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**LLANDOVERY
THEATRE
YOUTH
COMPANY
PRESENT**

**THE
TAMING
OF THE SHREW**

**Llandovery
Theatre
15TH
SEPTEMBER
at 3.00 p.m.**

LLANDOVERY THEATRE COMPANY has a birthday – we are 40 years old! To celebrate, we are opening the Theatre to everyone, and presenting the **World Premiere of The Taming of the Shrew** – the Shakespeare film Jacky and Simon Barnes directed with their Youth Actors' Company from 2002 – 2005.

Do join us!

Saturday September 15th at 3.00 p.m.

Doors open 1.00 p.m.

Everyone welcome – there is no charge!

Petruchio is looking for a wife, and Baptista is searching for a husband to marry his elder daughter Katharine, 'renowned in Padua for her scolding tongue'. Their meeting and his wooing makes this comedy play – this film – riotous good fun with a 'taming' that works its miracle with the magic of humour and 'love at first sight'!

For up to date information or to book your seats go on Llandovery Theatre Web Page, or contact sandjbarnes@realemail.co.uk

Horatio Nelson – Theatre Cat.



FOR ALL YOUR LOCAL NEWS & BUSINESS SERVICES

ALL ABOUT *The Post*

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14th September 2018**

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10/18(3)



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11/18(3)

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05/19(12)

CRIBBAGE FRIDAYS AT THE SEXTONS

Informal cribbage evenings are now a regular Friday event at the Sextons Arms, Llansadwrn. There is a core of regular players and several people who dip in and out when they fancy a game, a night out and a pint. If you want to learn the game, or have played before but are rusty, there's always someone available to give a hand.

The Open Mic night (not karaoke, by the way) at the Sextons on Sunday July 27th yielded only one act. Poet Jenny Thomas from Myddfai read several of her poems, by turns funny, thought-provoking and affecting. However, what otherwise might have been a barren evening was rescued by Richard Keen and Friends who put on a rattling good evening's entertainment in a wide variety of musical styles from Elvis and the Beatles to Appalachian folk music.

A good time was had by all, and Richard and Friends are returning to the Sextons for a repeat performance on Sunday September 9th. Tickets – £3 for adults and free for under 15's available at the Sextons or from Rod Burdon (contact: 01550 779298). All proceeds to locally-based educational charity Net-Reach.

LLANDOVERY HOSPITAL LEAGUE OF FRIENDS FFRINDIAU YSBYTY LLANYMDDYFRI

Please note there will be NO Hospital Fete this August. Attendance has been decreasing over the last few years so it was decided to take a year off. However we will be holding a dinner again this autumn following the success of last year's event. All are welcome to join us.

We will also be holding our annual raffle, 1st prize £100, 2nd £50, 3rd £25 and a number of other prizes, to be drawn at the dinner.

Raffle tickets and dinner tickets will be on sale soon.

We look forward to your continuing support.

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CWMDU NEWS

RED KITE QUIZ LEAGUE

The recent sad deaths of John Walford and Steve Upson came at a time when members of the Cwmdu Red Kite Quiz league team were celebrating their victory in the 2017/2018 season, when the team won both the league trophy for most wins, and the trophy for the most points scored. John and Steve were well known around the league as the best of question masters, fair, friendly and flexible. A Memorial Quiz was held in honour of John and Steve, in the Cwmdu Inn in July which was well attended and raised over £121 on the night for the British Heart Foundation. The Cwmdu quiz team is looking for a question master for home matches starting in Sept. If anyone is interested in helping, please contact Jeanette/Richard on 685710 for more details.

RACE FOR LIFE



Twelve ladies from in and around Cwmdu took part in the 5K race in Swansea in support of Cancer Research recently. They took part as a team (The Cwmdu Pink Ladies) and on a very hot day, all completed the course and as a result managed to raise over £2000 in sponsorship.

SUNDAY AFTERNOON TEAS

Throughout the summer months, these have been served in the gardens of the Cwmdu Inn. This is a new initiative which has proved popular, especially with the good weather we have had, and may continue throughout September from 2pm to 4pm.

CWMDU APPLE AND CIDER DAY

The annual event to celebrate the apple, its production and products, traditions, myths and associated activities will be on Sunday, October 7th starting at 1.30pm (to be confirmed) in the Cwmdu Inn garden. Paul Davis of Dolauhirion, Capel Isaac will be on hand with advice on varieties and cultivation and to take orders for young trees. He will also try to identify any unknown fruit from your garden or orchard that you may have inherited – bring along a couple of typical samples, including the stalk and a leaf. We hope he will also give a talk on apple trees and their fruit production in general and answer any questions. The usual games and competitions will be held for the children, cider tasting for the adults and the annual cooking competition for the coveted Margaret Jenkins Memorial Cup for the best Apple themed product. We will also have the apple crusher and press as usual, so bring along your spare fruit to juice on the day. For more information, contact the shop/pub on 01558 685156.

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08/19/12

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10/18(12)

COTHI GARDENERS



Cothi Gardeners are delighted to welcome back Paul Green from Greensleaves Nursery in Gloucestershire.

Paul is an entertaining speaker with a wealth of knowledge about rather unusual plants which will nevertheless grow well in our climate. He is always on the look-out for something new, but tests all new species for hardiness before putting them on general sale.

His nursery in Newent was established over twenty years ago and since then Paul and his team have become firm favourites among gardeners looking for something out of the ordinary.

Come along to Coronation Hall on September 19th at 7.30pm for an evening full of new gardening ideas. As ever, guests and visitors are always welcome, £3, which includes tea/coffee.

Cothi Gardeners meet at Coronation Hall, Pumsaint, SA19 8UW.

We would like to thank everyone, stallholders and visitors alike, who helped to make our first Plant Fair in July such a success. As a result, we were thrilled to present Wales Air Ambulance with a cheque for £500.

At the end of the Fair we were asked numerous times if we would hold a similar Fair in 2019, the answer is a resounding "Yes".

LLANDOVERY U3A

We meet on Wednesday mornings in the Rugby Club, Church Bank at 10.00am for a coffee and a chat, the speaker of the day starts at 10.30am.

Wednesday 5th September – Phil Cope
New Photographs and Old Tales of the Sacred Springs and Holy Wells of Wales.

Wednesday 19th September – Mary Thorley
Women of Carmarthen.

Special interest groups meet at other times and include – Geology, Music Appreciation, Social History, Latin and Greek.

Contact: Anne Lynd-Evans 01550 750286.

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KEEPING YOU WARM (AND ALIVE) THIS WINTER

If, like many of us, you have a niggling feeling that you should get your gas central heating checked out before winter sets in, there's a perfect opportunity this month. To mark Gas Safety Week (17th-23rd September) plumbing specialists Element Essentials of Stone St., Llandovery have a special offer of a full inspection of your system for explosion and carbon monoxide risks, with an official 'Pass' certificate to satisfy your insurer, for £40 all in.

This is a legal requirement, of course, for rental properties. It would also be a kindness to make sure it is done for elderly or dependent people .

It is important to be aware of the signs that gas appliances are not working properly. If flames burn yellow, rather than a clear blue, there are black marks on or around the appliance and/or excessive condensation inside, you need to call in an expert. Headaches, dizziness, breathlessness and nausea are signs of carbon monoxide poisoning, leading eventually to collapse and loss of consciousness.

Most heating installations were not designed for conditions like last winter's "Beast From The East" and will have been working at full stretch for weeks on end. It makes sense to have them checked out now to avoid misery in the cold months, when plumbers are busy with breakdowns and pipe bursts.

Ken Hughes and his technicians at Element offer the full range of plumbing and heating services, from changing a tap washer or fitting a carbon monoxide alarm to full-scale domestic or commercial installations. Element, the largest plumbing and heating company in the area, has the largest number of qualified engineers, equipping the company to deal with high demand, especially in the run up to winter.

Ken and his crew are experienced in renewable energy systems, having installed both air and ground source heat pumps in a number of properties around Llandovery for Powys County Council, the National Trust and the MOD. He points out that with the renewable heat incentives available at the moment it is possible to have heat scavenging systems fitted and to make a profit on the installation costs.

The sensible time to act is now, by ringing 01550 720878, emailing info@elementessentials.co.uk , or popping into the shop at 7 Stone Street. After all, you don't want your first meeting with Ken to be with his other hat or rather helmet on – he is also a member of Llandovery's fire and emergency crew.

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08/19(12)

ChallengeAid

fit for a purpose

Four boys from R.G.S. Guildford undertook a special holiday challenge last week on behalf of ChallengeAid.

The four took part in a dawn to dusk challenge at Burhill Golf Course to play over three rounds of golf in a day which amounts to a remarkable 72 holes!

Burhill kindly made their facilities available for the Challenge and the four lads set about their day as the sun rose over the horizon in what turned out to be "Furness Friday!"

Over the 15 hours Matthew Slominski, Jack Doyle, Oliver Cronk and Will Wieland walked and jogged over 20 miles.

Matthew Slominski said afterwards as he looked up from a refreshing glass of lemonade "At 06.00hrs we hit our first shot and finished just shy of 21.00hrs. We were originally thinking that 3 rounds each would be our aim but even managed an extra half a round each to bring it to 288 holes in total. He continued "We had to jog the last 9 holes to beat the fading light."

He then added "ChallengeAid which creates Schools of Hope in the informal slum settlements of East Africa gives student like us the opportunity to get more from their education – is a really wonderful charity that we can identify with. We are getting closer to achieving our fundraising target and if there is anybody out there who feels they would like to donate to ChallengeAid we would really appreciate any donations

Below is the link to donate: <https://www.gofundme.com/donations-for-our-golf-marathon>

All four boys added "We are already looking forward to our next challenge!"

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12/18(12)

THE ARTS SOCIETY: BRECKNOCK

Are you interested in the arts? Did you know there is a thriving Arts Society in Brecon? The Arts Society: Brecknock (formerly the Brecknock Decorative and Fine Arts Society or BDFAS) was founded in 1987 and is a member of the West Mercia region for The Arts Society. There are currently 21 societies covering South Wales, Herefordshire, Worcestershire and Gloucestershire in the West Mercia region. The National Decorative and Fine Arts Society (NADFAS) went through rebranding in January 2017 and is now called The Arts Society across the UK.

We are a very friendly and welcoming Society. Our members come from a wide surrounding area. We promote the aims of The Arts Society by:

- presenting nine lectures and a study day per year covering all aspects of the arts from national and international artists and their paintings, architecture, archaeology, furniture, china and glass, the theatre and more;
- arranging monthly talks and occasional study days;
- organising outings and visits to private houses, gardens, museums and exhibitions;
- organising an annual longer trip – to another region of the UK, or overseas to an area of artistic and cultural interest

- promoting volunteer activities such as Heritage Volunteers, Church Recorders & Young Arts;
- providing an annual bursary for a student at The Royal Welsh College of Music and Drama;

Our talks and visits to places of interests, provide welcoming opportunities to hear outstanding speakers share their specialist knowledge about the arts.

Joining us is a great way to expand your knowledge of the arts as well as having fun and making new friendships. Membership is open to any adult for an annual fee (currently £50) and we are lucky enough to be able to use the spacious facilities at Theatr Brycheiniog, Canal Wharf, Brecon, LD3 7EW for our regular lectures which currently take place on the second Tuesday of each month from September through to June (except for the month of January).

We encourage everyone to join as a member of the Society to take full advantage of all we offer but we welcome non-members to all of our talks for a cost of £8 at the door or payable at the Box Office.

Our next talk will be on Tuesday 11 September at 2.30pm given by Andrew Green (ex Librarian of the National Library of Wales) on 'Kyffin Williams – A Great Welsh Artist?'

Further information about our Society and its activities can be found on: <https://brecknockdfas.wordpress.com>

or on Theatr Brycheiniog's website at www.brycheiniog.co.uk or contact our Membership Secretary Caroline Boorer on 01550 720014.

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07/19(12)

Padmasambhava Yoga & Meditation Centre

The Summer holidays which hopefully everyone enjoyed – especially the wonderful sunshine – are sadly now over. However, there is the new Autumn term at the Centre to look forward to, starting on Monday 17th September, with the usual good range of classes and events suitable for students of all ages, abilities and experience.

There is a new 9-week Beginners course (6.15pm – 7.45pm) in Llandeilo starting on Thursday 27th September. This course offers a solid introduction to the foundation practices and is suitable for every body. This term a new 5-week yoga class starts on Monday 24th September (6.30pm – 8.00pm) in Ammanford at the Ebenezer Chapel, Baptist Lane. This is suitable for both beginners and ongoing students.

Sunday 23rd September is the Autumn Equinox Day of Cleansing Practices, 9.00am – 1.00pm, presented by Vanessa, Poornam & Atma. This a morning where hatha yoga cleansing practices are used to spring clean your mind and body in preparation for the change of seasons.

Saturday November 10th Poornam presents 'Becoming a Compassionate Witness' – a day of meditation, deepening practice using classical meditation techniques. On Sunday November 11th Poornam presents 'Yoga of Intention' – a day to sow the seed of intent, taking inspiration from Yoga, Nature and the Celtic Calendar. This day will harness the creative energy of intention through postures, breath, visualization and meditation.

Classes at Padmasambhava are special in that they take into account the health and abilities of everyone and aim to help both the mind and the body. The physical movements bring flexibility to the body and the breathing practices are useful tools to calm 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. Please do contact the Centre to discuss what joining a class involves and generally to have



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11/18(12)

a chat about yoga, they will be pleased to help.

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Chair-based Yoga at Maes Elfryn

This term Chair-based Yoga is held fortnightly. This class is perfect for Elders and others who have restricted movement or are unable to do floor-based yoga. It can also be a great introduction to yoga through gentle movements whilst 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 fortnightly on Fridays (3.30pm – 4.30pm) at Maes Elfryn Hall. Please call 01558 823842 for more information.

TOWY VALLEY CAMERA CLUB

The 2018/19 Season will commence on the 3rd September with the Chairman's Evening and Awards.

The club has in the past offered an excellent and varied programme of activities, and this will of course continue in the 2018-19 Season.

If you are a newcomer to photography, the club has a wealth of expertise amongst its members, who would be happy to assist you with tips and techniques to help you improve your photographic skills. If you are an experienced photographer, the club has much in the programme to offer you also, from a variety of guest speakers, to opportunities to enter your work in both club and inter-club competitions.

If you are interested in joining us at the club please visit our website at the following address, and register your interest using the Contact Us option. You could also visit our Facebook page, simply search for Towy Valley Camera Club.

www.towyvalleycameraclub.org.uk

LLANEGWAD RAINFALL



In the 12 weeks & 2 days between 2nd of May & 27th July the total rainfall was 41mm, one of the driest periods on record.

This came to an end on the 28th with 50mm, the wettest day of the year so far.

Rain fell on 11 days this month.

July Total: 84.25mm – 3 1/4"

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12/18(12)

FOOD, FUN, FILMS AND MUSIC AT LLANSADWRN BIG LUNCH!



Big thanks to everybody who helped to make the Llansadwrn Big Lunch such a big success on Saturday 14th July. Well over 100 people packed the marquee to enjoy a fantastic lunch with everyone bringing plates of food to share. Entertainment was provided by Llandeilo Town Band (including Llansadwrn residents Drew Moxham on drums and Sioned Owen on trumpet) and local singers Tywi Harmony led by Vivienne Couch joined by star local soloist Bethan Evans. This was followed by a very competitive Sports, particularly the adult's egg & spoon race and a Treasure Hunt with fiendishly complicated clues organised by Alan and Melanie Bowkley.

