

The Post

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Your Local Community Magazine

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LOCAL MAN, PHILL LEWIS WINS TOP RESTAURANT AWARD

Phill Lewis, a local Llandovery man, opened Dusty Knuckle Pizza three years ago. Last month he and his team were awarded first prize for the People's Favourite Restaurant Award and collected his trophy from Raymond Blanc in London. His pizzas are not just fabulous to eat, but his ingredients are ethically sourced.

He has recently opened four eating houses across south Wales and last year returned from a charity pizza run to Sicily where he was embraced as an honorary Italian pizza chef!

Phill married Debs last year, who now helps run this highly successful business whilst also being a full-time mother to five children. This award winning pizza company, Dusty Knuckle are coming back to the area for a one off charity fundraiser XMAS FAIR at Llanwrda Village School on November 24th from 1.30 – 5.30pm.



FOR ALL YOUR LOCAL NEWS & BUSINESS SERVICES

ALL ABOUT *The Post*

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03/19(6)

LLANDOVERY U3A

Ignore the Autumnal weather and come and join us on Wednesday mornings in the Rugby Club, Church Bank. We meet at 10am for coffee and a chat, the speaker of the day starts at 10.30am.

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

Wednesday 14th November

“The Twenties” a discussion on how to develop the theme for some of our meetings for 2019, “What followed the Great War?”

Literature, Art, Music, Medicine, Cinema, Design, Innovation, Fashion the list of topics is endless.

Wednesday 28th November

Sarah Rees, Dyfed Archaeology Trust.

Calch: the legacy of lime on the Black Mountains.

Contact: Anne Lynd-Evans on 01550 750286.

THE SEXTON ARMS CAWL & CAROLS EVENING

*With Members of
The South Wales Male
Voice Choir*

FRIDAY 7TH DECEMBER 2018 7.30PM

The Sexton arms will be holding a cawl & carols evening on Friday 7th December 2018 and would like to invite the senior citizens resident in the parish of Llansadwrn to this event free of charge for the food and entertainment (all others £5 for the cawl).

If you require any further information regarding this event please contact Cliff on 01550 777099.

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11/18/12

Winter Wonderland

ART AT THE HALL VI



Perryn Butler – 'Land of the Ancients'

Following on from our incredibly successful Summer 'Surf, Sand and Sea' pop-up exhibition at Llangathen Temperance Hall, we would like to invite you on a magical journey to 'Winter Wonderland' for our next show opening on 24th November and running until Sunday 2nd December, opening each day 11.00am – 6.00pm.

With snowscapes, icicles and snowflakes think Alice in Wonderland meets the White Queen from 'The Lion the Witch and the Wardrobe'.....

Art At The Hall VI - Artist and Makers Exhibition at the Temperance Hall Llangathen, Near Aberglasney Gardens, Carmarthenshire, SA32 8QD. 45 local artists and makers will be showing their work including Paintings, Printmaking, Ceramics, Sculpture and Photography. Meet the Artists – each day four of the artists will be in attendance at the exhibition. The Exhibition is free to enter but donations towards the ongoing restoration of this beautiful and important Arts and Crafts Hall will be appreciated. We also have plenty of free parking.

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

A Private view will be held on Friday 23th November 6.30pm – 9.30pm. For an email invite to the Private View please contact Brigid Loizou – artatthehall@gmail.com

Returning to the exhibition will be popular potters Neil Curran and Bryony Rich, along with ceramicists Valerie Price-West, Viv Albiston and many more.

Representing the painting fraternity will be Duncan McLaren, who first showed with this Summer, Andrew Douglas-Forbes and Duncan Macdonald Johnson, along with wildlife painter David Cowdry.

Printmakers Flora McLachan, Alan Williams and Viv Kersey will be exhibiting their latest limited edition prints of local scenes and characterful birds.

Ceramic Sculptor Sallie Wakley will be returning to delight us with her arctic animals, Polar Bears, Penguins as well as her fun 'Cats in the Boxes'.

Knitters Sian O'Doherty and Katie Victoria will be warming us up with their cosy knitted throws, cushions and some accessories.

Notch handmade bags will be hard to part with if you buy one as a Christmas gift, as will a colourful clutch from Seascape Curiosities.

Blacksmith Aaron Petersen will be creating new delightful winter creatures following the popularity of his hermit crabs from the Summer Show.

Joining us for the first time at this pre Christmas exhibition will be Christopher Williams, the maker of exquisite Welsh Stick Chairs and Graham Newing of Pembrey Pottery, with his elegantly stylish vases and bowls.

Jemma of Slade Fine Jewellery will be showing her range of recycled silver pieces with ethically sourced gems as well as examples of bespoke precious pieces for commissions.

Recent graduate Craig Kennedy will be sharing his intriguing ceramic sculptures with us and Gareth Hugh Davies of Carmel, also a first time exhibitor, will be showing his dramatic moody landscapes.

Perryn Butler will be joining us for the first time with bronze sculptures and her intricate Wall Hung Reliefs. These assemblages are the result of putting together different components, and pieces created out of natural materials such as wood slate, stone, metal and leather, with some added 'object trouve'. Each tiny piece is cut, carved, sanded, dyed, textured or patinated and constructed into contemporary panels.

Jess Jones of Little Barn Nursery will be decorating the hall and lobby again with her beautiful planting schemes.

On the evening of Wednesday 29th November we shall be staying open until 7.00pm with the Jin Talog Boys, David and Anthony, who will be running a Gin bar 4.00 – 7.00pm. So plenty of time to browse after work with a cocktail.

Refreshments will be served by Lilliwenn Herbs, teas, coffees and delicious cakes.



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0719(12)



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11/19(12)

COTHI GARDENERS' CLUB

Postponed from April, we are at last hosting a speaker many of you will be familiar with from the Jeremy Vine Show.

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

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

A gardener of over 40 years experience, Terry has worked plots on the same site since he was a boy, learning from his father and other allotment gardeners. Many of you will be fans of his enthusiastic style, so do come along on November 21st to meet Terry. Mobile phones not necessary! Guests and visitors most welcome, just £3, which includes refreshments. Doors open at 7pm.

This will be our last open get-together of the year, so thank-you to all our friends and supporters, we look forward to welcoming you again in 1919.

We're on Facebook, or simply phone Julian on 01558 685119 for more information.

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

LLANSADWRN CERAMICS IN LONDON MUSEUM



Llansadwrn potters, James and Tilla Waters have recently had three of their pots acquired by the Victoria and Albert Museum.

The thrown stoneware teapot, cup and pourer will join the permanent collection in the Ceramics and Glass department of the famous London museum for Applied Arts. Tilla says "Since being a student I have loved visiting the V&A and always find it very inspiring – it's quite amazing to think that James' and my work is now in the collection and may inspire future generations of potters."

Readers may have come across James and Tilla and their pottery as they have taken part in the Towy Valley Open Studios for the last three years and sell through Oriol Myrddin Gallery, Carmarthen. Their work will also be available at "Art at the Hall" in Llangathen from November 24th to December 2nd.

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WHAT WE ALL NEED IS A LITTLE TLC

We wouldn't forget to give our car a regular service would we? We use it every day, drive long distances, speed, load it with Heaven knows what, reverse into the odd bollard, (or is that just me?). In return we clean it, polish it, take it to the garage and fix it and afford it far more attention than we do ourselves.

Our bodies too are finely tuned machines. We use them and abuse them every day, pushing them to the limits in sport and at work causing muscle fatigue, we injure ourselves, we sit at desks all day getting stiff and sore and ignoring our posture. We might be caring for children and parents at home and feel exhausted. It all takes its toll. We need our bodies in the best condition they can be for the rest of our lives and we are living much longer. Yet do we give our poor old selves the benefit of a regular service? Probably not.

The good news is that it is never too late to look after our bodies and here are a few examples of what we might do to help ourselves.

REMEDIAL MASSAGE

Most jobs leave us with some sort of ache or pain. Hairdressers and plasterers have aching shoulders, carpet fitters have bad knees, massage therapist have aching backs and farmers.....well....farmers get the lot, knees, shoulders, neck, back, you name it. These are the results of our lifestyle, doing the same things day in day out. We aren't going to change what we do, especially if we enjoy our job. Regular treatment on these specific areas can help relieve the discomfort and even prevent it.

SPORTS MASSAGE

A lot of sports men and women have regular treatments to prevent injury and keep their muscles in peak condition. Competitors in marathons, half marathons, Iron Man as well as cyclists and field athletes have massage throughout their pre event training and after gruelling competitions in order to recover more quickly and spot any potential problem early.

SWEDISH MASSAGE

Promoting relaxation and well-being in this hectic life

of ours is so important. How often do we get an hour to ourselves just to completely wind down and empty our minds of all cares and responsibilities. Stress is a big part of life these days and many of us are 'spinning plates' trying to manage jobs, family and home.

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Although I work with all of the above, things don't end there. There are many other treatments and practices that improve our well-being and put a spring in our step. The list is endless, Tai Chi, Pilates, Yoga, are just a few examples. We don't have to suffer and lose our mobility as we get older and even if we suspect we have left things a little late, often such treatments give us back the flexibility and movement we need.

Isn't it time then that you booked your body in for a service.....?

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08/19(12)



MYDDFAI NEWS

Myddfai Shop and Café opening hours

Tuesday – Sunday 11.00am – 4.00pm

Saturday November 3rd is the Myddfai Fireworks event from 6pm with the Fancy Dress competition (any theme). There will be hot & cold foods and drinks, bar, games, professional fireworks display followed by musical entertainment from The Aunty Depressants. Pay on gate £5 adults £2 children (5-16y.o). Saturday 10th November we have another Table Top and Car Boot sale 10.00am – 1.00pm. Willow weaving class on 17th, Grand Concert on 18th and our Farmers Market on 31st 9.00am – 1.00pm; Don't forget our Christmas Fair is now on 8th December 10.00am – 4.00pm.

Our Myddfai Shop is a great place for that special Christmas gift which you would not get anywhere else. We have a range of items to suit everyone. We have a new stock of lovely local Quinnell Candles, as well as Pentwyn Welsh Tweed Rugs, Hats, Scarves & accessories Myddfai pots, jewellery, love spoons, aprons, bags, glass, knitted toys, Welsh Slate, plus a wide range of Artwork by local artists, CD's and cards for every occasion along with Myddfai made jams and chutneys and Honey a selection of Myddfai Trading Toiletries plus much more. Every purchase made supports a local business and the TyTalcen charity.

Myddfai Café is the perfect place to relax and enjoy one of our many winter warming lunches check out our Facebook page for lunchtime specials. With Christmas fast approaching we will be getting you in the festive mood with our Christmas menu and yummy puddings. Carol and Mairi are busy trying lots of new recipes so pop in and treat yourself.

Myddfai Hall is a great place for Weddings, kids' parties, concerts, in fact any kind of event, meeting, class or activity. The underfloor heating makes it a great place for your event this winter or any time of year! Come up and take a look. If you haven't yet seen the amazing Myddfai Legends Stained Glass Window come and have a look. We are open Tuesday – Sunday 11am – 4pm. Why not join in one of our regular classes: Flower classes Tuesday 2.00 – 4.00pm; Yoga Tuesdays 7.00 – 8.30pm; Craft Class Wednesdays 10.00am – 1.00pm; Art Class on November 21st 1.45 – 3.45pm; Pilates on Thursdays 10.00 – 11.00am

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

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

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

The Brunant Arms

CHRISTMAS PARTIES

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1st - 23rd December

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Chicken liver pate with plum chutney, salad garnish and toast.

Prawn, crayfish and mango cocktail, with a Cajun spiced marie rose sauce, dressed leaves and bread roll

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GWYNFE NEWS & EVENTS



Come along to All Saints' Church, Gwynfe on Friday, 2nd November to hear the fabulous Lleisiau'r Brenin Gospel Choir in concert. The choir have travelled extensively around South Wales and sing gospel songs and hymns in both Welsh and English. The concert begins at 7.00pm and will raise funds for the continuing improvements at the church. Everyone is welcome to this lively musical event. Tickets available in advance or on the door. Following the concert, refreshments will be available in Gwynfe Community Hall.

Quiz heads on for the next Gwynfe Quiz on Saturday, 24th November in the Community Hall! As usual, food (pasta + bolognese sauce) will be available from 7.00pm and the quiz itself will kick off at 7.45pm. Come along as a team of 6 or join one on the night. Tickets available on the door or, to reserve in advance, please contact gwynfe_community_hall@yahoo.co.uk or call John or Colin on 01550 740462 There will also be a raffle on the night and a bar available all evening.

All Saints' Church, Gwynfe would like to thank all the children (pictured above) who took part in the Dance-A-Thon held in Gwynfe Community Hall on 8th September. The children raised a tremendous amount of money from sponsorship and donations. A room raffle was also held on the night bringing the total raised to a stunning £585.00. All the children thoroughly enjoyed the buffet that was prepared by their parents, grandparents and other church members. Thanks also to Aled and Gareth Jones for arranging the music and the disco glitter balls and to Betty Griffiths and Carol Harris for selling the raffle tickets on the night. Thanks to everyone for coming and supporting the event, but most importantly well done to all the children for dancing! A lovely evening was had by all.

The team who organised the afternoon tea on 29th September in support of Macmillan Cancer Support would like to thank everyone who contributed in any way towards the event. It was a lovely afternoon and thanks to the generosity of all those who attended (or otherwise supported the afternoon) a substantial £335 was raised for this hugely worthwhile charity.

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08/19/12

CHRISTMAS FAIR AT LLANWRDA SCHOOL

A Christmas Fair will be held on Saturday 24th November from 1.30pm to 5.30pm in the Llanwrda Village School

The Fair will not only showcase Dusty Knuckle Pizza but there will be wine tasting and wine from Wrights Emporium (available to buy on the day) turkey and stuffing burgers to eat and/or order on the day, hot chestnuts and toffee apples, Christmas trees (pre-order on the day at a special price), decorations and crafts, Santa's Grotto, lucky dips, children's storytelling, the Great Christmas Pudding Treasure Hunt, cake stalls, children's activities and snowmen competition, a photographer and other seasonal delights. All welcome!

All proceeds to Cornwallis and Net-Reach charities.

NEW EXHIBITION AT NEWTON HOUSE

Dinefwr Photographic Society has recently opened its latest exhibition of members work at The National Trusts Newton House. Housed in the China passage the exhibition can be viewed by taking the free daily tours provided for visitors. The exhibition features images from Dinefwr Park and the surrounding countryside and views of Carmarthenshire. It is hoped the exhibition will become a permanent feature at the house with images being changed on a regular basis.

The society had a trip planned to visit the National Arboretum at Westonbirt in Gloucestershire to take advantage of the stunning autumn colour but sadly storm Calum had other ideas and we reluctantly had to cancel.

Please also note a change in programme next month, our guest speaker on astro-photography has had to postpone his talk, at the time of writing we are still looking for an alternative speaker please see our website for details.

We are always open to new members and visitors so whatever your ability please feel free to come along to any of our meetings and see what the society has to offer. Contact Simon 07773 943536, Will 07768 960323 or Dorian 07492 741919 for more information.

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As an elderly couple we found that looking after the family grave becoming more challenging. We contacted M & J at 'Grave Concerns' who have completely transformed the grave back to it's original condition. We are delighted with the result and would recommend them highly for their work.

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LLANWRTYD B&B SWITCHES TO BEAUTIFUL BIOMASS BOILER COOKER



Cerdyn Villa is a beautiful cosy Bed and Breakfast in Llanwrtyd Wells. Berni and John (the owners) wanted to replace their dusty old coal Aga and, having seen a Birds' Hill Klover installation nearby, called Birdshill in to talk through their options.

Their new wood pellet fuelled Klover Smart 120 provides heating, hot water and cooking, it's fully programmable and the heating is now thermostatically controlled. It is more efficient, much cleaner, automated and user friendly. It provides a beautiful feature with a real flame in the guest dining room and has reduced their carbon footprint.

This installation qualified for an interest free loan which will be re-paid by the domestic Renewable Heat Incentive (RHI) scheme over 7 years, so effectively making it "free" to install.



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LLUEST

LUNA AND LITTLE JOHN

TAILS FROM THE TRUST

TRAINING AND REHOMING NEWS

NUTMEG

Nutmeg was in foal when she was rescued from a council pound in 2015 and, although she had been handled, was still very nervous. There were several other mares in foal with her, but sadly we didn't have the funds at the time to rescue any more.

After her filly foal, Nell, was weaned Nutmeg began her education. She then found a home as a companion, but returned to the Trust early this year through no fault of her own. Welfare Assistant Lauren has worked hard with Nutmeg throughout the summer and has produced a lovely riding pony. This has led to her to find a new loving home. We'll be sad to see Nutmeg leave the farm, but happy that she is going to start her new life. You can see a video of Lauren and Nutmeg working together, as well as photos of our other rescues, on our Facebook page. www.facebook.com/lluest



Luna this summer

Luna and Little John, two of our younger cobs, also started their riding careers this summer. Little John was rescued from a life on the tether in 2016. He accompanied us to Llangadog show in July and we were delighted to see how he took all the noise and bustle in his stride. At 12.2hh, he is a little pony, but has turned out to be wonderful and calm and is due to go to his new home as a children's riding pony soon.

Luna is also coming along nicely in her riding career. She has always been a friendly mare and willing to please since she came to us from the pound as part of a large-scale rescue. At the time, although just a baby herself, she had had a foal. When she arrived at the



Nutmeg and Welfare Assistant Lauren ready to go out on a hack

08/19(12)

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Luna in 2016 just after she was rescued

Trust, she was lame and extremely thin with her spine and ribs visible even through her shaggy coat. Now after her training this summer, Luna has found a home as a riding pony.

These are just a few examples of the wonderful work that happens here every day. Every one of our Welfare Assistants gives their all to caring for and enabling second chances of safe and happy lives to the rescued horses, ponies, donkeys and mules.

LLUEST WINTER CRISIS APPEAL

AN URGENT APPEAL FOR YOUR HELP

We currently have 21 horses and ponies in our care and we need immediate support to see us through the winter months. We rely on donations from generous members of the public to continue our work.

We must raise £16,500 in the next month to enable us to cover our feed and veterinary costs for the long winter ahead. We urgently need your help to fund the following:

- Hay/Feed – £5,700
- Bedding – £2,400
- Water – £1,000
- Veterinary costs and medicine – £5,000
- Wormers and Egg counts – £1,000
- Farrier – £1,330



Linus rescued from wasteland now working as a Therapy Pony at Lluest

The recent unpredictable weather has resulted in an increased demand for hay due to livestock and equine owners having to start using supplies much earlier than normal. The knock-on effect will be significantly higher prices and a potential shortage of hay. This is a critical time for us and we need to act right now to secure enough forage to keep our horses and ponies fed throughout the harsh winter months. We can't do this without your help.

All our rescue horses and ponies have survived against the odds, many having lived in terrible conditions resulting in long-term physical and psychological trauma. Our responsibility is to ensure that they receive all the specialist veterinary treatment they need to manage their health conditions and lead happy, pain-free lives.

Every donation, large or small will go towards helping ponies like Linus, rescued from scavenging on wasteland after being dumped, and now working as a proud Therapy Pony to support vulnerable adults and youngsters in developing their confidence and life skills at Lluest. With your help we can continue to make a difference and transform lives. Please call us on 01550 740 661 or visit our website for ways you can donate. <http://www.lluesthorseandponytrust.co.uk/ways-to-help>

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11/19(12)

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A NEW HABERDASHERY AND CRAFT SHOP WITH UPCYCLING BUILT IN

Opening in Llandeilo on the 1st of this month, 'Cloth Paper Stitch' offers a haven for crafters, sewers and anyone who loves to poke around looking for treasures and or inspiration. The focus is on sustainability wherever possible but without sacrificing quality.

Tucked away in Market St, (opposite the Gin Haus) you'll be able to find vintage and new haberdashery, reloved fabrics, upcycled and reconditioned craft supplies, as well as home furnishings, accessories, prints, cards and stationery by local artists - much of which has been made with upcycled materials. Many of the items on sale will have a history - including sewing and stationery themed collectables

Set up by a partnership of Llandeilo artists who want to encourage other people to be creative with sustainability in mind, Cloth Paper Stitch is the brain-child of textile artist Ellie Birchell Hughes. "This the sort of shop that I have always been searching for but could never find, so I decided to open it!

"Llandeilo is growing as a creative hub in the area so it's exciting to support this community and offer people the chance to try things out for themselves."



As one of the artists Joy Beveridge says "I love to see things being made and in a world where so much is digital, tactile things become important - so we are hoping it's going to feel a bit like a permanently open studio".

"So many people think that they are not creative but what I've found in my workshops is that people just need a bit of guidance to realise that they are", says mixed-media artist Nina Vangerow.

The artists have put several kits together so that people can try things out, but even if you don't want to make anything, there are still lots of unique items to choose from reconditioned vintage sewing boxes to handmade journals. In the New Year, Cloth Paper Stitch are also launching series of workshops called 'Making Mondays'. So if you want to book for one of those, pop in the shop and sign up. There's also a 10% discount offer on your first purchase with the 'Cloth Paper Stitch' advert in this edition of The Post.

Cloth Paper Stitch is open Tuesday to Saturdays, 10am until 5pm, at 5 Market St, Llandeilo, SA19 6AH. Tel. 01558 328058. You can find us on Facebook and Instagram as well as at www.clothpaperstitch.co.uk



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11/19(12)

MOLE CONTROL

Contact Mr. Goronwy Thomas
01550 760342 or 07773 950422
for enquiries



12/19(3)



Christmas Is Coming!!

