail to reconnoitre, this task we have now completed, and we are delighted to say that the three sections that were allocated to us are now up and running. They all became operational at a Ceremony at Llandovery Railway Station on 26th June 2018, when the three routes given to us were deemed operational. At a Ceremony at Llandovery Station, these three routes were available for Walkers to follow:

Walk 1: The William Williams Walk: This is a walk of some four miles, which starts along the banks of the River Towy, and then passes through Tonn Farm, the home of the famous Tonn Press. The path then continues up to Dolauhriion Bridge, a stone-arched bridge dating from 1773. Here the route turns to make for Llanfair Church at the top of the hill, where William Williams, Pantycelyn, is buried. There will be time for a short talk on William Williams with David Gealy, a renowned local Historian, before we descend Llanfair Hill, a Roman settlement, and so return to the Station.

Walk 2: The Myddfai Circular: This is a walk of approximately eight miles along lanes and paths to Myddfai Community Hall and Café, where tea and cakes are available to purchase. The first half of the walk will be entirely on the Trail, while the return walk will be along an alternative route to Llandovery Station.

Walk 3: Llandovery to Llangadog: This is a Walk of approximately eleven miles, entirely on the Trail. It will

include a stop at Myddfai Community Hall and Café, where tea and cake will be available to purchase. This walk will be undertaken at a moderately brisk pace in order to fit in with the train times.

These Walks we will be incorporating into our programme of Walks, but this is not to say that we will be dispensing with our present pattern: indeed it means that our programme will be all the more interesting for these new initiatives.

We in Llandovery Walkers are Welcome look forward to seeing you join us on one of our Walks in the near future!

Glyn Evans and Robin Barlow

THERE'S NO SUCH THING AS A GRUFFALO



OR IS THERE?

Join us for an afternoon of fun, based on the book about the GRUFFALO by Julia Donaldson and Axel Scheffler.

Mouse is scared of being eaten by all the other animals in the deep, dark, wood so he makes up a terrifying creature to scare them away and calls him the GRUFFALO. Come for a walk in the wood with Mouse and find out. Meet at the Myddfai Hall at 2.45pm on Saturday 11th August and join Mouse on his adventure. Is there such a creature as a GRUFFALO or is Mouse just imagining it? On our way we will spot lots of woodland creatures and make a note of them for when we get back. There will be a prize for the family group with the most points. When we are back in the hall there will be a woodland tea and lots of fun and games, competitions, a bookstall and a raffle. A family ticket (2 adults and 2 children) costs £8.50 and includes tea for everyone.

Further details from Ms Janice Davies: 01550 938326.

NEW EXHIBITION FOR THE HERITAGE AND ARTS CENTRE



From the 6th August the Llanwrtyd and District Heritage and Arts Centre will have a new display celebrating the 150th anniversary of the completion of the Heart of Wales Railway Line.

Building on the information already part of the permanent exhibition in the Centre, this new display provides additional details and photographs of the development of the line and its significance to the town. Whilst the original purpose of the line was to link the industrial areas of 19th century England and South Wales it had far more importance as a key element of the development of the village into a tourist destination. The late 19th and early 20th century saw thousands of visitors coming to 'take the waters' and benefit from pursuits in the surrounding countryside promoting 'health and vigour'.

This is the second special display being incorporated into the Centre this season, with the exhibition commemorating the end of WW1 already attracting additional visitors.

'It is very important', says Chairman Tony Thorpe, 'that the Heritage Centre highlights special events of significance to the town and for us to use our resources to provide additional information on these to our visitors. This ensures that the Centre is of ongoing interest to residents as well as visitors to the area.'

There are also Heritage Walks arranged for the 12th, 19th and 25th of August conducted by Jim Davies whose family has lived in the area for six generations.

In addition the Art Gallery will feature various forms of visual art from New Start Art throughout August.

The Centre is open Thursday – Sunday (plus Bank Holidays) from 10am – 4pm. (special arrangements at other times can be made for group visits). Admission is free.

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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.

August is here, and the season is about to start again. When you come down to the Club in the next few weeks you will certainly notice some improvements to the look of the Club – inside and out! Thanks to the efforts of a number of members we got through quite a bit of essential work on our Volunteers day.

Some of them have done far more than expected and carried on working in to transform the Main Room and the outside areas. Our special thanks for this work must go to Helen Thomas and Sandra Clarke who have been working – it seemed at times, non-stop to redecorate the Main Room. They have stripped off the old, tired-looking paintwork and repainted the walls and woodwork. It now looks a treat and is ready for your parties and events!

The area outside the Clubhouse now looks far better than it has for some time, because Dai Thomas and Nigel Clarke have also been sanding and painting the picnic tables, added new sunshades and also refreshed the Drovers' Red paint outside (and they haven't escaped helping with the inside work as well!). Diolch yn fawr iawn i chi gyd am eich cymorth!

There is, of course, always plenty of work to do so, if you feel like helping please let us know – many hands make light work, as they say!

But now thoughts turn to the new season. At the time of writing, the grass is looking parched and the pitch and the surrounding fields look more like a landscape in South Africa than South Wales! Without wishing to spoil anyone's holidays it would be good to see at least a little rain (overnight, of course) in the coming weeks to put things right.

To kick the season off we have arranged some friendlies. These are:

At Home on Saturday 4th August

Llandovery v Nant Conwy. The Youth side will kick off at 2pm, and the Seconds at 4pm. This event is the return game following last season's fixture at Nant Conwy in honour of former Drovers and Conwy player Emrys Evans who was tragically killed in a road accident in 2017.

Our next game is also at home when on Thursday 16th August the First XV will play a friendly with a 7.15pm kick off. At the time of writing we are still waiting for confirmation of our opponents, so keep an eye on the website for more details nearer the time.

On Saturday 18th August the First XV will play their

regular friendly fixture against Cinderford. This year we are away, and kick off is at 2.30pm.

On the same day the Youth side will be welcoming Merthyr to Church Bank. Kick off is also at 2.30pm so, if you can't make it to Cinderford to watch the First XV on the day, do come down and cheer the Youth side on. They have high hopes of repeating their success of last season with a number of new players joining. Best wishes to those members of the side who are now leaving us (for a time at least) to the world of work or to university! We hope to see some of you back playing at Church Bank again in the not too distant future!

Following that we have a mid-week Away game on Wednesday 22nd August when the First XV hope to play Tata Steel – watch the website for confirmation as this fixture is still to be confirmed.

And on Thursday 23rd August – with only just enough time to catch their breath – we will then welcome Brecon for a 7.15pm kick off at Church Bank.

This new season will give us many challenges. Not the least of these is the certainty of relegation for four sides.

The shape of the Premiership league after May 2019 is still not clear – but one thing is certain: the financial support from the WRU will be reducing progressively, each year, for all remaining 12 clubs in the league from 2019-20 season onwards. Your support is vital to the future of the Club at this level of competition, and we hope that you will be able to carry on supporting us by renewing your membership. And, if you are not a member, why not come down to Church Bank and introduce yourself to us. We look forward to seeing you!

And if you feel able, please also consider joining our two new initiatives: the 23 Club and our Bonus Ball club. The Bonus Ball only costs £2 each week and proceeds will go towards supporting our amateur teams – the Minis, Juniors, Youth and Second XV – with some valuable cash prizes. Full details of both are available on our website.

More generally – apart from the fun of being involved! – both of these initiatives will help us to build a sound financial base to help in what will be a very competitive season in all sections of the Club.

On the social side, and 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. Just email the Club (droversrhc@gmail.com) or phone Gina on 01550 721110 or Jackie on 07774914992.

In the meantime, thank you for your continued support for the Club - there is always some work to do! Please join us if you can spare an hour or two to help out!

We look forward to seeing you all again at Church Bank in the coming weeks. 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-weiithio na'r presennol!

Edrychwn ymlaen i'ch gweld ym Manc yr Eglwys cyn hir. Gwerthfawrognw 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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MEET NALA



In early July we were contacted by a grazer who told us about a foal alone on the mountain and close to a road. The grazer had picked her up and taken her to place of safety. We were very concerned about the foal and about what had happened to the foal's mother. When we arrived, there was no sign of the dam, or indeed the rest of the herd and despite searching we found no trace of the mare.



The filly foal, although small, was not a newborn and was approximately four weeks old. The grazer told us that the foal didn't belong to herself or anyone she knew who was grazing ponies on the mountain at the time so we made the decision to bring her back to the Trust.

After a short ride in the lorry back to Lluest, we dropped the ramp and offered the foal a bottle of specially formulated mare's milk. She was a bit hesitant to start with but got the message quickly. We have named her Nala.

With no news about what had happened to Nala's mum we took the steps to introduce her to the wonderful Penny. Penny had been calling out to her field companions and when Nala heard her she had whinnied in reply.

This resulted in a lot of back and forth whinnies between the two. Penny had a foal at foot when she was rescued a few years ago so it was a logical choice for

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her to become a companion and surrogate mum to this little foal. Fortunately, as soon as Penny saw her, her mothering instinct kicked in.

We prepared them a comfortable stable where they could be together, but separated by a low barrier to start with. After a couple of days they were turned out into the arena together. Amazingly it was as though Nala really was Penny's baby. She allowed her to suckle and already seemed to be very much in love with her. Their relationship has gone from strength to strength and they are now out in the field together during the day. Although Penny has no milk we have discussed options with the vet to bring her back into lactation. Until then Nala will carry on receiving her four hourly milk feeds from the grooms although it is easier now that she is now drinking milk from a bucket.

Follow the progress of Nala and her new mum Penny with photos and videos on our website and Facebook page. www.lluesthorseandponytrust.co.uk and www.facebook.com/lluest

ORGANISING KAOS FOR OPEN DAY

Things are warming up for our Open Day which will be held on Sunday 16th September. We are delighted to be welcoming Organised Kaos to our list of events. Organised Kaos are a contemporary circus company who run a training school in a disused and derelict church in Gwaun Cae Gurwen where they teach circus skills to children and young adults. Join in the activities yourself. Entry and participation is free. Gates open at 11am on the day.