Some new faces were on hand for the Tug of War as diary changes for the Welsh Championships in Ceredigion caused many of the stalwarts to be absent and unable to take part. So without The Welsh Blacks and The Friesians it looked like there were only going to be Juniors on the rope. But with Hugh Evans rallying a team of five and meeting the challenge from Elgan Thomas and friends hot competition ensued with Elgan's team winning all three pulls! Enlarged teams of nine including many keen Juniors saw Huw's Heroes straining to pull Elgan's Lambs off the Community Field, but to no

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05/19(12)

avail, the Lambs winning 2 nil. The seniors all donated the Medals for Winners and Runners-up plus one for referee Charlie Cwmyrhew sponsored for the fourth year in succession by Distinction Windows Ltd. and there is now the possibility of more teams competing next year for the Alun Davies Memorial Shield.

To finish the day off Sinema Sadwrn showed Titsh, a short welsh language film by Cwmni Da and the popular musical, The Greatest Showman. The team successfully blacked out the marquee and over 80 people were able to enjoy the show. Big thanks to Distinction Windows, Dividend Training, Pretty Pawfect, Under Starry Skies, We Dig Media, Frog Environment, Arwel Davies Joinery, Simply Massage, Head for Heights Coaching, Barasadwrn, The Works Garden Centre, Lletty Cottage, Ceridwen Davies and Patricia Rowlands for their generous sponsorship that meant the films could be shown free of charge. A vote was also held to decide the next Sinema Sadwrn film and the winner was Paddington 2 which will be shown on Friday 31st August in the Sextons. See the Sinema Sadwrn Facebook page for more details of this and future films.

The raffle raised over £200 and this will go towards next year's Big Lunch. Many thanks to everyone who donated prizes. Big thanks also to Llansadwrn Community Council for the generous grant towards the costs of the whole event which really does get the community together and will be back again in July 2019. Diolch yn fawr iawn eto i bawb.



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10/18(3)

BRIWSION BETHLEHEM



BETHLEHEM SNIPPETS

The summer has been a busy one in and around the hall at Bethlehem.

The village sports day was held at the end of July, and was very successful, with children and adults alike enjoying lots of outdoor games and a barbeque in fine weather, on Cefn Crewil field.

Many thanks to Rose Williams for allowing the community to use her field this year.

Film nights in August included a family evening showing Peter Rabbit, Born To Be Wild, and later in the month, a screening of the award winning Three Billboards Outside Ebbing, Missouri.

The pink-themed afternoon tea party in aid of Breast Cancer Care on August 11th was a great success. Despite the weather, people flocked to the hall to support the cause, staying for the whole afternoon to enjoy delicious sandwiches and cakes, as well as a raffle and quiz.

Many thanks go to the whole team who organised a memorable event, which raised £283 on the day, and a subsequent £17 in cake sales at the café and quiz, making a grand total of £300!

Once again, the August quiz was very busy, with every seat in the room taken. It was an evening of fun and laughter, and a mixture of serious and not so serious questions, finishing with a music round featuring novelty

animal songs – who knew that everyone in the room was able to sing along to Nellie The Elephant!

The quiz was won by Team Mantrap, so they will be hosting the September quiz on the 10th.

Before then, however, there will be great excitement in Bethlehem on Sunday the 2nd, as the Tour Of Britain cycle race passes through the village on Day One of the tour, which starts that morning from Pembrey Country Park, and after racing through Kidwelly, Carmarthen, Nantgaredig, Llanarthne and Ffairfach, the race is due to arrive in Bethlehem anytime after 12.20pm.

Bethlehem hill is the first King Of The Mountain stage, and it will be a great opportunity to see some of the world's top cyclists in action, including (hopefully) recent Tour de France winner Geraint Thomas.

The hall will be open from 10.00am, serving bacon butties, hot dogs, filled rolls, cakes, snacks and drinks. We will also have a marquee on the green in the middle of the village selling snacks and drinks.

We won't be serving our usual selection of lunches at the café that day, but the café will be running as normal every Sunday throughout September, until mid October.

September the 26th sees the hall hosting the annual Macmillan coffee morning, so do drop in to support this important cause.

More details of this, and all other Bethlehem events can be found on our Facebook page

www.facebook.com/bethlehemcymru

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

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04/19(12)



LLANDOVERLY RUGBY CLUB

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

As the new season gets under way we are pleased to let you know that the Athletic XV will be playing in the Scarlets A division this year. This should give us five home and five away fixtures, plus the possibility of friendlies against Crymch, Newcastle Emlyn and Ammanford (both home and away) plus at least one Cup fixture – giving a minimum of seventeen games in all. So please come along to show your support. Details of the fixtures should be on our website soon. Let's just hope there are not too many clashes with First XV home games!

Supporters had a chance to see some of this season's side in action in warm sunshine on August 4th. We were playing sides from Nant Conwy in two memorial games to honour the memory of Emrys Evans. Emrys played for both clubs and had also been a part-time coach for the Youth side. Members of the First, Athletic and Youth XV were all represented. We were pleased (and relieved) to see that the pitch had recovered well from the drought after a day or so of good rain, and has been well cared for by our new groundsman Phil Jones who takes over from Roger James this season.

League games for the First XV start again on September 1st when we are away to Bargoed – but you can see them in action at Church Bank the following week (8th) when we welcome Cardiff and again on the 22nd when we play Llanelli.

Don't forget our Bonus Ball club. This is now up and running but we still have a few places available – and if your lucky number is taken, you may find someone willing to swap! It costs only £2 a week, and proceeds

will go towards supporting our amateur teams – the Minis, Juniors, Youth and Athletic 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 the Bonus Ball and the 23 Club will help us to build a sound financial base to help us in what will be a very competitive season in all sections of the Club – and a decisive one for the Premiership.

We are now building our match day sponsorship list for the new season and hope that our loyal supporters from last year will join us again and sponsor a game, or a match ball. Sponsors enjoy a good range of benefits – you can get more details from Gina at the Club – and if you are a local business we would be pleased to see how we can help you with additional publicity. If you feel able to help us with this – or in any other way at all – please get in touch. And, if you have already helped us, thank you!

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 (droversrfc@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-wethio 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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We are thrilled to have been donated this fabulous painting, worth over £3000, by the renowned and talented Irish artist Tony O'Connor. After some deliberation (we really would love to have kept this painting), we decided to offer this stunning painting as the prize in a box raffle costing just £10 a ticket.

The raffle has its own website selling a maximum of 750 tickets. Of course, if fewer tickets are sold the odds of winning will be higher. That said we hope to sell as many tickets as possible for the Trust as every penny from the raffle will go towards the care of our horses and ponies. Visit the raffle's website raffle.lluesthorseandponytrust.co.uk to get your ticket now! Select your lucky number, pay via PayPal and, fingers crossed, you're in with a chance of winning. You will receive a printable PDF with your unique ticket number and reference code. If you don't have a PayPal account, call us at the office on 01550 740 661 and we can reserve your ticket. You will also be able to buy a ticket with cash at our stand at The Big Cwtch, 31st August and 1st September and at our Open Day on Sunday 16th September. The painting will be on display and the raffle will be drawn at the end of the day with the winning number selected at random. The winner will be contacted and the winning ticket number published on Facebook, in our newsletter and on the website. If you are there in person and you are the lucky winner, you will be able to take the painting home there and then. That's if it will fit in your car! Measurements are as follows: 100cm by 120cm.

We are pleased to introduce this lovely pair of Welsh Section A ponies, a mare and her stunning colt foal. These two ponies were rescued from a herd of five pregnant mares, two yearling colts and a stallion. Carrying on with the Lion King theme of naming our rescue ponies we have decided on Sarabi for the mare and Simba for the foal.

We were contacted earlier on this year by a desperate gentleman whose elderly father was too ill to take care of them. But sadly, prior to him contacting us, two of the ponies had already died. We immediately went to see them and were concerned about two very thin mares, who looked ready to foal, and a colt who was the target of constant attack from the stallion. There was also the problem of locals throwing grass clippings and vegetables over the fence to feed them. This is potentially deadly for horses as it can give them serious colic from which they can die, so we set about trying to find foster homes and making space on the farm for the three most in need. However, days later the gentleman called to say by a stroke of luck someone had come forward and was willing to take on the whole herd with the intention of finding them suitable homes. We have kept in touch with the new owners and have offered any support they may need. Part of this support was to take in two of the herd, Sarabi and her foal. We did this for a couple of reasons. First to help with a dental issue Sarabi has been suffering with. A broken tooth is causing a nasty pus-filled swelling on her face and a discharge from her left nostril and eye. Our vet has examined her and she has

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been booked into the clinic for further assessment and treatment. We are hoping that it can be treated without the need for an expensive specialist. And second we were keen to have another foal around as company for our orphan foal, Nala rescued just over a month ago. It will be good for both the foals' development to grow up with another of a similar age as they are both just over two months old. After being slowly introduced together, both mares and foals are now turned out in the same field and Nala and Simba are having fun together, which mostly involves galloping around the field.



Vet says: "Sarabi's swelling is probably due to dental problem."

LLANGADOG SHOW

We had a great day at Llangadog Show. The weather was good, the sun shone and we had plenty of visitors to our stand. Thank you to everyone who came to see us, bought something from our stand or donated money. This time we took our wonderful coloured pony, Little John, who was rescued from the tether as a yearling. Now at four years old, he took everything in his stride. He is currently being gently backed, is going well and will make a fantastic child's pony when he has finished his education.



Please send all emails to: info@postdatum.co.uk



Lluest stand at Llangadog Show featuring Little John

OPEN DAY IS 16TH SEPTEMBER

Our annual open day is approaching fast. We will have Joanna Lowes, Monty Roberts' international assistant giving a training demonstration with one of our ponies. Organised Kaos will be here with their skilled circus performers and there will be an opportunity to join in the antics. Don't forget to bring your dog of any shape or size and take part in our annual Dog Show. If you and your dog are still feeling energetic after that then test both your jumping skills in the Canine Clear Round Jumping. Every clear round wins a rosette!

There will be stalls, games, Tombola, woodland crafts, the Vintage Tea Tent and a barbeque. Come and browse our Tack Shop for second-hand horsey equipment, clothing, rugs, saddles, bits and more. Entry is free. See you there.

APPEAL FOR DONATIONS

Rescue is a costly business and we couldn't do it without the help of our kind and generous supporters, but we need more. Each new rescue goes through a strict quarantine procedure, during which the staff must wear overalls and use disinfectant foot dips within the isolation area. The new resident then sees a vet, has a faecal sample tested for worm eggs and starts a primary course of tetanus vaccinations. Then comes lice treatment, the appropriate worming and a blood test for Strangles. This is a basic assessment and any other health issues the horse may have are on top of that.

In addition, because of the dry weather this summer, we are facing huge increases in the price of fodder. It has almost doubled our usual hay bill. Added to that is the ongoing expense of long-term medication for many of our horses.

We would be grateful for any help in meeting these costs and funding the ongoing care and treatment of our horses and ponies, including orphan foal Nala and Sarabi's tooth problem. Nala's replacement monthly milk bill alone is over £130.

Please look at the 'Ways to Help' page on our website to see what you can do to help. Thank you.

<http://www.lluesthorseandponytrust.co.uk/ways-to-help/>

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09/19/12

PRESENTATION CHEQUE OF £4000 TO AIR AMBULANCE WALES, CELEBRATING THE CHOIRS TENTH ANNIVERSARY

Cilycwm's Cyswllt Choir's raised a total of £4000 for Air Ambulance Wales. Picture shows A.A.W. representative Alun Davies, being presented with the cheque by the choir members as a result of a successful concert they held in the Tabernacle Chapel in Llandoverly at the beginning of the year.

The choir was supported by San Teilo's choir on the evening and the choir acknowledges the support received from the evenings

Sponsors as well as thanks in no small part to the numerous local businesses that so gallantly supported this most worthy of causes.



Choir conductor Aled Edwards, with Hilda Jones and Carol Dyer, presenting the cheque of £4000 to A.A.W.'s representative, Alun Davies.

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06/19/12

LLANDOVERY GARDENING CLUB



On the afternoon of Thursday 28th June, the garden club visited three gardens in Cilycwm. Two belonging to Garden Club members, Llinos Morgan and Diane Addis, and one tended by Bob and Sue Rothwell who had kindly issued an invitation to include their garden in our visit. Despite the very hot weather, there was an excellent turnout to see the gardens which were not only well maintained and full of colour, but also benefited from the beautiful borrowed landscape of the surrounding hills. It was clear that each were gardened by expert plantsmen and interest within the gardens came from well planted herbaceous borders, mature shrubbery and trees and many imaginative features. After a pleasant 2 hours, we enjoyed a welcome cup of tea and biscuits before supper at The Neuadd Inn in Cilycwm. It's always gratifying to view the gardening efforts of others and take away some ideas for your own garden, so many thanks, on this occasion, to Llinos, Diane, Bob and Sue.



Denise Nicholson – Club Secretary

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10/18(12)

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10/18(12)

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1018(3)

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Malcolm Davie's,
Llandeilo

1018(2)

EFFICIENT, CLEAN AND 'FREE' WOOD PELLET BOILER HEATING SYSTEM REPLACES DIRTY AND INCONVENIENT LOG /COAL BURNER IN LLANWRTYD WELLS



Tina and Brian's house in Llanwrtyd Wells was difficult to heat due to an inefficient, aged and dirty log / coal fired solid fuel boiler. It was hard work to keep the fire going for the mornings.

As replacement Tina and Brian chose the Klover Smart 80, financed by an interest free loan for the system. The loan is paid by the domestic Renewable Heat Incentive (RHI) scheme over 7 years.

The Klover fitted into the existing alcove and provided a hob. It can be programmed in advance to fire up and the heating is thermostatically controlled.



Klover Smart 80 wood pellet boiler

The system is more efficient, cleaner, user friendly and an attractive feature in their cosy snug.

The wood pellets are delivered in 10kg bags to their home and stored in an outbuilding. The bags of pellets are far cleaner and easier to handle than the coal.

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12/18(12)

OVINE MARKS OF DISTINCTION

In the age of electronic ear tagging, there is a danger that the old-fashioned earmarks for sheep and other animals could be lost, together with their unique names.

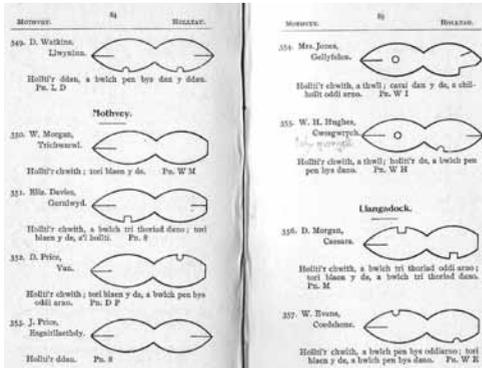
Livestock ear tags were developed as far back as 1799, to identify Merino sheep in a flock owned by King George III, and were made of tin. It wasn't until after World War II that the first plastic tags were developed, initially in the United States.

The earliest known earmark register in Wales - for the Rhydymain area near Dolgellau - dates from 1825; the first to be published was *Clustnodydd neu Gydymaith y Bugail (1868)*, which includes about 1,200 different earmarks.

Most earmarks belong to the upland areas of Wales, where sheep from many flocks graze on unfenced mountain land. Their primary purpose is to identify each animal and to enable stray animals to be returned to their rightful owner. It should be noted that an earmark belongs to an individual farm and its current owner or tenant. If the owner or tenant moves to another farm, the earmark usually stays.

It is true that most of the earmarks in every district in Wales are similar, but there are differences, and some of the names, which are almost invariably in Welsh, are also different.