The 'Turn On' of the Christmas Lights in Llandovery will take place on Friday 30th November 2018 – 5.00 p.m. start for turning on of the Christmas Lights at 5.30 p.m.

The Mayor and the Town Council invite you all to this festive event.

There will be mince pies and mulled punch, celebrate the arrival of the Rotary Father Christmas and enjoy performances 'under the arches' by Llandovery Choir, Ysgol Rhys Prichard, Ysgol Bro Dinefwr & Llandovery College. Christmas Stalls (from 2.00 p.m. until 8.00 p.m.) and Children's Rides. Market Square & Broad Street Road closure will be from 4.00 p.m. until 9.00 p.m. Businesses with their seasonal hospitality will be open until late. There will be free car parking in the main car park courtesy of Carmarthenshire County Council. The Town Crier Mr Joe Beard will commence the proceedings with presenter Helene Lovell. There will also be a fun fair.

The School Children's Christmas Poster Competition is in process. Theme: 'Santa's Sleigh'. Closing date for school posters: 16-11-18. (please put the full names and ages on the back of the poster). Prizes will be given by the Mayor at school prior to Christmas.

The large Christmas Tree will be sited in its usual place.

There will also be a 'Best Business Christmas Window Display'

COME & ENJOY THE FUN!

(The event has been organised by Llandovery Town Council for the benefit of the residents & community of the town).

(Stalls: contact Sarah Portsmouth 07905 214602 email: sarah@ravenscalemodels.com Dorothy Burgess 01550 721951/07812 642089 email: dorothy@broadwayhouse.org.uk or see the facebook page www.facebook.com/llandoverymarket or Llandovery Town Council website. (Public Liability Insurance required)



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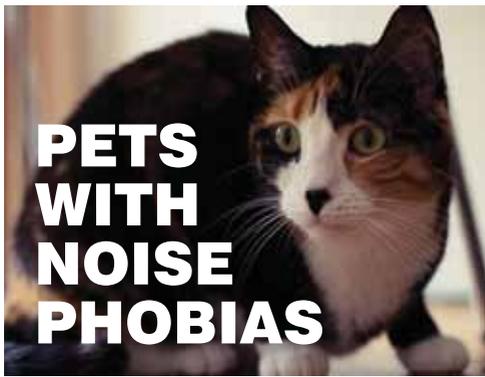
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A noise phobia is a behavioural problem where noise stimuli can elicit a fear, stress or anxiety response from your pet. Noise phobias we see commonly over the winter months are due to fireworks and weather such as howling winds and thunderstorms. There are a lot of different phobias that pets can experience and these are not just limited to winter months.

There are multiple options which can be applied at home but remember what works for one pet may not work for another, see a few suggestions below.

- Den area – a safe enclosed space of the pet's choice, somewhere they can go to on their own terms.
- Secure doors including dog/cat flaps and windows preventing the pet from escaping outside and running off in fear.
- Your company may offer them reassurance but don't allow yourself to become anxious. Keep calm and as upbeat as possible and try not to invoke any possible negative behaviour to the situation by raising your voice.
- Background noises, if your pet is used to the TV or radio this can disguise the noise which your pet may fear.
- Favourite toys and treats may be a pleasant distraction for your pet however do not force these upon your pet.
- Hay and straw not only provide extra warmth and shelter for our smaller pets but can also act as a noise absorbent material.

These and other home methods can sometimes help alone although sometimes other methods involving



products and treatments may be needed. Some of these are listed below.

- Herbal remedies, Nutraceuticals and Pheromones – There are many different products specifically designed for pets out there. Each one of these works differently and one may be better suited or have a better effect on your pet than another. It is important to remember though these often need some time to work so they are better to have ready and available if needed. Speak to your vet who can recommend products that they have experience with.
- Behaviourists – Speak to your vets, they may have a behaviourist who they can recommend. Behaviourists look in detail at your pet's behaviour, may come to your house to observe your pet at home and would have different methods which may help your pet cope with its phobia.
- Pharmaceuticals – This option would have to be discussed with your vet as this is personalised to each pet's needs/health.

Remember with any health concerns or worries about your pet, including any behaviour issues, the best place to start is speaking to your vet who will be able to give you advice and specific care tailored to your pet.

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09/19(12)

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07/19(12)

MANDALA YOGA ASHRAM



The Ashram has had a busy summer, sharing with like-minded people from different parts of the UK and beyond. The annual Festival of Yoga in August focused on music, mantra and sound. There was much laughter and sharing, connecting with old friends and making new ones. Thank you to everyone who took part to make this a special gathering.

The autumn has wrapped a soft blanket around the ashram, seeing some sunny golden days making the gardens and grounds seem even more beautiful. It has been an abundant year for apples, so plenty of apple crumble has been enjoyed by all.

There is an opportunity to experience the power and uplifting effects of mantra and chanting with Swami Gyan Dharma in November 'From Sound to Silence- Mantra Yoga'. You are also welcome to visit for the day and experience the ashram daily schedule which includes chanting, meditation and karma yoga (selfless service – an opportunity to help in the gardens or kitchen.)

There are two weekly classes taught by residents and graduates of the ashram yoga teacher training: Weekly Hatha Yoga class on Tuesday 9.30 – 11.00 am with Reva at the ashram which is suitable for all and includes gentle practices to help balance, suppleness and strength, breathing practices, settling the mind and deep relaxation.

Mukti Mani is teaching Wednesday Weekly Class 6.30 – 8.00pm at Gwynfe village hall. A gentle class building flexibility, strength and balance, including working with breath awareness and deep relaxation.

The ashram closes to guests for some quiet time over the winter. We will reopen again in February, please see our website www.mandalayoga.net for more information about courses and retreats that are suitable for both beginners and more experienced yoga practitioners and teachers or email us email@mandalayoga.freeserve.co.uk or telephone 01558 685358.



ST DINGAD'S CHURCH LLANDOVERY WE ARE PART OF BATTLE'S OVER – COMMEMORATING 100 YEARS SINCE THE END OF WWI NOVEMBER 11TH 2018

St Dingad's Church is playing its part in Battle's Over, an international commemoration marking 100 years since the guns fell silent at the end of World War I.

Organised by Pageantmaster Bruno Peek LVO OBE OPR, Battle's Over takes place on November 11th 2018, with events throughout the United Kingdom, Channel Islands, the Isle of Man, and at scores of locations overseas, including New Zealand, Ireland, Australia, Bermuda, France, Belgium, Canada, the United States and Germany.

It begins at 6.00am with over 1,000 lone pipers playing Battle's O'er, a traditional Scottish air played after a battle, outside cathedrals and other individual locations throughout the country and overseas, following which a specially written tribute will be read out.

At 6.55pm buglers will sound the Last Post at more than 1,000 locations, where at 7.00pm WW1 Beacons of Light will be lit in a tribute signifying the light of peace that emerged from the darkness of four years of war.

Then at 7.05pm over 1,000 churches and cathedrals will ring their bells as part of Ringing Out for Peace organised in association with the Central Council of Church Bell Ringers, which represents 65 societies of ringers from the British Isles and overseas. Also at 7.05pm, more than 140 town criers will perform a specially written Cry for Peace Around the World, the first of them in New Zealand and then across the globe through the various time zones.

St Dingad's Church is Ringing Out For Peace at 7.05pm.

For further info. contact is Griff Thomas 01550 721350.



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11/18(12)



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THE HEART OF WALES LINE WALKING TRAIL, PILOT PROJECT LINKS TO TOWN



With the final sections of the Heart of Wales Line Long Distance Trail nearing completion and a grand opening expected in spring 2019, a new pilot project to investigate local benefits of the new walking trail has been launched in Llandovery and area.

Rachel Francis, Acting Manager of the Heart of Wales Line Development Co said, *“we want to enhance the local benefits by actively linking the walking trail to local amenities. With a little forethought we can actively encourage walkers to try local produce, stay at local hotels and B&Bs, camp at local campsites and enjoy a local pint. Recent studies show that walking trails can bring a number of benefits to local communities, including a commercial benefit for local businesses and a health benefit for those who use the walking trail. Amid growing media interest in this project, we anticipate that the final sections of the trail will open in spring 2019, so now is the right time to start thinking about these new opportunities.”*

The Heart of Wales Line Development Co has received some funding from Transport for Wales to deliver a pilot project at Llandovery and area that will first and foremost provide information for walkers on station/and in the town. This is about creating mutually advantageous links between the trail and the town.

As part of the pilot project we intend to organise a simple focus study to assess potential use of local amenities by walkers, to identify key opportunities for local businesses and to begin to explore the potential benefits for the area.

Over the next few weeks the team will be designing a poster/information board for walkers who arrive at the station and a trail information pack for local businesses. They will also be drawing up a list of businesses in Llandovery who would like to be involved. For more information, please contact Rachel Francis: rachelzzyx@gmail.com or leave a message on mobile phone number 07985 261014.

LLANWRDA AND LLANSADWRN COUNTRYWOMEN

At our meeting on 1 October local artist Katie Bullock gave a presentation of her work including pictures and cards which were available for purchase. Being dyslectic, Katie had found practical and artist activities had suited her abilities and with the great support from teachers had gone on to study art at Bath university gaining her degree in graphic art and design. However after all the effort to achieve her degree, she found her enthusiasm waned and she followed other interests and employment for the next few years only returning to sketching and painting once she had a family and wanted a new hobby.

Over six or so years she has built up a portfolio of work, taking on commissions and displaying paintings and cards in various gift shops in the area and progressing from printing her own cards to having them printed professionally. Her medium is oils and acrylics applied with a palette knife although commissions are in acrylics. Subjects include many local scenes, particularly Llandovery, as well as animals and birds. At present Katie and her family are preparing to emigrate to Australia at the end of this year and she hopes to re-launch her career in her new country.

Our next gathering will be for lunch at the Plough on the Monday 5th November 12:30 for 13:00. There will not be a raffle.

Our Christmas celebration will be on Monday 3rd December in the Reading Room Llansadwrn at 12:30. Please bring food to share and raffle prize.



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12/18(12)

NATIONAL CYCLE MUSEUM



The UK's National Cycle Museum celebrated 200 years of British Cycle History in 2018.

Several unusual cycles have recently joined the displays at the museum based in the Automobile Palace, Llandrindod Wells.

One of them is the famous bedstead cycle previously part of the Dodger Cycle Collection from Norwich – photo attached. A film of it being ridden can be seen on Pathe news – Cycles (1952).

The museum is open Tuesdays, Wednesdays and Fridays throughout the year, (excluding between Christmas – New Year) so why not call in and you'll be amazed at the variety of items on display which includes much cycle memorabilia.

The charity welcomes groups with a free guided tour and can usually arrange flexible opening to suit.

Unwanted cycle spares in good condition are still needed to help with fundraising. Collection can be arranged. Please contact curator@cyclemuseum.org.uk or 01597 825531.

Displays from the museum have been out and about this summer including having 30 cycles at a 3 day festival at Herne Hill Velodrome, London.

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09/19(12)

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12/18(12)

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02/19(12)

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06/09(12)

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05/19(12)



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07/19(12)

LLANDOVERY GARDENING CLUB



Early on Saturday 29th September, on a beautiful warm sunny morning, the Gardening Club left Llandovery and headed out for the day to the Malvern Autumn Show. There was something for everyone with growing competitions, giant vegetables, cooking demonstrations and stalls selling all sorts of culinary delights, alongside various other family-friendly attractions including a fairground, a classic car display, various craft and traditional skill workshops, storytelling, dog shows, and several other animal competitions.

The highlight of the event was of course the RHS Flower Show Competition in the Floral Marquee where stunning floral displays from specialist nurseries around the country competed for R.H.S. Gold, Silver and Bronze Medals. There were also several well-known garden horticultural experts on hand, including Carol Klein, Joe Swift and Alys Fowler, to provide advice all gardening matters. The National Giant Vegetables Championship was another highlight with an extraordinary display of the heaviest or longest vegetables.

With trade stands selling everything from plants, bulbs, and gardening gadgets to summer houses, clothes, crafts, fresh bread, liqueurs, cheeses and artisan food, we were spoilt for choice when it came to shopping opportunities.

Denise Nicholson Club Secretary

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11/18(3)

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Please contact Nia on 01550 720495

11/18(3)



LLANFAIR GRANGE CARE HOME

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Your decision as to which care home is best for your loved one will be one of the toughest you ever have to make. Countless families have been in your position and felt all the emotions you will be going through. Not all of us can provide the level of care and time that the elderly require when mind and body start to fail.

LLANFAIR GRANGE CAN HELP YOU

Hopefully the following comments, from people just like you, will convince you a viable solution is on your doorstep.

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

M. Evans

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

Helen Smith

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

D. Nowell

**To take the first step towards a positive decision call Nia Mason (Manager)
on 01550 720495 to discuss what we can do to help.**

04/19(12)

NEWS FROM THE TOWN HALL

- Remembrance Day Parade on Sunday 11th November – parade meets at the Town Hall at 10:15
- Turing on of the Christmas lights on Friday Xmas Town Party Friday 30th November and Llandoverly Town Christmas Party on Saturday 1st December. Volunteer helpers needed for stall erection at 10am on 30th November – please contact Cllr Dorothy Burgess
- The Town Council urgently seeks a volunteer to cut the grass in the Castle Playground – fuel expenses provided
- The Town Council is recruiting for the positions of Town Clerk and Responsible Financial Officer – deadline for application is 26 October – please contact The Mayor Cllr Annabel Graham Paul for more details
- The Town Council announces the resignation of Councillor David Long and thanks him greatly for his five year's service including two years as Mayor.

THANK YOU

Thank you to all the people, including the two police officers, that helped me during my recent accident when a tree hit my car on the A40. Also to everyone who has helped me since including getting me a new car.

Sheila Shouler

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03/19/12

Padmasambhava Yoga & Meditation Centre

Already we are in November with not many weeks of term left but we can all enjoy these and the great variety of classes available to us. Most of the classes are now full however check to see if a space has become available.

The Golden Thread: Sadhana and the Rhythms of Nature is being re-scheduled. Please contact the centre for details.

On Saturday 10th November Poonam is holding a meditation workshop, 'Becoming a Compassionate Witness,' focusing on the witness. The witness is the silent, peaceful centre of your being. When you develop the witness, it empowers your ability to know who you are and to see things as they are. It enables you to respond with greater compassion and sensitivity. Poonam will draw upon a selection of classical meditation techniques to help one gain an understanding of the witness. The workshop will run from 10.00am – 4.00pm and will include some postures, breathing practices and meditations. Poonam is a warm and sensitive teacher who brings an energetic and no-nonsense approach to class. She has been teaching yoga and meditation for 25 years. Please contact the centre for further information or to book.

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 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 these classes can help you deal with everyday life and the problems it can bring and generally help with your well-being. Please do ring the Centre on 01558 823842 to find out more about Yoga and what joining a class involves, they will be pleased to chat with you.

There are details of all classes, workshops and events on the website www.padma.org.uk or you can email: mail@padma.org.uk.

Chair-Based Yoga at Maes Elfryn

This class is held fortnightly on Friday afternoons, 3.30 – 4.30pm, on 9th & 23rd November and 7th December. This class is perfect for Elders and others who have restricted movement or are unable to do floor-based yoga. It is 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 class working with breath awareness and breathing practices which are useful tools in everyday life. Each class ends with a deep relaxation practice. For more information please call 01558 823842.

CANTORION LLANDEILO SINGERS HAS VACANCIES IN ALL SECTIONS

Do you like to sing? Have you sung in choirs previously and would now like to take it up again? Are you new to the area? Or have you just read that singing is good for your mental and physical health (which is true!)?

CANTORION LLANDEILO SINGERS is a friendly society with about 60 members. Gordon Kilby, music director, is now seeking additional voices to expand the choir. The Singers perform mainly choral works but with one light-hearted fund-raising concert a year to cover the choir's expenses. The choral concerts during the rest of the year raise money for local charities. The charity this year is Tenovus. The choir also sponsors the Cantorion Llandeilo Vocal Award for outstanding students at the local school Ysgol Bro Dinefwr.

FUND-RAISING CONCERT The fund-raiser this year was a Supper Concert (a sumptuous buffet was included in the ticket price) on Saturday, 6 October at Ysgol Bro Dinefwr. All enjoyed an entertaining evening of songs from a wide variety of eras, presented and performed by Carmarthenshire's international singing celebrities Aled and Eleri Edwards. Three delightfully accomplished young singers, trained by Eleri and the first recipients of the Cantorion Llandeilo Vocal Award, performed solos. There were also amazing trombone solos from 15-year-old Rhyddian Tiddy. Cantorion Llandeilo Singers added songs by Bernstein and Robert Arwyn.



Aled and Eleri Edwards with, from left, Owain Rowlands (baritone) and Non Roberts (soprano), and Bethan Evans (soprano) second from right.

COME AND JOIN US

Cantorion Llandeilo Singers rehearse on Monday nights at St Teilo's Church, Llandeilo SA19 6BH. For information 'phone Sheila Dallas on 01558 685542 or just turn up on a Monday night at 7.30 p.m. We are now rehearsing Leonard Bernstein's *Chichester Psalms* and Durufle's *Requiem*, to be followed by music from Faure and Puccini later in 2019.

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

12/18(3)



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<p>LLEOLIAD 3.30ip - 6pm, Llandoverly</p> <p>DYDDIAD 5 Tachwedd, 10.30 - 16.30 16 Tachwedd, 10.30 - 16.30</p>	<p>VENUE 3 Stryd Sgwâl, Llandoverly</p> <p>DATE 5 November, 10.30 - 16.30 16 November, 10.30 - 16.30</p>
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11/18(3)

THE HALL AT ABBEY-CWM-HIR: A REMARKABLE CHRISTMAS EXPERIENCE



The Hall at Abbey-Cwm-Hir near Llandrindod Wells in Mid Wales is a celebrated tours venue with its combination of gothic architecture, stunning interiors, fascinating collections and beautiful gardens. The house will again be decorated in all 52 rooms for Christmas from 1st Nov 2018 to 6th Jan 2019. Each will have their own Christmas tree and individual decorative theme.

Entrance is £16.00pp for the house tour, or £14.00pp for groups or return visitors - Gift Vouchers are also available

Bookings for individuals, small and large groups are now being taken on 01597 851727 or by emailing info@abbeycwmhir.com

11/18(2)

12/18(2)



Salem Christmas Tree Farm

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- Exciting range of new and unusual decorations
- Select your own Tree, Rooted or Cut
- Trees can be Netted for Easy Transportation
- Extended car parking area and shop facilities
- Decorations from Christmas Markets in Germany
- Visit Santa - £5.00 per child (inclusive of small gift)
- Photo with Santa in Sleigh
- Mulled wine, tea, coffee, mince pies & sausage rolls available

OPENING DAY
SATURDAY 24TH NOVEMBER

at 9.30am to dusk and every day until closure on Christmas Eve at 12.00 noon. If people want to come later after work etc please ring and we will accommodate.

also on opening day
Christmas Craft Demonstrations

Where to find us! Leave Llandeilo on the A40 heading towards Llandovery, take the first left turn towards Talley on the B4302. After about 1 mile, look out for the 'Salem' sign as you pass through the village of New Inn. Turn left up the hill and turn right at the 'T' junction, carry on for about 300 yards over the brow of the hill and take the first turning on the right. Pass a row of bungalows on your right and follow the lane (which has been improved!) to its end.

Bryn-Maen, Salem, Llandeilo, Carmarthenshire.

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Email: trees@salem-christmastrees.co.uk www.salem-christmastrees.co.uk



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FRIENDS OF BRECON AND DISTRICT MIND

OCD, OCD, OCD: A talk by Dr Lucy Jessica Deacon about how Obsessive Compulsive Disorder has affected her life and how challenging it has aided her on-going recovery.

**Wednesday 28 November 2018,
The Muse, Glamorgan Street,
Brecon, 7.00pm, £5 (Friends /
Members £2)**

‘Hi! My name is Lucy. I am a children’s doctor working in south Wales and I live near Brecon with my Springer spaniel Tinka. I have lived in the area for seven years and am heavily involved with coaching and playing rugby at local clubs.’

‘I will be talking on 28th November about Obsessive Compulsive Disorder (OCD). While my day job is as a medic I am not speaking in my capacity as a doctor but as someone with lived experience of this mental health diagnosis. OCD is often misunderstood because people don’t know what it really is and television programmes such as ‘Obsessive Compulsive Cleaners’ hasn’t helped this. It is true that OCD can manifest in someone being seemingly obsessed with cleanliness but, in fact, the obsession is more often with anxious thoughts. It is clear that this drives the behaviour. For me it was a fear of ‘bad things’ happening to people I loved and cared about. The thought drives the belief that it is necessary to complete certain rituals in order to ensure that nothing bad happens. It is all consuming. It affects all aspects of life and, as the anxiety grows, so does the need to complete the behaviours. I say ‘need’ because that is how it feels. It is too dangerous not to complete the task.’

‘It was severe anxiety and depression that led me to be hospitalised, struggling with self-harm and suicidal thoughts, in 2011. After quite a few months in hospital, with my behaviour being observed, it was mentioned to me that I might have OCD. I didn’t believe it. I knew what OCD was and had learnt about it at Medical school. The things I had to do were necessary - such as the strength of my belief. It was not until my care team started challenging my compulsive behaviours that I recognised I had been battling to live with this illness for all my adult life and probably also as a teenager.’

‘It was truly terrifying challenging my behaviours. It felt like life and death. It was an intense emotional roller-coaster and it has taken seven years to get to a place where I feel I am able to live with my obsessional thinking and behaviours and still manage to live a life that feels worth living.’