10/18(12)

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GWYNFE NEWS

Saturday, 11th August is the date of Gwynfe Show this year, to be held in the fields adjacent to the centre of the village. Come along for the customary tent classes, including agricultural, crafts, horticultural, floral, domestic, produce, literature, photography and art, plus children's sections, as well as local and open sheep classes on the field. There will be children's sports (weather permitting), cream teas (2 to 4), a vintage display, dog agility show, sheepdog display and, to top it all off, evening entertainment (from 8) with hot food (from 6) and bar. Try your hand at 'Splat the Rat', or guess the weight of the sheep. Entry to Gwynfe Show is £2 (under 16s free). Full schedule available from Sarah Cook on 01550 740612.

There will be no Monday Club in August, but it will return on Monday, 3rd Sept at the usual time of 1:30. Tea and cakes are provided. £1 collection. Anyone requiring transport please contact Heather on 01550 740512.

Finally, some dates for your diary:

- on Saturday, 22nd September Padraig Lalor returns to Gwynfe (by popular demand) with an evening of Irish music performed by his band Henry Marten's Ghost. This group comes to us through the Arts Council of Wales's Night Out scheme
- another Night Out show entitled Exodus (performed by Welsh theatre group Motherlode) will be coming to Gwynfe village hall on Wednesday, 24th October.

TRAP WI

The July meeting opened with President Cath Rogerson reading a tribute to Pat Thomas and Beryl Owen who were the recipients of the Jo Cox Community Champion Award in recognition of their 40 years of unstinting contributions to the Trap community. They were each presented with a framed collage of photos taken at the ceremony at The Senedd.

Our speaker/demonstrator was Lesley Cutler, otherwise known as The Pearl Lady, who gave us a very informative talk on the subject of pearls. She won a Denman College bursary to learn how to expertly knot a string of pearls and had many examples of her work to show us.

Our next meeting on 14th August takes the form of a Tea Party to celebrate Trap WI's 90 years.

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TICKETS ON SALE FOR WOMEN'S MOUNTAIN BIKE WEEKEND



Natural Resources Wales (NRW) is once again joining forces with partners to host a mountain biking weekend dedicated to women.

The action-packed 'Temtiwr' event, designed to encourage more women to take up mountain biking, will be held on 8 and 9 September in North Wales at Coed y Brenin Forest Park.

It offers women the opportunity to improve their mountain biking skills, learn about bike maintenance and socialise with other riders.

Grace Sanderson, Visitor Centre Assistant and Assistant Mountain Bike Ranger, Natural Resources Wales said:

"Coed y Brenin is one of the most beautiful places in Wales and we are proud to provide so many exciting trails for everyone to enjoy.

"Organising an event like this, in such a relaxed and friendly setting, will hopefully encourage more women to get active and give mountain biking a go.

"The atmosphere at last year's event was buzzing, and we are really pleased to offer even more tickets this year, with 80 spaces now available."

The weekend's activities include mountain bike skills coaching, workshops, drop in sessions, and yoga, and a film showing.

The event is organised by NRW and partners Beics Brenin, Welsh Cycling and Dyfi Events.

Tickets are available for women riders of all ability levels, over the age of 16, and can be purchased from www.dyfievents.co.uk.

Gaynor Davis, Women and Girls Development Officer for Welsh Cycling said:

"We aim to hold an event which appeals to women of all ability levels, which gives riders a chance to connect with others, share their experiences and gain new skills and knowledge from the experts we have on hand.

"We began collaborating with Beics Brenin and Natural Resources Wales a couple of years ago when we successfully launched the first Women's Mountain Biking Breeze hub at Coed y Brenin. We now hold regular guided 'Breeze' mountain bike rides for women."

Toby Bragg from Beics Brenin and Dyfi Events commented:

"We designed this event to provide guidance and encouragement for women preparing to enter their first mountain biking endurance event, such as the Trek Coed y Brenin Enduro on 30th September 2018.

"The event is a great opportunity for women to participate in skills development sessions, try sections of the event route and to talk tactics, preparation and equipment with coaches."

Coed y Brenin is hosting several events this summer to give more people the opportunity to get active and enjoy the outdoors.

Activities include Junior Ranger sessions, craft fairs, Yoga and several mountain bike and running events.

People can keep up to date with all events by following the Coed y Brenin Forest Park Facebook page, or visiting the NRW website at naturalresources.wales/CoedyBrenin.

CÔR MEIBION DINEFWR

200 Club Results for June 2018.

1st – Haydn Morgan
2nd – Haydn Morgan
3rd – Megan Davies

200 Club Results for July 2018.

1st – Sara Walters
2nd – Richard Hughes
3rd – Delyth Hughes



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07/19(12)

FRIENDSHIP CLUB

Wed June 27th, members met at Myddfai Hall for the afternoon, we were welcomed by Mr. Sheikh Ahmed and Mrs. Leslie Griffiths.

We were then given a very informative talk by Sheik on the legend and history of the physicians of Myddfai, also the role of herbal tradition in the development of medicine in this modern age, also a history of the local community of Myddfai and how the Community Hall and visitor centre have developed, Mrs Gina Jones (chairperson) thanked Sheik for his talk on behalf of us all, President Mr. Stan Baugh also gave a vote of thanks. We were then served with a delicious afternoon tea, which consisted of savouries and home made sponges, and cream scones, we all thoroughly enjoyed.

Thank you all, we then visited the Church and Sheik once again gave the history of the Church.

The raffle was drawn, thank you to everyone who brought raffles.

The next meeting will be on Wed July 25th at the Croquet club, please bring a plate to share. Weather permitting we can have a game of Croquet, and Miss Victoria Bancroft will be giving a talk. Victoria is originally from Llandovery so it will be a great pleasure to welcome her back in town.

We have a trip organised to Porthcawl on Wednesday Sept 26th non members welcome to join us, cost £10 please contact Angela Kenyon 01550 720056.

Mary Jackson BEM.

EGLWYS CAPEL DEW CHURCH LLANWRDA

As a Church we intend to re-build the Churchyard wall as it is in a very poor state. We feel this is necessary to make the Churchyard safe and secure for the future, we feel it our duty to carry out this work for the benefit of the Church and Churchyard. The wall has to be built of stone as it is now so the cost will be substantial. I would therefore ask you kindly if you could make a contribution towards the cost, all cheques to be made payable into the "Churchyard Fund" to Douglas Davies Cothi Vale, Crugybar Llanwrda.

Thank you for your co-operation



Padmasambhava Yoga and Meditation Centre

Now that the summer holidays are here, we hope that you are all enjoying yourselves and will be ready to return with renewed vigour to class when term starts on Monday 17th September. There will be the usual good range of classes available, suitable for students of all ages, abilities and experience. There will be full details of these classes, workshops and events in the brochure, which will be available soon, and on the website.

This month on 8th August Padmasambhava marks 30 years since the inception of the Centre. 30 years ago the renovation work began on the building at 66 Rhosmaen Street. Many friends and volunteers (Karma Yogis) helped transform the building into what is now Padmasambhava. As soon as the yoga room was completed, classes began and they have continued on ever since. The centre is still run by volunteers in a spirit of service. Padmasambhava would like to thank all students, both old and new, as well as Llandeilo town for its welcome and support over the years.

Classes at Padmasambhava take into account the health and abilities of everyone and aim to help both the mind and 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 points make classes at Padmasambhava especially beneficial and enjoyable. Indeed, classes at Padmasambhava can help you deal with everyday life and the problems it can bring and generally help with your well-being. To find out more about what attending a class involves, or to have a chat about this, please do contact the contact the centre on 01558 823 842, where they will be pleased to talk to you. They can also be contacted by email mail@padma.org.uk or www.padma.org.uk.

CHAIR BASED YOGA AT MAES ELFRYN

This weekly class is perfect for Elders and others who may have restricted movement or are unable to do floor based yoga. It can also be a great introduction to yoga through gentle movements while seated. 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. The class is held Fridays 3.30 – 4.30pm, at Maes Elfryn Hall. For more information please call 01558 823842.



August Bank Holiday Llanddeusant Church **POTTERY & GARDEN PLANT EXHIBITION**

Potter & sculptor, Carole Spackman & garden designer & maker, Becky Wildman, who together have 46 years of living in Llanddeusant, have now joined forces to exhibit their work in Llanddeusant Church. Both Carole & Becky are inspired by the landscape & flowers in Llanddeusant. Becky's flowers will be arranged in some of Carole's vases.

Carole will be exhibiting her range of tableware decorated with the colours of the nearby wild flower meadows. She uses oxides, underglaze colours & locally sourced wood ash to achieve her colourful results. Carole can see a wide array of bird & wildlife from her studio window. This has led her to develop a range of local bird & animal sculptures that will also be on show.

Becky loves planting patches of the specific native wild flowers which she expands to larger areas as soon as they are established. Becky will be exhibiting some of these

wild flower plants as well as her bog plants & herbs. These will complement Carole's herb flower pots on show. Becky's plants are hardy, grown to survive the extreme temperatures prevalent in this mountainous landscape.

Carole will be in attendance each day of the August Bank holiday, August 25th, 26th & 27th, 12- 5pm. Llanddeusant Church is open daily from 9am, with a Holy Eucharist service on Sunday 26th at 2pm.

Why not enjoy a day visiting Llanddeusant Church, SA19 9UL, followed by a visit to Becky's Gorsddu Nursery, SA19 9UW, where you can see her use of reclaimed materials to make raised beds and then you can visit the legendary Llyn y Fan Fach Lake beneath the dramatic heights of the Black Mountain – all on the same spectacular road. If you forget your picnic, the new licensed 'Lynwen's Tea Shop' is also just a short way off the same road where you can feast on delicious home-baked cakes.

Message Becky first if you wish to visit Gorsddu on wildman656@hotmail.com

Facebook links: Carole Spackman Ceramics – Becky Wildman Gardener

Email contact: carolepottery@hotmail.co.uk
www.carolespackmanceramics.co.uk



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RUGBY COMMENTATOR PHIL STEELE PRAISES CLUB MEMBERSHIP SCHEME

BBC radio and TV rugby commentator Phil Steele has heaped praise on Llandoverly RFC's new 23 Club membership scheme for the 2018-19 season, writes Tom Hughes.

Steele who was reporting at Church Bank on the day of the launch thinks it a real match winner of an idea.

"The scheme looks tremendous value for money to me with a wide range of benefits and I'd be the first to sign up if I lived in Llandoverly," said the Cardiff based broadcaster.

As from next season, the club will be introducing a new category of membership by which 23 people, each paying £1,000 per annum will be members of an exclusive "23 Club".