The earliest registers had their leaves cut to form the



shape of the various earmarks. One, from around 1916, identifies sheep "from Ystrad-ffin to Abergwesyn, and from Nant-y-moch to Pontrhydfendigaid". The mark of Ystrad-ffin is a "swallowfork in the nearest [ear] and a thumb notch above the furthest". Other types of marks include, "lace, crop, three cut notch, spittle mark and slit".

In *Sheep Ear and Body Identification Marks in Wales*, published in 1982, Dafydd Roberts notes two other kinds of identification marks for sheep. "The first involved the burning of initials on the horns ... occasional examples are still to be seen of rams with branded horns ... The second custom was rather more barbaric and involved the branding of lambs on the nose with a hot iron. It is believed that this custom had ceased by the last quarter of the nineteenth century."

Dafydd Roberts says that in parts of south-west Wales, earmarks were applied to horses and cobs which grazed on common lands, especially on the lower slopes of the Black Mountain, in the vicinity of Llangadog and Trap. He also notes that some farmers had already discontinued the use of earmarks on sheep.

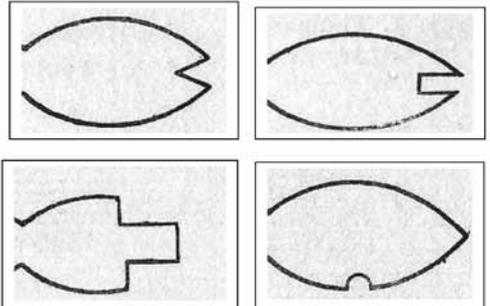
One of my valued possessions is *Cyfarwyddwr y Bugail*, a book of earmarks of the sheep grazing on the Black Mountain, published in Llandeilo by W. Fisher Johns, Electric Press, in 1910.

Its editors were John Jones, Parc Owen, Gwynfe, and J. Llewelyn Evans, Blaencennen, Gwynfe. A later edition was published under the editorship of Howell Lewis, Arnant, New Inn, Llandeilo.

Above is an example of some of the earmarks for Myddfai and Llangadog. Pn is the abbreviation for 'pitchmark'. Immediately after shearing, the marking iron was dipped into hot pitch and the mark applied to the fleece.

The book includes several hundred variations on 13 earmarks such as the following clockwise, from the left):

- llysenfforch* (a V cut from the tip of the ear),
- pigfforch* (removing a rectangular portion from the tip of the ear),
- bwlch pen bys* (finger-tip notch) and
- penlleswch* (chimney-pot notch).



Even old-fashioned earmarks have caught up with the modern age; in 2015, a North Wales directory of sheep earmarks became the first to be published on-line.

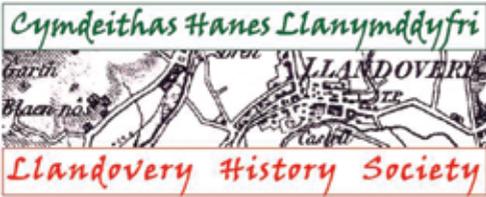
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03/19/12



Llandovery Heritage
Trefladaeth Llanymddyfri

WORLD WAR I EXHIBITION AT SHEEP FESTIVAL

WATER FROM WALES – LONDON'S GREAT GRAB FOR THE TOWY!

A talk by Richard Rees on September 6th at 7.30pm in the Library at Llandovery College. Entry £5 payable at the door.

Llandovery History Society displays local history in the town museum in the Castle Hotel. Come and see us: Tuesday, Wednesday, Thursday, Friday and Saturday between 10.30am – 12.30pm and 2.00 – 4.00pm. Also on Sunday and Monday between 2.00 – 4.00pm. Catch up with us on Facebook.

The First World War will be the central theme of an exhibition in Castle Garage, Llandovery, during the town's Sheep Festival this month.

Various items relating to the Great War, most with local connections, will be on display between 10am and 4pm on Saturday 22 and Sunday 23 September.

The exhibition is being organised by Llandovery Heritage, a registered charity and independent board of trustees, which is planning to open a new museum next year in the former Heritage Centre. They are fully supported in this project by Llandovery History Society and the local branch of the Dyfed Family History Society, together with the Mayor and Llandovery Town Council.

Representatives of the two Societies and the trustees will be at the exhibition in Castle Garage to answer any queries. Among the items on display will be photographs and letters from World War I, many of which have been re-discovered during the past four years.

Registered charity number 1157752



LLANSADWRN CHURCH VESTRY VENTURE

The Vestry Venture will be re-starting on Tuesday 11th September. Open between 2.00 and 5.00pm, it is somewhere just "to come" and, if you want, to bring unwanted paperbacks and plants to swap, share, or buy. There are games and toys to entertain the young, and light refreshments are available. It is a chance to chat, and to find out information about local events and happenings. Please do join us, even if only just to pop in and say hello – especially if you are new to the area and would like to meet others living locally – any and everyone of any age is most welcome.

For further information please contact Jane on 01550 777302 or Liz on 01550 777220.

Mae'r festri Eglwys Llansadwrn ar agor eto ar Ddydd Mawrth 11 mis medi, wn rhwng 2.00 – 5.00.

Y syniad yw i ddarparu'r cyfle lle gall pobl Llansadwrn gwrdd â'i gilydd yn anffurfiol,

yn arbennig newydd ddyfodiad sy ddim wedi cael y cyfle i gwrdd â phobl leol eto. Bydd dysgliad o de neu goffi ar gael, hefyd planhigion a llyfrau clawr papur i'w cyfnewid neu rannu, a lle diogel i blant bach chwarae. Galwch mewn nawr ac yn y man, hyd yn oed am amser byr – byddwn ni'n gwerthfawrogi'ch presenoldeb yn fawr. Ac os oes gyda chi syniadau sut gall y fenter hon ddatblygu ymhellach, byddai croeso i chi ddod a'u rhannu nhw hefyd. Dewch i mewn!

09/19(12)



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MYDDFAI NEWS

Myddfai Shop and Café opening hours

Tuesday – Sunday 10.30am – 5.00pm



During September we have a lot going on – as well as our regular classes as listed below we have Myddfai Show on 1st; FREE CPR training is available at Myddfai Hall the next course is on 4th Sept – suitable for groups or individuals – more sessions available. Tel Ros on 01550 721676 or email andrews58@btinternet.com for more details; Justine's popular Willow Weaving course is on 18th Sept 10.30am – 4.00pm and our busy monthly Farmers Market is on 26th Sept 9.00am – 1.00pm.

We've already had customers Christmas shopping here in Myddfai, it's never too soon to start. The Myddfai gift shop has a very wide range of quality, unique, local crafts and artwork all of which would make a great gift or a treat for yourself. Our choice of cards is second to none both in Welsh and English to suit all tastes. The wide range of local artwork that we have is well worth viewing, both originals and prints. There is also a good selection of locally grown perennial plants.

Myddfai cafe now has a scrumptious new menu from Breakfast served 10.30am till 12.30pm daily to

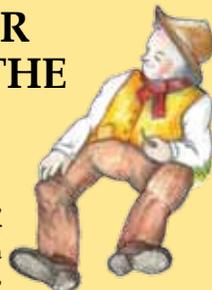
a fabulous Lunch time menu and Special Board with a variety of hot lunches. We have a great selection of desserts and homemade cakes available daily. Pop up and see us for a lovely lunch or even treat yourself to a nice glass of wine to compliment your lunch, why not combine your visit with a walk in the stunning Myddfai countryside. We can now offer catering for events for more information on this please contact Carol Dugdale at Myddfai Café or email carolannedugdale@hotmail.co.uk always happy to help with any special occasion to suit all budgets.

Myddfai Hall is becoming a popular wedding venue- you can get married here too. It is a stunning and affordable venue for any event or party and a great safe space for children's parties. Why not come along to one of our regular classes- Yoga Tuesday evenings 7.00 – 8.30pm, Wednesday mornings it's our craft class 10.00am – 1.00pm; Thursday morning it's Pilates 10.00 – 11.00am and Nordic Walking with Carmela on Friday mornings.

For further information or bookings please contact Les at les@myddfai.org. Mobile 07879 119223 or Hall No. 01550 720449. Check our website www.myddfai.org for What's On.

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

SONGS FOR SILAS BY THE VILLAGE QUIRE



Silas lived in a small, thatched cottage near a pine wood with a sun-steeped garden, riotous with flowers and gooseberry bushes, and a Maiden's Blush rose over the door. In him the stream of the original Adam, rich and lusty and robust flowed freely, undiluted and unpurified. A lover of drink, food, the ladies and good company, he was not ashamed to wear a huge and flamboyant buttonhole, told lies, got the better of his fellow-men whenever the chance offered itself, used a scythe like an angel, was a wonderful gardener, took the local lord's pheasants, and yet succeeded in remaining an honest, genuine and loveable character.

Our Songs for Silas are original compositions and arrangements of traditional songs written by Dave Newell for The Village Quire and inspired by H.E. Bates' wonderful collection of stories: My Uncle Silas.

Saturday 22nd September 2018, 7.30 pm at St Mary's Church, New Radnor LD8 2TE. Tickets £10 (to include glass of wine) from 01544 350411 / 350352. www.villagequire.org.uk



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06/19(12)

LLANDOVERY ROTARY CLUB



It's holiday time! As always at this time of year our attendance figures drop as members take their Summer holidays before September arrives. The nights are already shortening and we are preparing for Autumn and Winter to set in. At least this year we had a Summer and a lot of very hot balmy days but they seem long gone now I'm afraid. Ah well, at least Christmas will soon be here!

Last month the first round of the District Quiz took place when we were up against our old rivals Aberaeron. We were drawn away and this event entails much travelling meaning that the further you progress the further you have to travel to meet your next opponents. This year our team seemed very mindful of this and we hit the buffers first time out! We lost by two and a half points. Pity. Oh dear, no long distances to travel on weekday evenings. Whatever will we do? We'll have to think of something!

Following the sad demise of the brilliant Meals on Wheels service provided over many years for the residents of Llandovery in which we helped out on a weekly basis, Dan had been contacted by the RVS informing us of, basically a new greatly reduced service where it is arranged that someone calls at the persons home to warm up a meal for them. Only one person has chosen this option and Dan has kindly agreed to provide this service should it be required. Well done Dan.

We had two events to attend on one Sunday during August. Getting our priorities right we had agreed that in the morning we would attend the Epynt Ranges to marshal the Harry Flatters Rally. This is a duty which earns us good money towards our pot which we distribute to local good causes. We are grateful indeed to Brecon Motor Club for this opportunity and indeed their very generous donation to our funds this year. It is a very welcome income into our account.

When preparing to spend a whole morning on the Epynt Range we have learned from bitter past experience that if you get your attire wrong you could be in for a very unpleasant experience indeed. It is but 10 miles from Llandovery but in any day of the year, or even on the same day, you can experience anything from torrential monsoon rains to the searing heat that could wilt a camel. Well this year following one of the longest droughts in living memory when it hadn't rained for six weeks yes, would you believe it, we had monsoon rains AND a wind that would go straight through the toughest Welsh mountain sheep. Unbelievable. But in the true spirit of Rotarians and remembering the Rotary motto of 'Service Above Self' we battled through it although on more than one occasion one of our members was heard to mutter that 'Whoever had invented that motto had never sat on the Epynt Ranges on a Sunday morning in the horizontal, driving, hissing rain'. He was probably right there!

We received a card from Will Jones thanking us for our support for his educational trip to the Space Centre in Texas, USA.

We received a request from Llandovery Croquet and Bowls Club who required funding for equipment to maintain their green. We agreed to support their request and have received a letter of thanks from them. Sorted.

It is our 'Scatter Night' season where we go away to visit other clubs and this year we split into two groups when one group visited Cefn Sidan Rotary Club in Burry Port and the other visited Carmarthen Tywi Rotary Club who meet in the Ivy Bush Hotel. For many of us it is lovely to meet up with

old friends from these clubs and also to see how they go about their meetings. Noticeably most clubs are more structured than ours and hold their meetings in a more formal manner. Nothing wrong with either but not upholding the manner expected in another club could cost you a fine from their Master at Arms (we haven't even got one!). On finishing his main meal, one member who of course shall remain nameless (me) asked his colleague from Carmarthen 'Can I get you a pint?' 'NO NO NO' came the swift reply. 'Fair enough' I thought, 'He must be driving'. He wasn't. I was already on my way to the bar when he shouted, 'NO NO NO, sit down, quick. You can't go now.' 'Why ever not' said I. 'You can't, you can't, you just can't. You can't go till the end of the meeting' he said, 'We have got our sweet next then we have coffee then we have our business meeting which will take an hour then we have the Loyal Toast and then'. 'No chance' I spluttered. 'We are on a night out!' This terrible news quickly spread among the Llandovery members whose faces contorted resembling someone being tortured. Now, when faced with adversity solutions have to be found. We approached their President on the top table pleading innocence and begged would he kindly proffer us some leniency on the matter as we were totally unaware that such stringent rules could apply at any meeting where representatives from the old Drovers town were in attendance, especially following a long hot Summer of extreme drought! Well their President is a nice man, a very very nice man and allowed us to be relieved from our raging thirst. It was noticeable however that their own members remained firmly rooted to their seats. Poor souls!

At Cefn Sidan the group were honoured to be in great company. The oldest living Welsh International Les Williams was in attendance. They too had a tremendous evening and had an unscheduled pit stop on the return journey!

Both groups reported being wonderfully received and enjoyed a lovely evening of Rotary fellowship. Thank



President Gary with Old Mill Foundation founder Sarah Clake and Carol.



The usual suspects are the last to leave the BBQ. No names!

you Cefn Sidan and Carmarthen Tywi. We really enjoyed ourselves.

We received an invitation to attend the forthcoming Tour of Britain Cycle race meeting as excitement builds for this enormous event to travel through our town. Dai has arranged that we are joining with Llandovery YFC to erect a large 'Croeso I Llanymddyfri/Welcome To Llandovery' sign on the entrance to Llandovery on the Llangadog road. It is hoped that this will be seen by the helicopter or the in car cameras when entering town. Go Geraint. Probably by the time you read this Geraint has long gone!

Following the very successful tenure of the outgoing President we have made a donation to his Charity, LATCH. It will go towards 'Chloe's Caravan' which was set up for Chloe Evans. We hope that our donation can at least provide some comfort to these extremely unfortunate families. We sincerely hope so anyway.

We received a request for funding from Carwyn Davies on behalf of the Pumpsaint Half Marathon organisation. With a slight alteration to the terminology used we were able to make a donation to cover the initial costs in setting up this event. Good luck to the organisers, runners and fundraisers who have raised over £12,000 in the last 3 years.

We had a guest speaker this month and invited our ladies as we thought they would very much like to hear the talk. It was Sarah Clarke (the founder) who came along with Colin Tarry (Chair of Trustees) on behalf of the Old Mill Foundation which is the Charity chosen by this years President Gary in return for treatment given to his lovely wife Carol. Sarah set up the foundation in 2003 following the loss of her husband to Cancer. She realised there was a need in the community to provide physical and emotional support to those in need. She was right. Sarah opened her home and salon to provide this support. This eventually extended to every other room in her home. From 2 volunteers initially to over 50 now who give treatment free of charge, but rely upon donations to cover training, rent and all running costs. Sarah has opened venues at Llandybie and Port Talbot with others planned. A very worthy cause indeed.

We received a card from members of Llandovery Youth and Community who were at Wadebridge Holiday Camp. We had supported them to be able to go.



Last months visitors were Cefn Sidan Rotary Club.

We received a written request from Nigel Rees on behalf of the Llandovery (and Llandeilo) Ambulance Station for funding towards the purchase of an Intubation Training Manikin for use locally in life saving training methods. After further descriptions it was decided to support this request with a very healthy donation. It was wonderful to repay in some way the fantastic work done by the local Paramedics and support staff. We just never know do we?