‘I will talk in much more detail on the evening about the condition itself and my journey back to being able to sit on a sofa and relax, go for a dog walk in the rain, play with my nephews and go back to the job I love to do.’

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

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

VOICES WANTED!

For expansion purposes
CANTORION LLANDEILO
a community choral society
has vacancies in all sections.

Currently at 60 members,
and now seeking additional voices.

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or have been in the area some time,
and seeking opportunities to sing
major choral works,
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in touch.

We are very friendly

Rehearsals: Mondays at St Teilo’s
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Sheila Dallas: 01558 685542

11/18(1)

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LLANDOVERY RUGBY CLUB

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

This November sees the Centenary of the Armistice of 1918 and, as usual, the Club will be laying a wreath at the War Memorial to commemorate all those members who lost their lives in conflicts since the start of the 'War to end all Wars'. We hope that you will be able to join us at Llandinog Church and afterwards at the War Memorial.

It is sometimes difficult to remind ourselves that the young men, back then, who went off to war must have been a very similar bunch of characters to those who play for the town today. Sadly, there is very little information about any of them available – we would be pleased to hear from you if you have any stories or mementoes concerning any members of your family who played for the Club. We will try to include it in the History section of our website. There is already a lot of fascinating information there – well worth a visit, to bring back memories, or to get a glimpse of what things were like then. No rugby was played in town for the duration of both wars, and so a lot of work and dedication was needed, in difficult circumstances – rationing, shortages and so on – to get things up and running again afterwards.

As they say, 'the past is a foreign country: they do things differently there'! And a glance at a score card we have from the 1950-51 season shows that one of the things they 'did differently' was finding it hard to score tries! In that season our diligent member marked the scores of 23 games (out of a total of 32 for the whole season, with 4 of those abandoned or not played). Our points 'for' totalled 198 points, our opponents only 102 – in other words we scored an average of 8 points a

game. And, in nearly half those games, one side or the other failed to gain any points at all. So far this season (with, at the time of writing, only 7 games played our First XV have amassed 230 points – an average of 33 points a game. Of course, laws and scoring (back then it was 5 points for a converted try) were different but, as some members playing at the time have remarked, the pitches were dreadful, and the famous belly-flop pass of the scrum half was not because he was showing off, but because the ball was so heavy. No doubt it was always raining too!

Back in the present day it is great to welcome so many new members – and see so many familiar faces returning – at the start of this season. If you haven't yet joined and would like to, just contact us (see below for details) – there are plenty of options!

We are especially pleased to see so many youngsters joining our Junior Drovers section. At all age groups we have seen bags of enthusiasm – and quite a lot of success! In one weekend alone players from the 8, 9 and 10 year olds scored a grand total of fifteen tries. By all accounts, they had a lot of fun and – from the results – are learning some great rugby skills for the future. The Under 11s have been just as successful and were also guard of honour at the Scarlets v Ospreys game in early October. And, to put the icing on the cake, the Under 12s beat Llandeilo 57-5 in their first Cup game of the season!

If you think your young ones might like to try the sport just get in touch with us – we'd love to see them.

A lot of you had an enjoyable early evening game last month watching the First XV v RGC 1404 where we offered discounted admission for any family member who accompanied a player from any of our Junior sections. We were disappointed not to win a hard-fought game but the weather – and the pitch, thanks to the hard work of our groundsman, Phil Jones – was perfect and we hope you enjoyed the occasion. We'll try to repeat the offer again in the future. Don't forget that, at all our Premiership games, children get free entrance so, if you are babysitting one Saturday afternoon just check us (and our playground) out.

If you are a member you will have heard that BBC2's Scrum V are asking that all Principality Premiership clubs be part of their audience during the Autumn Internationals. They have selected Remembrance Sunday 11th November (the day after the Wales v Australia game) as 'our' day. The recording will take place between 6-7pm and they ask us to arrive at the BBC Wales Club for 5pm. The postcode is CF5 2YQ and we would be grateful if members would wear club colours. If you wish to be part of Llandovery's team on the day, please do let Gina know at the Club office (see below for details) as soon as you possibly can.

As we said last month, our social facilities are in tip-top condition – thanks again to all those volunteers who worked so hard to achieve that over the summer months – and, as the celebratory season approaches we are ready for you to arrange a party, or other functions. Just email the Club (droversrfc@gmail.com) or phone Gina on 01550 721110 or Jackie on 07774914992.



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06/19/12

In discussions with those who organise our annual Ladies Day (this season it is on the Quins Game, April 20th – don't forget to put it in your diary!) we got around to talking about the Club shop. We'd like to make it more accessible on match days. A gazebo might do the job but is a bit flimsy and fiddly to put in place each time. Some other initial thoughts were to either find, for example, a disused small shed, or old horse box that (with admittedly a bit of work and a lick of paint) we could convert. The only requirements are that it is waterproof – and doesn't cost too much! If you have something that might fit the bill, or some better ideas altogether, please let us know.

Don't forget to put in your diary another couple of home-game events that are coming up soon. Our first Hen Borthmyn reunion will be at the Newport game on December 8th – starts at 12:30 – and on December 15th our Christmas special v Bargoed

And just one last thing: new car stickers should be with us very soon (you may already have had news from Gina by now). We'll have them ready for you at the gate and in the clubhouse – ymlaen y Porthmyn!

In the meantime, thank you for your continued support for the Club. 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-weithio na'r presennol!

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11/18(3)

BEST CHIPS IN LLANDOVERY AWARD 2018



The Three Horseshoes regains the 'best takeaway chips in Llandoverly' crown for the second year running.

The Best Takeaway Chips in Llandoverly 2018 was awarded to the Three Horseshoes by the 1st Llandoverly Scouts again this year in their annual competition.

Each year, the local Scout group reviews chips from all the takeaway establishments in the town. The competition involves each Scout patrol blind tasting portions of chips with points awarded based on 'Taste, Crispness and overall Chippyness'. Presentation of the certificate by the Scouts was on Friday 5th October (pictured).

Thanks to all the local businesses for taking part again this year which included The Three Horseshoes, West End Café, The Golden Wok, Mayflower, Indian Lounge and Ozzy's.

Scout sections are available for boys and girls aged between 6 to 18. Volunteers are always needed, no experience necessary. Please contact Group Scout Leader Andrew Davies mob. 07767 420536.

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A TIME TO REMEMBER



Many people have lost loved ones in the last year or so. "A Time to Remember" is a short service giving an opportunity to remember those who are dear to us but are no longer with us, and to commit them to God's care in prayer. It will take place on Sunday 4 November at 3.00 pm in Llandingat Church.

Ian Aveson
 Vicar

BRIWSION BETHLEHEM



BETHLEHEM SNIPPETS

IT'S TURNING INTO A BUSY AUTUMN HERE IN BETHLEHEM

The October quiz was won by Team Mantrap (Andy, Jill, Bernie and James). It was nip and tuck all the way through, with all the teams within a point or two of each other, but Mantrap finally managed to pull away in the last round, so they will be hosting the November quiz on the 12th. Just £1 to play, lots of fun so do come along.

Despite Storm Callum's best efforts, the concert at the hall on the 13th, featuring Nigel Philip Davies and The Good Companions, and Dai C Thomas, went ahead as planned, and although a few concert goers weren't able to reach the village, a great time was had by all those who could get there.

The musicians are hoping to return in the near future, so watch this space.

The final Sunday café of the season took place in October. It raised an amazing £2,030 since it started at the end of April, far outstripping last summer's total, so a big thank you goes to all the volunteers who gave up a few hours every Sunday to help, as well as to all the customers who came for lunch, snacks and cake.

The money raised goes towards the upkeep and maintenance of the hall, as well as helping renew equipment, and help develop the space for current and future users.

We are a registered charity, and don't receive any grants or funding, so this injection of income means a great deal.

It's becoming clear that food events are a great success in Bethlehem, so after we take a break of five weeks, the Sunday café will be popping up again, this time as a Soup Kitchen – Cegin Cawl – to coincide with the Christmas Card stamping which takes place throughout December.

More details in the next copy of The Post.

The first of the seasonal Old School Suppers took place in October, an Italian themed two course meal.

The November supper will be held on Friday 9th, featuring another hearty two course meal. Booking is once again essential, so contact Nia to secure a place.

Our first Whist Drive of the season takes place on Tuesday November 20th at 7.30pm, with Mrs. Eirlys Rowlands as MC.

The last Bethlehem Whist Drive was a great success, so don't miss out on this one!

The run-up to Christmas is always a busy time in Bethlehem, and this year is no exception.

We will be publishing our new Christmas Cards based on designs by children from the village, the hall will be open daily during much of December for Christmas card stamping, with tea, coffee and cake served every day, and the Soup Kitchen Café will be in full swing on Sundays, serving a choice of warming, hearty home made soups, as well as home made cakes and hot drinks.

There will be a lovely range of Bethlehem merchandise, locally made ceramics, jewellery and cards, and delicious homemade produce available, so why not pick up a few Christmas presents when you visit?

Other events planned are the annual Christmas craft and produce fair, always a busy evening, Christmas Quiz night (silly jumpers and santa hats optional!), the December Old School supper, the village children's party, and carol singing round the tree.

More details of all of these in the December issue of The Post.

In the meantime, contact Nia for more information on any of the November events, or to hire the hall – 01550 777254 email: niaclement@aol.com or follow us on Facebook www.facebook.com/bethlehemcymru

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Richard

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Jonathan

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LLANDOVERY ROTARY CLUB



Remember that beautiful long boiling hot Summer we had with those fabulous sunny days for weeks on end? No, neither do I. At the time of going to press we are just recovering from our town becoming an island again. Roads flooded, homes under threat and travel near impossible. Well, Llandovery does translate to 'Church among the waters'! But now Autumn has arrived, the leaves have changed colour and are beginning to fall. Winter is almost upon us. Hot Summer? What hot Summer?

Our President Gary is very keen this year to have a very full calendar of events and speakers. We actually had two speakers this month and two very fine speakers they were too.

Firstly we had Dr Caroline Boorer. Caroline's husband David was a member with us until very recently but unfortunately he found himself swamped by his multiple voluntary work commitments. Caroline's travels all over the world could fill a Thomas Cook brochure but Llandovery is their home now and are happy indeed to have the King in waiting as a close neighbour. Only in Llandovery! From age 9 Caroline had set her mind on becoming a Doctor. She was brought up in Nigeria but at age 10 the family moved back to the UK and later she attended Medical School in London, one of only 30 girls out of 130 in the class. To finish her course she returned to Africa, Rhodesia this time. Caroline married David (good choice) and David had obtained a job in finance, in Mexico! Off to Mexico they went only for David to get a transfer, to Montreal in Canada. Following the birth of their children they returned to the UK and Caroline's next job was visiting schools educating youngsters in sexual health, family planning etc. Caroline and David have both lived extremely busy and hectic lives and are now happily settled in our lovely town. It really was a full and extremely interesting talk which was very illuminating. Well done Dr Boorer, we thoroughly enjoyed it.

We donated £500 to LATCH for the upkeep of Chloe's Caravan in Kiln Park Tenby. This was last year's President Anthony's charity and he himself match funded our donation with a cheque for another £500. Well done Anthony.

Here's one for you. Which Rotarian is a big fan of The Killers, the wild American Indie Rock band? Yes indeed.



Dr Caroline Boorer with her husband David and our President Gary.

He recently went to see them in concert and came back raving about them. I couldn't believe it. Answer below.

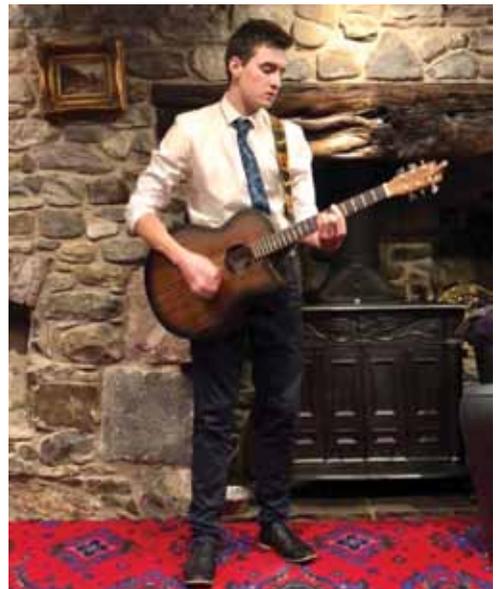
At every meeting the President asks all the Chairmen of the Committees if they have anything to report. Each Chairman then gives a rundown of what has happened, what is coming up and if anything needs addressing. Each Chairman usually takes between five and ten minutes to give their report. That is until we come to the Chairman of International Affairs who just happens to be Ieuan Pugh-Morgan. Five to ten minutes, Oohhhh no, not Ieuan. "Anything on International Ieuan?" asks the President. Cue much sniggering from all members. "Well, I errrrrr, Yes, well errrrrr no, well errrrrr, not really, but errrrrr." Howls of laughter from the floor. "Well you see, errrrrr its a bit like this. No. It's been a bit quiet this month. errrrrr." "A bit like the last 36 months then Ieuan" shouts someone from the floor. "I'm expecting it to pick up next month. But, errrrrr no, not really errrrrr yes but errrrrr no." In the last seven years I don't think Ieuan has ever had anything to report. But he's working on it! Errrrrr, honestly! And if any of the hierarchy from Rotary head office read this the please ignore the last paragraph errrrrr, please.

Our second speaker of the month was Will Jones from Broad Street who we had sponsored to go to NASA in Houston, Texas. Yes the Space Centre that sends rockets to the moon. And what a fine young man he is. Will was wonderful.

Will gave his presentation in a very professional and methodical way with the aid of photos he projected onto a screen and thanked the club for their support in enabling him to go on his trip to NASA.

He spoke for over an hour on his visit and we could have listened for another hour such was the interest in his talk.

He was accompanied by his Mum and Dad who were



Will Jones giving us a few songs after his excellent presentation. Multi talented indeed.

hearing his talk for the first time. Proud parents indeed.

The event was an annual international two week programme organised by The United Space School in Houston, Texas which runs the NASA program. The aim was to excite and educate young people about space with 23 countries involved and 46 students in all. He felt very fortunate and proud to have been picked to represent Wales. Before going they were given very difficult assignments and on arrival Will was placed with a host family who were excellent. It really was like a home from home he said. All host families were linked in some way to NASA. All students were then split into five teams and he was pleased to be in the red team which he had opted for before going which compiled of Rocket Sciences/Maths/Physicists. The other teams were Blue-Exploration, Green-Biologists and Chemists, Yellow- Money Minions and Maroon-Surface Landing. Although they were 5 separate teams they all had to work closely together with the one goal of a Mission and Landing to Mars.

Before starting their studies and to aid togetherness a soccer match had been organised against the staff of NASA with the students winning 5-4. Will played in goal.

Every day they started at 7.30am with work until 5.30pm and following that on some days there were field trips to assist their studies which didn't finish until midnight. Virtually every day they had a speaker or mentors all linked to space exploration with notable ones being George Abby who was the flight director for the Apollo programme of Saturn 5, and Sinita Williams, NASA Astronaut. They undertook their studies in various places and again notable ones were, Johnson Space Centre, University of Clearlake and the National History Museum. All facilities and lecture theatres were excellent with no hint of lack of funding for the space programmes and it appeared money was no object. Whilst visiting these sites they were able to see a simulation of a trip to Mars. Also the actual Mission Control of Orion to Mars by NASA, A Telescope strong enough to see Mars and training areas for Astronauts in a huge, deep pool to simulate weightlessness.

Before the final presentation of their project to the Directors of NASA they first had an initial trial against some Board Members who analysed and criticised their plans and proposals when they found out that they had omitted to consider the issue of a suitable toilet! Oops!



Will with his Dad Dai and his mother Kirsty with the Stars and Stripes that has actually flown at Congress. Will won this for Team Member of the Course.

All students had to be involved with the presentations which was quite an ordeal and were extremely relieved when it all went well.

All students graduated and were handed certificates by the Directors of NASA. There were 5 exceptional awards given to the best students in various categories and Will was successful in obtaining "Team member of the Year." He was presented with the American Flag, the Stars and Stripes which had actually been flown at congress. To end the trip they were all taken to watch a soccer match at the home team of Houston Dynamo.

In conclusion he mentioned that he had now made close friends with all the students and would be happy to visit them in their own countries. He knew that this friendship would be everlasting.

A Question and Answer session took place which followed by a vote of thanks by Dai Dyer with members showing their appreciation with rapturous applause.

Following his gruelling talk Will came into the lounge, picked up his guitar and sung a few songs proving he is very much multi talented.

Whatever Will chooses as his occupation there is no doubt he will make a big success of it and we wish him well. It was a wonderful presentation. Well done Will. (I am grateful to Dan for his Minutes on this article).

Barry our organiser extraordinaire had arranged a skittles match against our colleagues from Llandeilo Rotary Club at the Sexton's Arms in Llansadwrn. Fair play to Lloyd Jones who volunteered (or was he pushed?) as the skittle collector and erector for the evening. Well done Lloyd. In a hotly contested match we are pleased to report that we upheld the great name of Llandovery in the sporting field with a hard earned win. Barry and Chris being top scorers. It was all set up with sausage and chips (mountains of them) beautifully prepared by mine host Cliff. A lovely evening of conviviality with like minded Rotarians.

Who is a big fan of The Killers? Well now. Its Mickey Gough. You didn't get that, did you?

Next up for us is a Speaker evening at the Rugby Club. John Mercer who is Director of the NFU Cymru and a Director of Llandovery RFC. See next months report.

I have omitted the last meeting of the month as there is enough to report and anyway it is quite difficult to see to write this report whilst lying on a sunbed with the sun in your eyes! Ha.

Derek Jones.



Llandovery and Llandeilo Clubs unite in a skittles match in a night of Rotary Fellowship.

TALLEY PARISH HISTORY GROUP

I am delighted to tell you that the Talley Archive can now be viewed on the People's Collection Website using the following link:

<https://www.peoplescollection.wales/users/29936>

There are over 800 photographs comprising events that took place in the Parish, from the late 1800's to more recently. It has taken years to get to this point and a great many people have contributed their precious photographs, so that we can see how the parish has developed over the years and my special thanks go to them. Also, my heartfelt thanks go to Celia Parsons, now a resident at Blaenos' nursing home, and Kate Arblaster, both who have donated many hours to adding photographs to the archive. In particular, Kate, who also spent time, checking and correcting every submission. My thanks also to my husband Wyn, Peter Knott and Andrew Hill, who were instrumental in getting the archive published and to the Peoples' collection team, who were very helpful.

The History group was formed in 2003 by Joanne Penberthy, now the Bishop of St Davids and I have been involved since then as Secretary, Archivist and Treasurer. Unfortunately, over the years, we have lost all of the existing members and now I am the sole representative of the group. As no-one else has expressed an interest in the group over the last few years, I have now, regretfully, decided to disband it at the end of December and pass all of the material that has been collected to the new Carmarthen Archive, now being built behind the library. Any money, remaining in the Building Society', will be split equally between Talley School and Cwmdeithas Cwmdy. After December, I will still be available to respond to internet queries but will no longer hold any exhibitions or hold my usual monthly sessions on the first Saturday of the month in Cwmdy pub. The last exhibition to be held will be based on World War 1 and 2 to commemorate the centenary of Armistice Day and will be available for viewing in Cwmdy Inn at the beginning of November.

Thank you to all of the people, who have supported the group over the years, they are too many to mention but I shall always be grateful to them for their help.

Pat Edwards

PWYLLGOR DARLLENFA LLANSADWRN READING ROOM COMMITTEE LLANSADWRN LIGHTS UP EARLY FOR CHRISTMAS

The Llansadwrn Reading Room Committee are delighted to announce that the arrangements for this years lighting-up of the Christmas Tree will take place in early December. For the fifth year in succession the village has been gifted a locally grown fir in time for 'Carols Around the Tree' on Thursday 6th December at 6.45pm!

After a good year, locals and visitors alike can expect a big welcome with free mulled cider, mince pies and children's treats plus the opportunity to purchase various goodies from Xmas Fayre stalls. Carols with brass accompaniment from members of Llandeilo Town Band will follow the Dedication and Lighting-Up Ceremony.

There will be more singing at a 'Carols and Cawl' evening in 'The Sexton Arms' the following night at 7.30pm when the Towy Valley Section of Côr Meibion De Cymru – The South Wales Male Choir hold an Open Rehearsal, courtesy of Landlord Cliff Cowell. The 30 or so choristers under Musical Director Elaine Robins always greatly enjoy their visits to Llansadwrn and are back by popular demand. They will be joined by a local young soprano who will also be rehearsing ready for appearing with the full choir in a Grand Charity Concert in Llandeilo next April. Admission to 'Carols & Cawl' is free with donations to Llansadwrn Church.

The following week it's expected that Santa Claus will make his annual visit to the village courtesy of Llandovey Rotary Club centred on the Sexton Arms and Reading Room. It is also planned that just a few days before the big day itself, there will be a free Festive Film night in the Reading Room for anyone who lives in Llansadwrn. Hopefully there will be two screenings just like last year and as seats are limited please pop into Saturday Books (10am – 12.00pm) to reserve your places. Full details will appear in next month's edition of The Post.