A specially struck Club membership card is to be issued to the 23 members who will enjoy a range of benefits which will be the envy of club members up and down Wales.

"And to be able to go to every home game with the possibility of walking away with £100 in crisp bank notes makes every home game hugely interesting and exciting," added Steele

Steele was referring to one of the scheme's benefit by which at the start of the season every member is allocated a number from 1 to 23 for home league games at Church Bank.

If his or her number scores the first Llandoverly try that will earn £50 and another £50 prize is given to the number whose player scores the last Llandoverly try.

"Imagine the fun. You've been allocated number two and go down to the club for a Saturday game and come back with £100 in cash for the wife after your hooker has scored not only the first but also the last Llandoverly try!" said Steele.

"And with 15 home games, the chance of getting one or two £50 prizes is a good one."

KEITH JONES, CASTLE GARAGE

Ena and family would like to thank family, neighbours, friends and customers for all the kindness shown in their sad loss.

Many thanks for the cards, flowers and generous donations in Memory of Keith.

Also thanks to the bearers, Reverend Ian Aveson, Organist Jean Hughes, Keith & Kevin for distributing the leaflets.

Sincere thanks to the Staff at Castle Garage and Brightwells for their support.

Clive, Sue Davies and Sons for their professional service carried out with dignity and their continued friendship.

Cheques have been coming in to the club just days after the launch with club administrator Gina Deering advising members who are interested not to delay too long such has been its popularity.

"There are also four other attractive benefits to 23 members," said Ms Deering.

"There is free entry for member and a guest to every home league and cup game at Church Bank plus two complimentary (free) tickets for one of Wales's November or Six Nations matches."

"There will be exclusive use of the "23 Room" for members and one guest before the home games against both Carmarthen Quins and Llanelli when an all inclusive buffet with beer/wine will be served."

"And finally, members and a guest will be invited to an exclusive lounge suit/club blazer/cocktail dress gala dinner for 46 people at the end of the season.

"It will include a three course meal and coffee plus all wines and beers."

Further details and application forms can be obtained on line at <http://www.llandoverlyrfc.co.uk/Home/Page>, also from Gina Deering on 01550 721110 and droversrfc@gmail.com and Huw S Thomas on 01550 720028 and huwiest@gmail.com

In addition the club will be establishing a Drovers Community Rugby Fund and an associated Bonus Ball competition based on the Saturday Lottery, which will have a weekly prize of £25 and a special Christmas draw of £100.

by kind permission of Brecon and Radnor

ROAD SAFETY WALES AWARD



On the 19th of June, Sue and Jonah MacGill from Llandoverly were presented with a Road Safety Wales Award at Llandrindod Wells for their "innovative approach to promoting road safety in Wales". They accepted the award on behalf of the Llandoverly Motorbike Weekend which works in collaboration with the Carmarthenshire County Council Road Safety Team and its Engagement Partners.

READERS' SALES & WANTS

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

FOR SALE

- **Epson C44 Printer**, still in box, never used, £30. Tel: 01269 851076.
- **VW Campervan**, 2013, professionally converted, like new, selling due to ill health, 31000 miles, MOT to Oct 18. Tel: 01269 851076.
- **13kg Butane Gas**, full bottle, £20. Tel: 07922 174986 (Llandeilo).
- **Sony Stereo Music System**, HP239A, £45 ono. Tel: 01267 202230.
- **Prima fan oven**, stainless steel, built in with Electrolux 4 ring easy clean ceramic top, £95 ono. Tel: 01267 202230.
- **Mamas & Papas 6 in 1 Black and grey checked pram/ pushchair**. As new. £175 ono. Tel: 07527 495895.
- **Windows 10 PC System** - Intel i5 Processor - 120Gb SSD - 20 inch screen. Fast 4 core Intel i5-3570K 3.4GHz (3.8 Turbo) CPU, 8Gb RAM, 120Gb SSD and 500Gb hard drives. Latest version of Windows 10 Home. Small tower size black 'Silverstone' case. Complete with Samsung 20 inch screen. GWO, £220 ono. Call Alan for full details. Tel: 01558 822394.
- **WINE RACK**, 70 holes. 70cms x 107cms (2'4"x 3'6") Metal and wood. Perfect order, suitable for restaurant, or wine collector. Moving house prompts sale, £25. Salem, Llandeilo district. Tel: 01558 328239.
- **"HISTORIC HOUSES OF PEMBROKESHIRE and their Families"** Modern, New edition 1996, Written by: Late Wales Herald Extraordinary, Major Francis Jones Unused and in perfect condition. (cost new £27.50) £10. Salem, Llandeilo. Tel: 01558 328239.
- **CURTAINS**. Three sets, brightly coloured, fully lined, as new condition, all same pattern. One pair: 88" wide x 90" long + Two pairs: 80" wide x 50" long + one pair 50" wide x 58" long Telephone for further details. 01558 328239. View first and make an offer Salem, Llandeilo.
- **ORDNANCE SURVEY MAPS**. RECENT EDITIONS, 11 x Explorer and 9 x Landranger Maps All connect Carmarthen to Builth Wells to Hereford and Ross. Majority unused. No longer required We are moving to Somerset £40.00 (20 maps!). Tel: 01558 328239.
- **Scythe**. Antique. 5ft long curved handle with a 26" long blade. £20. Tel: 07771 530070 Llansawel area.
- **Paper Log Maker**. Use newspapers to make briquettes. £10. Tel: 07771 530070 Llansawel area.
- **Pasta Maker**. Used once. Still in box. £15. Tel: 07771 530070 Llansawel area.
- **Demijohns**. Been in shed for a while. Clear glass. All 4 for £5. Tel: 07771 530070 Llansawel area.
- **Farm kittens** - free to a good home. Tel: 01550 720464.
- **Pine dresser** with 2 half drawers and 2 full drawers; gallery can be removed to convert to chest of drawers. Dimensions: chest of drawers 47" wide 19" deep 35" high; gallery 41" high, £55. Tel: 01550 779077.
- **Nathan teak oval drop leaf table**, flat 12" x 39"; leaves 28" max. Seats 6 comfortably. Good condition, £25. Tel: 01550 777445.
- **DFS, Red Chenille loose cover sofa**, good clean condition, large 2 seater, 7ft long, £195 ono. Tel: 01550 721005.
- **Three English leather saddles** in good condition, 17" and very comfortable. General purpose - medium fit with front and rear knee rolls, £100. General purpose, medium fit. Anthill & Pilmington, £120. Medium to wide fit dressage saddle with girth. Eldonian, £120. Will accept £300 for all three. Tel: 07775 839641 Llandeilo area. Please leave a message if no answer.
- **Heavy duty rubber matting**. Suitable for trailer etc. 2x 19"x57" £20 each. 1x 40"x57" £30. 2x 23"x69" £25 each. Will accept £100 if bought together. Tel: 07775 839641 Llandeilo area. Please leave a message if no answer.
- **Billiard Table** and trestle with balls and cue in good condition, £100 or very near offer. Tel: 07775 839641 Llandeilo area. Please leave a message if no answer.
- **Caravan awning** in very good condition to fit 14.2 Eldis caravan No poles. Tel: 07775 839641 Llandeilo area. Please leave a message if no answer.
- **Edwardian handpainted (blue/grey) wooden slatted double bed**. £80. Tel: 01558 685422.
- **Pine Pedestal dining table** with central extension and 4 chairs. £125. Tel: 01558 685422.
- **6 each Denby - Colonial Blue dinner plates & cereal bowls**, £18. Tel: 07850 401954.
- **Simplehuman shower caddy** - freestanding, £15. Tel: 07850 401954.
- **Halogen heater**, £5. Tel: 07850 401954.
- **Soliman gas barbecue**, wooden frame and side shelves, with wheels. L 4ft 10" W 20" H 33" used once, £50. Tel: 01550 777376.
- **Oxygen and acetylene steel trolley** with 3 wheels, £50. Tel: 01550 777376.
- **Electric mini cement mixer**, £60. Tel: 01550 720003.
- **Creda Hallmark cooker H150E** (UK made) £20. Tel: 07527 918712.
- **Fridgmaster fridge**, £20. Tel: 07527 918712.
- **Singer sewing machine with case** + key lock, model Y912 8704, spare needles, threader plus bobbins, £150. Tel: 01550 721460.
- **BT cordless phone** - freestyle handset, plug mounted mains adaptor, wall screws + brackets, user guide booklet, £5. Tel: 01550 721460.
- **Electric clock**, any offers. Tel: 01550 721460.
- **Desktop oscillating fan**, 9" (23cm) 2 speed, £10. Tel: 01550 721460.
- **Fan with stand**, oscillating optional, 15" (38cm) 3 speed, £15. Tel: 01550 721460.
- **Two sets under counter worktop kitchen wheels with locks**, easy guide for fridge (freezer) cooker, £2. Tel: 01550 721460.
- **Green and gold lounge / dining lamp and shade**, 18" tall, £5. Tel: 01550 721460.
- **Approx 30 paving slabs for garden**, 18 x 18, free to collector. Tel: 01558 823774.
- **Selection of 2nd hand phones**, all working perfectly. Tel: 07939 592051.
- **Large selection of car tyres**, all 3/4 tread, some as new. Tel: 07939 592051.
- **Garage space heater**. Tel: 07939 592051.
- **Plastic shed**, 2 front doors & lift lid, approx 6' x 4'. Tel: 07939 592051.
- **Seat Leon 1900 TDi 2009**, 105 BHP, 1 previous disabled owner, 29000 miles from new. All paper work, immaculate, £5450 ono. Tel: 07939 592051.
- **Sheepdog puppies**, registered ISDS, very well bred, wormed, microchipped and ready to go. Patrick Dobbs. Tel: 01550 740277.

FOUND ITEM NOTICE

Personal item found in Llandeoverly in recent past. Taken to police station, finder contact Llandeoverly 01550 721197.