Following our drenching up on the Epynt Range in the morning we had our President's BBQ to attend in the afternoon. Now if one soaking isn't enough in one day then we were to volunteer to have another one. On arrival and with all our extremities still severely shrivelled from the mornings submersion in Welsh Water's finest, our hearts immediately rose as we found that Anthony had erected his marquee to save us from further punishment. Thank you, thank you. Dan had also erected his Gazebo so that our steaks, sausages and everything else would be wholesome and tasty unlike the mornings packed sandwiches which had turned to a squelchy inedible mush. Even the hardy Epynt sheep, when offered them turned away in disgust. Gary and Carol had clearly worked for days in preparation for this event and as we ate and dried and thawed we were finally able to enjoy some traditional BBQ sustenance, wine! A wonderful afternoon was enjoyed by all and the usual suspects were the last to leave. No need for names there. Not me! See the photo. Thank you Gary and Carol.

Space prevents me from covering everything this month such is the amount to cover but the remainder will be held over to next month. There is much more. Our District Governor visits us next week so we will be on our best behaviour. It doesn't usually make much difference! And we won't even have to ask the President if we can have another drink. Ha.

More next month.

Derek Jones.

MORE MUSICIANS FROM MADAGASCAR (AND SOME WELSH ONES AS WELL!)



Those of you who were at the concert given by Malagasy singers and dancers in Llangadog in June will remember the verve and joy with which they performed. Now there is a chance to hear another group of internationally known Malagasy folk musicians in a concert in Cardiff on 22nd September.

It is a concert to mark the bicentenary of the first Welsh missionaries landing in Madagascar, and will feature musicians from Wales and Madagascar. The musicians representing Wales will be The Nidum Ensemble – a brilliant group of young players from various London orchestras, the Royal Liverpool Philharmonic and the BBC National Orchestra of Wales. The group representing Madagascar will be that of Justin Vali (pictured). Justin Vali is among the greatest living players of traditional Malagasy music on the valiha which is considered to be the national instrument of Madagascar. His group will be joined by Paddy Bush, brother of the singer Kate Bush. Paddy is a skilled performer on the valiha and is an authority on the traditional music of Madagascar. He and Justin have performed together at the WOMAD festival and have produced an album called “The Sunshine Within”.

A bus will be going from Llangadog – for information about tickets and the bus please ring Gwen Evans on 01550 777813.

LOTS OF THINGS HAPPENING IN GWYNFE DURING SEPTEMBER!

First off, the Gwynfe Summer Picnic that was rained off at the end of July is now rescheduled for Sunday, 2nd September at Glan Clydach (SA19 9NT) from 2.00 to 5.00pm. Please bring your own food, drink and something to sit on. Tea, coffee and squash will be provided free of charge and ice-creams will be on sale. The location (by kind permission of Steve and Terri Kill) is delightful, so do come along and enjoy a relaxing picnic – with games to join in with if you want to. Toilet on site and ample field parking.

The Monday Club will take place on 3rd September in Gwynfe Village Hall, kicking off at the usual time of 1.30pm. After the customary chat over tea or coffee with cake (£1 collection per person) there will be a chance, for those who wish, to try Tai Chi from 2.30pm. Sue Wakefield is coming to offer this free of charge in connection with Age Cymru; the gentle exercises can be done even sitting in a chair. New attendees welcome.

Next up is a Dance-A-Thon in Gwynfe Village Hall on Saturday, 8th September. Local children will be endeavouring to dance (in relays) for three hours, from 6.00 to 9.00pm, to raise funds for All Saints' Church. For sponsorship forms and for more information in general, please contact Sheila on 01550 740676. There will be a free buffet for the children and complimentary tea or coffee for supporters, who are most welcome to come along as well.

Saturday, 22nd September is the date for next performance of Padraig Lalor at Gwynfe Village Hall. This is a welcome return to Gwynfe for this accomplished and popular musician, who specialises in Irish music of various kinds. Doors will open at 7.00pm for a 7.30pm performance and tickets (on the door) will be £6, full price or £5, concessions. Food at £5/person (chili and rice) will be available during the interval (including veggie chili option), a paying bar will be available all evening and a raffle will be held. This event is sponsored by The Arts Council of Wales.

Make a note in your diaries for Beau's Memorial Vintage Run, which this year will take place on Sunday, 23rd September leaving from the village hall. For further details please contact Sheila on 01550 740676

This year Gwynfe will hold the Macmillan Coffee Morning on Saturday 29th September in the village hall and we will make it a sparkling afternoon tea event. Service will begin at 2.00pm and end at 5.00pm. Contributions of cakes and sandwiches will be greatly appreciated but mainly we would like your company. Please contact either Sarah on 01550 740612, Heather on 01550 740512 or Judy and Dave on 01550 740654 for more information or to pledge a donation.

Finally the weather was not kind to us at Gwynfe Show this year but despite the downpours the event was very enjoyable and well supported. The Show Committee would like to thank everyone who entered the classes, socialised in the evening, sold raffle tickets, fetched and carried, served, set up and cleared away and helped on the day. Without your help this the event would not be possible. Thank you.

The Telegraph Inn Café

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Or try the cockles & laverbread for a Welsh breakfast experience.

Lunches include some wonderful authentic Italian dishes all cooked to order, nothing is kept warm or heated up.

Our menu changes daily as everything is home made.

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GOLD AWARD FOR SHUFFLEBOTTOM



RoSPA, the Royal Society for the Prevention of Accidents, has awarded Shufflebottom of Cross Hands a Gold Award for health and safety practices.

Shufflebottom makes steel-framed buildings which are erected all over the UK and beyond.

The RoSPA Awards scheme, which is the longest-running industry awards scheme in the UK and international in scope, recognises achievement in health and safety management systems, including leadership and workforce involvement.

"This is really good news," said company director Alex Shufflebottom, "We are absolutely delighted to receive the award."

Julia Small, RoSPA's head of qualifications, awards and events, said: "The RoSPA Awards are the most highly respected in the health and safety arena, with almost 2,000 entrants every year, and allow organisations to prove excellence in the workplace, demonstrating a commitment to the well-being of not only employees but all those who interact with them."

The awards are sponsored by NEBOSH, the National Examination Board in Occupational Safety and Health.

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SUPPER CONCERT WITH ALED AND ELERI AND FRIENDS



Aled and Eleri

Come along to Ysgol Bro Dinefwr on Saturday, 6 October and enjoy a light-hearted evening of songs from a wide variety of musical eras. Gordon Kilby, musical director of Cantorion Llandeilo Singers, is delighted to welcome Carmarthenshire singing celebrities Aled and Eleri Edwards for an evening's entertainment which will include solos by some of Eleri's singing students at the school.

The ticket price includes a finger buffet, and there will be a raffle and a licensed wine bar to add to the enjoyment.

That Ysgol Bro Dinefwr is a fantastic venue was demonstrated by the choir's successful Gilbert & Sullivan Pirates of Penzance in 2017. So Gordon decided to return this year and has organized a programme devised by Aled and Eleri with the addition of some music to celebrate

the centenary of Leonard Bernstein's birth and Robat Arwyn's Salm 121: Dyrchafaf fy llygaid.

Aled and Eleri learnt to love singing from about four years of age and both have won the Blue Riband National Eisteddfod. They have performed in North America, Australia, Europe as well as at venues across the UK, and are much in demand for solo performances and duets.

Aled and Eleri came from families who bred Hereford cattle and that is how they met and married. They have continued to breed cattle at the family farm in Cilycwm and gained prominence with their Limousin herd, exporting the genes around the world.

The late summer concert is a tradition of Cantorion Llandeilo Singers and raises funds to finance the choral works during the rest of the year. The choral concerts in turn raise money for local charities through sponsorship and ticket sales, and this year the charity is Tenovus.

The choir is now going through a recruitment phase, so if you would like to sing in the next concert on 8 December, you should contact Gordon Kilby on 01558 822696 or come along to a Monday rehearsal starting on 3 September. The concert will feature Leonard Bernstein's Chichester Psalms and Duruflé's Requiem. There are no auditions. You just need to want to sing, to learn, and be able to attend rehearsals in Llandeilo on Monday evenings.

Tickets for the Supper Concert cost £12 and are available from Peppercorn in King Street, Llandeilo, at the door, or by phoning 01558 685542. The concert is at Ysgol Bro Dinefwr, Llandeilo SA19 6PE, and starts at 7 p.m.

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CLWB FFERMWYR IFANC LLANYMDDYFRI/ LLANDOVERLY YOUNG FARMERS CLUB

Llandoverly young farmers club established in 1944 and since then every year the club has grown from strength to strength.

With another successful club year coming to an end, we would like to thank each and every person and organisation that's helped and supported us in any way. Without your help we wouldn't be the club we are today. We may be small, but we are mighty!

We started off with an AGM to appoint the new officials where Huw Price would become chairman and Carys Hughes vice chairman. We had a jam-packed year planned, starting with an informal 'bring a buddy night' where we played games and got to know the new members that wanted to join. The following week we had our annual fun day at Pantycelyn school hall, where we did a variety of activities including an assault course and even a fun round of bowls! There we presented a donation to Hywel Dda, as we had been raising money in the previous club year and wanted it to go to the Gwenllian Ward in Glangwili hospital. This year our chosen charity is The British Heart Foundation.

Throughout the year we planned some fun and educational activities which included a visit to the wool

board in Brecon, bonfire night, visit the Llandoverly fire station, wreath making, carol singing, bowling, laser zone, going to a scarlets game to support one of our members Wyn Jones, and a whist drive to name just a few. In October 2017 some of our members took part in the Eisteddfod. A huge well done to all those that took part and congratulations to those that received prizes.

In January it was time to get our pantomime script written. With the help of club leaders and members Catherine Hughes got her thinking cap on and put pen to paper and created 'The Physicians Book'. We performed our pantomime at county level in February and then went on to represent Carmarthenshire in Port Talbot at the all Wales final, where Telor Dyer our Dame received best actor. We thoroughly enjoyed bringing our pantomime to life. We decided to perform our panto along with other acts, at our annual concert evening in April for all our local community to enjoy. I'd like to take this opportunity to thank each and every organisation for the donations we received towards the raffle. The night was very successful with a full house, helping raise money towards our chosen charity and for the club.

We then moved on to the rally in May, where all the clubs in Carmarthenshire get together and compete against each other in numerous and varied competitions including floral art, stock judging and woodwork. After a couple of weeks practising, and sleepless nights I'm sure, the day finally came for our members to compete. A big well done to all those who took part, and congratulations to those going home with prizes. We had a huge surprise at the closing ceremony when they announced Llandoverly had won with their senior team and therefore stewarding next years rally day. A fantastic achievement after only winning both junior and senior team a couple of years ago.

We'd also like to congratulate all those who went on from the rally to represent Llandoverly YFC in the Royal Welsh Agricultural Show, our girls Tug-of-War team, Nia Price in the flower arranging competition and the 'On The News' team; Telor Dyer, Carys Hughes and Menna Davies, a fantastic achievement.

To end a fantastic club year, we held our annual dinner at the Angel Inn, Salem. We all had a great evening looking back at our successful year. And enjoyed a very tasty meal with our family and friends.

Llandoverly young farmers club believe in bringing opportunities to young people in our rural community. It's about encouraging you to become a more successful and confident individual. There is so much more to the Y.F.C than just wellies and tractors, you don't even need to be a farmer to join! The club will give you a great social life, a place to make new friends for life and opportunities to gain new skills.

Here's to another successful year of Llandoverly Y.F.C. We started with an AGM on the 6th of August 2018 at 7.30pm, and then every Friday club night will be held at the Llandoverly rugby club. Come and join the fun!





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Llanfair surgery is offering a "no appointment necessary" service at the following times and places:

At LLANDOVERY – in the Castle Hotel
Tuesday 16th October and Thursday 1st November 2018
At 9.30am – 12.30pm & 2.00pm – 6.00pm

At LLANGADOG – in the Community Hall
Wednesday 24th October 2018
At 9.30am – 12.30pm

Flu can cause a range of symptoms and effects, from mild to lethal and it spreads easily from person-to-person worldwide. Most healthy people recover from Flu without problems, but certain people are at high risk of serious complications. Flu symptoms may include fever, coughing, sore throat, runny or stuffy nose, headaches, body aches, chills and fatigue.

Because of the changing nature of Flu viruses, the World Health Organisation makes recommendations about the strains to be included in the vaccines for the forthcoming winter. Vaccines are made to fight the bugs that are most common.

This year, two vaccines are in use:

- For those over 65 years old, an adjuvanted trivalent vaccine will be used
- For those under 65 years old, a quadrivalent vaccine will be used

These are the most effective vaccines currently available.

The vaccines do not contain live bugs and so can't cause Flu.

The vaccination will take up to 14 days to give you protection though will not protect you if you have been exposed to Flu before you have the jab.

Vaccination is offered between September and early November because Flu is more active from the middle of November.

Vaccination is free for patients who fit the criteria below and are registered with Llanfair surgery, (other surgeries make their own arrangements). We are only supplied with enough vaccinations to give to this group of people.

Anyone aged 65 and over and anyone aged 6 months to 64 years old who:

- has disease which affects their lungs, heart, liver or kidneys
- has Diabetes
- has neurological illness
- has a friend or relative who relies on them for their care
- is pregnant
- has a disease, or takes medicines which suppresses their immune system
- and all children aged 2 or 3yrs i.e. born between 01.09.14 and 31.08.16. Children in reception class and years 1 2 3 & 4 will be vaccinated in primary school.

BRECHFA AUTUMN FAIR 2018



A warm welcome to all at the popular annual Brechfa Autumn Fair being held on Saturday the 6th of October from 10.30 – 4.00pm in Brechfa Church Hall and adjacent marquee. This is a wonderful opportunity to visit the fair and browse the many varied stalls there on the day, with work by selected designer makers, crafters and artists, with a range of items to suit any pocket.

The fair is a showcase for local exhibitors and those from further a field to present their unique contemporary and traditional skills within their area of expertise. This is a chance to purchase items for the home and garden alongside treats for yourself with the event set against the backdrop of the picturesque Brechfa Forest Region. Visitors can talk to stallholders on the day about commissions or just to gain knowledge on processes used by the exhibiting makers.

The Church Hall has continued to undergo renovations, with all the stalls in the hall now on one level and a new kitchen area, serving wonderful food, tea and coffee. There is a new bright clean seating area to have a bite of lunch.

Take time out on the day to eat, with tempting cakes whilst you decide on your purchases. Victoria Park sits along side the hall and marquee for children to enjoy, with the village pub, the Forest Arms right next door to the hall. Entry to the fair is £1 for adults with children 16 and under free.

Brechfa is accessible from Carmarthen, Llandeilo and Lampeter with a picturesque journey guaranteed. A great day out in the Cothi Valley, looking forward to seeing you there.

RAS MYDDFAI 2018



This year ras Myddfai was held on Friday 10th August on a dry , evening A large number of runners from local running clubs including Llandovery, Amman Valley Sam Helen, TROTS St Clears, Carmarthen , Builth Llanelli and even Pembrokeshire turned up to participate in this years event. The course is proving to be a very popular one due to the challenging hills and scenic views which makes it an interesting course. The shorter race for children is proving very popular as well with even some as young as a few months old being pushed around by their parents!