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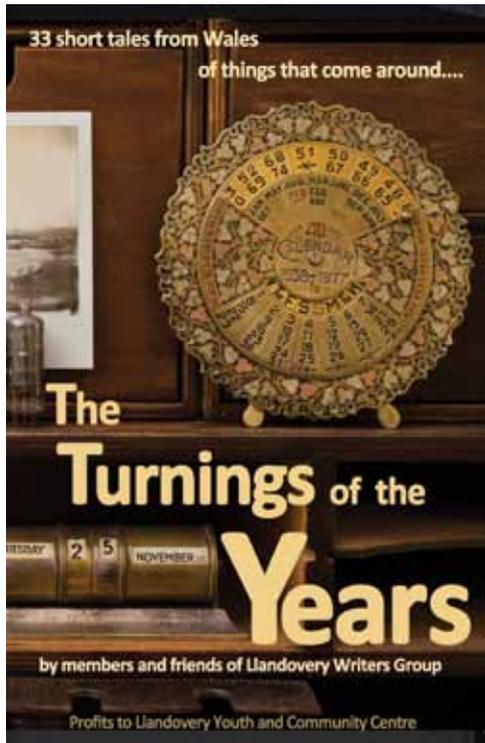
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AMAZING TALES SPOTLIGHT EAST CARMARTHENSHIRE'S TALENT



A new collection of 33 short stories and poems showcases the incredible wealth and variety of writing talent in East Carmarthenshire.

22 members of Llandoverly Writers' Group and friends – some previously well-published (Kate Glanville, Colin Parsons, Sally Spedding, David Thorpe and Graham Watkins), others just starting their writing adventure – have contributed a wide variety of pieces, all written from the heart.

Editor and writer Graham Watkins said, "The Turnings of the Years, with its loose theme of cycles of renewal, will entertain and amuse everyone – it's a wild mix of humour, gritty reality, observations of life and the human condition".

Why did Father O'Toole hate hearing confessions until one day a strange woman asked for absolution? What happened on Hazel's first Christmas in Africa? In 'The Reckoning' the Queen is coming to the Tywi Valley and the pennies are counted. 'Homecoming' explores the reality of caring for an elderly relative.

Enjoy Stella Starnes' 'innocent abroad' tale of encountering the Mari Lwyd for the first time, Sara Fox's story of childhood bullying in 1960s Birmingham,

and Helen Adam's hilarious account of a kleptomaniac wedding organiser.

PROFITS TO CHARITY

Profits from the book will go to the Llandoverly Youth and Community Centre (formerly the YMCA) – the writers have all donated their stories and have waived their right to royalties. Workshop leader David Thorpe said "We hope to raise up to £1000 from sales of 300 copies to say 'thank you' to the centre for hosting us for two years. We're publishing it in time for Christmas because we hope that a few will find their ways into Christmas stockings as seasonal gifts!"

A public launch party will be held in the Centre on Wednesday 24 November at 7pm. Many of the writers will be there, reading extracts from their work and it will be possible to buy copies and have them signed. Everyone is invited.

Copies of *The Turnings of the Years* will be available on the night, plus from various shops in Llandoverly, from the authors, at a stall during the Christmas Lights turning on ceremony, and on Amazon as a real book (£9) and e-book (£3.03).

The Community Centre, by Market Square, is a vibrant, community resource kept going on a shoestring by the wonderful Jill Tatman. It hosts a wide variety of events and activities, especially for children and young people, and their families. Facilities include room hire, use of computers/internet, a recording studio, an after school club, youth club and a range of self-help groups and organisations such as the Navy, Army and Air Force Institute, who use the centre as a base for their work in the town. Classes are held on Latin and Ancient Greek, craftwork, painting, and knitting.

The Llandoverly Writers Group meets there on Wednesday evenings at 7.00pm and new members are always welcome. To find out more contact David Thorpe on 07901 925671, email hello@davidthorpe.info.

BEST BUSINESS CHRISTMAS DISPLAY COMPETITION 2018

A Certificate will be awarded to the First and the Second Winner of the 'Best Business Christmas Display 2018'. The Business Christmas Display Competition 2018 will include exterior or interior Christmas displays. The Mayor will present the Certificate to the winning businesses prior to Christmas. The names of the winners will be published in the Post magazine in the February 2019 edition.

Thank you to all those involved in making Llandoverly 'sparkle' at Christmastime!

Diolch yn Fawr.



STOP UNWELCOME VISITORS – THINGS THAT SCURRY IN THE NIGHT!



Now is the time of year when little furry 'friends' are looking for a warm billet for Winter. They may look cute and appealing, but an infestation of mice can be a big problem, and rats can be even more serious. They spoil food, taint work surfaces, gnaw carpets and furnishings and damage electrical cables, causing fire hazards. They can also damage business reputations.

Did you know that mice can compress their rib cages and squeeze through a gap as narrow as a pencil? They are also expert climbers, and if they can reach a building's eaves there is nothing to keep them out. A cluttered attic can become mouse heaven: old clothes, rolled carpets, and insulation make great nesting sites. Mice will bring seeds, grains etc. from outdoors to their nest, so you may not even know they are there, until they run out of food, or at night you hear the scurrying of little feet on the ceilings.

Mice breed phenomenally. One pregnant female can produce five or six young which themselves get to breeding age in a month while the original female goes on to produce 10-12 litters in her average one-year life span. In the meantime, her offspring are producing and reproducing every 30 days. Without intervention two mice can become 24 or so in the space of only two months.

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03/19/12

Outdoors, mice form an important food source for owls, hawks, cats, foxes and other hunters: even magpies won't turn down a young mouse. This keeps their numbers down naturally. Indoors, however, they will breed unchecked unless discouraged.

Llandoverly-based Pest Control (PC) can offer a trained, certificated pest management programme. In the case of mice, they will survey the property, agree a pest treatment programme, identify potential access routes, and take action to close them off. This may include removing branches or foliage, blocking access points, clearing guttering and mouse-proofing vulnerable points.

P C will provide prevention and eradication services for farms, dwellings and commercial buildings throughout mid and South Wales. Its technicians are trained in a wide range of infestation problems including rodents, birds, insects and invertebrates, offering remedial work and forward maintenance and monitoring programs as each case dictates. Contact the company by email Info@pestcontrolmidsouthwalesltd.co.uk or by phone on 01550 721802.

RHANDIR LLANSADWRN LLANSADWRN COMMUNITY GARDEN/ORCHARD



A project to establish a garden/orchard in a corner of the Llansadwrn Community Field is being investigated.

In order to get as many views from members of the community as possible an open meeting to discuss the project will be held at

Llansadwrn Reading Room on Saturday 10th of November between 10.00am and noon.

Everyone welcome. In the meantime a display and comments book have been placed in the Reading Room in Llansadwrn.

A number of garden/orchard projects already exist in Wales. As well as a place to grow plants sites are used by adults and children to share knowledge and skills, socialize, keep physically active or just relax.



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Successful candidates will work with students across education and care adopting a person centred approach to learning in a variety of situations such as house based, external work experience or social activity environments. You will have an understanding and commitment to working with young people with a determination to support them in achieving their personal goals.

For further information please contact Lisa Blofield on 01550 760453, or email lisablofield@colegelidyr.ac.uk.

To find out more about the work of Coleg Elidyr visit our website colegelidyr.ac.uk

11/18(1)

LABOUR HISTORY TALK AT THE MUSE IN BRECON

WEDNESDAY 14TH
NOVEMBER 2018 – 7.30 PM

Jim Moher of the History and Policy Trade Union Forum, will talk about how the trade union movement and the Labour Party became a major power in the land after the apparent defeat of the General Strike, emphasising the roles played by Walter Citrine, Ernest Bevin and Nye Bevan.

Everyone welcome, £5.00 admission. There will be refreshments and a raffle.

Venue: The Muse (new arts and community venue based at the Old Museum), Glamorgan Street, Brecon, Powys, LD3 7DW.

More details of the talk from: Peter Brooke, Secretary, Brecon Labour Party, 4 Camden Court, BRECON, LD3 7RP. Tel: 01874 625617.

DON'T MISS OUT! THE CHRISTMAS STORY LIVE @ MYDDFAI 2018



A great way for you and your children to remember what Christmas is all about! The Christmas story acted out in little scenes with Mary, Joseph, Angels, Shepherds, Wise men and more. Theatre lights, atmospheric music, stars and candles- there might be a real baby and some animals too...

On the Wednesday closest to Christmas 19th December in the late afternoon at Myddfai Church. Write it on the calendar and watch out for more details....

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LLANDOVERY TWINNING ASSOCIATION



Again, this year I feel the twinning in continuing to grow, with new member joining us and wanting to experience life as a Twinner!

We have had a very successful year, where lots of events took place.

Our first event was a social evening, hosted by Tina and Kevan to reminisce about our summer trip to Pluguffan. Thank you both

In March we booked a twinning table for the Mayors Ball, it great that all organizations can support each other. Thank you to those that attended the ball, in which ever way you did.

April was a busy month. Firstly, we held a fantastic wine tasting evening, a big thanks to Jill and Mike for allowing us to take over their ground floor, Christopher for organizing the event and introducing us to each bottle of wine. Not forgetting Wyn, Jon and Steffano for being our waiters. Jane and Susie for making the canapés and with Helen Ghiani's help being the glamorous ladies serving the canapés.

A huge thanks to you all.

At the end of April, with the help of Kim organizing and Dan driving the bus, a group of walkers from west wales headed to Brittany for a wonderful week of walking the beautiful hills of Brittany. Thank you to all those who went.



In June, the local quiz master Rod and his partner in crime Sally, kindly hosted a super quiz evening in the Whitehall. I was lucky enough to be in the wining team. Thank you both. A special thanks must go to Ann, who kindly donated all the food at the end of the evening..

Later in June, five of us, Wyn, Jon, Helen, Steffano and my self headed to Pluguffan for their music festival. We had been invited to take part but it took a few months for the decision to be made on how we could be part of this. It was finally decided that we would make the aperitif for their three course meal which was served during the festival. That was when Y Cwch Ddaig Goch, was invented, a gin based cocktail. With locally scouced elderflower cordial. Which went down very well.

We had a lovely, but busy two days.

Hope fully we will be invited back next year, so get your names on the list!

On our return, we brought back Brewal Menguy, who is the son of Yannig,(vice Chair in Pluguffan) he stayed with my family for two weeks, he helped out in the shop with us. He was also very lucky to be invited to Ysgol Rhys Prichard for a few days, where he went on a school trip and help out in the after school club.

A big Thanks to Edward Davies for allowing him to visit the school.

In July we hosted a summer BBQ, which was kindly hosted by Jon and Susie in their beautiful gardens. Big thanks to you both,

In September, we welcome our friends over from Pluguffan for the annual sheep festival, unfortunately this year the festival had to be cancelled due to the weather condition, but it didn't stop our friends, they jumped on the ferry for a rough ride and headed to Wales. A big thanks to Nadine, Helen and Alan Walters for hosting. Also a big thanks to Nadine for hosting a get-together for all at her house, on the Friday evening.

Its been a busy year, great to have had lots of different events on and to welcome new members. Lets hope we can continue welcoming new families to this wonderful friendship, we have with Pluguffan.

We now look forward to August 16th, when we welcome our Pluguffan friends to Llandovery.



OUT WITH THE OLD CANDLELIT CHRISTMAS CONCERT



The festive season draweth nigh and The Village Quire bring a mellifluous mid-winter garland of delights for your delectation this Yuletide. We are looking forward to the festive season with a melodious bouquet of new tales and songs; delight for both ear and mind. But we are also delving back into the midwinter traditions of this isle with ditties and stories of mumming and wassailing, folklore and frolics, misrule and mirth with rousing West Gallery anthems and delicate harmonies to melt your heart. Now the land is in thrall to the wind and the rain, the ice and the hail and the snow. But here we are snug and warm and as our candle flames flicker we know that the time is now, and the time is right to cry, **OUT WITH THE OLD!**

Saturday 1st December, 7.30 pm, in All Saints' Church, Cwmbach, Glasbury-on-Wye HR3 5LR. Tickets £8.00 (18 and under £5) to include mulled wine and mince pies, from 01497 847676. www.villagequire.org.uk

ALZHEIMER'S RESEARCH DONATIONS



I completed the Cardiff Half Marathon on Sun 07.10.18 in 3 hrs 18mins 36secs. I would like to thank all who generously contributed towards Alzheimer's Research and the encouragement you have given me. As you all know I did this because of my Mum who suffers from Dementia in the hope that the next generation and/or subsequent ones will benefit from this research. By the time all monies have been collected the total will be in excess of £1,400 plus any gift aiding. It is only because of your combined generous sponsorship that this has been possible.

GELLI AUR PAINTERS

Gelli Aur Painters are a group of artists and friends based at St Michael's Church Hall, Gelli Aur Golden Grove, near Llandeilo, Carmarthenshire. On Saturday November 10 they are holding an Open Day, starting at 10.30am until 3.30pm when everyone, young and old, is invited to come and enjoy art in a fun and friendly way. There will be an opportunity to have a go at painting a picture and to view and buy original paintings and cards and to take part in a lucky dip raffle, where everyone wins an original painting in a mount. Their new 2019 calendar, which has been inspired by the Heart of Wales train line that celebrates its 150th anniversary this year will also be for sale. Parking is easy and refreshments with home made cakes will be available. Entry for all is free. 01550 777622.

LLANEGWAD RAINFALL



August saw rain on 17 days with the wettest being the 12th with 43mm.

August Total: 126mm – 5"

Rain fell on 18 days in September, the 21st being the wettest with 49mm.

September Total: 126.25mm – 5"

D. R. DUKE

EXCURSION TRAIN

We were pleased to see at last an Excursion Train arrive in Llandovery during the 150th Celebrations, even though it was diesel hauled, for it does signify that the organisers of these initiatives have not forgotten the attractions of the glorious scenery of the Heart of Wales Line. Furthermore, however, the train arrived at a Station which was thronged with activity, and this in itself cannot fail to have been noticed by the powers that be: let us hope that we will see more of these Excursions in the years to come.

ARTISTS AT THE STATION GALLERY

Herewith is the programme, as of this month, of the monthly Art Exhibitions to be held at the Station Gallery: at this moment in time it is, of course, liable to change, but at least it will give both the Artists and the Public an idea of what we propose.

- November 2018: Llandovery Artists Joint Exhibition
- December 2018: Christmas Exhibition
- January 2019: Richie Dean
- February 2019: Mike Perry
- March 2019: Amanda Rose
- April 2019: Sue Reah / David Stirrup, Glasallt
- May 2019: Sharon Evans
- June 2019: Sandra Phillips, Aberglasney (Guest Artist)
- July 2019: Llandovery Artists -Joint Summer Exhibition
- August 2019: Carole Spackman (Pottery)
- September 2019: to be confirmed
- October 2019: HoWLTA: Art along the Line (Joint Exhibition)
- November 2019: Richie Dean and Guest Artists
- December 2019: Joint Christmas Exhibition (all Llandovery Artists)

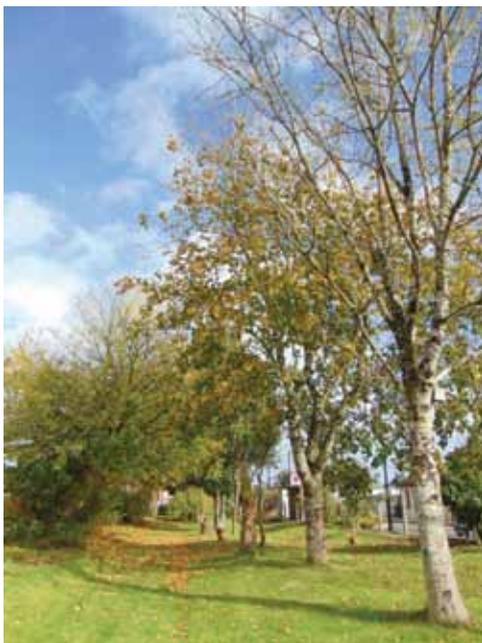
the above list is, of course, liable to change!

THE STATION GARDEN

The trees in the Station Garden are now at their glorious best, with their leaves shining golden in the late Autumn sunshine, and leaving a carpet of gold to lie on the green grass beneath. They are at present a sight to behold, and readers of these pages should hurry to see them if they have not done so already!

Much has been written in these pages this year of the hard work that Mike Blud has done over the Summer in the Garden, but we can now say that all his effort has paid off. The raised vegetable beds that Mike has made have proved their true worth, and they have produced a fine assorted crop of vegetables – runner beans, potatoes, onions, rhubarb, and more.

Readers of these pages should be aware that we have placed two wooden tables and benches under the trees



at the end of the Garden: this is an excellent spot to sit while you wait for a train or just allow your children to play under supervision – and as we write these notes we can say with some pride that these trees have produced some fine conkers this year! But do children play conkers any more?

THE LLANDOVERY MODEL RAILWAY CLUB

The Model Railway Club at the Station is thriving, and is proving to be a very popular facility for Modellers from

REMEMBER US

An article in a newspaper, seen by the Llanwrda Flower Club, has developed into an exciting project.

Members met in the Old School Dining Hall in Cornwallis Place and crocheted, knitted and cut out felt poppies in red, white and mauve. 745 were posted to Wonderwool Wales, Builth for their Curtain of Poppies Appeal. Hundreds more were pinned to ten foot of hessian, ready to drape over the arch of Llanwrda Parish Church on Remembrance Sunday. A horseshoe of poppies was also fashioned to hang over the pulpit. The church will be open to worshippers from 10.30 a.m.

In the afternoon of Sunday, 11th from 3.00 p.m. to 5.00 p.m. villagers will be invited to take tea in Llanwrda Village Hall. Continuing the theme of poppies, the team has made a curtain of the emblems across the stage and on a table will be the names taken off the Cenotaph of the servicemen from the village. Thus they will be remembered.



LLANWRDA'S FIRST COUNTRY MARKET

..... was fun and a great success with public support exceeding all expectations. So, we are having a Festive Food and Country Market on Saturday, 8th December between 9.30 a.m. and 1.00p.m. Please join us at the Hospitality Corner in the old school hall, Cornwallis Place and expect to see traders you may have met this October. This time we will make sure not to run out of commodities so quickly by ordering more!

To the volunteers who made the Market possible and the community for their support, thank you. We raised over £500 thanks to such backing.

By the by

The raffle number closest to win 'Guess how many chocolate hearts' on the chocolate sponge was 77.

And for the number of stars on the victoria sponge was 133.

A little reminder that the Cornwallis Free Library is now open every Saturday between 10.30 a.m. – 12.00 p.m. You are welcome to come and browse over a free cup of tea or coffee.

Carwyn Jones

For and on behalf of the
Cornwallis Trustees

a wide area around Llandovery to meet and to exchange ideas. Our formal Club Night falls on the first Thursday evening of every month at 7.00pm, but members have access to the Club Rooms at almost any other time. We model both in N-gauge and 00-gauge, and in the downstairs room are to be found three N-gauge layouts and one Hornby-Dublo 3-rail vintage layout, while in the upstairs room is to be found the Club's main layout, a large 00 creation, which is still work in progress.

On special occasions, such as the Sheep Festival Weekend or the 150th Anniversary Weekend, members often bring along to the Station some of their personal railway items, one of these, for example, being Alan Thomas with Hobo Flats, an American Logging Layout.

We are a friendly group, and anyone who would like to come along to one of our monthly Thursday evening Meetings, and see our activities for themselves will be assured of a warm welcome.

DINEFWR POETRY

Dinefwr Poets meet in Llandovery Station Cafe on the first and third Sunday of every month, 2.30pm – 4.30pm. One of the founders of this initiative says of the venue: "People get together to share their writing and discuss ideas. The Cafe is an ideal location with its warm and friendly atmosphere, comfortable surroundings, and excellent refreshments. We are extremely grateful for the warm welcome we always receive. For us it is a special place that provides us with tranquillity and inspiration, and has nurtured friendships, and we are delighted to welcome new members to our meetings." Telephone Mick on 01550 777656 for further information.

Glyn Evans

SEARCH FOR LOCAL FOOD PRODUCERS AND SELLERS

Buying local food helps our economy and reduces transport distances and therefore emissions of greenhouse gases. Apart from that, it's usually very tasty and fresh.

Llandeilo Food Network, part of Transition Tywi Trawsnewid, publishes an annual local food guide online, <https://llandeilolocalfood.wordpress.com/llandeilo-local-food-guide-2018/>, and would like suggestions for enterprises to add. The guide covers food and drink producers, small-scale processors, retailers, and cafés and restaurants which source local ingredients. Most of the businesses featured are within 15 miles of Llandeilo but we cover the wider Carmarthenshire area, and over the county boundary into south Ceredigion.

Suggestions are welcome on the Facebook page for Llandeilo Food Network/ Rhwydwaith Bwyd Llandeilo.