WANTED

- **Single person to help on rural farm**, chalet type accommodation in return for odd jobs. For more information ring Hazel on 01558 685489.
- **Second-hand Books**. Donations of good quality books required for our Pre-Loved Bookshop at Newton House. Any subject, fiction or non-fiction, adults' or children's very gratefully received. All sales go towards work and improvements within Dinefwr Park. Please deliver to our Welcome Centre within the Park. Any queries to Holly Dwyer 01558 825911.
- **Volunteers and Urgent Website Help needed for Vegan charity**. See Vegfam's entry at back of The Post. Previous responders please get in touch again. Tel: 01550 721197.
- **House or Cottage Required** (for Rent and/or Barter). Detached preferred (or no wi-fi next door), rural or semi-rural location with garden if possible. Outbuilding appreciated. Artistic local couple. Country dwellers. Current let 18 years. Excellent references. Tel: 01550 721197 (leave a message if no reply).
- **Care and Accommodation**. Experienced, reliable carers, P.A. and domestic help required near Llandeilo/LLandoverly. Perhaps other areas too. Possibly live-in available later on. Also a driver, to enable socialisation. Direct Payments Scheme funded. Day care and overnight. Creative vegan client with M.E. and severe allergies. Respite care accommodation (housing) also needed. Tel: 01550 721197 (leave a message if no reply)
- **Suzuki Alto GL Wheels and Tyres**. Tel: 01550 721197 (leave a message if no reply).
- **Any used postage stamps or old £1 coins**: To help raise funds for Lluest Horse and Pony Trust please send them to Lluest, 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
- **I am looking for a lady to join me in my life of fun**. I am called Tony, I'm a young 66 year old. You will have to like travel, festivals (rock), riding bikes, motor & cycles, must be slim, good looking, and honest. Ring for a chat to start the ball rolling. Genuine text's & calls only. Tel: 07528 126646.
- **6"x 6" wall tiles and floor tiles** imperial size please. Tel: 07391 647602 please text – poor signal.
- **Large 3 seater DFS loose cover sofa**, 7ft long, good clean condition, could deliver, £150 ono. Tel: 07855 176981.
- **DFS brown leather corner sofa** with end pouffee, could deliver, £150 ono. Tel: 07855 176981.
- **2 round pub tables**, £20 each. Tel: 07855 176981.
- **5 strong beech dining chairs** with rush seats along with 5 as new seat pads from Dunelm which cost £22 each, £99 for everything. Tel: 07855 176981.
- **Coffee table**, pine with 2 shelves, £40. Tel: 07855 176981.
- **Motorbike helmet**, black, full face, never dropped, £30. Tel: 07855 176981.
- **Helly Hanson XL orange work jacket**, £20, brand new. Tel: 07855 176981.
- **Grazing land**, possible long term and suitable for horses and sheep, including sheds if possible. Tel: 07770 777992 / 07872 509031.
- **Polytunnel Frame**, anything considered. Tel: 01558 650799.
- **Any Carer or Home Help available**. Details to be discussed. Tel: 01550 777322.

LOST ITEM NOTICE

Llangadog/Llandoverly/Sennybridge, 15th – 18th July. Mirror effect sunglasses in a bright pink velcro fastened plastic case. If found please call 01550 720837.

LLANDOVERY THEATRE

Horatio Nelson Theatre Cat *Writing from my starry window-sill!*

Dear Friends,

40 years of performance at LLANDOVERY THEATRE. We are celebrating with an OPEN DAY – followed by a performance of the film of

THE TAMING OF THE SHREW.

SATURDAY 15th SEPTEMBER.



Graphic for Taming of the Shrew by Charlotte Turtle

About the Film:

The Taming of the Shrew first began as a youth stage production, with filming started around 2002 - it was completed 2005 and we began editing. Then Simon Barnes, Director with Jacky on the film, died, and since then we have been trying to complete edit and technicals. It has taken 13 years!

The film is made as an Introduction to Shakespeare for young people, and some of the cast are very young, 10 years or less, some playing considerably 'meaty' parts. We filmed in wonderful areas, including the magnificent Aberglasney Gardens, and the Brecon Beacons, it was our first film, so we made plenty of mistakes, but the acting is always watchable, and at times, brilliant.

Beshlie Thorp, who plays Kate (the Shrew!) will be with Jacky introducing the film, and maybe relating some of the crazy scenes that happened off camera!!

We welcome all past youth actors, friends and supporters to join us for this celebration. If we do not have your contact details and you would like to be with us, email jacky.barnes@btinternet.com and we will book you in.

Watch Llandoverly Theatre Web page and also The Post, for updates.

Do join us for this day. we are making history!

HORATIO NELSON – THEATRE CAT.

Church Services

E-English W-Welsh B-Bilingual

PARISH OF LLANSADWRN, LLANWRDA, WITH CAPEL DEWISANT & MANORDEILO

(all services are bilingual)

St Gwrdaf Church, Llanwrda

5 Aug 8.30am Holy Eucharist
12 Aug 8.30am Morning Prayer
19 Aug 8.30am Holy Eucharist

St. Sadwrn Church, Llanwadwrn

5 Aug 11.00am Holy Eucharist
19 Aug 11.00am Holy Eucharist
26 Aug 11.00am Rainbow Church

Capel Dewi Sant

5 Aug 2.15yp Cymun Bendigaidd
19 Aug 2.15yp Cymun Bendigaidd
26 Aug 2.15yp Hwyrol Weddi

St. Paul's, Manordeilo

5 Aug 9.30am Holy Eucharist
12 Aug 9.30am Morning Prayer
19 Aug 9.30am Holy Eucharist
26 Aug 9.30am Holy Eucharist

Please contact Rev. Jeff Thomas, 01550 777758 for further information.

PARISH OF LLANDOVERY WITH MYDDFAI

Landingat

5 Aug 10.00am Family Service
6.00pm Holy Communion
12 Aug 9.30am Holy Communion
6.00pm Informal Evening Service
19 Aug 9.30am Holy Communion
6.00pm Evening Prayer
26 Aug 8.00am Holy Communion
9.30am Holy Communion
6.00pm Evening Prayer

Llanfair

5 Aug 9.00am Cymun Bendigaidd
26 Aug 11.00am Cymun Bendigaidd

St Michael's, Myddfai

5 Aug 11.30am Holy Communion
12 Aug 11.30am Holy Communion
19 Aug 11.30am Holy Communion
26 Aug 11.30am Morning Prayer

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

5 Aug 9.30am Holy Communion
12 Aug 9.30am Morning Prayer
15 Aug Coffee Morning 10.30 – 12.00
19 Aug 9.30am Morning Prayer
26 Aug 9.30am Morning Prayer

For further information please contact 01550 777226.

ST SIMON & ST JUDE, LLANDEUSANT

12 Aug 6.00pm Evening Prayer
26 Aug 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 Bendigaidd
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 Maesteilo

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

Holy Trinity Taliaris

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

ST. DAVID'S CATHOLIC CHURCH, LLANDEILO

Tel: 01558 824305

Mass, SUNDAY 11.00a.m.

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

TOWY CHRISTIAN FELLOWSHIP

In the YMCA, Market Street, Llandovery.

Phone: 01550 777149

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

BAPTIST CHAPEL

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

ALL SAINTS GWYNFE

5 Aug 11.15am Eucharist
12 Aug 11.15am Morning Prayer
19 Aug 11.15am Morning Prayer
26 Aug No Service

THE CHRISTADELPHIANS

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

GRACE CHURCH, LLANDEILO

Llansawel	6.30pm	'Breakout' Youth Monday, Village Hall
	7.30pm	Farm meeting (prayer, worship, bible time). Phone for details.
Llandeilo	7.30pm	Farm meeting, Thursday.
Cwmdu	10.30am	Farm meeting, Sunday.

ALL ARE WELCOME.

Rural Chaplain Rev. Simon Bowkett.
Tel: 01558 685146 / 07748 644958.
www.ygrwp.com
Grace Rural Wales Partnership

PARISH OF CILYCWYM & YSTRAD FFIN WITH RHANDIRMWYN & CYNGHORDY

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

5 Aug 2.30pm Eucharist
12 Aug 2.30pm Eucharist
19 Aug 2.30pm Evening Prayer
26 Aug 10.00am Joint Service Ystradffin

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

St. Barnabas Church, Rhandirmwyn

5 Aug 9.30am Eucharist
12 Aug 9.30am Eucharist
19 Aug 9.30am Morning Prayer
26 Aug 10.00am Joint Service Ystradffin

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

St. Michael's, Cilycwm

5 Aug 11.15am Eucharist
12 Aug 11.15am Eucharist
19 Aug 11.15am Morning Prayer
26 Aug 10.00am Joint Service Ystradffin

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 CATHENIOG

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

All above services are at 10.30a.m.

Carmel every Sunday at 9.30a.m.

5th Sunday of the month services are rotated between the above churches

OUR LADY'S R.C., LLANDOVERY

College View, SA20 0BD

Served from Lampeter

Vigil mass of Sunday, Saturday 5.00pm

Parish Priest, Fr Keith Evans

Tel. 01570 421003, Mob: 07896 762786

Email: davidkeithevans@hotmail.co.uk

SEVENTH DAY ADVENTIST CHRISTIAN CHURCH

Meet at United Reformed Church
Christchurch, The Court, Lant Avenue,
Llandrindod Wells, Powys.

Saturdays 2.30pm to 4.30pm

Sabbath School Service 2.30pm

Divine Service 3.00 pm

All Are Welcome. God bless.

Enquiries: 01597 824732/01982 553959.

WILLIAM WILLIAMS CHAPEL

High Street, Llandovery

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

The spotlight this month is on Rebecca Thomas, who loves sheep!

WHERE DID YOU SPEND YOUR CHILDHOOD?

I spent my childhood growing up on a farm in the Cotswolds in Gloucestershire. This is the Cotswold Farm Park and there were lots of different farm animals. I have very happy memories of cycling through the lanes and spending time on the farm. My favourite animals have always been the sheep.

WHAT IS YOUR CAREER AND WHERE DO YOU WORK?

My career is my hobby and my passion. We have a smallholding at home and I keep Lleyn sheep. I work in the National Botanic Garden of Wales, in the Education Department, teaching and inspiring children to discover and learn about nature, gardens, and conservation. I also run the Family Activities during the holidays and help on the farm. So I am kept very busy doing things that I love

WHAT HAPPENED WHEN YOU BECAME A CHRISTIAN?

I realised at the age of 19 that there was more to life and I wanted to know what it was. I remember looking at the nature around me and seeing just how beautiful it was. I started searching and a friend who is a Christian took me along to church. It all made sense and I became a Christian. It was the best decision I have ever made, I know that I am loved and cared for and that in turn helps me to love and care for other people and the countryside around me.

WHERE IS YOUR HAPPY PLACE?