RESULTS

8 MILE RACE

1st male – David Keenan
2nd – Nick Griffiths
3rd – Simon Hall

1st female – Wendy Price
2nd – Clara Davies
3rd – Emma Clatworthy

5 MILE RACE

1st male – Tomos Morgans
2nd – Huw Janney
3rd – Archie Dilks

1st female – Helen Janney
2nd – Kate Parker
3rd – Sian Phillips

UNDER 14

1st boy – Scott Price
2nd – Rhys Williams
3rd – Steffan Huw Davies

1st girl – Carys Wood

UNDER 11

1st boy – Jake Lynock.
2nd – Alex Coles.
3rd – Charlie Price.

1st girl – Esme Lynock
2nd – Nia Williams
3rd – Sara Williams

The race would not be such a success without the generous donations by sponsors of money and prizes A big thank you to Sheik and Hazel Ahmed , Brodyr Tymelyn, Co-op Llandovery, Peter Rees Erwlon Caravan and camping, Doel and Rowlands, AdClad, Old Printing Office , Ratcliffes, Morris Isaacs, AR & H Davies, Ty Talcen Myddfai

Yet again the members of Seion Chapel provided a wonderful tea after the race and the sandwiches and home made cakes are always a big hit with the runners Diolch o galon am eich cefnogaeth unwaith eto

No race would be a success without the volunteers who help with the marshalling, timekeeping and stewarding I am indebted to Tim Morgan, Mary and Alan Bastable , Robin and Monica Barlow, Geraint Hafod , Lesley and John Griffiths, Carol Lord, Ann Williams and a special thank you to Handel Davies for his help in setting up the course for the Ras Without you all it would be a very difficult task

The proceeds of the race this year which is £460 will be donated to Llandovery Hospital

Diolch yn fawr iawn I chi gyd am eich cymorth a'ch cefnogaeth a gobeithio gweld chi gyd y flwyddyn nesaf

Next years event will be held on Friday August 9th 2019.





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07/19(12)

SUMMER SUCCESS FOR CAMERA CLUB EXHIBITION



Members of Dinefwr Photographic Society finished the season off in style at The National Trusts Newton House with its final exhibition of the summer. The exhibition ran for a week ending on the 14th July and attracted people from as far afield as Canada, the USA, France and Holland as well as some more local visitors. Comments included 'excellent', 'beautiful photos and a great range of subjects', 'fabulous exhibition beautiful use of light', 'stunning' and 'wonderful thank you for sharing'.

The exhibition marked the end of this season's programme of activities for the society rounding off the start of its second decade following last year's 10th anniversary.

A full programme of activities ran over 11 months including several guest speakers, taking use to

places some of us can only dream of visiting. Speakers included Nigel Mcall who showed images from Aberglasney and then Antarctica, our own John and Liz Burton presenting still and video images of a journey round Bangladesh. Closer to home an evening following the Tefi from source to sea with Huw Gillings and Peter Rowland, keeper of photographs at The Alpine Club, showing the history of mountain photography.

Other meetings saw members bring along their own photos for the regular Photo Forum evenings on topics such as 'Nautical', 'Planes, Trains and Automobiles', 'Rain' and 'Coffee'. Work was displayed in both digital and print form and members did not disappoint with the range and quality of the work.

The new season starts back on Thursday 13th September, welcoming old and new members alike, with a look at members' summer shots and a peek at next season's programme. The society will have a number of speakers on topics as diverse as urban landscapes, Astrophotography (learn how to get those amazing star shots) and After the Sun. There will be instructional evenings, a number of field trips and of course further exhibitions hopefully at Newton House and the National Botanical Garden of Wales.

If you are interested in coming along visitors are always welcome. The society meets on alternate Thursdays at The Angel Llandeilo at 7:00pm. Full details of the programme will be on the society's website and each month's edition of The Post. For further information please contact one of the following; Simon on 07773 943536 or Will on 07768 960323.



CHAFF IN THE WINDS OF AUTUMN

Writing this article on the eleventh of August, a gloriously stormy and more importantly extremely wet day with violent showers, all very much needed by all farmers and gardeners, the previous fortnight we were lucky to have spells of light rain here and there, all these prepared and conditioned the dry soil so that it could absorb today's deluge without too much water running away and lost, previous to this we all know and I am sure will remember the intense heat we endured for the previous forty days or so.

This hot and dry period was certainly the most extreme heat I ever experienced during my lifetime, hotter even than the summer of 1976, farmers coped better with the heat at that time, probably because there were more of them farming smaller units, and therefore better able to cope with their individual problems as they arose, global warming is undoubtedly a fact that we will have to accept, the drought and dry conditions in Australia today, during their winter season, is evidence of this, their farmers are suffering severely at this moment as well, ironically I well remember some seventy years ago as a lad I was helping a prosperous neighbouring farmer with his thirty milking cows and a few followers, he said to me "If you ever start farming and you want to be poor, all you have to do is keep one cow too many, do that and she will keep you down, have no doubt of that"

All that aside, last autumn after a good growing summer our farmers were all happy with plenty of forage in store for the winter, but the prolonged cold winter and the slow spring this year soon used that up, this was nature putting her oar in, reminding us all that she is always there expecting some respect.

The hot weather will have a knock on effect on the supply of vegetables next winter also, in due course this will affect us all in our pockets, personally in my small garden, things have grown fairly well, thanks to my wife being diligent with the watering, bless her, our runner beans needed extra water even twice every day, tomato's needed heavy shading from the strong sun, to avoid scorching and blotchy ripening, even so they started ripening a full month earlier than normal, lettuce were kept in damp soil conditions to try and stop them running to seed, which they do if their roots get dry, this of course is natural for the furtherance and survival of the specie.

Luckily for farmers grass is the easiest vegetative plant to grow, it will also go to seed in hot weather for the same reason, the grass itself will turn brown, seemingly burnt, but it has the ability to wait and regenerate itself once the rains return. Early May I went on a bus trip around all Wales, I was surprised at the high percentage of all farmland that is covered by rush, rush thrives in wet or damp soil conditions, but only if the soil is also acidic, an annual dressing of one ton or less of lime would soon kill this rush off, the lime would also

sweeten the rush and animals will then soon eat it all up, applying more than one ton at a time is not good practice, common sense tells me that if hotter weather will become the norm these damper or even wet fields will soon become much more valuable, so perhaps some forward thinking will soon pay off handsomely in this case, just looking at them and doing nothing will never produce any worthwhile gains I am sure.

Another fact I noticed also from the high seat of the bus was that hardly any farmers considers their farmyard manures to be of much value, most had evidently driven their manure out haphazardly dumping it out in any old shape just to get rid and forget about it over the summer, with today's machines it does not take long to stack it tidy and give it an occasional turn to allow beneficial air into it, this way it will start rotting down and be much more valuable and beneficial to the grass it will be spread on, years ago it was accepted that the only profit generated on any farm was what the dung heap produced for the owner, today that sensible thinking seems to have gone out through the window to evaporate in thin air lost aside the nutrients are in neglected manure heaps.

More or less all the above points and much more have been addressed honestly for the benefit of all farmer readers in the book entitled "Farming for better Profitability" this is still available simply by ringing 01994240059 now available with free postage.

W J Davies



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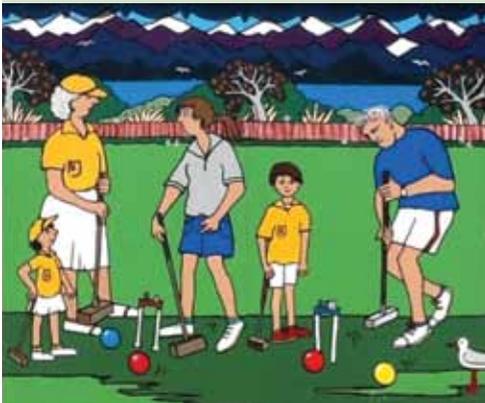
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LLANDOVERY CROQUET & BOWLS CLUB



VICTORY FOR LLANDOVERY

Llandoverly Croquet Club beat Cardigan Croquet Club by 9 games to 3 on Tuesday 7th August. Many of the games were very close and could have gone either way, but this was a very encouraging result for our new club. On Tuesday 4th September Dyffryn (Cardiff) Croquet Club will be visiting Llandoverly for the first time in what should be a more challenging encounter.

The Club has recently been awarded a grant from the Rotary Club of Llandoverly which will help towards the purchase of a new scarifier for the green. Members of the Club carry out all the maintenance work themselves.

New members are always welcome, 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.

COMMUNITY HARVEST SERVICE

A community Harvest Service will be held at 11.00am on Sunday Sept 30th, at William Williams Chapel on the High street in Llandoverly.

The entire community is invited to come along as we say "thank you" for the produce taken from our gardens and the blessing on the farmers as this has been a difficult summer.

Feel free to bring produce, tins etc which will then be shared with local charities and the food pantries they run, we hope you will be there.

BRASSED OFF REVIEW

Well, they've done it again! Just Good Friends' version of *Brassed Off*, performed in St Peter's Civic Hall last week, was a resounding success. A poignant story of the conflict in the coalmining community of Grimley and the resilience and comradeship of the miners and their families in the time of the 1984 strikes, the play nevertheless had much humour, in the persons of formidable double act Nikki Warrington and Llinos McCarthy as Vera and Rita, ably supported by Andrew Fletcher and David Savage as their husbands.

The prize, however, (and I'm sure the ladies won't mind) must go to young Rhodri Rutherford who adopted the mannerisms of an eight – 'I'm nearly nine!' - year old boy caught in the crossfire between his parents and the community.

And we mustn't forget the youngest members of the cast – Dylan and Harriet Shelley, whose mother will now have to reteach them that some words shouldn't be spoken in polite society!

The cast had worked very hard on their Yorkshire accents, which were very credible. It's quite an achievement to subdue a Welsh accent when it wants to appear! The 'Grimley Colliery Band' entertained the audience with splendid renditions of well-known pieces like the Londonderry Air, and we were reminded of the pride that people feel in performances like this and the emotions stirred up by such music.

Emotions there were in plenty, with Jim's (Gareth Iwan) attempted suicide while wearing a clown costume, and there was many a moist eye as Danny (Chas Griffin) made his last walk down through the auditorium. He is a real trouper, as those close to him know full well.

Thanks and congratulations to all who put so much work and made this entertainment possible.

Make a note in your 2018 diary – the next production is *The Vicar of Dibley* *The Holy Trinity* from the 24th to the 27th of July.

LLANDOVERY LUNCHEON CLUB

July 19th was a special date, Mrs Irene Walters Broad Street celebrated her 99th birthday. Mrs Walters cut the cake and we all wished her a Happy Birthday, she celebrated with her family, there were five generations present, so we all look forward to next year.

Anyone wishing to join us on Tues or Thursday are very welcome, for further information contact Margaret 720919 or Mary 720056.

FRIENDS OF BRECON AND DISTRICT MIND

HUSH DON'T TELL:

Artist Mary Husted on the adoption, when a teenager, of her baby, their reunion after 44 years and how this has influenced her work.

**Wednesday 12th September 2018,
The Muse, Glamorgan Street,
Brecon, 7.00pm
£5 (Friends / Members £2)**

At the age of seventeen, in the early 1960s, art student Mary Husted was pressured into giving away for adoption her ten-day old baby. At this time illegitimacy could still blight the life of a child and she had been sent away, hidden from sight, until the baby was born. With just a few drawings of him she remarried twice and had four other children. Left, too, with memories and imaginings the earlier event deeply affected her and, perhaps inevitably, emerged in her art. Forty-four years later, though, a remarkable sequence of events led to a reunion with her son.

The Friends of Brecon and District Mind have, on Wednesday 12th September, invited Mary Husted, who lives in Barry, to talk at the Muse, Brecon, from 7pm about her experience, the complex web of related emotions and how her artwork has reflected it.

Mary moved to Wales in 1979 and, between 1986 and 1990, studied for a degree in fine art at South Glamorgan Institute of Higher Education. Her work concerns image, memory and landscape, box works being illusionistic devices portraying the ambiguity of nature and the location of things. Much of her work, though, exploring family, loss, identity, things veiled, hidden and revealed, has, unsurprisingly, been influenced by earlier events in her life.

Becoming reunited with her adopted son in 2007 gave rise to a series of works entitled Hush Don't Tell and an exhibition at Murray Edwards (formerly New Hall) College, Cambridge. Indeed, as will be explained, the College and its art collection played a key role in bringing them back together.

Mary has long kept notebooks, including sketches, and this practice has evolved into developed artworks. Since 2011 a project, toured internationally and entitled Open Books: artists and the Chinese folding book, has involved artists filling blank folding books. Mary's current work, mostly derived from nature in collage, drawing and watercolour, derives from a Chinese-influenced reverence for accidental marks. These contribute to books, framed works and wall-mounted boxes.



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

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

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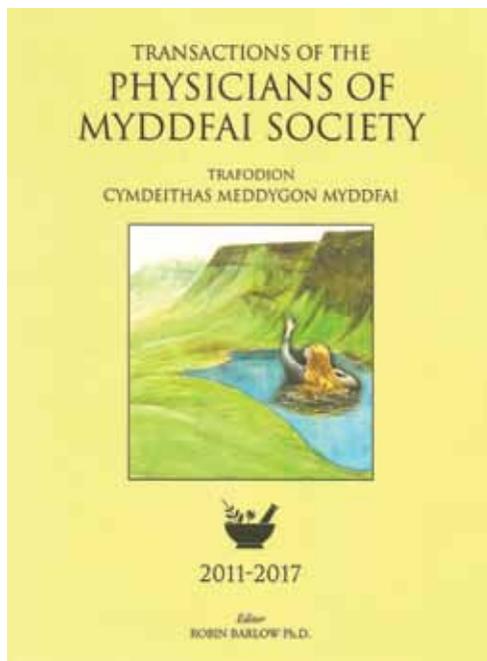
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TRANSACTIONS OF THE PHYSICIANS OF MYDDFAI SOCIETY



The legend of The Lady of the Lake is to be found in almost every collection of Welsh folktales. About three dozen variants of the tale exist in Wales alone, ranging from the twelfth to the twentieth century. The tale is also widespread in northern and western European countries. In Wales, the lake is Llyn-y-fan Fach, and the legend is connected to the famous Physicians of Myddfai (Meddygon Myddfai).

In 2014, the Physicians of Myddfai Society was formed to raise the profile of the tradition. Dr R. Brinley Jones was elected as chairman, Dr Donald Williams as secretary and Arwyn Lewis as treasurer.

Among the society's activities is the continuation of an annual conference in Myddfai Community Hall, which has been held since 2011. The topics discussed at the conference have been varied, and several of the speakers have been doctors and surgeons who were born and bred in Myddfai and the surrounding area.

More than twenty of these talks have been available for inclusion and edited by Dr Robin Barlow for the Transactions of the Physicians of Myddfai Society, 2011-2017*. The book is bilingual, but predominantly in English.

Morfydd Owen, an expert in Medieval Welsh Law and Medicine, says the earliest testimony to the physicians is in six Welsh manuscripts belonging to the end of the

fourteenth century, but which have their parallels in other languages, and are derived ultimately from Latin, Greek and Arabic.

Some of these texts mention the names of Rhiwallon and his sons, Cadwgan, Gruffudd and Einion, the physicians of Rhys Gryg, who died in 1243 and who was one of the eight sons of the Lord Rhys. Other manuscripts further associate them with Myddfai.

The legend of the Lady of the Lake wasn't connected to Myddfai and its famous physicians until the publication of Tours in Wales by Richard Fenton at the beginning of the nineteenth century. One of the best known versions of the legend, collected from various sources by William Rees of Tonn, Llandovery, was published in 1861 as a preface to The Physicians of Myddfai by John Williams (ab Ithel).