READERS' SALES & WANTS

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

FOR SALE

- **Seasoned Firewood Logs.** Tel: 01550 777432.
- **Picture Frames.** Brand new, high quality, ornate gold frames, various sizes, £5 – £20 each. Tel: 01550 777432.
- **Seed Propagator.** Electric, 20 x 12 inches internal measurements. Good condition. Invaluable for plant growing from seed. Telephone 01550 777769.
- **Kitchen Table.** Light oak veneer. 3'9" x 2'5". Immaculate condition. £10. Tel: 01558 824468.
- **Pair of MENS Body Waders:** make Ron Thompson, Size 10/11 Polyester backed with PVC. In good order. Little used. Buyer to collect. Cash sale only, £10. Tel: 01558 668612.
- **4kg Lawn seed.** Premium quality for high quality fine lawns / Bowling greens -from Boston Seeds. Recently purchased 4kg Surplus to requirements. £20. Porthyrhyd Llanwrda 01558 650768.
- **Graham & Brown Midsummer Black Wallpaper with leaf motif.** 5 Rolls all same Batch Number. £25. Porthyrhyd Llanwrda 01558 650768.
- **Vauxhall Vivaro Sportif 2011 model.** 61 Plate. Silver. Manual 6 speed. Ply lined. Tow bar with dual Electrics. Rear Parking sensors. Heated mirrors. 115,000 miles. Very reliable vehicle. Clean and tidy. Mot until March 2019. Alloy wheels. 4 brand new Tyres, new clutch at 85,000 and new rear off side disc assembly. Full service history. £3,995 Ono. Call Porthyrhyd, Llanwrda. 01558 650768 / 07771 773310.
- **Football Table,** excellent condition, solid and sturdy design. H:82cm, L:128cm, W:100cm, £50. Tel: 01550 777149.
- **Coopers of Stortford extending pole hedge cutter.** Used once only to try it. 240 volt electric. Cost £80 will sell for £50. Found it too top heavy for an arthritic pensioner. All complete including box and manual. Tel: 01558 823864 (Cwmifor near Llandeilo).
- **2 Pine chest of Drawers** in good order. 5 drawer: 92cms wide, 45cms deep, 115cms high. 3 drawer: 92cms wide, 45cms deep, 73cms tall. All drawers: internal 85cmsx40cmsx17.5. Security stop on all drawers to prevent pulling right out. Cash sale only. 5 Drawer £35, 3 drawer £25 To sell separately or together. Buyer to collect. Tel: 01558 668612.
- **Single wicker Garden/Bedroom chair** plus 2 cushions in excellent order. Little used Seat 21.5" across, 17" deep, 16" from floor. Whole chair 31" high 25" deep. Buyer to collect. Cash sale only: £10. Tel: 01558 668612.
- **3 freestanding Storage Pods** (2 blue and 1 white) with 2 blue adjustable shelves. Great if just off to University as so versatile. Plus small triangular table suitable for bedside/flat. Pods: 52cms x 40cms x 52 cms. Table: 78cms across front, 55cms deep, 45cms high. Computer equipment not included in sale. Buyer to collect. Cash sale only: £15. Tel: 01558 668612.
- **Wooden Oval Dining Table and 6 chairs** in excellent order. Table very little used and always covered. Length 178cms. Extra leaf to extend table to 220cms, Width 90cms, Height 75cms, 6 Chairs with "velvet" green seats. 2 are armed Carvers and 4 without arms. Need to sell due to moving. Photos available on request. Buyer to collect. Cash sale only: £350. Tel: 01558 668612.
- **Superb, virtually new, Tough Chew Dog bed.** Removable Cover. Orvis: £119 new. 42" x 28" x 4". Buyer to collect. Cash sale only: £40. Tel: 01558 668612.
- **15" WHEEL TRIMS.** Two sets of 15" wheel trims complete with springs. One set is in virtually "as new" condition, £8.50; Three of the trims in the other set are in VGC, whilst one has some scuff marks, £7. Contact Gordon on 01558 650837 or email: stanmabart@gmail.com (Pumsaint, near Lampeter).
- **Wooden painted Chest of drawers:** 3x long drawers and 2x ½ drawers. In need of repaint but otherwise in good order. Length 106cms Width 50cms Height 98cms. Drawers Internal: 2 small ones: 47 x 40 x 11cms, 1st Long: 94 x 40 x 14.5, 2nd Long: 94 x 40 x 18, Bottom : 94 x 40 x 20. Buyer to collect. Cash sale only: £30. Tel: 01558 668612.
- **Samsung 28" LCD TV** excellent condition £50, Tel 01558 822817 / 07826 553417.
- **Shower Enclosure** and 900mm Tray. New, boxed and unopened. Bought for a project that is now not taking place. Price new £320. Will sell for £220. Tel: 01550 760204.
- **95 New White Tiles,** 148 x 148 x 6mm. Bought for a project that is now not taking place. Price new £26.00. Will accept £15. Tel: 01550 760204.
- **Set of Antique Brass Fire Irons** with 2 x 4 legged Lion Rests. £95. Tel: 01550 760204.
- **Left Handed Half set of Golf Irons and Woods** in Bag on Trolley. Also a bag of Golf Balls. £35 for the Lot. Tel: 01550 760204.
- **Large Glass Carboy Jar,** 20 inches high and 17 inches diameter. £25. Tel: 01550 760204.
- **Brass and Copper Col Bucket.** £20. Tel: 01550 760204.
- **Antique Copper Bed Warming Pan,** £25. Tel: 01550 760204.
- **Antique Copper Washing Dolly,** £15. Tel: 01550 760204.
- **Antique Copper and Brass Hunting Horn,** 4 feet long. £10. Tel: 01550 760204.
- **Exhaust and Catalytic Converter** for Citroen Berlingo. Brand new. Tel: 01550 721197.
- **Dining table** with glass inlay plus 4 chairs, £45 ono. Tel: 07872 509031.
- **Leather corner sofa** with end pouffe, DFS. £95 Tel: 01550 721005.
- **Coffee table,** 2 tier, £40. Tel: 01550 721005.
- **5 beech dining chairs,** £95. Tel: 01550 721005.
- **Interlined curtains,** triple pleat, 70" wide by 106" long. Broad green stripe, excellent condition, £150. Tel: 01550 721005.
- **Drop leaf table** with hand painted cat on surface middle, (up cycled), £20. Tel: 01550 721005.
- **Fisher metal detector** with original manual, £50. Tel: 01550 721005.
- **Stairlift.** Rail is 14" 6" long, 14 steps operated from chair or remotely, £100 buyer dismantles. Tel: 07859 884740.
- **Selection of eleven very large cactus,** some worth around £40 each, selling eleven for £100. Tel: 01550 720003.
- **Al-ko Electric cement mixer,** good condition, £40. Tel: 01550 720003.
- **Chevrolet Kalos SX** 1399cc petrol, first reg 01/03/08, MOT til 27/04/19. 43000 miles prove on MOT'S, drives like new, any test, £995 or VNO. Tel: 07925 993367.
- **Commercial display chiller** with wooden surround, £300. Tel: 07468 415625.
- **Bezerra commercial coffee machine,** 18 months use, £1100. Tel: 07468 415625.
- **Commercial coffee grinder,** £120. Tel: 07468 415625.
- **Llandoverly town cottage,** 2 bedrooms. Quiet area. Small garden. Well insulated and ventilated. Double glazed. Gas heating and hot water. New cooker and hob. To let or for sale. Tel: 01550 740277.

WANTED

- **Redundant single skin plastic oil tank,** approx 1000 litres capacity, no wider than 30", must be in good condition. Tel: 07989 028414.
- **Second-hand Books.** Donations of good quality, saleable books required for our Pre-Loved Bookshop at Newton House. Any subject, fiction or non-fiction, adults' or children's very gratefully received. No magazines please. 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.
- **Various Help Wanted.** Hourly pay or barter for P.A. Home-help. Advocacy. Driver. Care Giver. Also Rural Respite Care Accommodation (nature/animal sanctuary or Centre acceptable). Quiet, friendly vegan client. Leave message > 01550 721197.

- **Grazing land**, possible long term and suitable for horses and sheep, including sheds if possible. Tel: 07770 777992 / 07872 509031.
- **Action men dolls**. The Disney Princesses are off to the Ball and are desperately looking for dancing partners! Can you come to their rescue? If so please call 01550 777149, and ask for Martha. Thank you.
- **Any used postage stamps or old £1 coins**: To help raise funds for Lluest Horse and Pony Trust please send them to Lluest, Belli 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.
- **Accommodation Sought**. Detached, self-contained property with garden required for rent by Artist, crafter, writer couple. Barter arrangement considered. Rural/semi-rural setting, in/near countryside. Outbuilding if possible. Also large house with annexe considered. No near mobile 'phone masts, recent paint fumes or renovations please (allergies - tenant will negotiate decoration). Current let 19 yrs. Excellent References. Tel: 01550 721197.
- **Volunteers**. Admin Homeworkers, Website and Other Help needed for Vegan charity. See Vegfam's entry at back of The Post. Previous responders contacted again soon. Tel: 01550 721197.
- **Citroen/Peugeot Van Required**. Berlingo/Partner or Dispatch Van. VGC. Low mileage. X reg age, with recent Cam belt change etc. Telephone: 01550 721197.

FRIENDSHIP CLUB

The club had no meeting in Sep. instead we opted for a day out to Porthcawl. This was Elvis Presley week, but to our disappointment Elvis did not make an appearance! But the weather was glorious so we were able to enjoy the sunshine by the seaside.

Wed Oct 10th we had our Harvest service at Llandinat Church, the choir from Ysgol Pantycelyn came along again this year to sing to us, the children are a joy to listen to, they are a credit to Mrs Rees and also the School.

Thank you to Vicar Avison and the very Rev John Rogers for officiating the service, also to Evelyn and Phyl for the readings. After the service tea and cakes were served, thanks to the hostesses and every one who helped.

Chair person Mrs Gina Jones thanked everyone and presented gifts to the headmaster the Vicar and Rev John Rogers also to Mrs Gwyneth Perry for playing the organ. The collection was also donated to the headmaster for purchasing new equipment for the School.

The next meeting is on Wed Oct 31st this is a Victorian theme, and also Halloween! Everyone welcome to come along 2.00pm at Vicar Prichard Hall.

The final payment for Turkey and Tinsel will be taken at this meeting please.

Mary Jackson

THANK YOU

A very successful coffee morning was held in the Goose and Cuckoo on Friday 28th September 2018.

The event raised a fantastic sum of £1700 for Macmillan cancer, thanks to all who contributed especially Llangadog Primary School children and staff to this worthy cause. Last but by no means least a special thanks to all the helpers, Charlie and staff at the Goose and Cuckoo.

PUMSAINT WI

On 4th Sept 20 ladies of Pumsaint WI attended a meeting at the Coronation Hall, Pumsaint. Congratulations were given to all who had won prizes in the local shows. Helen's open garden day had been very well attended. She thanked us for making cakes, and many cakes were sold, making money for her dedicated charities. Names were taken for the next walk and tickets given out for various events. A list was read out of suggested speakers and activities for next years programme. Our speaker for the evening was Becky Hulme speaking about red squirrels. She is the Mid Wales Welsh Squirrel Officer and explained where they are in the forests in our area and how they are trying to keep out the larger greys so that they can increase in number.

On Tues Oct 2nd 15 ladies plus one guest attended the Oct meeting. Arrangements were made for food and raffle prizes for the Group meeting on the 23rd. Next years programme was finalised. It was decided not to have a Christmas meal in Dec but to wait until January when ladies will have more time.

Our next meeting will be on Tues 6th Nov for the AGM. Refreshments to be provided by the committee. For further info please contact Diana Jones on 01558 650153 or Anne Brooks on 01558 650154.

ARMISTICE OPEN-MIC AT THE SEXTONS ARMS

The talent, and the songs, that emerged from the dark days of WW1 will be featured in November's Open-mic session at the Sextons Arms, Llansadwrn. Poems, music, stories and even the food on offer will recall WW1. It will be held on Sunday 11th November from 7.00pm to mark the century anniversary of the 1918 Armistice. All proceeds will go to SAAFA – The Soldiers, Sailors and Air Force Association. Please come and support this great charity and end the day on a note of nostalgia and gratitude for the peace which was won at such a cost.

BRYAN DAVIES, GWYNDY

Isabelle, Ruth, Ian and Marie would like to thank family, neighbours and friends for all their kindness shown in their sad loss of Bryan.

Thanks for all who donated to Noha's Ark appeal with a total of £1,422. Also thanks to the bearers, Reverend Huw Bishop, organist Jean Hagnes, Tabernacle Chapel and Clive and Sue Davies and sons for their professional service carried out with dignity.

Diolch yn fawr am eich cefnogaeth.

Church Services

E-English W-Welsh B-Bilingual

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

(all services are bilingual)

St Gwrdaf Church, Llanwrda

- 4 Nov 8.30am Holy Eucharist
11 Nov 10.30am Remembrance Day Service
18 Nov 8.30am Holy Eucharist

St. Sadwrn Church, Llansadwrn

- 4 Nov 11.00am Holy Eucharist
18 Nov 11.00am Holy Eucharist
25 Nov 11.00am Rainbow Church

Capel Dewi Sant

- 4 Nov 2.15pm Holy Eucharist
18 Nov 2.15pm Holy Eucharist
25 Nov 2.15pm Evening Prayer

St. Paul's, Manordeilo

- 4 Nov 9.30am Holy Eucharist
18 Nov 9.30am Holy Eucharist
25 Nov 9.30am Holy Eucharist

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

PARISH OF LLANDOVERY WITH MYDDFAI

Llandingat

- 4 Nov 10.00am Family Communion
3.00pm A Time to Remember
6.00pm Holy Communion
11 Nov 9.30am Holy Communion
10.50am Remembrance Sunday Service
6.00pm Informal Evening Service
18 Nov 9.30am Holy Communion
6.00pm Evening Prayer
25 Nov 8.00am Holy Communion
9.30am Holy Communion
6.00pm Evening Prayer

Llanfair

- 4 Nov 9.00am Cymun Bendigaid
18 Nov 11.00am Cymun Bendigaid

St Michael's, Myddfai

- 4 Nov 11.30am Holy Communion
11 Nov We join the Remembrance service in Llandingat

- 18 Nov 11.30am Morning Prayer
25 Nov 11.30am Holy Communion

For further information please contact 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.

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

- 4 Nov 9.30am Holy Communion
11 Nov 10.30am Remembrance Service
18 Nov 9.30am Morning Prayer
25 Nov 9.30am Morning Prayer
3 Nov Winter Fair 10.30am to 1.00pm in the Church

For further information please contact 01550 777226.

ST SIMON & ST JUDE, LLANDEUSANT

- 11 Nov 10.30am Remembrance Morning Prayer with Poems
25 Nov 2.00pm Holy Eucharist followed by tea & coffee etc.

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)

BAPTIST CHAPEL

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

ST DAVID, ABERGORLECH

Sunday services at 9.30am

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

TOWY CHRISTIAN FELLOWSHIP

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

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

ALL SAINTS GWYNFE

- 4 Nov 11.15am Eucharist
11 Nov 11.15am Remembrance Sunday Morning Prayer
18 Nov 11.15am Morning Prayer
25 Nov No Service

THE CHRISTADELPHIANS

Foundry Road, Ammanford.

Tel. 01269 842336 or 01269 851172

- Sun 6.00pm Bible Talk
Thurs 7.30pm Bible Study

TŶ'R BUGAIL

on Sundays

2.30pm for Tea, Coffee and light lunch
3.00pm for rural chaplaincy service at TŶ'r Bugail, 4 Market Square, Llandovery SA20 0AA. Tel: 07748 644958.
www.ygrwp.com

PARISH OF CILYCWYM & YSTRAD FFIN WITH RHANDIRMWYN & CYNGHORDY

St Mary's, Cynghordy

(Llanfair-ar-y-bryn)

- 4 Nov 2.30pm Eucharist
11 Nov 2.30pm Eucharist
18 Nov 2.30pm Evening Prayer
25 Nov 2.30pm Eucharist

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

St. Barnabas Church, Rhandirmwyn

- 4 Nov 9.30am Eucharist
11 Nov 9.30am Eucharist
18 Nov 9.30am Morning Prayer
25 Nov 9.30am Eucharist

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

St. Michael's, Cilycwm

- 4 Nov 11.15am Eucharist
11 Nov 11.15am Eucharist
18 Nov 11.15am Morning Prayer
25 Nov 11.15am Eucharist

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

ST CYNWIL, CYNWYL GAEO

Sunday services 9.30am

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

ST SAWYL, LLANSAWEL

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

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

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

PARISH OF LLANEGWAD WITH LLANFIHANGEL UWCH GWILI

Llanfihangel 8.30.a.m every Sunday
(bilingual)
Holy Trinity, Pontarogthi 9.45.a.m.
every Sunday (English)

Llanegwad 11.00.a.m., 2nd, 3rd
and 4th Sunday (bilingual)

St. John's, Felingwm 2.00.p.m. 2nd, 3rd
and 4th Sunday (Welsh)

5th Sunday of the month services are
at 10.30.a.m. and rotate between the
above Churches.

QUAKER MEETINGS

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

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

Ladies Service
2nd Tuesday of each month.

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

COR MEIBION LLANYMDDYFRI SEPTEMBER WINNERS

1. David Jones
2. Anne Marrey
3. Hazel Touch
4. Brenda price
5. Gareth Morgan
6. Wyn Morgan
7. Rhodri Davies

OCTOBER WINNERS

1. Hywel Richards
2. Nesta Evans
3. Helen Wood
4. Joan Gower
5. Rhodri Thomas
6. Steve Tweedy
7. Carol Lord

MERCHED Y WAWR

Bydd Cyfarfod nesaf ar Dachwedd 14eg am 2 or gloch yn Neuadd Dolau Bran
Bydd y wraig wadd Carwen Vaughn yn siarad am hel achau.

Ar Hydref 10fed cafwyd noson hwyliog yng nghwmni Gary Owen y
newydddiadirwr ar darlledwr a'u waith trefnu allywio Rhaglen Taro Post.

Fel rhan or noson penderfynwyd godi arian i ymchwil cancer y fron. Trwy
haelioni'r aelodau a chlwb gwawr a rhodd Tal Gary codwyd £200.

THE LIGHT IS SHINING

at Ebenezer Apostolic Church, Halfway, Talley

The following verses from Luke's Gospel are very interesting.

Luke 5 verse 36 "He (Jesus) told them this parable: "No one tears a piece out of a new garment to patch an old one. Otherwise, they will have torn the new garment, and the patch from the new will not match the old. 37 And no one pours new wine into old wineskins. Otherwise, the new wine will burst the skins; the wine will run out and the wineskins will be ruined. 38 No, new wine must be poured into new wineskins. 39 And no one after drinking old wine wants the new, for they say, 'The old is better.'"

I like to think of this parable as being something wonderful that we can adhere to each day. The old is gone and the new is come! Perhaps we should not look back but forward. Parables are a way of seeing the world through the eyes of Jesus. Just studying these words can be a real insight and one that amazes us again and again.

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 Cwmdy 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 NOVEMBER:

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. 10.30am - 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.

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.

Snooker at Llangadog Community Centre, 7 days a week. Ring Mike on 01550 777768 or 07720 801197 for details.

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

Llanwrtyd Wells Thursday Walkers leave the Neuadd Arms Hotel at 10am 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

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 social activities of the village, 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. More volunteers are desperately wanted for all sorts of roles e.g. serving in the shop, accounting, cleaning, general maintenance, communication, website etc. If you can offer your skills for a few hours, you will be most welcome. We are also looking for more cooks who would like to provide restaurant meals on a Saturday. Become a more active part of the community and make new friends - it can be very fulfilling and enjoyable. Contact the shop/pub on 01558 685156.

Very gentle Hatha yoga, deep relaxation (Yoga Nidra) and meditation in Cwmifor. 7.00 - 8.20pm. Manordeilo Reading Rooms, Cwmifor, SA19 7AW. £36 for 6 classes, £20 for 3 classes or £8 drop-in. Contact Kirsty: 07813 647936, email: kirstymaryyoga@gmail.com, www.facebook.com/kirstymaryyoga

ART BOOK SALE: All of November 2018, 10.00 - 1.00pm and 2.00 - 4.00pm, Sundays until 2.00pm, Railway Station Cafe, Llandovery. Telephone Sandra for details: 01550 721197.

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

IT'S FUN TO SING WITH 'TYWI HARMONY': Everyone welcome, no experience needed, no music to read. 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.

2 NOVEMBER:

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.

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.

Marchnad Crescent Road Market is held in the Civic Hall, Llandeilo every Friday from 9.00am - 2.00pm. With 16 regular stalls, we sell everything from fresh produce, jams and cakes to books, direct from the Publisher. Live music. Tea/coffee/cake cafe. Browse for your gifts and cards, jewellery, antiques and bric-a-brac, handbags, beauty products and much more. Phone Kate for more information: 07891 867120.

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

Yoga at Pontargothi Hall, every Friday, 5.30-7.00pm. Everyone welcome. Call Sian on 07534 974 413.

Drawing and Painting course for beginners and more advanced. Beginners and more advanced Drawing and Painting course [ongoing through the winter, with occasional breaks] with Genevieve Caminade, a practising artist. This course is suitable for beginners and those returning to drawing and painting. Starts Friday 2nd November, time: 10.00am to 12.00 noon in Llandeilo. Venue confirmed on Booking. Contact 01558 685175 or genevacminade@hotmail.com. This course is run as a six week block that can be renewed.

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

3 NOVEMBER:

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.

The George Family Name Society will celebrate its 25th Anniversary on Saturday, in The Castle Hotel, Llandovery at 2.00pm. Dr Robin Barlow will speak about The Physicians of Myddfai. All welcome. More details at <http://georgefamilyname.org/>

Cadog Film Club: Battle of the Sexes (2016) The true story of the 1973 tennis match between world champion Billy Jean King and ex-champ and hustler Bobby Riggs. Llangadog Community Hall at 7.30 pm for supper (bring a dish each) and bar; 8.30 pm for film only. Non-members welcome. For booking and further information contact Irene Hayes on 01550 777657 or email: cadogfilmclub@aol.com.

Cwmdu Inn. Food night in the community run restaurant - there may be a Bonfire Night theme to this meal. For details of this week's chef, the menu and to book (recommended), please contact the shop/pub on 01558 685156.