I love walking in the hills with the sound of sheep and the birds. I love going for walks with my family.

HAVE YOU A TALENT YOU WOULD LIKE TO TAKE FURTHER?

Every day I discover something new.

HAVE YOU A FAVOURITE BIBLE VERSE THAT REALLY SPEAKS TO YOU?

Psalm 121 *I lift up my eyes to the hills-- where does my help come from? My help comes from the Lord the Maker of heaven and earth.*

I remember being in a little church in the mountains and this verse was written in the window that faced the mountain. It has meant so much to me over the years.

DO YOU HAVE A ROLE WITHIN THE CHURCH?

On Friday mornings 10.30 -12.00 during school term times, I help to run a parent and toddler group called Tea&Tots in Ebenezer Church, Halfway. We have been running for 10 years. It is a wonderful privilege to see and meet so many mothers, fathers and grandparents with their babies and toddlers. We provide toys, craft, outside play, tea, coffee and snacks for the children. We always finish with a short bible story and singing. So many people have made good and lasting friendships within the group which is a joy to see.

I also help to run the Explorers Club which is for the children on a Sunday evening during the service at 5.00 pm. We take the children outside as long as the weather allows and do Sunday school forest sessions. The children look forward to it and have enjoyed boat races, fishing, camp fires and duck races.

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

Angie Davies.

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 AUGUST:

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

Band Tref Llandeilo Town Band: We are a fun wind band for all ages and abilities meeting at Llandeilo Civic Hall, Crescent Road every Wednesday, 6.30pm upstairs for beginners and 7.15pm downstairs for the main band. We play a wide range of music from swing to film and TV themes and the main object is for all to enjoy playing – we also socialise in the tea break and (optional!) in the pub afterwards. We have instruments we can loan out, too. Come along or ring for further details: 07811 356778.

The Ramblers – Crychan Forest: A walk through the Southern end of the Crychan Forest using footpaths and forest tracks. Views of the Fans (weather permitting). The walk will include some long climbs and rough ground. Dist. 5 miles. Moderate/Energetic Explorer map: 187. Meeting point: Llandovery Railway Station. Dep. 1.00pm and on by car, organised by Dinefwr Ramblers. Leader: Stuart Collins Tel. 01550 721251 Mob. 07775 503441.

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

Young Persons' Summer Arts Workshops. Come and join in with some creative fun this Summer at the Llandovery Youth and Community Centre. These workshops are for ages 9 - 18 yrs and will include claywork, screen printing t-shirts and other crafts. Cost only £2 each to attend (£3 for the screen-printing t-shirts workshops which include a t-shirt!

More details to come- see our Facebook page. Contact Jill for further details: Tel 01550 721499. LYCC, 19 Market Square, Llandovery, Carmarthenshire, SA20 0AB.

Cwmdru Smallholders. The group for smallholders will be meeting at one of the group's smallholdings and not in the Cwmdru Inn. For more details, please contact Pete Mitchell on 01558 685815 or Talley and Cwmdru Smallholders on Facebook.

2 AUGUST:

Llansawel Art Club, Thursday mornings from 10.00am to 12.30pm. Individual work and individual tuition in media of choice. Ring Dale (Esdaile Hudson FRSA) on 01558 685350.

Line Dancing held at Llandovery Rugby Club every Thursday. Beginners 7.00pm – 8.00pm, Intermediate 8.00pm – 9.00pm. For further information ring 07788 622354.

Llandovery Croquet and Bowls Club – Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome. Contact John 07435 786762 for more info.

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: geoffsticland@gmail.com

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

Cwmdru. There will not be the usual Cymdeithas meeting in the Cwmdru Inn, but a BBQ will be held in the garden from 6.30pm, for all the volunteers who help throughout the year on a regular basis. Please bring a plate of salad or a pudding to share and Cymdeithas Cwmdru will supply the meat. If you are interested in joining the team of volunteers and in offering your services in any way (we are always looking for extra help), come along and meet us - you will be most welcome.

3 AUGUST:

Llandeilo Country Market. Now in the Vestry of Capel Newydd in Crescent Road (next door to the Civic Hall). Our producers cook, craft and grow a wide range of local, seasonal, fresh foods and handcrafted gifts. We are open between 8.30am and 12.30pm – free entry. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

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

Cwmdru Folk Night. A live music session in the Cwmdru Inn. From 8.00pm. For more information, phone the shop/pub on 01558 685156.

4 AUGUST:

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 borrow plus free refreshments in good company.

Cwmdn Inn. Food night in the community run restaurant. For details of this week's chef, the menu and to book (recommended), please contact the shop/pub on 01558 685156.

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

Outdoor Drawing and Painting class in Talley, near Llandeilo with Genevieve Caminade, professional artist, 11.00am til 4.00pm. Indoor space provided if inclement weather. www.genevievecaminade.co.uk

5 AUGUST:

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

GARDEN OPEN FOR CHARITY, 1.00pm – 5.30pm, Ty'r Maes, Farmers SA19 8JP, admission £4.00, children free, dogs on lead and disabled visitors welcome. John and Helen Brooks are opening for the National Gardens Scheme. Plant sales, craft, books and costume jewellery stalls, tea and cakes provided by Pumsaint Wl. Large 4 acre garden planted with cottage garden style flower beds, lots of unusual plants, loads of colour at this time of year, fruit and vegetable area, wildlife ponds with water lilies, pergola and rope arcade with climbing plants and woodland garden with over 200 varieties of trees, including magnolias, acers and giant redwoods. Ty'r Maes is the Royal Oak bungalow just opposite the turn to Ffarmers on the A482 Lampeter to Llanwrda road, about 7 miles from Lampeter and 1.5 miles north of Pumsaint. For further information, contact us on 01558 650541 or at johnhelen140@gmail.com.

The Ramblers – Beacons Bonanza 10: Mynydd Llangatwg & Llangyndir. The short steep climb up the Llangatwg escarpment will lead us onto open trackless moorland, four trig points and the Chartist cave along the way. Apart from two short steep sections near the end, the route gently undulating. 1750' ascent. This is a 13 mile linear walk which will require a brick pace to ensure completion at a sensible time. Dist. 13 miles. Linear. Strenuous Explorer map: OL12/13. Meeting point: Llandoverly Railway Station. Dep. 9.00am and on by car, organised by Dinefwr Ramblers. Leader: Jim S Mob. 07851 365303.

Dinefwr Poetry. An informal collection of poetry lovers meet to read out their poetry from 2.30 pm to 4.30 pm, on the first and third Sunday of every month at the Railway Station Cafe, LLandoverly, (after the cafe has closed to the public). Refreshments and cake available. Tel: Mick: 01550 777656.

Llanwrda Village School Orchard. Join us for TEA and delicious CAKE. Come for a warm welcome and to meet your neighbours Every Sunday in August from 2.30pm to 5.00pm. Everyone welcome!

Special Service at 2.30pm at St Michael's Church Llanfihangel Rhos y Corn, SA32 7RP with Guest Priest Area Dean Canon Sian Jones, followed by tea/coffee time in the Church Hall. Info Roger Nock on 01267 202347.

Cwmdn Inn. Sunday afternoon tea will be available from 2.00pm – 4.00pm, indoors or in the pub garden, depending on the weather. For confirmation, please phone the shop/pub on 01558 685156.

Outdoor Drawing and Painting class in Talley, near Llandeilo with Genevieve Caminade, professional artist, 11.00am til 4.00pm. Indoor space provided if inclement weather. www.genevievecaminade.co.uk

6 AUGUST:

Llandoverly Art Group. We are a friendly self help group of local artists of all abilities who meet every Monday morning at Dolau Bran Centre, Llandoverly. If you are interested in joining us please phone 03302 210606.

7 AUGUST:

Llandoverly Croquet and Bowls Club – Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome. Contact John 07435 786762 for more info.

8 AUGUST:

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.

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 – Churches of the Valley: Magnificent views of the Tywi Valley can be enjoyed on this walk from Llangathen to Llandeilo, immersed in the history and culture of three special churches. Walkers will take the Carmarthen bus to Broad Oak (current timetable shows 1.00pm). 'Dist. 5 miles. Easy Explorer map: 186. Meeting point: Llandeilo Railway Station. Dep. 12.30pm, organised by Dinefwr Ramblers. Leader: Ros Bellamy Tel. 01558 823542 Mob. 07976 631083.

8 AUGUST – 9 AUGUST:

Area Day in the Evesham Centre “Summer Magic” organised by Llandoverly Floral Art at 7.00pm in Dolau Bran, Llandoverly. Tel: 01550 740242 for further details.

9 AUGUST:

Llandoverly Croquet and Bowls Club – Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome. Contact John 07435 786762 for more info.

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

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

10 AUGUST:

Llandeilo Country Market. Now in the Vestry of Capel Newydd in Crescent Road (next door to the Civic Hall). Our producers cook, craft and grow a wide range of local, seasonal, fresh foods and handcrafted gifts. We are open between 8.30am and 12.30pm – free entry. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

The Gruffalo Trail from Myddfai Community Hall at 2.45pm everyone welcome.

Ras Myddfai 2018 at 7.00pm. There are two courses of 5 miles and 8 miles, over undulating lanes and forest tracks. There is also a children's Race of 2.25 miles for those under 11 and for those 11 – 14, starting at 7.20pm. Entry fees: Children £1 and Adults £6. All runners participate entirely at their own risk. All races start from Myddfai village square, 3 miles south of Llandovery. Further details: Margaret Davies magsdavies@hotmail.co.uk

11 AUGUST:

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

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

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

Summer Cider Cycle, a fun mountain-bike-ride in Llanwrtyd Wells. Choice of marked routes, 14 - 25 miles, technical sections with 'chicken-runs'. Registration in the Bromsgrove Hall 8am - 9.30am, start at 10am. Enter online in advance or on the day (£5 surcharge). Camping available, cider served at the checkpoints. For more information, see www.green-events.co.uk or telephone 01591 610666/610236.

Carmarthen Book Fair at St Peters Civic Hall, 10.00am – 4.00pm. Free entry. Meet the authors, talks, readings and workshops, childrens story telling at 12pm. Results of childrens short story competition announced 1pm and so much more.

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

Cwmdu Inn. Food night in the community run restaurant. For details of this week's chef, the menu and to book (recommended), please contact the shop/pub on 01558 685156.