Terry D. Turner, one of the foremost historians of pharmacy, says there is evidence that medicine was practised at Myddfai by the descendants of Rhiwallon until the eighteenth century. The last two, David Jones (d. 1719) and John Jones (d.1739) are buried in the parish church.

Professor Turner also says it has been suggested that the last known practising descendant was D.C. Rice Williams of Aberystwyth, in 1881, and he adds that descendants, other than those in practise as doctors, still survive.

Retired consultant psychiatrist Dr Donald Williams, a native of Bethlehem, names one descendant, namely Professor Robin Jones, born and brought up in Myddfai, and a leading cancer specialist. He also names several other current doctors from the Myddfai area. He says there is invariably an expression of surprise that such a remote area in north-east Carmarthenshire continues to nurture medical practitioners. "It is difficult not to ponder on the extent which career selection of bright children from this area has been influenced by knowledge of the tradition of the Physicians of Myddfai," he adds.

Dr R. Brinley Jones recounts the story of Sir John Williams (1850-1926), a native of Gwynfe, who became physician to Queen Victoria and the first President of the National Library of Wales.

Another native of Gwynfe, Ifor Lewis (1895-1982), a descendant of William Williams Pantycelyn, is the

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subject of a contribution by Gareth Rees, a retired consultant heart surgeon, originally from Llangadog. Ifor Lewis was a pioneer of chest surgery, and one operation is known to this day as the Ivor Lewis procedure.

It has been argued that the settlement of physicians at Myddfai is due to the rich flora around Llyn-y-fan Fach, but Morfydd Owen says this isn't the flora reflected in the medical texts. Bethan Wyn Jones, a writer and broadcaster specialising in natural history, confirms that a number of the plants in the texts are not native plants, which suggests that the Physicians may have used recipes that originated elsewhere in Europe.

This is also the view of David P. Davies, who has been exploring the physicians' healing skills since retiring as a consultant paediatrician. He says the closeness of the parish of Myddfai to the ports of Carmarthen and Tenby meant that medicinal plants could have reached the physicians from far-away places such as the Middle East and even India and the Orient.

Dr David Stephenson of the School of History and Archaeology at Bangor University, says the presence of medical practitioners is sometimes revealed by place-names. The most numerous cases relate to the Myddfai region where we find Llidiart y Meddygon, Pant y Meddygon, Tir Dafydd Meddyg, Llwyn Ifan Feddyg and Llwyn Meredydd Feddyg. "This is almost certainly the single greatest concentration of 'medical' place-names in Wales, and surely reveals the eminence of Myddfai as a centre of medical expertise," he adds.

This is reiterated by David Thorne, a native of Carmarthenshire, who was Professor of Welsh at the University of Wales, Lampeter. He also discusses the medical significance of honey to the numerous place-names that contain elements such as mêl (honey), gwenyn (bees), and dil (honeycomb). "A readily available antiseptic would have been of key importance to [a physician]. The most effective and easily available antiseptic by far would have been honey," he says.

* Copies are available from the Myddfai Community Hall Shop, or by post from: Dr Robin Barlow, Felin Frân, Myddfai, Llandovery, SA20 0PQ at £15 per copy, plus £3.50 post and packing. Cheques to be made payable to 'Physicians of Myddfai Society'.

Handel Jones

IT'S A NEW TERM. TRY A NEW ACTIVITY



Kick those blues. Whether you're feeling a bit down after a tough week, or are just looking for an activity that makes you feel good, community singing is proven to give us an emotional lift. The joint sense of purpose created by coming together in harmony as a group, boosts mood and overall wellbeing. A recent paper by Canterbury University even showed that group singing alleviates feelings of depression and anxiety.

There are plenty of physical benefits to singing regularly. Singing boosts the amount of oxygen in the blood, increases energy levels, and works out a range of muscles in the upper body. A joint study between Harvard and Yale in 2008 showed that regular singing can even increase life expectancy. These benefits are enhanced in a group setting, compared to singing alone. Singing in a group offers us a sense of belonging to something bigger than ourselves. It helps us feel that we are needed by the larger community.

Countless studies have shown the 'community-building power' that group singing has. Scientists and psychologists say that joining a choir can help you make friends with people faster than joining any other social group. You don't need to have the voice of Andrea Bocelli to have a great time! For the vast majority of amateur choirs you'll find (i.e. church, community), there is no audition and no experience required. It doesn't matter that everyone in the group isn't a classically-trained vocalist. The larger the amount of people the stronger the sound. This means you don't have to be afraid to sing out! Even if you don't quite hit the note, there are dozens of people around you who did, and there's no damage done!!

If you are interested in singing with others, Tywi Harmony Community Choir meets in Maes Elfryn Hall, Llandeilo every Thursday 7-9 pm. Everything is learnt by ear, and we sing world, gospel and popular music. Our warm and friendly group welcomes everyone. Term starts on September 13th onwards. If you want to know more contact Vivienne 01550 779062 or David 01269 597303.



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- **Unusual old solid oak side chair** with wooden arms, covered in Autumnal dot fabric, £60 ono. Tel: 01558 668102.
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- **Vintage Cast Iron Large Roll Top Bath**, very good unmarked condition, original feet. L 72 X W 29 X H 23 inches. Bargain £95, Photos available. Tel 01550 722969.
- **SLATE SLAB 2x2 FOOT APPROX 1 INCH DEEP** – useful for wood burning stove /under fire bowl etc, £11. Tel: 01558 685553 / 07890 1330123.
- **Two Bookcases**, each with four shelves, light oak veneer top, charcoal body. Size: 127cm tall x 68cm wide x 27cm deep. Sold together or separately. Buyer collects, £15 each. Tel: 01550 740228.
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- **New single mattress**, RRP £499 selling for £200, Comfort deluxe orthopaedic memory foam still factory sealed. Tel: 01550 938367 or 07925 993367.
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- **Girls bike, Apollo** – dark pink – 16" wheel frame, like new delivery can be arranged. £45 ono. Tel: 07972 614635 (Llangadog).
- **Hotpoint fridge** 85cm H – 60cm D – 55 cm W, £25. Tel: 01550 779263 or 07980 033732.
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WANTED

- **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.
- **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.
- **House in Countryside Setting.** Detached, self-contained accommodation for artist and writer couple. Rural or semi-rural with garden/outbuilding if possible. Current let 18 years. Quiet couple. Excellent references. Please telephone: 01550 721197 after 6pm (answer machine messages replied to).
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- **Rural Respite Care and accommodation (self-contained).** Also housing/social care advocate (attend meetings). Please telephone: 01550 721197.
- **Volunteer Homeworkers, Website and Other Help needed for Vegan charity.** See Vegfam's entry at back of The Post. Previous responders taken on soon. Tel: 01550 721197.
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Dydd Mercher/Wednesday Ar Gau/Closed

Dydd Iau/Thursday 10.00am – 1.00pm,
2.00pm – 4.15pm

Dydd Gwener/Friday Ar Gau/Closed

Dydd Sadwrn/Saturday 10.00am – 12.00pm

LLANDOVERY MALE VOICE CHOIR

If you love sing and wonder what its like being in a choir, come and join us at The Castle Hotel, Llandovery at 8.00pm on Wednesday 12th September. We are holding a recruitment evening and all are welcome, experienced or otherwise. Our repertoire is both Welsh and English songs. Croeso cynnes i bawb.

LLANDOVERY FRIENDSHIP CLUB

Llandovery Friendship Club met at the Croquet Club for afternoon tea on Wed July 25th, each member brought a plate of food to share, there was a selection of home made savouries and cakes.

Thank you to everyone for their donations, thank you also to the Croquet Club for the invitation which is very much appreciated. The location is very favourable and of course the weather was GLORIOUS !, too hot to plat Croquet !!

Mrs Gina Jones (Chair person) opened the meeting with the Lord's Prayer and informed us of various functions on in town during August.

50 + Club has invited us again to the Botanic Garden's on Fri Sept 14th, this is a free trip, if you are a member of the 50+ Club with CCC we are also organising a trip to Porthcawl on Wed Seot 26th, this is the Elvis Presley week.

If anyone is interested in coming, non members are very welcome, cost of bus £10 please contact Angela on 720056.

Turkey and tinsel trip was also discussed which is to Weymouth on Nov 20th – 24th with Jones International , if interested names to Angela at next meeting, £40 deposit in Sep meeting.

Gina then introduced Miss Victoria Bancroft our speaker for the afternoon, Victoria was coming back to her roots. Her father had a television business in Stone St many years ago, so Victoria met many people she new in Llandovery when she was a (school girl). Victoria explained her project and asked us to give her ideas of what we thought Llandovery was lacking !!

There was a great response as the town has changed dramatically, and is looking for suggestions to promote the town. For a small town we do have many activities for people to choose from. Victoria will return at a later date for more discussions.

The raffle was then drawn, a small donation was given to the Croquet Club.

£100 donation was given to the ambulance service to purchase equipment, this was agreed by all members.

A very enjoyable afternoon was had by all hopefully this can be repeated again next year.

Mary Jackson BEM.



Church Services

E-English W-Welsh B-Bilingual

PARISH OF LLANSADWRN, LLANWRDA, WITH CAPEL DEWISANT & MANORDEILO

(all services are bilingual)

St Gwrdaf Church, Llanwrda

- 2 Sep 8.30am Holy Eucharist
9 Sep 8.30am Holy Eucharist
16 Sep 8.30am Holy Eucharist

St. Sadwrn Church, Llanisadwrn

- 2 Sep 11.00am Holy Eucharist
16 Sep 11.00am Holy Eucharist
23 Sep 11.00am Rainbow Church
30 Sep 10.00am Joint Parish Eucharist

Capel Dewi Sant

- 2 Medi 2.15yp Cymun Bendigaid
16 Medi 2.15yp Cymun Bendigaid
23 Medi 2.15yp Hwyrrol Weddi

St. Paul's, Manordeilo

- 2 Sep 9.30am Holy Eucharist
9 Sep 9.30am Morning Prayer
16 Sep 9.30am Holy Eucharist
23 Sep 9.30am Holy Eucharist

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

PARISH OF LLANDOVERY WITH MYDDFAI

Llandingat

- 2 Sept 10.00am Family Communion
6.00pm Holy Communion
9 Sept 9.30am Holy Communion
6.00pm Informal service
16 Sept 9.30am Holy Communion
6.00pm Evening Prayer
23 Sept 8.00am Holy Communion
9.30am Holy Communion
6.00pm Evening Prayer
30 Sept 10.30am Joint Service in Myddfai
6.00pm Evening Prayer

Llanfair

- 2 Sept 9.00am Cymun Bendigaid
16 Sept 11.00am Cymun Bendigaid

St Michael's, Myddfai

- 2 Sept 11.30am Holy Communion
9 Sept 11.30am Holy Communion
16 Sept 11.30am Morning Prayer
23 Sept 11.30am Holy Communion
27 Sept 7.00pm Harvest Festival
30 Sept 10.30am Joint Parish Communion

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

- 2 Sept 9.30am Holy Communion
9 Sept 9.30am Morning Prayer
16 Sept 9.30am Morning Prayer
23 Sept 9.30am Morning Prayer
30 Sept 10.30am Holy Communion in Llandeusan

For further information please contact 01550 777226.

ST SIMON & ST JUDE, LLANDEUSANT

- 9 Sept 6.00pm Evening Prayer
23 Sept 2.00pm Holy Eucharist with Rev. Vanessa Hope-Bell
30 Sept 10.30am Joint Parish Holy Eucharist with Rev. Vanessa Hope-Bell

PARISH OF LLANDEILO FAWR

Rev. Michael Sadler. Tel. 01558 823862

Llandeilo Parish Church

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

Evening Prayer and Compline alternate

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

St John's Maestelo

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

Holy Trinity Taliaris

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

ST. DAVID'S CATHOLIC CHURCH, LLANDEILO

Tel: 01558 824305

Mass, SUNDAY 11.00a.m.

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

TOWY CHRISTIAN FELLOWSHIP

In the YMCA, Market Street, Llandoverly.

Phone: 01550 777149

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

BAPTIST CHAPEL

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

10.30am Welsh Service.

ALL SAINTS GWYNFE

- 2 Sep 11.15am Eucharist
9 Sep 11.15am Morning Prayer
16 Sep 11.15am Morning Prayer
23 Sep No Service
30 Sep 10.30am United Eucharist, Llandeusan

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 RHANDIRMYN & CYNGHORDY

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

- 2 Sep 2.30pm Holy Communion
9 Sep 2.30pm Holy Communion
16 Sep 2.30pm Evening Prayer
23 Sep 2.30pm Holy Communion
30 Sep 10.00am Joint Service Ystradffin

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

St. Barnabas Church, Rhandirmyn

- 2 Sep 9.30am Holy Communion
9 Sep 9.30am Holy Communion
16 Sep 9.30am Morning Prayer
23 Sep 9.30am Holy Communion
30 Sep 10.00am Joint Service Ystradffin

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

St. Michael's, Cilycwm

- 2 Sep 11.15am Holy Communion
9 Sep 11.15am Holy Communion
16 Sep 11.15am Morning Prayer
23 Sep 11.15am Holy Communion
30 Sep 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 CATHEINIOG

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

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

OUR LADY'S R.C., LLANDOVERY

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

THANK YOU

John and Mauren Williams would like to thank all those who attended their sons memorial service on May 19th at Llandovery College Chapel.

Many thanks to all those who gave a donation to the Richard Williams Memorial Sports Award.

MERCHED Y WAWR

Bydd y Cyfarfod nesaf ar Medi 12 yn Neuadd Dolau Bran am 7 or gloch, pryd y cawn gwmi Helen Harries a fydd yn adrodd hanes ei ymweliad a gwlad Tailand.

THE LIGHT IS SHINING

at Ebenezer Apostolic Church, Halfway, Talley

We have had a glorious summer enabling families to head to the beach for sandcastle building and seaside frolics. There have been many summer events taking place and, as the weather has been dry and hot, these activities have been well attended. It is good to smell the food aromas wafting over the venues, to listen to the music and to the sound of children chattering and having fun. The summer flowers have been dazzlingly colourful and scented. The sunshine has really added to our enjoyment of our family gatherings and we have been encouraged to delve into the back of our wardrobes and bring out our most colourful summer attire.

But have you ever considered that it may not be our outward appearance that matters but our inner being. In the bible we are reminded that "The Lord does not look at the things man looks at. Man looks at the outward appearance, but the Lord looks at the heart." (1 Samuel 16 verse 7.)

Time then to reflect on where our own hearts are. At various times of the year it is good to take stock, stop and think about where we are headed in this journey we call "life!"

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

Angie Davies.

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 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 Llandovery at 10.47am, organised by Dinefwr Ramblers. Leader: Pam & Hugh Simpson Tel. 01558 822405 Mob. 07810 414378.

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

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.

Myddfai Show at Myddfai Community Hall & Visitor Centre – Entries in by 11.30am, Open to the public 2.00pm entrance fee £2, prize giving at 4.00pm. Myddfai Cafe & Gift shop open all day. Schedule details on Myddfai Website & Facebook. www.myddfai.org 01550 720449.

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.

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

Worship at William Williams Chapel, High Street, Llandovery. Communion service will be part of our worship.

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.

Pilates at Carmarthen Library, 6.00 – 7.10pm, suitable for all levels. Great for backs, necks, hips, knee issues and to improve posture. For info ring/text Sonia 07793 084378.

Hatha Yoga at Carmarthen Library, 7.15 – 8.30 pm suitable for all abilities for info ring/text Sonia 07793 084378. Just come and enjoy what your body can do. Allow your mind and body to let go of any pressures and tensions. Have some “me” time

Bootcamp - fat loss nutrition plan and weekly weigh in at Llangathen Temperance Hall, 6.15 – 7.00am. For info ring/text Sonia 07793 084378.