Myddfai Fireworks event from 6pm with the Fancy Dress competition (any theme) under 7's & 8-16y.o. There will be hot & cold foods and drinks, bar, games, professional fireworks display followed by musical entertainment from The Aunty Depressants. Pay on gate £5 adults £2 children (5-16y.o). With help from Llandovery YFC and Llanddeusant Community. Tel 01550 720449 www.myddfai.org

4 NOVEMBER:

Brecon Litterpicking: 1st Sunday of the month. Meet 10.00am at Watagate Car Park. We meet regularly to help remove litter around Brecon town, riversbanks 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

The Ramblers – Beacons Bonanza 13: Brecon Beacons south. Starting near the Pontsticill Reservoir, a long woodland track leads to a short but very steep ascent onto the ridge and open moorland. Good views as always in this area. Expect some marshy stretches. At 12.5 miles and 1850' of ascent this walk is strenuous (only just) but a brisk pace needs to be maintained. Dist. 12.5 miles. Strenuous Explorer map: OL12 Meeting point: Brynamman Mountain Centre. Dep. 9.00am on by car, organised by Dinefwr Ramblers. Leader: Jim S. Tel. Mob. 07851 365303.

Cwmdu Inn There will be a talk about and in aid of Air Ambulance Wales from 2pm to 4pm, including teas and cakes. For further information, phone shop/pub on 01558 685156.

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

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

5 NOVEMBER:

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 gillypickering@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.

Sparkling Lunch (Bonfire Night!) 12.30pm for 1.00pm at The PloUGH (to be confirmed) organised by Llanwrda & Llansadwrn Countrywomen's Group. Tel: 01550 777347 for further info.

CANTORION LLANDEILO invites new singers (soprano, alto, tenor, and bass) to rehearsals every Monday evening at 7.30 p.m. at St Teilo's Church, Llandeilo SA19 6BH. Now rehearsing Leonard Bernstein's Chichester Psalms and Duruffé's Requiem. For more information contact Sheila Dallas on 01558 685542 or just turn up at the church at 7.30 p.m.

Yoga for Mums and Teenage Daughters, every Monday, 5-6pm @ St John's Ambulance Hall, Llandeilo. A chance to learn yoga in an informal environment. Yoga is great for teenagers, providing useful techniques that help them to deal with exam stress, peer pressure, changes to their bodies, difficulty sleeping and everything else that comes along with being a teenager! Its great for mums too. Call Sian on 07534 974413.

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

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

6 NOVEMBER:

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

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.

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

Tywi Art Group Untutored life-drawing session, 9.30 to 12.30 at Cwmfor 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.

Afternoon Tea at The Old School, Capel Dewi. 2.00 – 4.00pm. The Capel Dewi quilting group are putting on an afternoon tea with various stalls and raffle. Tickets are £5, available from The Old School on Tuesday and Thursdays or contact Sue Nesbitt on 01267 234996. Proceeds in aid of local charities.

7 NOVEMBER:

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 info 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.

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

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.

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

Band Tref Llandeilo Town Band is a wind band for all ages and abilities. We meet every Wednesday in the Civic Hall, Crescent Road, Llandeilo from 6.30pm (beginners/improvers) and 7.15pm (everyone else!). Our aim is to have fun making music for ourselves and the Community. We adjourn to the pub to socialise afterwards (optional!). Simply turn up if you are interested or ring John Morgan for more information: Croeso i bawl!

The Ramblers – Llandeilo / Dinefwr Park: A walk through the streets of Llandeilo to Dinefwr Park. A tour around the park. There is also a shorter walk around the park on offer. Bring N.T. membership cards. Dist. 5m Moderate or 2.5m Easy Explorer map: 186 Meeting point: Llandeilo Railway Station Dep. 11.00am, organised by Dinefwr Ramblers. Leader: W&A Squires/Barrie Clark. Tel. 01269 594415. Mob. 07969 646115.

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.

Yoga for all, every Wednesday, 10.15am-11.45am @ The Nurture Centre, John St, Carmarthen. Everyone welcome. Call Sian on 07534 974413.

Chair Yoga, every Wednesday, 12.00-1.00pm @ The Nurture Centre, John St, Carmarthen. This class is suitable for you if you have limited mobility or conditions that prevent you from sitting on the floor or standing for long periods. It includes all elements of a general yoga class - movement, breath work and relaxation - all practiced with the chair for support. Call Sian on 07534 974 413.

Conversational French with french tutor Amelie. Beginners: 18:30 to 19:30, Advanced 19:45 to 20:45, every Wednesday, starts 7th Nov 2018 at Talley. Bookings: Amelie.vivelafrance@gmail.com or telephone 01558 685175. This course is run as a four week block that can be renewed.

8 NOVEMBER:

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 Park. 10.30am - 12.00. Cost £6.00. For information telephone Stephanie/Nirbhaya: 01558 650534.

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 - Speaker, Alyn Wallace on Astrophotography. If you are interested in coming along visitors are always welcome. The society meets on alternate Thursdays at The White Hart 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.

Llanwrtyd Wells Thursday Walkers leave the Neuadd Arms Hotel at 10am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes, everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

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

Dinefwr Photographic Society: Guest speaker TBC This is a change to our original programme our guest speaker on astro-photography has had to postpone his talk, 7.00pm at The White Hart, Llandeilo. Please see our website for details.

Very gentle Hatha yoga, deep relaxation (Yoga Nidra) and meditation in Cwmifor. 7.00 - 8.20pm. Manordeilo Reading Rooms, Cwmifor, SA19 7AW. £36 for 6 classes, £20 for 3 classes or £8 drop-in. Contact Kirsty: 07813 647936, email: kirstymaryyoga@gmail.com, www.facebook.com/kirstymaryyoga

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

Annual Lunch of Capel Dewi Coffee Morning at The Plough Inn, Rhosmaen. Two courses, with choice of turkey, beef or vegetarian for mains and selection of sweets for £21 per person. Names and choices collected by Irene Foster on 01267 290 814. All welcome.

IT'S FUN TO SING WITH 'TYWI HARMONY': Everyone welcome, no experience needed, no music to read. 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 Eifryn 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.

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

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

9 NOVEMBER:

Drawing and Painting course for beginners and more advanced. Beginners and more advanced Drawing and Painting course [ongoing through the winter, with occasional breaks] with Genevieve Caminade,

a practising artist. This course is suitable for beginners and those returning to drawing and painting. Starts Friday 2nd November, time: 10.00am to 12.00 noon in Llandeilo. Venue confirmed on Booking. Contact 01558 685175 or genecaminade@hotmail.com. This course is run as a six week block that can be renewed.

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.

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

Llandeilo Country Market. Now in the Vestry of Capel Newydd in Crescent Road (next door to the Civic Hall). Our producers cook, craft and grow a wide range of local, seasonal, fresh foods and handcrafted gifts. We are open between 8:30am and 12:30pm - free entry. Orders can be taken and be ready for collection every Friday. Find us on Facebook. New cooks, growers and crafters always welcomed.

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

10 NOVEMBER:

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.

Gelli Aur Painters Open Day at St Michael's Church Hall Golden Grove/Gelli Aur SA32 8LU 10.30am - 3.30pm, Free Entry. A day for art lovers to come together in a fun and friendly environment. Have a go at painting, lucky dip raffle when everyone wins an original painting. Paintings, cards and calendars will be on sale. Easy parking. Home made cakes and refreshments. Free entry. Tel: 01550 776722 for info.

THE CRAFTS DAY @ ST PETER'S, PETERCHURCH: The Crafts Day @ St Peter's will be held at the Church and Centre at Peterchurch on November 10th from 10.00am to 1.00pm. This year there will be extensive crafts on sale, 8 tables in all plus a table in aid of the Church and an excellent Raffle. Tea, Coffee and the usual yummy cakes will be available in the Hub Café. Do come and join us for a most enjoyable morning. Why not take and interesting walk around the parish in the afternoon?

Annual Handicraft Competition at Llangadog Community Hall, 10.00am organised by 1st Llangadog Brownies

Brian Dennis Motorsport Welsh Historic Rally Championship 2018: Wydean Stages (F) Forest of Dean RC. Contact: Adie Williams Tel: 07768 522992 or email: adie.williams@yahoo.co.uk for further information. www.fodmc.co.uk

Cwmdu Inn. Food night in the community run restaurant - there will probably be an early sitting tonight for families. For further details, the menu and to book (recommended), please contact the shop/pub on 01558 685088.

Myddfai Hall Table Top and Car Boot sale 10am-1pm. Come along to turn those unwanted items into cash in time for Christmas- or pick up a bargain. Tel 01550 720449 www.myddfai.org

CARMARTHENSHIRE HISTORY LECTURE: the Carmarthenshire Antiquarian Society, the county's history society, is holding a free lecture on the Suffragette Movement in Carmarthenshire at 2.00 pm in Carmarthen Library. The illustrated lecture will be given by Mary Thorley and be based on her extensive research into the movement in Carmarthenshire and the remarkable women involved in it. Members of the society receive its complete annual programme of lectures and visits to historic sites together with The Carmarthenshire Antiquary, the society's long-respected publication which is a mine of information about the county's history and archaeology. For further information, visit the website www.carmarts.org.uk or call 01267 232085.

Poppy Appeal Coffee Morning, 10.30am - 12 noon in the Victoria Hall, Llanwrtyd Wells. Stalls, raffles, refreshments etc. Proceeds to the RBL. For information, tel. 01591 610487 or 610432/610288.

11 NOVEMBER:

The Ramblers - Remembrance Day Walk: A walk up to the site of a Second World War aircraft crash. Dist. 4 or 8 miles. Moderate or energetic. Explorer map: 187 Meeting point: Llangadog Railway

Station. Dep. 9.00am on by car, organised by Dinefwr Ramblers. Leader: Richard Chodecki Tel. 01558 822879 Mob. 07875 165703.

OPEN-Mic Special at the Sexton Arms, Llansadwrn. Songs, poems and stories from WW1. All proceeds to SSAFA. Everyone welcome. Come and celebrate 100 years since the end of WW1 - 7.00pm start.

Cwmdu. There will be a service in Providence Chapel, at 10.30am.

St David's Church, Llywel – 'There but not There' Remembrance day Gymanfa Ganu, 7.00pm St Davids Church, with visiting choir 'Cor-y-Ffynon' and solos singers. Programme on the door £4. All funds raised are being split between the British Legion and St David's Churchyard fund. Everyone welcome.

Concert of Remembrance, 7.30pm in Llanwrtyd Wells and District Heritage & Arts Centre featuring Llandovery Male Voice Choir and other artistes. Tickets £6 to include buffet & wine available from Caffi Sosban or the Heritage Centre. Proceeds to the RBL. For more information, email ldhac2016@gmail.com. tel. 01591 610067.

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

Afternoon Tea at the Llanwrda Village Hall to celebrate the 100th anniversary of the end of the First World War. Llandovery Male Voice choir will be there to entertain. From 3.00pm. to 5.00pm.

12 NOVEMBER:

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 Crugbyar village hall, £10 weekly. Contact gillypickering@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.

CANTORION LLANDEILO invites new singers (soprano, alto, tenor, and bass) to rehearsals every Monday evening at 7.30 p.m. at St Teilo's Church, Llandeilo SA19 6BH. Now rehearsing Leonard Bernstein's Chichester Psalms and Durufle's Requiem. For more information contact Sheila Dallas on 01558 685542 or just turn up at the church at 7.30 p.m.

LINKS NAAFI Group – 11.00am till 1.00pm. All ex-service personnel are welcome to join this friendly and supportive group. Llandovery Youth and Community Centre, 19 Market Square. Further info: Michelle 01554 757957

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

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

13 NOVEMBER:

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

YOGA with MINDFULNESS in Llandovery. A gentle yoga class for overall wellbeing, working deeply on body, mind and spirit. Beginners welcome. The Catholic Hall. 6.00pm - 7.30pm. 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

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.

14 NOVEMBER:

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.

Conversational French with french tutor Amelie. Beginners: 18:30 to 19:30, Advanced 19:45 to 20:45, every Wednesday, starts 7th Nov 2018 at Talley. Bookings: Amelie.vivelafrance@gmail.com or telephone 01558 685175. This course is run as a four week block that can be renewed.

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

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

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.

The Ramblers – Trap Afon Cennen: Footpaths down to the Cennen river then up through fields to a lane lovely views of Carreg Cennen Castle. Heading down to the river we return to the village through fields and roads. Refreshments at The Cennen Arms (01558 822330) Dist. 5 miles. Moderate Explorer map: OL12 Meeting point: Cennen Arms, Trap (car park by river. Dep. 1.00pm, organised by Dinefwr Ramblers. Leader: Ros B. Tel. 01558 823542 Mob. 07976 631083.

Pilgrim Service at Llanfihangel Rhos y Corn at the earlier time of 5.00pm at St Michael's Church, Llanfihangel, SA32 7RY – now the second Wednesday of the month – a service of prayer and meditation. Info Roger Nock on 01267 202347.

Labour History Talk at The Muse in Brecon, 7.30 pm. Jim Moher (History and Policy Trade Union Forum) Talk. How the trade union movement & Labour Party became a major power in the land after the apparent defeat of the General Strike. Emphasising the roles of Walter Citrine, Ernest Bevin and Nye Bevan. All welcome, £5.00 cost. Refreshments and raffle. Venue: The Muse, Glamorgan Street, Brecon, Powys, LD3 7DW. Details: Peter Brooke. Tel: 01874 625617.

Bingo with caller Arwyn Jones at The Old School, Capel Dewi. £4 for 7 games. Cash prizes, 7.00 – 9.00pm.

15 NOVEMBER:

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. 10.30am - 12.00. Cost £6.00. For information telephone Stephanie/Nirbhaya: 01558 650534.

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.

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

Llanwrtyd Wells Thursday Walkers leave the Neuadd Arms Hotel at 10am 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

Very gentle Hatha yoga, deep relaxation (Yoga Nidra) and meditation in Cwmifor. 7.00 - 8.20pm. Manordeilo Reading Rooms, Cwmifor, SA19 7AW. £36 for 6 classes, £20 for 3 classes or £8 drop-in. Contact Kirsty: 07813 647936, email: kirstymaryyoga@gmail.com, www.facebook.com/kirstymaryyoga

IT'S FUN TO SING WITH 'TYWI HARMONY': Everyone welcome, no experience needed, no music to read. 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.

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

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

16 NOVEMBER:

Drawing and Painting course for beginners and more advanced. Beginners and more advanced Drawing and Painting course [ongoing through the winter, with occasional breaks] with Genevieve Caminade, a practising artist. This course is suitable for beginners and those returning to drawing and painting. Starts Friday 2nd November, time: 10.00am to 12.00 noon in Llandeilo. Venue confirmed on Booking. Contact 01558 685175 or geneviamade@hotmail.com. This course is run as a six week block that can be renewed.

Cribbage Evenings every Friday at the Sextons, Llansadwrn.

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

Cadog Film Club: The Final Journey (2017) On the death of his wife, a 92-year old German ex-army officer journeys to Ukraine in search of the only woman he truly loved. As conflict breaks out between Ukraine and Russia, old and new war experiences collide. Llangadog Community Hall. Doors open 7.00 pm; film starts 7.30 pm. No booking required. Non-members welcome. For further information contact Irene Hayes on 01550 777657 or email: cadogfilmclub@aol.com.

Twmpath with live band 'Muphy's Law', Llanwrda Hall SA19 8HD £8 /concs £6 Please bring a plate of food to share 7.30pm to late. Come on your own or with partner/family. NIGHT OUT FUNDED. www.llandoverfolkandancing.co.uk facebook.com/llandoverfolkandancing or tel. Jean 01550 720483.

Llandeilo Country Market. It's Llandeilo Festival of Senses this weekend and will be open all day in the Vestry of Capel Newydd in Crescent Road (next door to the Civic Hall). We will have a wide selection of locally made craft items suitable for birthday and Christmas gifts as well as our usual selection of home baked cakes, savouries, jams and pickles. Taste the difference, choose homemade, local produce. Tea, coffee and cakes also available. Free entry. Find and Like us on Facebook.

Llandover Poetry and Prose. Ring first for confirmation of which Friday. 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.

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

16 NOVEMBER – 25 NOVEMBER:

Mid-Wales Beer Festival, Llanwrtyd Wells. Over 100 real ales on offer at local hosteleries, live music at weekends. For details, ring the Neuadd Arms Hotel: 01591 610236; Stonecroft Inn: 01591 610332; Belle Vue Hotel: 01591 610237.

17 NOVEMBER:

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

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

Llandeilo Country Market. It's Llandeilo Festival of Senses this weekend and will be open all day in the Vestry of Capel Newydd in Crescent Road (next door to the Civic Hall). We will have a wide selection of locally made craft items suitable for birthday and Christmas gifts as well as our usual selection of home baked cakes, savouries, jams and pickles. Taste the difference, choose homemade, local produce. Tea, coffee and cakes also available. Free entry. Find and Like us on Facebook.

Real Ale Wobble, Llanwrtyd Wells, a fun mountain-bike ride suitable for all abilities with real ale and other refreshments at the checkpoints. Choice of routes, 15 - 25 miles, technical sections/chicken-runs. Pre-booking online advisable, open to 10th November, book on-the-day for a £5 surcharge. See www.green-events.co.uk or telephone 01591 610666/610236. Registration (essential) on Fri pm/Sat am. Riders start out from the Bromsgrove Hall, Ysgol Dolafon, at 10pm. See Facebook 'The Real Ale Wobble' for updates. Helpers welcome, contact Kate Knight at d.k.e.knight@btinternet.com or ring 01591 610326.

18 NOVEMBER:

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.

The Ramblers – Salem: A walk through farmland and woodland with lovely views of the Fans. Stretch of the walk along the River Dulais. Some road walking on quiet lanes. Walk passes Tallaris Mansion - part of the old Peel estate. Stiles are NOT dog friendly. May be muddy at start. Dist. 7.5 miles. Moderate Explorer map: 186 Meeting point: Blaen Myddyli, Salem SA19 7LY. Dep. 11.00am Grid Ref: SN624266, organised by Dinefwr Ramblers. Leader: Biddy Donaldson Tel. 01558 822601.

Cwmdu. There will be a service in Providence Chapel, at 2.00pm.

Painting From Within. A painting and yoga workshop for anyone - from first-time painters to those who've been doing it for years. Gentle yoga practice to connect you more fully with your innate creativity - your source, entwined with a liberating opportunity to paint from your imagination without restriction, expectation or the need to 'be an artist'. 10am - 4.30pm, Danycoed, Gwynfe, Llangadog, SA19 9TB. £40 including all materials and lunch. For more info/ to book, contact Clare - 01550 740 168; thelavenderproject2016@gmail.com or Kirsty - 07813647936; kirstymaryyoga@gmail.com

Dinefwr Poetry. An informal collection of poetry lovers meet to read out their poetry between 2.30pm and 4.30pm (times when it is closed to the public), on the first and third Sunday of every month at the Railway Station Cafe Llandoverly. Refreshments and cake available. Tel: Mick: 01550 777656.

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

Myddfai Community Hall Grand Concert at 7.00pm. Artists: Rhys-Meirion, Aled Wyn Davies, "Treble C" Group. Comper: Glyn Owen. President: Mr Robyn Richards. Tickets: £10. Contact Emlyn on 01550 720484.

19 NOVEMBER:

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 gillypickering@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.

CANTORION LLANDEILO invites new singers (soprano, alto, tenor, and bass) to rehearsals every Monday evening at 7.30 p.m. at St Teilo's Church, Llandeilo SA19 6BH. Now rehearsing Leonard Bernstein's Chichester Psalms and Durufle's Requiem. For more information contact Sheila Dallas on 01558 685542 or just turn up at the church at 7.30 p.m.

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20 NOVEMBER:

Short Mat Bowls at Llangadog Community Centre, every Tuesday, 7.00pm. Contact: Megan and Eric 01550 776645.

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

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

21 NOVEMBER:

Conversational French with french tutor Amelie. Beginners: 18:30 to 19:30, Advanced 19:45 to 20:45, every Wednesday, starts 7th Nov 2018 at Talley. Bookings: Amelie.vivelafrance@gmail.com or telephone 01558 685175. This course is run as a four week block that can be renewed.

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

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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.

“The life of a Media Allotmenteer” a talk by Terry Walton (BBC Radio 2 Jeremy Vine Show). 7.30pm at Cothi Gardeners, Coronation Hall, Pumsaint, SA19 8UW. Guests and visitors most welcome, £3.

Mencap Family Group – 10.00 am till noon. Meet on a monthly basis for informal coffee, chat and support at Llandoverly Youth and Community Centre. Further info: Amanda 01267 232256.

Trip to Country Baskets in Bristol organised by Llandoverly Floral Art. Tel: 01550 740242 for further details.

The Ramblers – Bethlehem – Garn Goch: A super walk over the Iron Age hill fort with outstanding views of the Tywi valley and the Beacons. Walk follows in the footsteps of ancient Britons and Romans. Dist. 4.5 miles. Moderate Explorer map: DL12 Meeting point: Llandeilo Railway Station. Dep. 11.00am on by car, organised by Dinefwr Ramblers. Leader: Wendy & Alwyn Squires Tel. 01269 594415 Mob. 07969 646115.

22 NOVEMBER:

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.

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 – Speaker, Graham Harris on After Sun (tbc). 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.

Llanwrtyd Wells Thursday Walkers leave the Neuadd Arms Hotel at 10am 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

Dinefwr Photographic Society: Guest speaker Graham Harris talks about after the sun, looking at low light photography, 7.00pm at The Angel, Llandeilo.