Outdoor Drawing and Painting class in Talley, near Llandeilo with Genevieve Caminade, professional artist,

11.00am til 4.00pm. Indoor space provided if inclement weather. www.genevievecaminade.co.uk

Llandovery Garden Club will take a coach trip to Hereford Cathedral Gardens. The coach will leave at 9.30am from the Castle car park, Llandovery. We will spend some time in Hereford City then meet at the Cathedral at 2.15pm ready to start the 90 minute tour of their gardens after which we will gather at Cathedral - Café Mundi Tea Room - before we leave for home. If non club members would like to join us on this trip please contact Babs Rees on 01550 720771.

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

12 AUGUST:

The Ramblers – Pembrokeshire Coastal Path: A circular walk from St Bride's Haven towards Little Haven. Quiet lanes and some interesting sections of the coastal path. Views across St Bride's Bay. Dist. 8 miles. Moderate Explorer map: OL36. Meeting point: Llandeilo Railway Station Dep. 9.00am on by car, organised by Dinefwr Ramblers. Leader: Jude & John Charteris Tel. 01558 823004 Mob. 07776 433921.

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

Llanwrda Village School Orchard. Join us for TEA and delicious CAKE. Come for a warm welcome and to meet your neighbours Every Sunday in August from 2.30pm to 5.00pm. Everyone welcome!

Cwmdu Inn. Sunday afternoon tea will be available from 2.00pm – 4.00pm, indoors or in the pub garden, depending on the weather. For confirmation, please phone the shop/pub on 01558 685156.

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13 AUGUST:

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

Llandovery Art Group. We are a friendly self help group of local artists of all abilities who meet every Monday morning at Dolau Bran Centre, Llandovery. If you are interested in joining us please phone 03302 210606.

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

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

14 AUGUST:

Llandovery Poetry and Prose – Moved to Friday, 12.00 to 1.45 pm. A friendly, informal, interesting, mixed group. Read out (or recite, sing or perform) your own poetry or from a book. Refreshments provided. £1.50 donation or more or less as you please. Ring for which date (14th or 21st, not both) and the Venue details. Sandra or Simon: 01550 721197.

Tywi Art Group Untutored life-drawing session, 9.30am to 12.30pm 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.

Llandovery Croquet and Bowls Club - Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome. Contact John 07435 786762 for more info.

15 AUGUST:

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.

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The Ramblers – Pontyates: Walking towards Kidwelly, tracks and fields, then alongside the Gwendraeth Canal. Muddy. Dist. 5 miles. Easy/Moderate Explorer map: 178. Meeting point: Leekes car park Dep. 1.00pm on by car, organised by Dinefwr Ramblers. Leader: Kevin Gutteridge Mob. 07773 363000.

Coffee Morning in St Cadog's Church, Llangadog from 10.30am to 12 noon. Come along for a chat. No entry charge but as well as refreshments, there will be a cake stall and raffle.

16 AUGUST:

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

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

Llansadwrn Show - Evening of Entertainment – Noson o Adloniant, 7.00pm – Sextons Arms, Llansadwrn. Dai Dyer will present Fflur & Haf Davies ~ Joy Cornock Thomas ~ Bois y Rhedyn ~ Ffion & Heledd Thomas. Ticket £15/ Person including 2 course meal. Tickets available from Liz Thomas 01550 777220 or Cliff at the Sextons 01550 777099. Evening kindly sponsored by Castell Howell Foods Ltd. Proceeds of evening will be donated to Llandovery Hospital League of Friends.

Young Persons' Summer Arts Workshops. Come and join in with some creative fun this Summer at the Llandovery Youth and Community Centre. These workshops are for ages

9 - 18 yrs and will include claywork, screen printing t-shirts and other crafts. Cost only £2 each to attend (£3 for the screen-printing t-shirts workshops which include a t-shirt! More details to come- see our Facebook page. Contact Jill for further details: Tel 01550 721499. LYCC, 19 Market Square, Llandovery, Carmarthenshire, SA20 0AB.

Llandovery Croquet and Bowls Club - Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome. Contact John 07435 786762 for more info.

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18 AUGUST:

SATURDAY BOOKS at Llansadwrn. 10.00am – 12.00 noon. Reading Room. Bring, browse or borrow 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 01558 685088.

Outdoor Drawing and Painting class in Talley, near Llandeilo with Genevieve Caminade, professional artist, 11.00am til 4.00pm. Indoor space provided if inclement weather. www.genevievecaminade.co.uk

19 AUGUST:

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

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

Dinefwr Poetry. An informal collection of poetry lovers meet to read out their poetry from 2.30 pm to 4.30 pm, on the first and third Sunday of every month at the Railway Station Cafe, Llandovery, (after the cafe has closed to the public). Refreshments and cake available. Tel: Mick: 01550 777656.

Llanwrda Village School Orchard. Join us for TEA and delicious CAKE. Come for a warm welcome and to meet your neighbours Every Sunday in August from 2.30pm to 5.00pm. Everyone welcome!

Cwmdu Inn. Sunday afternoon tea will be available from 2.00pm – 4.00pm, indoors or in the pub garden, depending on the weather. For confirmation, please phone the shop/pub on 01558 685156.

Outdoor Drawing and Painting class in Talley, near Llandeilo with Genevieve Caminade, professional artist, 11.00am til 4.00pm. Indoor space provided if inclement weather. www.genevievecaminade.co.uk

The Ramblers – Preseli Hills: Open moorland and tracks. Good views. Dist. 11 miles. Energetic Explorer map: OL35. Meeting point: Llandeilo Railway Station. Dep. 9.00am on by car, organised by Dinefwr Ramblers. Leader: Mike Owen Tel. 01269 269591 Mob. 07763 513568.

20 AUGUST:

Llandoverly Art Group. We are a friendly self help group of local artists of all abilities who meet every Monday morning at Dolau Bran Centre, Llandoverly. If you are interested in joining us please phone 03302 210606.

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

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

21 AUGUST:

Llandoverly Poetry and Prose – Moved to Friday, 12.00 to 1.45 pm. A friendly, informal, interesting, mixed group. Read out (or recite, sing or perform) your own poetry or from a book. Refreshments provided. £1.50 donation or more or less as you please. Ring for which date (14th or 21st, not both) and the Venue details. Sandra or Simon: 01550 721197.

Llandoverly Croquet and Bowls Club - Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome. Contact John 07435 786762 for more info.

22 AUGUST:

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.

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

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

Pilgrim Service at 6.30pm at St Michael's Church, Llanfihangel Rhos y Corn, SA32 7RP – a service of prayer and meditation - Info Roger Nock on 01267 202347.

The Ramblers – Carreg Cennen Castle: A circular walk with ever changing views of the castle and surrounding countryside. Dist. 5 miles. Moderate Explorer map: 186. Meeting point: Carreg Cennen car park. Dep. 11.00am, organised by Dinefwr Ramblers. Leader: Wendy Davies Tel. 01269 826707 Mob. 07973 714795.

23 AUGUST:

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

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

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. Good food, drink and great company will be on tap all evening.

Young Persons' Summer Arts Workshops. Come and join in with some creative fun this Summer at the Llandoverly Youth and Community Centre. These workshops are for ages 9 - 18 yrs and will include claywork, screen printing t-shirts and other crafts. Cost only £2 each to attend (£3 for the screen-printing t-shirts workshops which include a t-shirt! More details to come- see our Facebook page. Contact Jill for further details: Tel 01550 721499. LYCC, 19 Market Square, Llandoverly, Carmarthenshire, SA20 0AB.

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

Day Retreat at Henllys Estate: 10-5pm, £65 per person. Come and enjoy a heavenly day of nurturing and relaxation. Start off with a lovely stretch with Yoga that is suitable for all, enjoy a guided walk down to our woods and lake, refreshments and delicious vegetarian buffet lunch, use of infrared sauna and chi machine, 40 minute holistic treatment of your choice and afternoon relaxation and meditation session using aromatherapy oils and sprays. To book, call Claire 07985 077227 or www.holistic-heaven.com

Llandoverly Croquet and Bowls Club - Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome. Contact John 07435 786762 for more info.

24 AUGUST:

Llandeilo Country Market. Now in the Vestry of Capel Newydd in Crescent Road (next door to the Civic Hall). Our producers cook, craft and grow a wide range of local, seasonal, fresh foods and handcrafted gifts. We are open between 8.30am and 12.30pm – free entry. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

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

Permaculture talk with word renowned Australian permaculturalist, Geoff Lawton. 7.00pm Llandeilo Civic Hall.

24 AUGUST – 27 AUGUST:

Rhandirmwyn Beer Festival at The Royal Oak Inn Rhandirmwyn, Bank Holiday Weekend. Real Ale Cider and

Perry. Blind folded Darts Competition on the Saturday night.
Tel: 01550 760201.

25 AUGUST:

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

Bogsnorkelling Triathlon, 'Dirty Fun' in the Waen Rhyd bog, Llanwrtyd Wells, an 8-mile run/12-mile mountain-bike-ride/60-yard snorkel in the bog. Also Bite-Size Triathlon with 3-mile run/6-mile cycle/60-yard bog-snorkel. Open to individuals/relay teams. Registration from 10am, race starts at 11am, enter online in advance or on the day (small surcharge), spectators free. For more information, see www.green-events.co.uk or telephone 01591 610666/610236.

Cwmdu Inn. Food night in the community run restaurant. For details of this week's chef, the menu and to book (recommended), please contact the shop/pub on 01558 685156.

Outdoor Drawing and Painting class in Talley, near Llandeilo with Genevieve Caminade, professional artist, 11.00am til 4.00pm. Indoor space provided if inclement weather. www.genevievecaminade.co.uk

25 AUGUST – 26 AUGUST:

'Art in the Garden'. Weekend of Drawing & Painting with Genevieve Caminade at the Great Glass House in the Botanical Garden of Wales. For Bookings, please call the Department of Education. Tel: 01558 667150. There is more information of my course on the Day Learning Activities on Botanical's Website

25 AUGUST – 8 SEPTEMBER:

Art At The Hall - Artist and Makers Exhibition at the Temperance Hall Llangathen, Near Aberglasney Gardens, Carmarthenshire, SA32 8QD. 40 local artists and makers will be showing their work including Paintings, Printmaking, Ceramics, Sculpture, Photography. The exhibition runs from Saturday 25th August - Saturday 8th September, all work will be for sale. Meet the Artists - each day one of the artist will be in attendance at the exhibition. We will be open each day 11am - 6pm. The Exhibition is free to enter but donations toward the ongoing restoration of the Hall will be appreciated. A Private view will be held on Friday 24th August 6.30pm - 9.30pm. For an email invite to the Private View please contact Brigid Loizou - artatthehall@gmail.com

26 AUGUST:

World Bogsnorkelling Championships, Waen Rhyd Bog, Llanwrtyd Wells. All-day event for all ages, food/drink stalls, live music, bouncy castle, real ale/cider bar etc. Fancy-dress welcome, lots of prizes, get sponsors and raise funds for charity! Enter online in advance or pay-on-the-day (small surcharge). Spectators free (small charge for car-parking or take the shuttle-bus from town). For more information, see www.green-events.co.uk or telephone 01591 610666/610236.