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.

Chair / Remedial Pilates, 10.45am at Llangathen Hall – suitable for anyone with limited mobility (for any reason). For info ring/text Sonia 07793 084378 – limited places – course of 4 weeks

Llandovery Pilates beginners class, 1.30pm – course of 6 weeks. For info ring/text Sonia 07793 084378.

General Hatha Yoga – suitable for all levels and abilities. Just come and enjoy what your body can do. Allow your mind and body to let go of any pressures and tensions at Myddfai Community Hall. For info ring/text Sonia 07793 084378 or look for Ragini yoga Pilates and fitness on Facebook

FREE CPR training at Myddfai Community Hall, Two sessions 10.30am – 12.30pm and 1.30pm – 3.30pm, Other dates and evening sessions available too, suitable for groups or individuals tel Ros on 01550 721676 or email andrews58@btinternet.com for more details. www.myddfai.org

Llandovery Croquet and Bowls Club – Match between Llandovery and Dyffryn (Cardiff) Croquet Club – visitors welcome, Contact John 07435 786762 for more info.

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

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.

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.

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 Ammanford car park. Dep. 11.00am on by car, organised by Dinefwr Ramblers. Leader: David Murfin Tel. 01269 850914 Mob. 07872 428423.

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

Cwmdu Vestry. Aikido Lessons. Every Wednesday from 7pm. Everyone welcome whether a beginner or with experience. The only requirement is comfortable loose clothing. £4 per session.

General Hatha Yoga suitable for all levels at Llangathen Hall. Allow your mind and body to let go of any pressures and tensions. For info ring/text Sonia 07793 084378 or look for Ragini yoga Pilates and fitness on Facebook.

Bootcamp – fat loss nutrition plan and weekly weigh in at Llangathen Temperance Hall, 6.15 – 7.00am. For info ring/text Sonia 07793 084378 or check out Ragini yoga Pilates and fitness on Facebook.

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

A friendly, practical course in Conversational French with french tutor Amelie. Beginners: 18:30 to 19:30, Advanced 19:45 to 20:45 every Wednesday, starts the 5th of September 2018 at the Function Rooms in the Angel Inn, Llandeilo. Bookings: amelie.vivelafrance@gmail.com or telephone: 01558 685175. This course is run as a four week block that can be renewed.

Sennybridge Bowls, mixed, every Wednesday night at 7.00pm. Possible lift. Tel: 03302 210606.

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.

Cymdeithas Cwmdu. The meeting is held every first Thursday of the month in the Cwmdu Inn from 8.00pm. If you are interested in the village's social activities, come along for updates on previous events, and ideas for new ones. Find out how we work together to ensure the continuation of this community enterprise.

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

Pilates – mixed abilities – great for backs, necks, hips and trimming your waist as a bonus at Myddfai Community Hall, 10.00am. Sonia 07793 084378 check out Ragini yoga Pilates and fitness on Facebook.

Pilates, 6.15 – 7.15pm at the Llangathen Temperance hall – suitable for all levels – great for backs / necks / hips / knees and posture. For info ring/text Sonia 07793 084378 check out Ragini yoga Pilates and fitness on Facebook.

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.

Beginners Drawing and Painting course with Genevieve Caminade, 18:00 – 20:00. 6 weeks. Starts Thursday 6th September 2018. These drawing and painting sessions will help you to develop technical skills in a relaxed and supportive environment. Students will be encouraged to explore a variety of art materials and different approaches to drawing. Reference to contemporary and historical artists will help you to inform, inspire and develop your skills. For the Drawing sessions we will cover topics such as line, tone, composition, perspective, proportion and for the painting sessions, colour theory, mixing colours [and more]. This course is suitable for beginners or those returning to drawing and painting. [Daytime classes are also possible, subject to demand]. Where: The venue has yet to be confirmed; Either Llandeilo or Talley. Time: 18:00 – 20:00. For bookings contact: genecaminade@hotmail.com, tel. 01558 685175.

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

Cwmdru Folk Night. A night of free music in the Cwmdru Inn from 8.00pm. Come and join in the open session or just listen - you will be very welcome. For more information, phone the shop/pub on 01558 685156.

Cribbage Evenings every Friday at the Sextons, Llansadwrn.

Bootcamp – fat loss nutrition plan and weekly weigh in at Llangathen Temperance Hall, 6.15 – 7.00am. For info ring/text Sonia 07793 084378 – check out Ragini yoga Pilates and fitness on Facebook.

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.

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

Art in the Garden', in the Great Glass Dome at the Botanic Garden of Wales. A Drawing and Painting two day intensive course with professional painter Genevieve Caminade. For Bookings please go on the 'Day Course' page of the Botanic Garden of Wales website for more information and bookings.

Sound Healing, Shamanic Journeying & Mandala Making Workshops at Llanwrda Hall, 1.00pm to 5.00pm: Shamanic Journeying (for guidance and healing, with a live drum beat) and Mandala Making in a Sacred Space. No experience needed. Refreshments provided. Create a medicine wheel mandala to reflect your holistic self, as a guide for inner harmony and for balance and holistic health. Explore the beauty and creativity of your authentic self. All welcome. Cost Per 4 hour workshop: £45/£35/£25.00 Bursaries may be available.

8 SEPTEMBER – 9 SEPTEMBER:

St David's Church, Llywel: A festival of photographs and flowers celebrating 'Life's journey through the church', with church registers being available for viewing, 8th September: 10.00am to 5.00pm and Sunday 9th September: 12.00 noon to 5.00pm. Admission is free and refreshments will be available. Please come and join us as we celebrate the completion of our extensive repair project.

9 SEPTEMBER:

Cwmdru 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.

Open Mic Night and gig by Richard Keen and friends with the tag "A cracking evening's entertainment" at The Sextons, Llansadwrn.

Art in the Garden', in the Great Glass Dome at the Botanic Garden of Wales. A Drawing and Painting two day intensive course with professional painter Genevieve Caminade. For Bookings please go on the 'Day Course' page of the Botanic Garden of Wales website for more information and bookings.

Bible Study at 10.00am followed by Worship at 11.00am at William William's Chapel. High Street, Llandoverly.

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.

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.

Pilates at Carmarthen Library, 6.00 – 7.10pm, suitable for all levels. Great for backs, necks, hips, knee issues and to improve posture. For info ring/text Sonia 07793 084378.

Hatha Yoga at Carmarthen Library, 7.15 – 8.30 pm suitable for all abilities for info ring/text Sonia 07793 084378. Just come and enjoy what your body can do. Allow your mind and body to let go of any pressures and tensions. Have some “me” time

Bootcamp - fat loss nutrition plan and weekly weigh in at Llangathen Temperance Hall, 6.15 – 7.00am. For info ring/text Sonia 07793 084378.

11 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.

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.

General Hatha Yoga – suitable for all levels and abilities. Just come and enjoy what your body can do. Allow your mind and body to let go of any pressures and tensions at Myddfai Community Hall. For info ring/text Sonia 07793 084378 or look for Ragini yoga Pilates and fitness on Facebook

The Arts' Society Lecture by Andrew Green on Kyffin Williams: A Great Welsh Artist? Lectures at held in Theatr Brycheiniog at 2.30 p.m. Further information contact Membership Secretary, Dr. Caroline Boorer on 01550 720014.

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.

Ladies Service at William Williams Chapel (vestry), 2.30pm on the 2nd Tuesday of every month. Refreshments after. All welcome. Tel: 01550 720674 for further information.

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

12 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.

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 – Bryncoch: A walk around Bryncoch, up to Carreg Cennen castle and return via Trapp. Dist. 5 miles. Moderate Explorer map: OL12/ 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.

Cwmdu Vestry. Aikido Lessons. Every Wednesday from 7pm. Everyone welcome whether a beginner or with experience. The only requirement is comfortable loose clothing. £4 per session.

General Hatha Yoga suitable for all levels at Llangathen Hall. Allow your mind and body to let go of any pressures and tensions. For info ring/text Sonia 07793 084378 or look for Ragini yoga Pilates and fitness on Facebook.

Bootcamp – fat loss nutrition plan and weekly weigh in at Llangathen Temperance Hall, 6.15 – 7.00am. For info ring/text Sonia 07793 084378 or check out Ragini yoga Pilates and fitness on Facebook.

A friendly, practical course in Conversational French with french tutor Amelie. Beginners: 18:30 to 19:30, Advanced 19:45 to 20:45 every Wednesday, starts the 5th of September 2018 at the Function Rooms in the Angel Inn, Llandeilo. Bookings: amelie.vivelafrance@gmail.com or telephone: 01558 685175. This course is run as a four week block that can be renewed.

Sennybridge Bowls, mixed, every Wednesday night at 7.00pm. Possible lift. Tel: 03302 210606.

Llandovery Male Voice Choir – If you love sing and wonder what its like being in a choir, come and join us at The Castle Hotel, Llandovery at 8.00pm. We are holding a recruitment evening and all are welcome, experienced or otherwise. Our repertoire is both Welsh and English songs. Croeso cynnes i bawb.

13 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.

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

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

Pilates – mixed abilities – great for backs, necks, hips and trimming your waist as a bonus at Myddfai Community Hall, 10.00am. Sonia 07793 084378 check out Ragini yoga Pilates and fitness on Facebook.

Pilates, 6.15 – 7.15pm at the Llangathen Temperance hall – suitable for all levels – great for backs / necks / hips / knees and posture. For info ring/text Sonia 07793 084378 check out Ragini yoga Pilates and fitness on Facebook.

Dinefwr Photographic Society – Welcome back, a look at the forthcoming programme, launch of members projects and a look your summer shots. Please feel free to bring along 3 or 4 of your best shots from the summer break on a memory stick to show on the night. New members of all abilities are most welcome to come along for free to a couple of meetings, we are a friendly non-competitive society who exist to share knowledge and experience and enjoy the social aspect of photography. If you are interested in coming along

visitors are always welcome. The society meets on alternate Thursdays at The Angel Llandeilo at 7:00pm. Full details of the programme will be on the society's website and each month's edition of The Post. For further information please feel free to contact any of the following; Dorian, Simon, Will. **IT'S FUN TO SING WITH 'TYWI HARMONY'** Everyone welcome, no experience needed, no music to read. Come and start the new term with us. Learn popular, gospel and world music, all in unaccompanied harmony. Come and sing great uplifting harmonies with this warm and friendly group. Thursdays, 7.00pm, at Maes Elfryn Hall, Llandeilo (far end of Dinefwr Ave, off new Rd, by Spar.) Do phone if it is your first time as dates occasionally change. Enquiries – Vivienne on 01550 779062 or David on 01269 597303.

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

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.

Beginners Drawing and Painting course with Genevieve Caminade, 18:00 – 20:00. 6 weeks. Starts Thursday 6th September 2018. These drawing and painting sessions will help you to develop technical skills in a relaxed and supportive environment. Students will be encouraged to explore a variety of art materials and different approaches to drawing. Reference to contemporary and historical artists will help you to inform, inspire and develop your skills. For the Drawing sessions we will cover topics such as line, tone, composition, perspective, proportion and and for the painting sessions, colour theory, mixing colours [and more]. This course is suitable for beginners or those returning to drawing and painting. [Daytime classes are also possible, subject to demand]. Where: The venue has yet to be confirmed; Either Llandeilo or Talley. Time: 18:00 – 20:00. For bookings contact: genecaminade@hotmail.com, tel. 01558 685175.

14 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.

Cribbage Evenings every Friday at the Sextons, Llansadwrn. **Bootcamp** – fat loss nutrition plan and weekly weigh in at Llangathen Temperance Hall, 6.15 – 7.00am. For info ring/text Sonia 07793 084378 – check out Ragini yoga Pilates and fitness on Facebook.

Llandoverly Poetry and Prose. Ring first for confirmation of date. Midday to 1.45pm. Dolau Bran Community Hall. All ages welcome. Meet to read out or just listen to different poetry types, styles and languages. Self-penned or otherwise. Refreshments. Friendly group. Donation of whatever you can afford. Tel: Simon or Sandra on: 01550 721197.

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

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

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.

Jam Jar Blues put together another show (following their recent successes) at Crugybar Village Hall, SA19 8RY, 7.00 for 7.30 p.m. . An evening of Blues and not so Blues from this local duo. Tea, Coffee and Biscuits provided, but bring your own favourite tipples and nibbles, glasses and plates available, if you wish. Entry £5.00.

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.

Luest 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 – Elan Valley: Ancient tracks on open moorland, passing a Roman camp and return alongside the Penygarrag 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.

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.

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

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.

Pilates at Carmarthen Library, 6.00 – 7.10pm, suitable for all levels. Great for backs, necks, hips, knee issues and to improve posture. For info ring/text Sonia 07793 084378.

Hatha Yoga at Carmarthen Library, 7.15 – 8.30 pm suitable for all abilities for info ring/text Sonia 07793 084378. Just come and enjoy what your body can do. Allow your mind and body to let go of any pressures and tensions. Have some "me" time

Bootcamp - fat loss nutrition plan and weekly weigh in at Llangathen Temperance Hall, 6.15 – 7.00am. For info ring/text Sonia 07793 084378.

Sound Healing, Shamanic Journeying & Mandala Making Workshops at Llangathen Hall, 1.00pm to 5.00pm: Sound

healing workshop. Experience Vocal sound healing and sound baths in a sacred space, with a Gong bath, poetry dive and chanting. Join us for deep relaxation, healing and inner peace. All welcome (beginners or more experienced sound practitioners). Refreshments provided. Cost Per 4 hour workshop: £45/£35/£25.00 Bursaries may be available.

18 SEPTEMBER:

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

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

General Hatha Yoga – suitable for all levels and abilities. Just come and enjoy what your body can do. Allow your mind and body to let go of any pressures and tensions at Myddfai Community Hall. For info ring/text Sonia 07793 084378 or look for Ragini yoga Pilates and fitness on Facebook

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.

Sunday School for Children and Worship for all at 11.00am at William William's Chapel. High Street, Llandoverly.

19 SEPTEMBER:

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

Mid-Wales Four-Day Walking Festival starts in Llanwrtyd Wells . Marked routes of 12 or 20 miles taking in Sugar Loaf, Esgair Dafydd and Cynghordy, also guided walks of 8 or 5 miles. Manned checkpoints, refreshments etc., book online in advance or on the day. Register at the Neuadd Arms Hotel from 8am, start out from Llanwrtyd Square from 8.30am onwards. For information, see www.green-events.co.uk or telephone 01591 610666/610236.

Summer Comes to an End – Demonstration by Daphne Furneaux organised by Llandoverly Floral Art at 7.00pm in Dolau Bran, Llandoverly. Tel: 01550 740242 for further details.

The Ramblers – Black Mountain 2: A circular walk from Herbert's Quarry on the Black Mountain with good views (weather permitting). Dist. 5 miles. Easy/Moderate Explorer map: OL12. Meeting point: Herbert's Quarry viewpoint SN730193 Dep. 1.00pm, organised by Dinefwr Ramblers. Leader: Don Lazenby Tel. 01550 779242 Mob. 07916 123619.

Cwmdu Vestry. Aikido Lessons. Every Wednesday from 7pm. Everyone welcome whether a beginner or with experience. The only requirement is comfortable loose clothing. £4 per session.

Paul Green from Greensleaves Nursery will give a talk to Cothi Gardeners, Coronation Hall, Pumsaint, SA19 8UW, 7.30pm. Visitors & guests most welcome, £3 which includes refreshments.

General Hatha Yoga suitable for all levels at Llangathen Hall. Allow your mind and body to let go of any pressures and tensions. For info ring/text Sonia 07793 084378 or look for Ragini yoga Pilates and fitness on Facebook.

