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SCARLETS LAUNCH NEW ELITE PARTNERSHIP WITH LLANDOVERY COLLEGE



Scarlets have teamed up with Llandovery College in a new partnership aimed at developing elite rugby talent.

Llandovery College has a proud reputation for producing top-level Welsh rugby players with the likes of former Wales captain Gwyn Jones and current Wales and British & Irish Lions stars George North and Alun Wyn Jones among its alumni. Dafydd Hughes, Tomi Lewis and Corey Baldwin, who have represented Wales U20s and Scarlets, are also former pupils.

The newly-developed programme will build on the existing rugby programme within Llandovery College and will be headed up by former Scarlets forwards coach Ioan Cunningham who will take on the role of Director of Llandovery College Elite Rugby for an interim period.

Scarlets development pathway manager Kevin George said: "We have worked closely with Llandovery College in recent years, but this new partnership takes it to a new level, underpinning the Welsh Exiles programme to provide added value for the Scarlets development pathway.

"It is an exciting move forward for all of us.

"It is great to have a coach of Ioan's calibre and experience leading the programme. He is someone who knows our development programme well having been part of the Academy and, of course, the senior coaching team at the Scarlets."

Cunningham will take specific responsibility for advising the College's rugby staff on implementing an



Llandovery College 1st XV

elite rugby development programme for boys and girls, working closely with the Scarlets, the Welsh Rugby Union, the Welsh Exiles programme and the Warden of Llandovery College to deliver recruitment strategies.

He will also lead on all tactical and technical elements for Llandovery College's first team, providing individual plans for the College's elite rugby players.

He said: "I am excited about the prospect of helping such a historic rugby institution as Llandovery College develop this programme to help bring



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continued from page 1

through the next generation of young Welsh talent into professional rugby.

"You look at the history of Llandovery College, the great Carwyn James, the former Llanelli and Lions coach, set up the Welsh Department there and a number of former pupils have gone on to represent the Scarlets, Wales and the Lions.

"I know from working with the Scarlets Academy that Llandovery College is a fantastic environment to develop, not just as a rugby player, but as a person as well.

"On a personal level, my aim is to continue to coach in the elite professional game. This is another step in my coaching career and I am looking forward to bringing my experience from the last nine years or so with the Scarlets to the role."

Warden of Llandovery College, Dominic Findlay, added: "I am delighted to be able to work in partnership with the Scarlets to further develop the rugby programme and support at Llandovery College. This is hugely exciting and having the likes of Ioan Cunningham leading our programme, alongside the current staffing, will have a huge impact for our students."

Scarlets general manager of rugby Jon Daniels said: "The Scarlets has long since been renowned for developing the stars of the future and thanks to the foresight and commitment of Dominic Findlay and the Board of Llandovery College our partnership will be strengthened and they will benefit from first hand exposure to the Scarlets Academy programme."



"We are also very fortunate to have someone of Ioan's experience to kick-start the programme. He is a very experienced coach who has developed in our pathway for many years. He has high aspirations as a coach and I know he is relishing the challenge of being in the hot seat at Llandovery College at the start of this exciting journey."



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03/21(12)

PadmaSamBhava Yoga and Meditation Centre

The summer and life progresses on, in its quiet, strange but mainly satisfactory way as we all learn to adapt to such different ways and times.

At PadmaSamBhava all are well and the Centre hopes that you are, too, and have been able to share these longer days with some of your friends and family as 'lockdown' opens up a little. Indeed, as time goes on, it is even more important to remain positive and continue to do your own yoga practices.

In order to provide yoga teaching for the students, PadmaSamBhava has started giving Zoom classes. These are offered as a contribution to existing classes at this time and have been well received. The Centre is working its way through all the classes so that each student will be offered a chance to attend. The Zoom classes have run smoothly and so far technical fears and phobias overcome. Students have enjoyed greeting their classmates once again and seeing the Yoga room.

With the concerns all are currently facing, the Centre will wait until it is safe for everyone before setting a date for re-opening. All at PadmaSamBhava look forward to a time when everyone will be able to enjoy the classes in person, with renewed vigour, pleasure and enthusiasm.

PadmaSamBhava is still there for students old and new and is happy to remind students of their Yogic practices including meditation, which can be so useful - so please do keep these up. A few simple stretches can help release tension in the physical body and breathing practices with awareness can make a big difference to the state of our minds, our health, as well as relax the body. For any help, guidance or suggestions on practice, please do contact the Centre on 01558 823842.

The Centre is chanting the healing manta at 6 pm every Friday. If you would like anyone added to the list of named recipients for this chant, please send an email to mail@padma.org.uk

All the teachers wish everyone the best of health and well-being.