Holistic Heaven Yoga with Claire Latimir. 10.00 – 11.00am small, friendly yoga classes suitable for all at Henllys Estate SA20 0EW. Tel: 07985 077227 / claire@holistic-heaven.com
Llanwrda Village School Orchard. Join us for TEA and delicious CAKE. Come for a warm welcome and to meet your neighbours Every Sunday in August from 2.30pm to 5.00pm. Everyone welcome!

Cwmdu Inn. Sunday afternoon tea will be available from 2.00pm – 4.00pm, indoors or in the pub garden, depending on the weather. For confirmation, please phone the shop/pub on 01558 685156.

Outdoor Drawing and Painting class in Talley, near Llandeilo with Genevieve Caminade, professional artist, 11.00am til 4.00pm. Indoor space provided if inclement weather. www.genevievecaminade.co.uk

The Ramblers – Abergolech: Circular riverside walk. Open uplands walking, a drovers road and forestry tracks. Dist. 12.5 miles. Strenuous Explorer map: 186. Meeting point: Llandeilo Railway Station. Dep. 9.30am on by car, organised by Dinefwr Ramblers. Leader: Richard Ambrose Tel. 01792 3618914 Mob. 07716 657243.

27 AUGUST:

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

Cwmdu Inn. Bank Holiday Monday. Weather permitting. Community picnic and games in the garden of the Cwmdu Inn from 1pm. Bring your own food and drink and relax in beautiful surroundings amongst friends. Gentle, traditional games will be available for your use – Croquet, Boules, Bowls or bring along your favourite garden game.

Cilycwm Show on Erryd fields SA20 0UA by kind permission of Mr. & Mrs. H. Jones. Admission – £4 / Children under 16 – free / Car Park – free. A Caterer will be in attendance. www.cilycwm.com

28 AUGUST:

Whist drive at 7.30pm in the Church Hall at Llanfihangel Rhos y Corn SA32 7RP – Prizes, raffle, refreshments. info 01267 202305.

Tywi Art Group Untutored life-drawing session, 9.30am to 12.30pm 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.

Llandovery Croquet and Bowls Club - Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome. Contact John 07435 786762 for more info.

29 AUGUST:

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.

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

Myddfai Farmers Market at Myddfai Community Hall, 9.00am – 1.00pm. Come along for a wide range of quality local produce. Gift shop and cafe open too. Tel 01550 720449 www.myddfai.org

Llandeilo Poetry Reading Group. 6.30 to 8.30 pm. Read out your own or an other's poem. Established, eclectic and friendly group. Top room at The Angel Hotel, Llandeilo. Free Admission. All Welcome.

Llandoverly Community Cinema. Ladybird (PG) Comedy/Drama. Christine 'Ladybird' MacPherson is a high school senior from the 'wrong side of the tracks', she longs for adventure, sophistication and opportunity, but finds none of that at her Sacramento Catholic high school, - Ladybird charts her senior year, including her first romance, participation in the school play and her applying for College. 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 0DD. For further details Contact the Hall Manager on 01550 720258.

The Ramblers – Turbine Walk: A walk around Penygroes with good views of Mynydd Betws. Dist. 5 miles. Moderate Explorer map: 178. Meeting point: Badgers Restau- rant car park, Blaenau SN605138 Dep. 1.00pm, organised by Dinefwr Ramblers. Leader: Gill Andrew/Janice Evans Tel. 01269 851971 Mob. 07969 810575.

30 AUGUST:

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

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

Young Persons' Summer Arts Workshops. Come and join in with some creative fun this Summer at the Llandoverly Youth and Community Centre. These workshops are for ages 9 - 18 yrs and will include claywork, screen printing t-shirts and other crafts. Cost only £2 each to attend (£3 for the screen-printing t-shirts workshops which include a t-shirt! More details to come- see our Facebook page. Contact Jill for further details: Tel 01550 721499. LYCC, 19 Market Square, Llandoverly, Carmarthenshire, SA20 0AB.

Llandoverly Croquet and Bowls Club - Croquet at the Castle Car Park bowling green from 2.00pm, visitors and beginners welcome. Contact John 07435 786762 for more info.

31 AUGUST:

Llandeilo Country Market. Now in the Vestry of Capel Newydd in Crescent Road (next door to the Civic Hall). Our producers cook, craft and grow a wide range of local, seasonal, fresh foods and handcrafted gifts. We are open between 8.30am and 12.30pm – free entry. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

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

By popular vote, Sinema Sadwrn presents 'Paddington 2' to round off the summer holiday! Settled in with the Brown family, Paddington the bear is a popular member of the community who spreads joy and marmalade wherever he goes. One fine day, he spots a pop-up book in an antique shop – the perfect present for his beloved aunt's 100th birthday. When a thief steals the prized book, Paddington embarks on an epic quest to unmask the culprit before Aunt Lucy's big celebration. Certificate PG, 103 minutes. Starts 6.30pm. Visit Sinema Sadwrn on Facebook for more information or call 07900 908391.

1 SEPTEMBER:

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 borrow plus free refreshments in good company.

Wildlife Trust South & West Wales – East Carmarthenshire Group: Woodlands & Meadows at Ynys Dawela Nature Park with Simon Jones, Conservation Officer, Carmarthenshire County Council. Meet at Park Entrance on Llandeilo Road, Upper Brynamman (SN702141) at 10.00am.

Brian Dennis Motorsport Welsh Historic Rally Championship 2018: Woodpecker Stages (F) Sixty and Worcester MC. Contact: Roger Allan Tel. 01905 424987 or email: roger.allen@btinternet.com for further information. www.woodpecker-rally.co.uk

The Ramblers – Rail Ramble: Garth to Llangammarch. Circular walk from Garth station, fields, tracks and return along riverside. Dist. 7 miles. Moderate Explorer map: 188. Catch the train to Garth that leaves Llandoverly at 10.47am, organised by Dinefwr Ramblers. Leader: Pam & Hugh Simpson Tel. 01558 822405 Mob. 07810 414378.

1 SEPTEMBER – 2 SEPTEMBER:

The Orchid Study Group presents its 11th Welsh Orchid Festival to be held at the National Botanic Garden of Wales on 1 & 2 September, Saturday: 10.00am – 6.00pm Sunday: 10.00am – 4.00pm. As well as the return of your favourite orchid nurseries, there will also be stalls selling carnivorous plants, orchid companion plants, botanical paintings and other works of art, as well as orchid and general plant books. For full list of attendees and programme of talks, visit the OSG website: www.orchidstudygroup.org.uk, or telephone the secretary on: 01269 498002. Normal admission fees to the Garden apply.

2 SEPTEMBER:

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

Special Service at 2.30pm at St Michael's Church, Llanfihangel Rhos y Corn, SA32 7RP, with guest priest the Archdeacon of Carmarthen, the Venerable Dorrien Davies, followed by tea/coffee time in the Church Hall. Info Roger Nock on 01267 202347.

The Ramblers – Beacons Bonanza 11: Central South Black Mountains. This figure of eight route taking in two opposing ridges and sporting three trig points. There are some steep climbs and descents involved, however most of the route is along marked footpaths. At 12.5 miles and 4500' of ascent this is definitely a strenuous walk. Limited parking at start. Dist. 12.5 miles. Strenuous Explorer map: OL13. Meeting point: Llandovery Railway Station Dep. 9.00am on by car, organised by Dinefwr Ramblers. Leader: Jim S Tel. N/A Mob. 07851 365303.

3 SEPTEMBER:

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.

Llandovery Art Group. We are a friendly self help group of local artists of all abilities who meet every Monday morning at Dolau Bran Centre, Llandovery. If you are interested in joining us please phone 03302 210606.

Llanwrda and Llansadwrn Country Women's Group meeting in Llansadwrn Reading Room at 7.30pm Christopher Squire will give a presentation on his Ecuadorean Adventures. Phone for more information: 01550 777622.

Ecuadorean Adventures – Presentation by Christopher Squire at The Sexton Arms, Llansadwrn, 7.30pm organised by Llanwrda & Llansadwrn Countrywomen's Group. Tel: 01550 777347 for further info.

4 SEPTEMBER:

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.

5 SEPTEMBER:

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.

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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

Band Tref Llandeilo Town Band: We are a fun wind band for all ages and abilities meeting at Llandeilo Civic Hall, Crescent Road every Wednesday, 6.30pm upstairs for beginners and 7.15pm downstairs for the main band. We play a wide range of music from swing to film and TV themes and the main object is for all to enjoy playing – we also socialise in the tea break and (optional!) in the pub afterwards. We have instruments we can loan out, too. Come along or ring for further details: 07811 356778.

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

The Ramblers – Amman Valley 2: Walk from midpoint of the valley (G.C.G.) towards Pontardawe and return. Dist. 6 miles. Moderate Explorer map: OL12 / 165. Meeting point: Tesco Ammanfar car park. Dep. 11.00am on by car, organised by Dinefwr Ramblers. Leader: David Murfin Tel. 01269 850914 Mob. 07872 428423.

6 SEPTEMBER:

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.

Llansawel Art Club, Thursday mornings from 10.00am to 12.30pm. Individual work and individual tuition in media of choice. Ring Dale (Esdaile Hudson FRSA) on 01558 685350.

Line Dancing held at Llandovery Rugby Club every Thursday. Beginners 7.00pm – 8.00pm, Intermediate 8.00pm – 9.00pm. For further information ring 07788 622354.