Bootcamp – fat loss nutrition plan and weekly weigh in at Llangathen Temperance Hall. 6.15 – 7.00am. For info ring/text Sonia 07793 084378 or check out Ragini yoga Pilates and fitness on Facebook.

Sennybridge Bowls, mixed, every Wednesday night at 7.00pm. Possible lift. Tel: 03302 210606.

20 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.

Mid-Wales Four-Day Walking Festival continues in Llanwrtyd Wells . Marked routes of 12 or 20 miles to Abergwesyn and Llyn Brianne, also guided walks of 8 or 5 miles. Manned checkpoints, refreshments etc., book online in advance or on the day. Register at the Neuadd Arms Hotel from 8am, start out from Llanwrtyd Square from 8.30am onwards. For information, see www.green-events.co.uk or telephone 01591 610666/610236.

Pilates – mixed abilities – great for backs, necks, hips and trimming your waist as a bonus at Myddfai Community Hall, 10.00am. Sonia 07793 084378 check out Ragini yoga Pilates and fitness on Facebook.

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course is suitable for beginners or those returning to drawing and painting. [Daytime classes are also possible, subject to demand]. Where: The venue has yet to be confirmed; Either Llandeilo or Talley. Time: 18:00 – 20:00. For bookings contact: genecaminade@hotmail.com, tel. 01558 685175.

21 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.

Mid-Wales Four-Day Walking Festival continues in Llanwrtyd Wells . Marked routes of 12 or 20 miles, mixed terrain with climbs and views including Fwng and Irfon Forest tracks, also guided walks of 8 or 5 miles. Manned checkpoints, refreshments etc., book online in advance or on the day. Register at the Neuadd Arms Hotel from 8am, start out from Llanwrtyd Square from 8.30am onwards. For information, see www.green-events.co.uk or telephone 01591 610666/610236.

Cribbage Evenings every Friday at the Sextons, Llansadwrn. **Rose Mathews with live band** - DiEnw - Folk Dancing, Rhys Pritchard Hall, SA20 0DD, £5, incl. refreshments, 7.30pm – 10.30pm. www.facebook.com/llandoverfolk dancing www.llandoverfolk dancing.co.uk Tel: 01550 720483.

Bootcamp – fat loss nutrition plan and weekly weigh in at Llangathen Temperance Hall, 6.15 – 7.00am. For info ring/text Sonia 07793 084378 – check out Ragini yoga Pilates and fitness on Facebook.

Llandover Poetry and Prose. Ring first for confirmation of date. Midday to 1.45pm. Dolau Bran Community Hall. All ages welcome. Meet to read out or just listen to different poetry types, styles and languages. Self-penned or otherwise. Refreshments. Friendly group. Donation of whatever you can afford. Tel: Simon or Sandra on: 01550 721197.

22 SEPTEMBER:

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

Mid-Wales Four-Day Walking Festival continues in Llanwrtyd Wells . Marked routes of 12 or 20 miles to Llyn Brianne via Irfon and Tywi Forests (mixed terrain), also guided walks of 8 or 5 miles. Manned checkpoints, refreshments etc., book online in advance or on the day. Register at the Neuadd Arms Hotel from 8am, start out from Llanwrtyd Square from 8.30am onwards. For 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.

More musicians from Madagascar (and some Welsh ones as well!). Those of you who were at the concert given by Malagasy singers and dancers in Llangadog in June will remember the verve and joy with which they performed. Now there is a chance to hear another group of internationally known Malagasy folk musicians in a concert in Cardiff. It is a concert to mark the bicentenary of the first Welsh missionaries landing in Madagascar, and will feature musicians from Wales and Madagascar. The musicians

representing Wales will be The Nidum Ensemble – a brilliant group of young players from various London orchestras, the Royal Liverpool Philharmonic and the BBC National Orchestra of Wales. The group representing Madagascar will be that of Justin Vali (pictured). Justin Vali is among the greatest living players of traditional Malagasy music on the valiha which is considered to be the national instrument of Madagascar. His group will be joined by Paddy Bush, brother of the singer Kate Bush. Paddy is a skilled performer on the valiha and is an authority on the traditional music of Madagascar. He and Justin have performed together at the WOMAD festival and have produced an album called “The Sunshine Within”. A bus will be going from Llangadog – for information about tickets and the bus please ring Gwen Evans on 01550 777813.

23 SEPTEMBER:

The Ramblers – Twmpa (Lord Hereford's Knob): Grywne Fawr—Pen Rhos Dirion Wonderful views from the ridge. Dist. 8 miles. Moderate/Energetic Explorer map: OL13. Meeting point: Sennybridge car park. Dep. 10am on by car, organised by Dinefwr Ramblers. Leader: Ian Wagstaff Tel. 01269 823949.

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.

Guest speaker, Christopher Lockwood from South Africa at the 11.00am service at William William's Chapel. High Street, Llandoverly.

24 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.

French Lessons every Monday, 6.15 – 8.00pm at Crugybar village hall, £10 weekly. Contact gilypickering@aol.com or 01550 760067.

Pilates at Carmarthen Library, 6.00 – 7.10pm, suitable for all levels. Great for backs, necks, hips, knee issues and to improve posture. For info ring/text Sonia 07793 084378.

Hatha Yoga at Carmarthen Library, 7.15 – 8.30 pm suitable for all abilities for info ring/text Sonia 07793 084378. Just come and enjoy what your body can do. Allow your mind and body to let go of any pressures and tensions. Have some “me” time

Bootcamp - fat loss nutrition plan and weekly weigh in at Llangathen Temperance Hall, 6.15 – 7.00am. For info ring/text Sonia 07793 084378.

25 SEPTEMBER:

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

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

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.

General Hatha Yoga – suitable for all levels and abilities. Just come and enjoy what your body can do. Allow your mind and body to let go of any pressures and tensions at Myddfai Community Hall. For info ring/text Sonia 07793 084378 or look for Ragini yoga Pilates and fitness on Facebook

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.

Ladies Service at William Williams Chapel (vestry), 2.30pm on the 2nd Tuesday of every month. Refreshments after. All welcome. Tel: 01550 720674 for further information.

26 SEPTEMBER:

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

Llangadog Gardening Club. A talk by Vicki Weston “Salvias and Penstemons”, 7.30pm. All welcome. Enquiries to Helen on 01550 777719.

Italian Lessons every Wednesday, 6.15 – 8.00pm at Crugbar village hall, £10 weekly. Contact gillypickering@aol.com or 01550 760067.

The Ramblers – Pembrey: A walk through the woods and back along the beach. Views across Carmarthen Bay (weather permitting). Dist. 5 miles. Moderate Explorer map: 178. Meeting point: Tesco Ammanford car park. Dep. 12.00pm on by car, organised by Dinefwr Ramblers. Leader: Jude & John Charteris Tel. 01558 823004 Mob. 07776 433921.

Cwmdu Vestry. Aikido Lessons. Every Wednesday from 7pm. Everyone welcome whether a beginner or with experience. The only requirement is comfortable loose clothing. £4 per session.

General Hatha Yoga suitable for all levels at Llangathen Hall. Allow your mind and body to let go of any pressures and tensions. For info ring/text Sonia 07793 084378 or look for Ragini yoga Pilates and fitness on Facebook.

Bootcamp – fat loss nutrition plan and weekly weigh in at Llangathen Temperance Hall, 6.15 – 7.00am. For info ring/text Sonia 07793 084378 or check out Ragini yoga Pilates and fitness on Facebook.

Myddfai Farmers Market at Myddfai Community Hall & Visitor Centre 9.00am – 1.00pm. Come along for a great range of quality local produce all in one place. The cafe & gift shop will be open too. Tel 01550 720449 www.myddfai.org

Poetry at The Angel, Llandeilo - 6.30pm to 8.30pm – Free. Usually we meet Last Wednesday of every month, Upstairs Room at The Angel Hotel. Share your own poetry and prose and/or your other favourites. Telephone Sandra on: 01550 721197.

Sennybridge Bowls, mixed, every Wednesday night at 7.00pm. Possible lift. Tel: 03302 210606.

Llandoverly Community Cinema. Lean on Pete (15) Adventure/Drama. The film follows 15 year old Charley Thompson, he wants a home, food on the table and a high school he can attend for more than just part of the year. As the son of a single father working in warehouses across the Pacific North West, stability is hard to find. Hoping for a new start they move to Portland, Oregon where Charley takes a summer job with a washed up horse trainer, and he befriends a failing racehorse named ‘LEAN ON PETE’. 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.

27 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.

Quiz Night at the Cennen Arms, Trap: Every 4th Thursday of the month at 7.30pm with all proceeds being donated to Llest 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.

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Dinefwr Photographic Society – Bring your kit and a question; this meeting will be a practical / instructional evening aimed at helping members get more from their camera, whether it's a mobile phone or hi-tech camera system. Find out the functions you never knew you had that might help you take pictures. The evening is aimed at all who enjoy making pictures whether on a phone or camera system. If you are interested in coming along visitors are always welcome. The society meets on alternate Thursdays at The Angel Llandeilo at 7:00pm. Full details of the programme will be on the society's website and each months edition of The Post. For further information please feel free to contact any of the following; Dorian, Simon, Will.

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

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One for the dog lovers among us, Sinema Sadwrn are excited to show Wes Anderson's stop-motion animation, Isle of Dogs. Atari Kobayashi is 12 years old, and ward to Kobayashi, the corrupt mayor of Megasaki City. When, by Executive Decree, all the canine pets of Megasaki City are exiled to a vast garbage dump, Atari sets off alone in a miniature Junior-Turbo Prop and flies to Trash Island in search of his bodyguard-dog, Spots. There, with the assistance of a pack of newly-found mongrel friends, he begins an epic journey that will decide the fate and future of the entire Prefecture. Certificate PG, running time 101 minutes. Starts 7.00 in the Reading Room, Llansadwrn. Visit Sinema Sadwrn on Facebook for more information or call 07900 908391.

Harvest Supper at The Old School, Capel Dewi. Tickets, £15, available from Enid McCall and Jenny Davies.

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

29 SEPTEMBER:

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

The Ramblers – Pontardawe & Swansea Valley: The Gwrhyd Walk passes through Ynysmeudw and the Gilwen area. Evidence of industrial heritage Dist. 11 miles. Energetic Explorer map: 165. Meeting point: Tesco Ammanford car park. Dep. 9.00pm on by car, organised by Dinefwr Ramblers. Leader: David Murfin Tel. 01269 850914 Mob. 07872 428423.

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.

Llandovery Garden Club will be taking a coach trip to the Malvern Autumn Show. We will leave Llandovery at 9.30am from the Castle car park. Entrance fee : Booking in advance our group will be charged £16.00 per head. The coach will cost £12.00 per head for members & £13.00 for non members. Please let me have your Entrance fee & coach money as soon as possible. The deadline for booking in advance is 12th September. After that anyone wanting to join our trip will have to pay the - on the day entrance price of £21.00 per head.

30 SEPTEMBER:

Capel Gosen Harvest Celebration followed by a hot supper in the vestry. Donations to local churches. For catering purposes please leave answer phone message on 01550 750442 by 26th September.

Community Harvest Service at William William's Chapel. High Street, Llandovery, 11.00am.

1 OCTOBER:

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.

French Lessons every Monday, 6.15 – 8.00pm at Crugybar village hall, £10 weekly. Contact gilypickering@aol.com or 01550 760067.

Presentation by Katie Bullock, Artist at The Sexton Arms, Llansadwrn, 7.30pm organised by Llanwrda & Llansadwrn Countrywomen's Group. Tel: 01550 777347 for further info.

Pilates at Carmarthen Library, 6.00 – 7.10pm, suitable for all levels. Great for backs, necks, hips, knee issues and to improve posture. For info ring/text Sonia 07793 084378.

Hatha Yoga at Carmarthen Library, 7.15 – 8.30 pm suitable for all abilities for info ring/text Sonia 07793 084378. Just come and enjoy what your body can do. Allow your mind and body to let go of any pressures and tensions. Have some "me" time

Bootcamp - fat loss nutrition plan and weekly weigh in at Llangathen Temperance Hall, 6.15 – 7.00am. For info ring/text Sonia 07793 084378.

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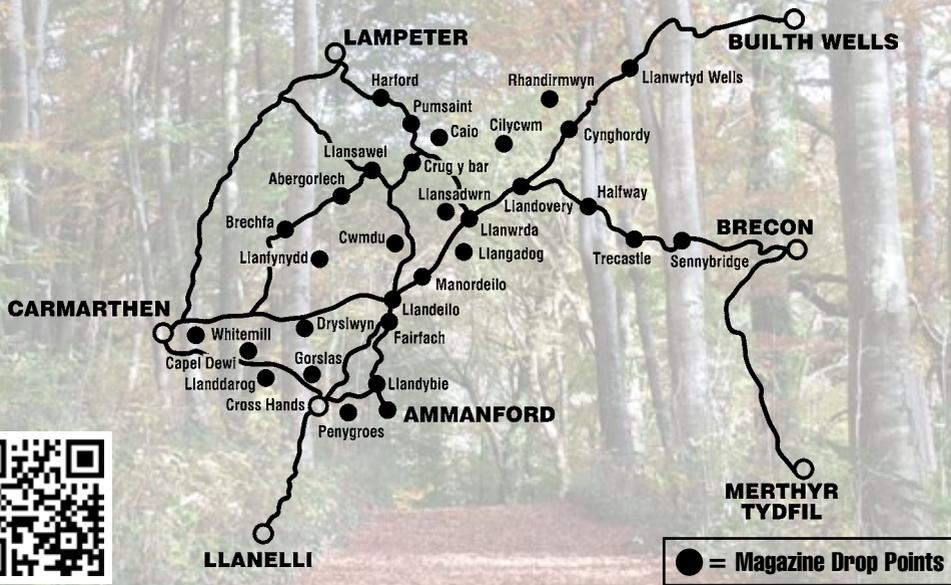
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Tel: 01558 825333 E-mail: libraries@carmarthenshire.gov.uk

Mon 09:00 - 17:00

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

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

Thurs 09:00 - 17:00

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

Sat 09:00 - 13:00 (Staff available 09:00 - 13:00)

LLANDOVERY LIBRARY:

Tel. 01550 721626

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

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

COUNTRY MARKETS

Llandeilo: Fri, 8.30am - 12.30pm, vestry in Capel Newydd, Crescent Rd.

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

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

TOURIST INFORMATION CENTRES

Llandovery: Open seasonally, Easter to Oct, standard hours 10.00am - 4.00pm,

Mon - Sat. High season, extended hours 10.00am - 1.00pm and 1.30pm - 5.00pm,

7 days, Enquiries to 01874 622485.

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

LOCAL POLICE

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

TAXI SERVICES

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

JM Taxis, Llanwrtyd Wells - Tel: 01591 620777.

Rays Taxi, Llandovery Tel: 0777 521 0900.

Towy Taxi, Llandovery Tel: 07544 624411.

Dave's Cab, Llangadog Tel: 07989 593507.

MULTIPLE SCLEROSIS SOCIETY:

Tel: 0300 1232326.

AGE CYMRU SIR GAR/CARMARTHENSHIRE:

Tel: 01554 784080.

BRECON ADVICE CENTRE

Tel. 01874 624595

12 Castle Street, Brecon, Powys LD3 9BU:

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

Traveline: 0800 464 0000

BUS TIMES

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

Llandovery - Lampeter

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

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

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

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

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

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

Llandovery - Llandeilo - Carmarthen (280/281)

	281	280	281	280	281	280 S+NS	281	280
L'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	11.20	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 15.38	
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 20.40
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