Very gentle Hatha yoga, deep relaxation (Yoga Nidra) and meditation in Cwmifor. 7.00 – 8.20pm. Manordeilo Reading Rooms, Cwmifor, SA19 7AW. £36 for 6 classes, £20 for 3 classes or £8 drop-in. Contact Kirsty: 07813 647936, email: kirstymaryyoga@gmail.com, www.facebook.com/kirstymaryyoga

Llandoverly Gardening Club will gather for our last meeting this year in the Dolau Bran Community Hall at 7.00pm where we have our annual Christmas party when each member kindly brings a plate of food, the drinks and prizes are provided . Our Speaker for the evening is John Bilsborough who will be reading his own poems. After his visit last year he is returning to us by popular request. Llandoverly Gardening Club wish to thank THE POST for including us in their publication every month and we wish them Nadodig Llawn a Blywddyn Newydd Dda **Short mat bowls** at The Old School, Capel Dewi, and every Thursday evening. 7.00pm Contact Tony Emmerson 01267 290361.

IT'S FUN TO SING WITH 'TWWI HARMONY': Everyone welcome, no experience needed, no music to read. 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 Eifryn 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.

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

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

Just Sew: Sewing workshops lead by The Sewing Wasps Sharon and Tricia, 10.00am – 4.00pm at Ysgubor Y Tarw, 4 Cefngornoeth, Llangadog SA19 9AN. We aim to build a sewing community that can also benefit from socialising with fellow 'sewers' if so desired; a wellbeing, fun and no nonsense time together. Cost: £35 includes materials, tea/coffee and cake/biscuits. (£10 deposit to reserve place when booking – non refundable or carried over to alternative date). Booking: Maximum number is 6 persons per session, so please book by contacting either Sharon – 07747 092846, Tricia – 07805 939504 or email: invigorate2@gmail.com

23 NOVEMBER:

Drawing and Painting course for beginners and more advanced. Beginners and more advanced Drawing and Painting course [ongoing through the winter, with occasional breaks] with Genevieve Caminade, a practising artist. This course is suitable for beginners and those returning to drawing and painting. Starts Friday 2nd November, time: 10.00am to 12.00 noon in Llandeilo. Venue confirmed on Booking. Contact 01558 685175 or genevacaminade@hotmail.com. This course is run as a six week block that can be renewed.

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.

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

Dinefwr Christmas Fair, 10:00 - 5:00pm. Join us for the Dinefwr Christmas Fair, now from Friday - Sunday. A mansion and courtyard filled with tasty treats and unique gift ideas for all the family. National Trust Members Free. Normal Admission Charges Apply. Dinefwr Park, Llandeilo, Carmarthenshire, SA19 6RT. Tel: 01558 824512 - www.nationaltrust.org.uk/dinefwr

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.

Landoverly Poetry and Prose. Ring first for confirmation of which Friday. 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.

Calling all equestrians! Sinema Sadwrn are showing Andrew Haigh's new film Lean on Pete, adapted by him from the 2010 novel by American author and alt.country musician Willy Vlautin. Charley, a teen living with his single father, finds work caring for an aging racehorse named Lean on Pete. When he learns Pete is bound for slaughter, the two embark on an odyssey across the new American frontier in search of a place to call home. Certificate 15, running time 119 minutes. Starts 7.00pm in the Reading Room, Llansadwrn. Visit Sinema Sadwrn on Facebook for more information or call 07900 908391.

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

23 NOVEMBER – 24 NOVEMBER:

The 15th annual Christmas craft fair in aid of Breast Cancer Wales will be held at the Coronation Hall, Pumsaint, 10.00 - 4.00pm both days. There will be a variety of stalls - knitted items, cards, jewellery, patchwork, quilting, photos, painting, photo restoration, woodwork, art work and more. A lucky dip and raffle draw to be held at 3pm on Saturday. Cakes provided by Pumsaint W.I. Please come along and support, FREE ENTRY.

24 NOVEMBER:

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

Dinefwr Christmas Fair, 10:00 - 5:00pm. Join us for the Dinefwr Christmas Fair, now from Friday - Sunday. A mansion and courtyard filled with tasty treats and unique gift ideas for all the family. National Trust Members Free. Normal Admission Charges Apply. Dinefwr

Park, Llandeilo, Carmarthenshire, SA19 6RT. Tel: 01558 824512 - www.nationaltrust.org.uk/dinefwr

MIND AUTUMN FAIR. Books, crafts, bric-a-brac, refreshments. An opportunity to buy your Christmas presents! Free entry, Guildhall, Brecon 10am - 2pm organised by FRIENDS of Brecon and District Mind. BRECON and DISTRICT MIND is a voluntary sector organisation which runs a recovery, wellbeing and learning centre in Brecon providing open-door sessions and a wide range of healthy activities and services. These are designed to support people who experience mental distress. Some services are also provided in Crickhowell, Talgarth and Hay-on-Wye. They are delivered by an experienced and friendly team of staff and volunteers. The services complement those provided by the community mental health team and other voluntary sector agencies. Funding is, in part, provided by Powys Teaching Health Board and Powys Social Services. Brecon and District Mind, Ty Croeso, St David's House, 48 Free Street, Brecon, Powys LD3 7BP. Tel: 01874 611529 info@breconmind.org.uk www.breconmind.org.uk
XMAS FAIR at Llanwrda Village School - 1.30pm – 5.30pm. Pizza, wine tasting from Wright's Emporium, decorations and crafts, Santa's Grotto, children's storytelling, mulled wine and mince pies, cake stalls, children's activities and snowmen competition, a photographer and other seasonal delights. All welcome!

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

JAM JAR BLUES at Crugbyr Village Hall, SA19 8RY. Doors open 7.30 p.m. Even more Blues, Soul and Rock'n'Roll from this local duo. Tea, Coffee and Biscuits provided. Admission L 5.00. Doors open 7.30 p.m. Tickets on the door or order in advance at 01558 650829 or 01550 777725.

CAPEL GOSEN CYNGHORDY: THE CENTRAL WALES RAILWAY LINE AN ILLUSTRATED TALK (to celebrate the Cyngordy Viaduct's 150th year) by TONY BIRDWOOD at 5.00pm preceded by afternoon tea in the vestry at 4.00pm. No charge, but all donations towards the welfare of railway workers. Advance Notice; Live Nativity Saturday 5th January 2019

AUTUMN BAZAAR at Llansadwrn Reading Room. 2.00 – 5.00pm.

24 NOVEMBER – 25 NOVEMBER:

Real Ale Ramble, Llanwrtyd Wells, a fun walking challenge with real ale and other refreshments at the checkpoints. Choice of routes, 20 or 12 miles, enter online or on the day for a small surcharge. Set out from the Neuadd Arms Hotel from 9am following registration. For more details or to book see www.green-events.co.uk or telephone 01591 610666/610236. Guided walks of 8 or 5 miles also available, leave at 10/10.30am.

24 NOVEMBER – 2 DECEMBER:

Art At The Hall - Artist and Makers Exhibition at the Temperance Hall Llangathen, Near Aberglasney Gardens, Carmarthenshire, SA32 8QD. 45 local artists and makers will be showing their work including Paintings, Printmaking, Ceramics, Sculpture, Photography. The exhibition runs from Saturday 24th November - Saturday 2nd December, all work will be for sale. Meet the Artists - each day one of the artist will be in attendance at the exhibition. We will be open each day 11am - 6pm. The Exhibition is free to enter but donations toward the ongoing restoration of the Hall will be appreciated. A Private view will be held on Friday 23rd November 6.30pm - 9.30pm. For an email invite to the Private View please contact Brigod Loizou - artatthehall@gmail.com

25 NOVEMBER:

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

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

The Ramblers – Pembrey Burrows & Cefn Sidan: Woodland, dunes and marshland. Chance of seeing some good bird life - depending on tides. Dist. 8 miles. Easy Explorer map: 178 Meeting point: Ammanford Tesco car park. Dep. 9.00am on by car, organised by Dinefwr Ramblers. Leader: Ian Wagstaff Tel. 01269 823949.

26 NOVEMBER:

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 gillypickering@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.

Dinefwr Christmas Fair, 10:00 - 5:00pm. Join us for the Dinefwr Christmas Fair, now from Friday - Sunday. A mansion and courtyard filled with tasty treats and unique gift ideas for all the family. National Trust Members Free. Normal Admission Charges Apply. Dinefwr Park, Llandeilo, Carmarthenshire, SA19 6RT. Tel: 01558 824512 - www.nationaltrust.org.uk/dinefwr

CANTORION LLANDEILO invites new singers (soprano, alto, tenor, and bass) to rehearsals every Monday evening at 7.30 p.m. at St Teilo's Church, Llandeilo SA19 6BH. Now rehearsing Leonard Bernstein's Chichester Psalms and Durufle's Requiem. For more information contact Sheila Dallar on 01558 685542 or just turn up at the church at 7.30 p.m.

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

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

27 NOVEMBER:

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

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.

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

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.

28 NOVEMBER:

Conversational French with french tutor Amelie. Beginners: 18:30 to 19:30, Advanced 19:45 to 20:45, every Wednesday, starts 7th Nov 2018 at Talley. Bookings: Amelie.vivelafrance@gmail.com or telephone 01558 685175. This course is run as a four week block that can be renewed.

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

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

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.

ODD ODD ODD. Dr Lucy Deacon will talk about how Obsessive Compulsive Disorder has affected her life and how challenging it has aided her on-going recovery. £5 (Friends/Members £2), The Muse, Brecon 7pm organised by FRIENDS of Brecon and District Mind. BRECON and DISTRICT MIND is a voluntary sector organisation which runs a recovery, wellbeing and learning centre in Brecon providing open-door sessions and a wide range of healthy activities and services. These are designed to support people who experience mental distress. Some services are also provided in Crickhowell, Talgarth and Hay-on-Wye. They are delivered by an experienced and friendly team of staff and volunteers. The services complement those provided by the community mental health team and other voluntary sector agencies. Funding is, in part, provided by Powys Teaching Health Board and Powys Social Services. Brecon and District Mind, Ty Croeso, St David's House, 48 Free Street, Brecon, Powys LD3 7BP. Tel: 01874 611529 info@breconmind.org.uk www.breconmind.org.uk

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.

Llangadog Gardening Club are arranging a Victorian Christmas Castle Tour to Picton Castle Pembroke. All welcome for further details please contact Helen on 01550 777719.

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.

Llandovery Community Cinema. On Chesil Beach (15) Drama. Based on the novella by Ian McEwan it is the story of Florence and Edward, young university graduates getting married in 1962. She is a talented and ambitious classical musician from a 'well to do' family and he is a clever young man from humbler origins. Both have first class degrees and inconsequence, no small opinion of themselves. The Wedding night is a painful, intimately humiliating fiasco with devastating consequences. Doors Open at 6.45pm. Short Film starts at 7.10pm. Main Film starts at 7.30pm at Assembly Rooms, Bridge Street, Llandovery SA20 0DS. For further details contact Terry on 01550 720258.

The Ramblers – Carreg Sawdde Bridge: A walk through woodland on quiet country lanes, farmland and a short section alongside the River Towy. Dist. 5 miles. Moderate Explorer map: OL12 Meeting point: Sawdde Bridge, Llangadog. Dep. 11.00am on by car, organised by Dinefwr Ramblers. Leader: Philip Howes Tel. 01550 720112 Mob. 07802 856007.

29 NOVEMBER:

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.

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.

Llanwrtyd Wells Thursday Walkers leave the Neuadd Arms Hotel at 10am 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

Very gentle Hatha yoga, deep relaxation (Yoga Nidra) and meditation in Cwmfwr. 7.00 – 8.20pm. Manordello Reading Rooms, Cwmfwr, SA19 7AW. £36 for 6 classes, £20 for 3 classes or £8 drop-in. Contact Kirsty: 07813 647936, email: kirstymaryyoga@gmail.com, www.facebook.com/kirstymaryyoga

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

IT'S FUN TO SING WITH 'TYWI HARMONY': Everyone welcome, no experience needed, no music to read. 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 Efryn 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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Christmas Tales and Traditions, a performance of words and music to celebrate the season with Debra John and musicians from Llandovery College at 7.30pm in the College Library. Punch and mince pies. Entrance £7.50. Concert arranged by Llandovery Heritage and Llandovery History Society to support the proposed museum.

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

1 DECEMBER:

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.

Snooker at Llangadog Community Centre, 7 days a week. Ring Mike on 01550 777768 or 07720 801197 for details.

Cadog Film Club Film: Stars Don't Die in Liverpool (2017) The true story of the passionate affair between a young British actor and an ageing Hollywood actress. As the mismatched romance waxes and wanes, events conspire to keep them in each other's lives. Llangadog Community Hall at 7.30 pm for supper (bring a dish each) and bar; 8.30 pm for film only. Non-members welcome. For booking and further information contact Irene Hayes on 01550 777657 or email cadogfilmclub@aol.com.

Llandovery Twinning Association invite you to a Festive Wine Tasting, 7.00pm at The Drovers, £17.50 per person which includes a welcome drink, tasting wines and canapes. Raffle Prizes. For tickets please contact Kate Morgan on 01550 720239 or Gina Jones 01550 720790.

2 DECEMBER:

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

The Ramblers – Beacons Bonanza 14: Foel Fraith & Carreg yr Ogof. This walk takes in three trig points and all of the land over 2000' to the immediate East of the A4069 which divides the Black Mountain. This is a good upland route featuring 2200' of ascent, some marshland and fine views (weather permitting). Dist. 12 miles. Energetic! Strenuous Explorer map: OL12 Meeting point: Llangadog Railway Station. Dep. 9.00am and on by car, organised by Dinefwr Ramblers. Leader: Jim S. Mob. 07851 365303.

3 DECEMBER:

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

Informal Carol Singing at Cornwallis Place School Dining Hall, Llanwrda followed by Tea and Mince Pie, 7.00pm.

Our Childhood Memories of Christmas – Group celebration, 6.30pm for 7.00pm organised by Llanwrda & Llansadwrn Countrywomen's Group. Tel: 01550 777347 for further info.

Local Directory

Support Local Business

ACCOUNTANCY & TAXATION SERVICES

WILLIAM EVERATT: Accountancy services and tax advice for small businesses, partnerships and limited companies, reasonable rates, free first meeting. 15 years experience, free local phone advice. Tel: 01558 668742 / 07711 050509. 06/19(12)

AERIAL & SATELLITE SERVICES

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

ARCHITECTURAL SERVICES

DARREN MILLS ARCHITECT – locally based Architectural Practice, fully qualified with over 20 years experience. RIBA Chartered and ARB registered architect, providing the following services: Architectural plans, drawings and specifications. Planning and Listed Building Consents. Building Regulations. New Build, Barn Conversions, House remodeling and Alterations & Extensions. Commercial, Agricultural & Equestrian. Grant Applications. Partnered with Carmarthenshire County Council's Building Regulations Department for streamlined applications. Contact: (office) 01550 777992 (mobile) 07977 129055 e: dmills@dmarchitect.co.uk 04/19(12)

BROWN PARTNERSHIP ARCHITECTURAL SERVICES – A wide range of services available at realistic rates (not VAT registered). Quality computer drawn plans. Extensions, new-builds, loft conversions. Planning & Listed Building Applications, All Grant Work Undertaken, Partnered with Carmarthenshire County Councils Building Regulation Department for Streamlined Applications. Working Locally for 25 years with an excellent reputation. Contact Nick Brown, Three Horseshoes, Gwynfe, Llangadog on Tel: 01550 740287, Mob. 07779 163626 or E-mail: nick@brownpartnership.com www.brownpartnership.com 11/19(12)

DAVIES RICHARDS DESIGN LTD., An established architectural design practice based in Llandeilo & covering South Wales. We have experience of dealing with a variety of design schemes from new dwellings, barn conversions, renovations and extensions, to agricultural units and equine facilities. We pride ourselves on being approachable and responsive on projects, and make every effort to streamline the planning and building regulations processes. We offer a free initial consultation and quotation service whereby we can provide helpful advice on site in person. Tel: 01558 823351, Web: www.daviesrichardsdesign.com E-mail: info@daviesrichardsdesign.com 12/18(12)



BEAUTY SALON

NORA ELAINE WALL IHHHT IIST VTCT NVQ3. Body Beautiful Salon offers services to Ladies in my self contained Treatment Room. Specialist in Electrolysis (facial hair removal), Katherine Daniels Facials, Shellac nails, manicure, pedicure and eye lash & brow treatments. Indian Head Massage and Aromatherapy back massage. All treatments can be tailored to your requirements, products are suitable for vegetarian and vegan and kind to both us and the environment. No parabens or plastics! Rose Cottage, Milo, Ammanford, Carmarthenshire. SA18 3LZ (located on A476). Tel: 01269 831585 Appointments on Tuesday, Wednesday, & Friday 9am to 6pm. 02/19(6)

BOUNCY CASTLE HIRE

PARTIES, SHOWS & EVENTS, WEDDINGS, SCHOOLS. Outside or Inside, Manned or Unmanned. We are a friendly local company. All our castles are Pipa registered for your peace of mind, and have a rigorous test each year. We also have didi cars and games – please see our website for all we do. www.bouncyboing.co.uk Tel: 01591 620327 or 07803 589627. 04/19(6)

CARPET FITTER & SUPPLIER

CARPET SERVICE/GWASANAETH GOSOD CARPEDI. New, refits and your own carpets fitted. Supplier of carpets, cushion floor, underlays & accessories. Home selection service. Contact: Alun Williams, Pumpsaint. Tel. 01558 650364. 06/19(12)

GREGORY JONES. Home Choose Carpets, Llandeilo. All types of carpets supplied and fitted. We come to you. Tel: 07766 517569. 03/19(6)

CARPET AND VINYL FLOOR FITTER. Fully qualified to British standard BS5325, available to fit carpets and vinyl. Find us on Facebook: #brianscarpetfittingservice. Contact: Brian Glover, Trecastle. Tel: 01874 638073 or 07895 259284. 12/18(6)

CHARITABLE ORGANISATIONS

VEGFAM Registered Famine Relief Charity (no. 232208) – Feeds The Hungry Without Exploiting Animals. Est. 1963. Helping people overseas to help themselves, by providing funds for plant-food projects: vegetable growing, fruit tree planting, water wells. Emergency feeding in times of crisis. Supporting those who are suffering from the effects of: drought, disease, natural/human made disasters, war and famine. Donations greatly appreciated to further this work. SAE for details: The Secretary, VEGFAM, c/o Cwm Cottage, Cwmynys, Cilycwm, Llandovery, Carmar SA20 0EU. www.vegfamcharity.org.uk 12/18(12)

THE POST

ADVERTISING

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CHIMNEY SWEEP

WEST WALES CHIMNEY SWEEP. A clean, experienced, HETAS and Guild of Master Chimney Sweep. All solid fuel, oil, gas chimneys and flues swept. Installation and servicing of all solid fuel stoves. Call Dave on mob.: 07854 739251 or email: westwaleschimneysweep@gmail.com. 05/19/12

CLEANING SERVICES

J & J CLEANING SERVICES. All jobs considered, competitive rates, office/private and holiday let cleaning, reliable, trustworthy and friendly. All outdoor work considered. Also grass cutting, strimming and garden maintenance. Typing and odd jobs. Genuine callers welcome. All house clearances considered. Contact 07872 509031 / 07770 777992. 12/18/06

A & C HOME SERVICES. Discrete, honest, trustworthy and reliable Home/Office/Holiday Let cleaning service. All jobs considered, from one offs to regular work. No minimum time or period required. We will not let you down. Call 07855 064152 to discuss your requirements. 08/19/12

COMPLEMENTARY THERAPY

HOLISTIC & SPORTS MASSAGE THERAPIST: CAROL DEBORAH LORD IHHT ICHT FFHT. Fully qualified & insured member of the Federation of Holistic Therapists for 18 years. Treatments available are: **SPORTS MASSAGE** – Specifically aimed to release tight, painful & fatigued muscles. (Including a postural assessment & stretching techniques.) **DEEP TISSUE & THERAPEUTIC MASSAGE** – Eases tight muscles & improves circulation & lymph flow. **AROMATHERAPY MASSAGE** – A soothing massage combining pure essential oils to enhance well being & restore the body's natural balance. **AROMATHERAPY FACIAL MASSAGE/INDIAN HEAD MASSAGE/ REFLEXOLOGY.** All treatments can be adapted to suit individual needs. Gift vouchers also available. Contact CAROL LORD on LLANDOVERY (01550) 721753. 02/19/12

COPYING AND PRINTING SERVICES

POSTDATUM. Typesetting & Design • Booklets • Leaflets Business Cards • Invoice Pads • Letterheads • Raffle Tickets • Function Cards • Gift Cards • Calendars • Mugs T-Shirts and Hoodies • Show Schedules • Black & White and Colour Copying upto A3. Large Format Printing: Vinyl Banners • Self Adhesive Stickers • Sign Boards Window Cling • Custom Wallpaper • Canvas Prints • Posters Architectural Plans • Cassette Banners. Tel: 01550 721225, Email: info@postdatum.co.uk www.postdatum.co.uk

COUNSELLING

COUNSELLOR: Experienced and qualified female counsellor offering confidential space at affordable rates. Something troubling you or on your mind? Struggling with how you're feeling? Talking therapy can help. No problem too big or small. For many years I have worked with men, women, young people, children, couples and families. To find out how I can help or to arrange an initial appointment call me (Cathrin) on 07870 888141. Website: www.cathrinwildwood.co.uk. 03/19/12

CURTAINS & COVERS

CURTAINS & COVERS and all accessories. Made to measure - hand sewn curtains, interlining a speciality. Tailored loose covers & fixed upholstery. Interior design service. Always a good selection of fabrics for sale – ring for appointment to view. Choose from my range of fabrics or supply your own. Foam cut to size. Friendly, efficient service. Reasonable rates. *Also antique furniture for sale.* Tel. Sally 01558 668102. 09/19/12