7 SEPTEMBER:

Llandeilo Country Market. Now in the Vestry of Capel Newydd in Crescent Road (next door to the Civic Hall). Our producers cook, craft and grow a wide range of local, seasonal, fresh foods and handcrafted gifts. We are open between 8.30am and 12.30pm – free entry. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

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

8 SEPTEMBER:

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

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

The Ramblers – Ceredigion Coastal Path: Walk 7 – Llanrhystud to Aberystwyth. This wild stretch of coastline will take us through the Wildlife Trust Reserve at Penderi, leading to the former monastic granges of Mynachdy'r Graig and Morfa Bychan. The final stretch of the walk into

Aberystwyth offers some of the finest views of the whole of Ceredigion. - Dist. 10.5 miles. Energetic Explorer map: 213. Meeting point: Llandeilo Railway Station. Dep. 9.00am on by car (return from Aberystwyth to Llanrhystud by bus), organised by Dinefwr Ramblers. Leader: Beryl Williams Tel. 01550 777870 Mob. 07713 709204.

10 SEPTEMBER:

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

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.

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11 SEPTEMBER:

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Tywi Art Group Untutored life-drawing session, 9.30am to 12.30pm 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.

12 SEPTEMBER:

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The Ramblers – Bryncoch: A walk around Bryncoch, up to Carreg Cennen castle and return via Trapp. Dist. 5 miles. Moderate Explorer map: 0L12/ 178. Meeting point: Tesco Ammanford car park. Dep. 11.00am on by car, organised by Dinefwr Ramblers. Leader: Gill Andrew/Janice Evans Tel. 01269 851971 Mob. 07969 810575.

13 SEPTEMBER:

YOGA with MINDFULNESS in Llandoverly. A gentle yoga class for overall wellbeing, working deeply on body, mind

and spirit. Beginners welcome. The Bowls Pavilion, Castle Car Park. 10.30a.m - 12.00. Cost £6.00. For information telephone Stephanie/Nirbhaya: 01558 650534.

14 SEPTEMBER:

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15 SEPTEMBER:

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

Llanwrda Church – Coffee Morning at Village Hall, 10 – 12, various stalls. Adults – £2, Children – Free

16 SEPTEMBER:

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.

Lliest Open Day, Beili Bedw Farm, Llanddeusant, Llangadog, SA19 7TG: Join in the fun on our annual open day. Entry is free. To book a stall call now for your pitch. 01550 740661.

The Ramblers – Eian Valley: Ancient tracks on open moorland, passing a Roman camp and return alongside the Penygarreg reservoir. Dist. 10 miles. Energetic Explorer map: 200. Meeting point: Llandoverly Railway Station Dep. 9.30am on by car, organised by Dinefwr Ramblers. Leader: Judy Gore Tel. 01591 610613 Mob. 07800 841105.

17 SEPTEMBER:

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.

Llandoverly Art Group. We are a friendly self help group of local artists of all abilities who meet every Monday morning at Dolau Bran Centre, Llandoverly. If you are interested in joining us please phone 03302 210606.

Local Directory

Support Local Business

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PARTIES, SHOWS & EVENTS, WEDDINGS, SCHOOLS. Outside or Inside, Manned or Unmanned. We are a friendly local company. All our castles are Pipa registered for your peace of mind, and have a rigorous test each year. We also have didi cars and games – please see our website for all we do. www.bouncyboing.co.uk Tel: 01591 620327 or 07803 589627. 09/18(6)

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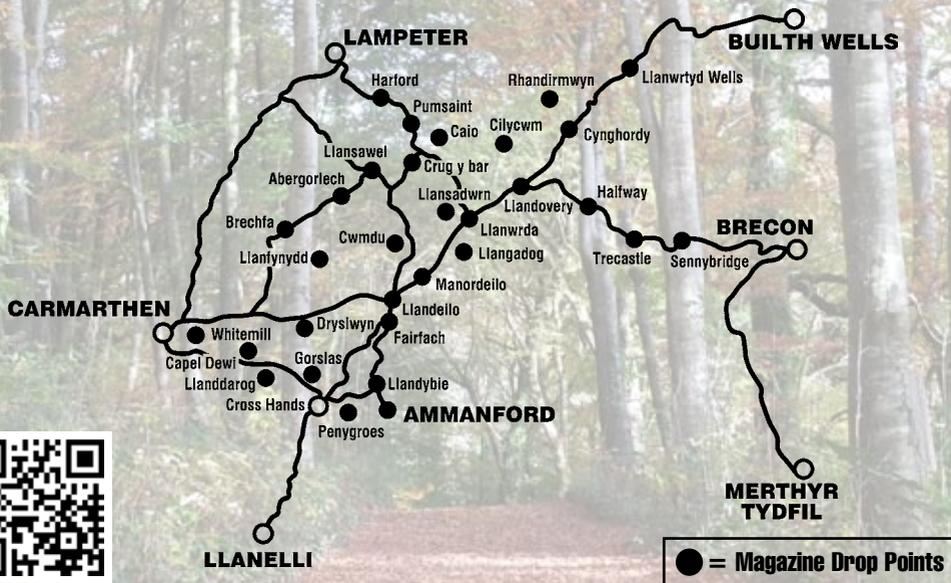
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Fri 09:00 - 18:00 (Staff available 10:00 - 13:00 & 14:00 - 18:00)

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

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

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JM Taxis, Llanwrtyd Wells - Tel: 01591 620777.

Rays Taxi, Llandovery Tel: 0777 521 0900.

Towy Taxi, Llandovery Tel: 07544 624411.

Dave's Cab, Llangadog Tel: 07989 593507.

MULTIPLE SCLEROSIS SOCIETY:

Tel: 0300 1232326.

AGE CYMRU SIR GAR/CARMARTHENSHIRE:

Tel: 01554 784080.

BRECON ADVICE CENTRE

Tel. 01874 624595

12 Castle Street, Brecon, Powys LD3 9BU:

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

Traveline: 0800 464 0000

BUS TIMES

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

Llandovery - Lampeter

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

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

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

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

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

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

Llandovery - Llandeilo - Carmarthen (280/281)

	281	280	281	280	281	280	281	280
L'dovery(car park)	7.00	8.50	10.45	12.20	14.00	16.25	17.50	19.10
Llanwrda	7.10	9.00	10.55	12.30	14.10	16.35	17.59	19.18
Llansadwrn	7.15	9.05	11.00	12.35	14.15	16.40	18.04	—
Llangadog (Rhyd-y-Fro)	—	9.14	—	12.44	—	16.48	—	—
Llangadog (Common)	7.24	—	11.09	—	14.24	—	18.12	—
Cwmifor	—	—	11.21	—	14.36	—	—	—
Llandeilo, New Road	7.39	9.31	11.29	13.01	14.44	17.07	18.25	19.32
Carmarthen	8.22	10.14	12.12	13.44	15.27	17.45	19.03	20.02
Carmarthen	281	280	281	280	281	280	281	280
Llandeilo	6.05	7.20	9.15	10.20	12.20	14.20	16.20	17.50
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	—
Llansadwrn (Shelter)	—	8.13	—	11.13	—	15.13	—	18.42
Llanwrda	6.49	8.26	10.31	11.26	13.36	15.26	17.34	18.55
L'dovery(car park)	6.58	8.36	10.41	11.36	13.46	15.36	17.44	19.05

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.

LLANDOVERY SWIMMING POOL Tel: 01267 224733

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

Train Times (Timetable 20/05/18 - 08/12/18)

Sunday times change from 17th September

	Mon	Fri	Sat.	Sun.	
Swansea D	—	06.04 09.34 14.35 18.21	04.31 09.15 13.12 18.17	11.12 15.29	
Gowerton D	—	06.15 09.45 — 18.32	04.42 09.26 13.23 18.28	11.20 15.39	
Llanelli D	05.20	06.25 09.55 14.53 18.42	04.50 09.34 13.32 18.40	11.32 15.49	
Ffairfach D	—	05.54 06.59 10.29 15.27 19.16	05.24 10.10 14.08 19.14	12.08 16.27x	
Llandeilo D	—	05.59 07.06 10.34 15.32 19.21	05.29 10.15 14.13 19.19	12.12 16.32	
Llangadog D	—	06.08 07.16 10.43 15.42 19.30	05.39 10.24 14.23 19.28	12.23 16.42	
Llanwrda D	—	06.12 07.19 10.47 15.45 19.34	05.42 10.28 14.26 19.32	12.26 16.45	
Llandovery A	—	06.22 07.26 10.53 15.52 19.40	05.49 10.34 14.33 19.38	12.32 16.52	
Cynghordy D	—	07.37x 11.04x 16.03x 19.51x	05.59x 10.45x 14.44x 19.49x	12.43x 17.03x	
Llanwrtyd D	—	08.08 11.21 16.24 20.31	06.16 11.05 15.01 20.08	13.00 17.20	
Llandrindod D	06.18	—	08.45 12.01 16.59 21.19	06.55 11.40 15.42 20.42	13.43 18.01
Shrewsbury A	07.57	—	10.14 13.32 18.28 22.54	08.22 13.09 17.11 22.08	15.12 19.38
Shrewsbury D	04.49	—	05.56 10.09 14.05 18.24	05.16 09.00 13.58 17.57	12.04 16.18
Llandrindod D	—	—	07.35 12.00 15.41 19.56	06.54 10.34 15.40 19.27	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	—	—	08.22 12.44 16.36 20.44x	07.35x 11.20x 16.24x 20.22x	14.25x 18.48x
Llandovery D	—	—	06.42 08.34 12.56 16.48 20.56	07.47 11.32 16.36 20.34	14.37 19.00
Llanwrda D	—	—	06.48x 08.40x 13.02x 16.54x 21.02x	07.53x 11.38x 16.42x 20.40x	14.43x 19.06x
Llangadog D	—	—	06.52x 08.44x 13.06x 16.58x 21.06x	07.56x 11.42x 16.46x 20.44x	14.47x 19.10x
Llandeilo D	—	—	07.03 08.56 13.18 17.10 21.17	08.08 11.54 16.58 20.55	14.59 19.21
Fairfach D	—	—	07.06 08.58 13.20 17.12 21.20	08.10 11.56 17.00 20.58	15.01 19.24
Llanelli D	—	—	07.45 09.39 14.04 17.52 22.01	08.55 12.42 17.40 21.38	15.41 20.44
Swansea A	—	—	08.08 10.02 14.25 18.14 22.25	09.22 13.01 18.09 22.06	16.03 20.25

x = Service stops on request

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