ELECTRICIANS

V. W. REES ELECTRICAL. Llandeilo. All aspects of Domestic wiring including New Builds and Rewires. **No job too small.** All work Guaranteed. Emergency call out available. Free estimates. For a professional reliable service Tel: 01558 823679 or Mob: 07790 568072. 04/19/06

J. FRANCIS TRYDANWR/ELECTRICIAN, all aspects of domestic wiring, new builds re-wires, certification, free estimates. Llangadog tel: 07454 968822 or email: sparkyfrancis@hotmail.com 06/19/12

FAMILY HISTORY

ELISSA ALDOUS-HUGHES, GENEALOGIST. Would you like a full family tree, detailed research into individual ancestors or help solving a family mystery? I am an experienced family history researcher and particularly enjoy uncovering the personal stories of everyday life. Please email elissa@elissaonline.net or call 01558 650525. 11/19/12

FUNDRAISING

THE GREEN HOUSE. Visit Llandeilo's very own Aladdin's cave! Used goods and clothing always available at reasonable prices: books, bric-a-brac, household goods, toys, you name it we've probably got it in a variety of colours and sizes. Also new fairtrade goods, cards, candles, incense, instruments and eco-friendly toiletries available. The Green House gratefully accepts donations of saleable clothing and household goods to raise funds. In order to maximise the effectiveness of the money raised the shop is staffed by volunteers. Money raised funds local environmental projects and campaigns. For further info contact The Greenhouse, Rhosmaen St, Llandeilo, 01558 822646. Opening Hours: Mon, Tues, Thurs, Fri and alternate Saturdays. 04/19/12

GARDENING — SERVICES

TUNDRA LANDSCAPES (est. 1978). Professional service in hard and soft landscaping. Walling (stone or block), patios, paths, driveways, shed bases and shed construction, fencing, decking. Small build and drainage systems with land clearance and tree work. Ponds and rockery construction, planting (shrubs and trees), soiling and turfing. No job too big or too small. Contact Pete Nitsch BSc, Hons, DAAS on 01550 777108 or mob: 07790 210397 02/19/12

AGAP LANDSCAPES. Specialists in Hard & Soft Landscaping. All aspects of fencing / decking / pergolas / driveways / patio's / paths / shed and shed bases, hedge cutting / tree work / pruning and garden maintenance. Free quotes and fully insured. Tel: 01558 543087 or Mob: 07990 554667. www.agap-landscapes.co.uk. 05/19/06

GARDEN PURSUIT – FOR ALL ASPECTS OF GARDEN & HOME IMPROVEMENTS. Projects! Problems! Alterations! Maintenance! Call Paul on 07708 699119. All areas covered www.gardenpursuit.co.uk 10/18/12

HOME HELP

HOME HELP, has vacancy's for regular house cleaning, reliable and discreet, Llandeilo area. All enquiries 01558 824789. 05/19/06

JEWELLERY REPAIRS & ENGRAVING SERVICES

NICHOLAS WALL. Jewellery repairs, Watch straps and batteries supplied and fitted, Trophies supplied and engraved. I am a Jeweller with over 30 years of Professional experience in repairing Gold and Silver Jewellery. Quality repairs direct to you at affordable prices. Previously located on Rhosmaen Street, Llandeilo. My Jewellery workshop is now at Rose Cottage, Milo. SA18 3LZ. (Located on the A476). Tel: 01269 831585 to arrange appointments for me to assess and price your repairs. Working days usually Tuesday, Wednesday & Friday 9am to 5pm. Out of hours appointments by arrangement. 02/19(6)

JOINERY

CABINET MAKER. I specialise in modern and traditional furniture, kitchens, windows and doors to suit your house, including sash window restoration, draft proofing and all other carpentry work. Contact Harry Guile on 07966 573491 or email: info@harryguilecarpentry.co.uk www.harryguilecarpentry.co.uk 02/19(12)

MAN WITH A VAN

MAN WITH A VAN / COURIER: LOCAL OR DISTANCE, FROM 1 ITEM TO A FULL LOAD. If you would like something delivered or collected, simply ask for a quote – there's no obligation. I provide a friendly and honest service, and am here to help. I'm happy to travel locally, throughout the UK & abroad. I have a medium sized Transit, and am able to hire a larger capacity Luton van or 7 ton for larger jobs. Extra hands can be called upon too when required. I am usually able to accept and respond to short notice or urgent requests. Please phone or email Jerry on 01591 620327 or 07803 589627. jerry@thetump.co.uk 04/19(6)

MASSAGE

DEEP TISSUE, SWEDISH, AND HOLISTIC MASSAGE. Clare Hallam. Registered Massage therapist and ITEC qualified. The focus of this treatment is to alleviate tight, painful and fatigued muscles whilst promoting a state of relaxation, rejuvenation and balance. Once the body can relax the mind will follow. I work in Llandeilo. Gift Vouchers available. For more information or to book an appointment call Clare on 07913 403686. 04/19(6)

SPORTS, REMEDIAL, SWEDISH MASSAGE AND OMNI HEALING, (A FORM OF REIKI). Practicing from both Llandeilo and Carmarthen. TYWI SPORTS AND REMEDIAL THERAPY. Contact Barbara Fewster 07773 164470. 05/19(6)

MEDITATION AND HEALING CIRCLE

CWM IFOR AND SURROUNDING AREAS – Meditation and Mindfulness – Kirsty 07813 647936. One to One and Groups (also Yoga and Relaxation). **Ffarmers, Llanwrda to Most Areas –** Shamanic Sound Healing. Hara 01570 493729/07790 643216. 1 to 1 or 8 week course and support group (also healing therapies and Sound Yoga). **Llandeilo to Llandovery Areas –** Relaxation Techniques – Anna 07813 475470. (also Aromatherapy Massage and Reiki). Plus weekly in Llandovery Community Centre. **Trapp/Llandeilo/Talley Areas –** Weekly meditation class. Yeshe 07717 368207 (also therapeutic massage, yoga and Reiki). 12/18(6)

PAINTER & DECORATOR

HAYDN ADAMS. For all your internal & external painting and decorating. Insurance and contract work undertaken. For free estimate phone: 01550 721754 or mob: 07776 036642. www.haydnadams.co.uk 07/19(12)

PHILIP & BRIAN JOHNSTON FAMILY DECORATORS, Interior and Exterior Decorating – Property Maintenance – Restoration to original detail. Box sash window repairs and sill replacement. PVC troughings and weather board repair or replacement. Wooden floors, skirtings and kitchens fitted. Experience in Insurance Quotations. References on request. **FOR IMMEDIATE ATTENTION.** Tel: 01550 720829 or 01558 650301. 05/19(12)

PAINTABILITY DECORATING. Quality interior and exterior painting and decorating at reasonable rates. Reliable and professional service including moving furniture if you need assistance and cleaning up properly at the end of the job. References available. For a free estimate call Phil Ashworth on 01558 824781 or 07922 215194 email: philashworth@hotmail.co.uk www.paintabilitydecorating.co.uk 11/18(12)

RELIABLE PAINTER for all your domestic needs. Internal and external, houses, barns, fencing etc. Excellent rates. References available. Tel Daniel on 01550 720665. Mobile 07588 169401. Email: daniel.dgbrunton@gmail.com 12/18(6)

PEST CONTROL

THE MOLE MAN. ADAS qualified pest control operative. Moles trapped, rats and wasps exterminated. Domestic and agricultural. Stuart 01550 777394 or mobile: 07791 378958. 06/19(12)

PETCARE SERVICES

PAWSITIVE PETCARE. Offering a caring, professional and reliable service for all pet owners and smallholders. Services include canine behaviour practitioner, dog training, dog grooming, dog walking, small animal care, doggy day care, pop in feed service, poultry/waterfowl care and pet to vet taxi service. Available all year round including weekends, evenings and bank holidays. Bookings taken for regular visits. ISCP Canine Practitioner - ISCP Dip. Canine. Prac. member of National Register of Dog Trainers and Behaviourists. Fully Insured and DBS checked. Contact Lyn on 01550 722917. 02/19(6)

PHOTOGRAPHER

PHOTOGRAPHER IN LLANDEILO AREA. Family, children and babies. Small studio available or we can use a destination convenient to you. Documentary and formal styles of photography available. Contact Sharon at sjayphotography@yahoo.com or phone: 07591 651849. 11/18(6)

PHYSIOTHERAPY

ANNE HIGGS BSC (HONS) MCSP STATE REGISTERED CHARTERED PHYSIOTHERAPIST. Home visits available for conditions including stroke, Parkinson's and other neurological disease. Also neck/back pain, posture management, respiratory conditions, falls prevention, post-surgery follow-up, preparation for planned surgery (prehabilitation) and rehabilitation to improve general mobility. Llangadog 01550 740466 or 07841 065180. 05/19(12)

PICTURE FRAMING

PICTURE FRAMING. Over 30 years experience of all types of work. Better buy reputation. Howell Whitney, The Old Printing Office, Llandovery. Tel: 01550 720690. 06/19(12)

PLUMBERS

KB HOME Maintenance Plumbing. For Household Plumbing Repairs, Maintenance and Installations. Bathrooms installed. For friendly service call Brendan on 01558 824590 Office, Mobile: 07838 386069. *03/19(12)*

REIKI

ANGELIC REIKI HEALING, an ancient art of holistic healing for your well being, please call Sonia on 01550 777051 or 07783 014487 to arrange an appointment. *10/18(6)*

ROOFING

LLANDEILO ROOFING – Based in Llandeilo we offer a complete roofing service, from slate and tiled roofs. Including full re-felt and batten to flat roofing and fascia and soffit work. Chimney problems and pointing/lead work. For peace of mind we are DBS checked and also Approved Firestone rubber flat roof Installers offering a 30 year warranty with every Installation. We are happy to offer free advice and undertake any small roof repairs. Always at a time that is convenient, even weekends. Experienced, reliable, affordable. Contact us for a free survey and estimate: 01558 823737 Mobile 07584 550969 email: localroofer.wales@gmail.com website: completerooferworks.co.uk. *03/19(6)*

SOLICITORS

HUGH WILLIAMS SON & CO. Established solicitors offering expert advice in Conveyancing, Wills & Probate, Divorce & Family Law, Trusts & Tax Planning, Tenancies and General Litigation. Law Society Accreditation for Conveyancing, Member the Society of Trusts & Estate Practitioners. Offices in Llandeilo 01558 823417 and Llandovery 01550 721500. *09/19(12)*

TUITION

MATHEMATICS TUITION IN LLANDEILO. If you would like to improve your grades for GCSE, AS or A Level, or need a bit of extra help in understanding mathematics, then contact me for one-one tuition. I am a retired mathematics lecturer (PhD, PGCE) with an excellent record of student success. Please contact Lynne Roberts on 01558 824431. *11/18(12)*

PHYSICS/FFISEG Retired physics teacher provides physics tuition at A, AS, and GCSE level. (Cymraeg a Saesneg) Llandeilo area. Phone: 01558 669196, Mobile: 07773 124820. *04/19(6)*

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

UPHOLSTERY

MICK SHERIDAN UPHOLSTERY. Experienced upholsterer of both traditional and modern furniture. Full restoration or repair of sofas, armchairs, dining chairs, ottomans, etc. Specialist in Welsh wool but large range of fabrics stocked. MS Upholstery, Last Gallery Workshops, Llangadog. Call or email for an instant quote – 07719 801672 or 01550 777933 (answer machine). Email: mick@micksheridanupholstery.co.uk www.micksheridanupholstery.co.uk *10/19(12)*

YOGA

HOLISTIC HEAVEN YOGA: Increase your health & wellbeing with small friendly Yoga classes at Henllys Coach House, outside Llandovery in a lovely purpose built studio. All ages and yoga experience welcome. Also one to one. Fantastic for relaxing, rejuvenating, destressing and increasing flexibility and your immune system. Releases aches and pains and also great for toning and strengthening muscles. Phone Claire on 01550 721332 or 07985 077227 for timetable or visit www.holistic-heaven.com. Yoga Classes – Workshops – Retreats – Holistic Treatments. *05/19(12)*

YOGA in LLANDOVERY. YOGA with MINDFULNESS. Gentle yoga working deeply with body, mind and spirit. Movement, postures, breath work and deep relaxation: TUESDAY evenings at The Catholic Hall 6.00pm - 7.30pm. and THURSDAY mornings at The Bowls Pavilion, Castle Car Park, 10.30am – 12.00 noon. Beginners welcome. Also **CHAIR YOGA** for those with restricted mobility who wish to enjoy the full benefits of yoga: MONDAY mornings: 10.15am – 11.15am at The Bowls Pavilion. Please check events listing for dates following Easter or phone Stephanie 01558 650534. *09/18(6)*

YOGA in LLANDOVERY. YOGA with MINDFULNESS. Gentle yoga working deeply with body, mind and spirit. Movement, postures, breath work and deep relaxation: TUESDAY evenings at The Catholic Hall 6.00pm - 7.30pm. and THURSDAY mornings at The Bowls Pavilion, Castle Car Park, 10.30am – 12.00 noon. Beginners welcome. Also **CHAIR YOGA** for those with restricted mobility who wish to enjoy the full benefits of yoga: MONDAY mornings: 10.15am – 11.15am at The Bowls Pavilion. Please check events listing for dates or phone Stephanie 01558 650534. *04/19(6)*

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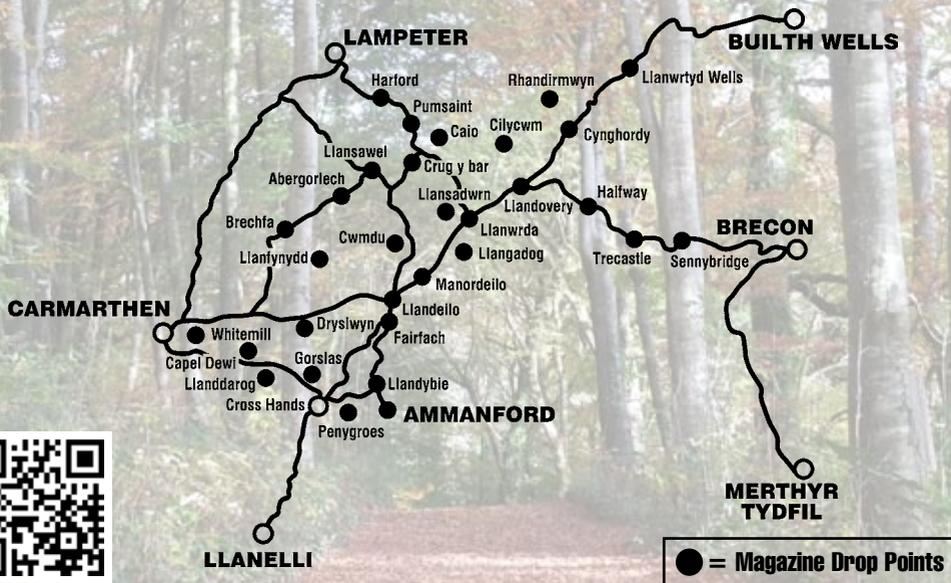


TEL: 01550 721225
INFO@POSTDATUM.CO.UK
24 STONE ST., LLANDOVERY

The Post

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ADVERTISING RATES

TEL: 01550 721225

Boost your business with advertising in *The Post*

THE RATES QUOTED BELOW ARE PER ISSUE
and include series discounts for 3 months, 6 months and 12 months.

Advert Size:	1 month rate	3 month rate	6 month rate	12 month rate
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Black & White	£23.89+VAT	£17.91+VAT per issue	£16.00+VAT per issue	£11.95+VAT per issue

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

LOCAL DIRECTORY (discounts not available): 6 months = £52.50+VAT 12 months = £82.77+VAT

Noticeboard

CARMARTHENSHIRE CITIZENS' ADVICE BUREAU

Advice Line, Tel. 03444 772020

LLANDEILO LIBRARY:

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

Mon 09:00 - 17:00

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

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

Thurs 09:00 - 17:00

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

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

LLANDOVERY LIBRARY:

Tel. 01550 721626

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

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

COUNTRY MARKETS

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

Llandovery - Llandeilo - Carmarthen (280/281)

	281	280	281	280	281	280	281
L'dovery(car park)	7.00	8.50	10.45	12.20	14.00	16.25	17.50
Llanwrda	7.10	9.00	10.55	12.30	14.10	16.35	17.59
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
Carmarthen	8.22	10.14	12.12	13.44	15.27	17.45	19.03
Carmarthen	281	280	281	280	281	280	281
Llandeilo	6.05	7.20	9.15	10.20	12.20	14.20	17.50
Cwmifor	6.36	8.00	9.59	11.00	13.04	15.00	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	—
Llanwrda	6.49	8.26	10.31	11.26	13.36	15.26	17.34
L'dovery(car park)	6.58	8.36	10.41	11.36	13.46	15.36	17.44

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:	12.00pm - 1.00pm	Recreational Public Swimming	Thur:	12.00pm - 1.00pm	Recreational Public Swimming
Mon:	1.00pm - 2.00pm	Family/Lane Swimming	Thur:	1.00pm - 2.00pm	Family/Lane Swimming
Mon:	2.00pm - 3.00pm	Disabled Session	Thur:	2.00pm - 3.55pm	Private Booking
Mon:	4.00pm - 5.00pm	Junior Rookie Lifeguard	Thur:	3.55pm - 6.00pm	Lessons only
Mon:	5.00pm - 6.00pm	Recreational Public Swimming	Thur:	6.00pm - 7.00pm	Family/Lane Swimming
Mon:	6.00pm - 7.30pm	Family/Lane Swimming	Thur:	7.00pm - 8.00pm	Canoe Club
Tues:	12.00pm - 1.00pm	Recreational Public Swimming	Fri:	7.30am - 8.30am	Recreational Public Swimming
Tues:	1.00pm - 2.00pm	Family/Lane Swimming	Fri:	8.30am - 9.00am	Lane Swimming
Tues:	2.00pm - 4.00pm	Private Booking	Fri:	9.00am - 12.00pm	School Usage
Tues:	4.00pm - 5.30pm	Lessons only	Fri:	12.00pm - 1.00pm	Recreational Public Swimming
Tues:	5.30pm - 7.00pm	Recreational Public Swimming	Fri:	1.00pm - 2.30pm	Family/Lane Swimming
Tues:	7.00pm - 8.00pm	Canoe Club	Fri:	2.30pm - 3.00pm	Group Splash
Wed:	7.30am - 8.30am	Recreational Public Swimming	Fri:	4.00pm - 5.30pm	Lessons only
Wed:	8.30am - 9.00am	Family/Lane Swimming	Fri:	5.30pm - 7.00pm	Recreational Public Swimming
Wed:	9.00am - 12.00am	School Usage	Sun:	9.30am - 11.00pm	Splash Lessons
Wed:	12.00pm - 1.00pm	Recreational Public Swimming	11.00pm - 12.00pm	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 to Fri	Sat	Sun.
Swansea D	— 06.04 09.34 14.35 18.21	04.31 09.15 13.12 18.17	11.12 15.29
Gowerton D	— 06.15 09.45 — 18.32	04.42 09.26 13.23 18.28	11.20 15.39
Llanelli D	05.20 06.25 09.55 14.53 18.42	04.50 09.34 13.32 18.40	11.32 15.49
Ffairfach D	05.54 06.59 10.29 15.27 19.16	05.24 10.10 14.08 19.14	12.08 16.27x
Llandeilo D	05.59 07.06 10.34 15.32 19.21	05.29 10.15 14.13 19.19	12.12 16.32
Llangadog D	06.08 07.16 10.43 15.42 19.30	05.39 10.24 14.23 19.28	12.23 16.42
Llanwrda D	06.12 07.19 10.47 15.45 19.34	05.42 10.28 14.26 19.32	12.26 16.45
Llandovery A	06.22 07.26 10.53 15.52 19.40	05.49 10.34 14.33 19.38	12.32 16.52
Cynghordy D	— 07.37x 11.04x 16.03x 19.51x	05.59x 10.45x 14.44x 19.49x	12.43x 17.03x
Llanwrtyd D	— 08.08 11.21 16.24 20.31	06.16 11.05 15.01 20.08	13.00 17.20
Llandrindod D	06.18 — 08.45 12.01 16.59 21.19	06.55 11.40 15.42 20.42	13.43 18.01
Shrewsbury A	07.57 — 10.14 13.32 18.28 22.54	08.22 13.09 17.11 22.08	15.12 19.38
Shrewsbury D	04.49 — 05.56 10.09 14.05 18.24	05.16 09.00 13.58 17.57	12.04 16.18
Llandrindod D	— 07.35 12.00 15.41 19.56	06.54 10.34 15.40 19.27	13.41 18.03
Llanwrtyd D	— 08.09 12.31 16.23 20.30	07.23 11.07 16.11 20.08	14.12 18.34
Cynghordy D	— 08.22 12.44 16.36 20.44x	07.35x 11.20x 16.24x 20.22x	14.25x 18.48x
Llandovery D	06.42 08.34 12.56 16.48 20.56	07.47 11.32 16.36 20.34	14.37 19.00
Llanwrda D	06.48 08.40 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	07.58x 11.42x 16.46x 20.44x	14.47x 19.10x
Llandeilo D	07.03 08.56 13.18 17.10 21.17	08.08 11.54 16.58 20.55	14.59 19.21
Fairfach D	07.06 08.58 13.20 17.12 21.20	08.10 11.56 17.00 20.58	15.01 19.24
Llanelli D	07.45 09.39 14.04 17.52 22.01	08.55 12.42 17.40 21.38	15.41 20.44
Swansea A	08.08 10.02 14.25 18.14 22.25	09.22 13.01 18.09 22.06	16.03 20.25

x = Service stops on request

National Rail Enquiries 03457 48 49 50

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