Classes at PadmaSamBhava are special in that they take into account the health and abilities of everyone and aim to help both the mind and the body. The physical movements bring flexibility to the body and the breathing practices are useful tools to calm the mind and increase energy. Each class ends with Yoga Nidra, a deep relaxation practice which helps reduce stress, calms the mind and relaxes the body. All these points make classes at PadmaSamBhava especially beneficial and enjoyable. Indeed, the classes can help with everyday life and the problems it may bring and generally help with well-being.

News and updates will be posted on the website www.padma.org.uk The Centre can be contacted on 01558 823842 or mail@padma.org.uk



The takeaway service at the Old School has proved to be very popular since it started back in June, therefore it will carry on for the foreseeable future, in the absence of the normal Sunday café.

Food can be ordered in advance (full menu on the Facebook page weekly, and on the noticeboard in the village) and collected between 12 and 2pm.

The main menu is ongoing every week, with an additional "Specials" menu which changes every Sunday.

There is also now a pudding option, in addition to a selection of home made cakes – cheesecake, Tiramisu, fresh fruit Pavlova, summer pudding and trifle will be available throughout the summer.

It's advisable to order early in the week ready for Sunday, as many of the selections do sell out, so get in touch as soon as possible.

Contact Nia on 01550 777254, email: niaclement@aol.com or leave a message on the Facebook page

www.facebook.com/bethlehemcymru

LLANEGWAD RAINFALL



Rain fell on 19 days this month the 19th was the wettest day with 43mm.

JUNE TOTAL: 147.5mm – 5.7/8"

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11/20(6)

LLANDOVERY ROTARY CLUB



All Hail the new Llandovery Rotary Club President, Alan Morgan.

Also new President Elect, Anthony Wathan and new President nominee, Dan Emery.

A heartfelt and magnificent thank you for a job extremely well done to Mickey Gough for his outstanding contribution as our 2019/20 President. Well done indeed my friend. And what a year it was. Everything going along just beautifully until early March when this nasty, evil, heinous, life threatening virus from the east arrived on our shores with very little warning. A threat at first, a very real threat very soon after, and a devastating killer with the potential to wipe out swathes of humanity very soon after that. "Enough, Enough," I hear you say. Enough indeed, but as our wonderful reports from Dr Rees and all the Doctors, Nurses and all the staff at our SUPERB Llanfair Surgery and Llandovery Hospital keep reminding us we are not out of this yet. Not by a very long way. Spare us please from a second wave as that would be doubly difficult to take and trebly difficult to instil into some people the horrors it could yet bring.

The vast majority of us in this beautiful, relative backwater survived the first wave. Thank God. So for most of us life goes on, but very, very differently. Who could ever have believed that to see people shopping in Llandovery wearing face masks would be normal? But, things are easing. The pubs are open! Hallelujah. Some of our members are rejoicing. Well that's a good start for some anyway. Others, not so. How long before we are permitted to meet as a Rotary Club? We can only speculate but it ain't going to be for a good while yet!

Well, Alan is now our Great Leader and led us in our first Zoom meeting, when he eventually managed to log in! Luckily his baby granddaughter was there to navigate him through the complexities of the modern media world. As I saw in an advert for a phone last week, it said "So easy to use, even an adult can do it." Anyway, Alan is in charge but such a shame he has not yet been able to have the official Handover of the Regalia at an organised function but we are hoping that shortly we will hold a very disorganised one!

Our donation to the Museum for the VE celebrations, which of course could not take place, is being returned



Our 2nd Rotary Council meeting, with supporting cast!

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FRIDAY, 2nd NOVEMBER, 1984

at

LLANDOVERY COLLEGE

7.00 for 7.30 p.m.

*

Chairman

District Governor David Williams (Swansea Valley)
Chairman of the District Council

Our beginning. 2nd November 1984. 36 years ago this year.

and with the Brownies returned donation last month means our coffers have actually risen. Strange times indeed. We can't even give money away now! Hopefully we can support these wonderful organisations in the not too distant future.

We learned in our first Council Zoom meeting that Mary Jackson had contacted Edward with regard to our support for the Luncheon Club which has obviously not met since lockdown. Mary as organiser is stepping down after many years loyal service and it is doubtful that anyone else will volunteer to replace her. Sadly therefore the Luncheon Club will be no more and our assistance will no longer be required. Sad really isn't it?

We received another £50 donation from Ellie Willeen which is indeed very kind and much appreciated. Thank you once again Ellie.

El Presidente also hopes that the annual Rotary BBQ will be able to go ahead this year in his garden. He tells us that due to excess time on his hands he has had the opportunity to 'tart it up a bit'. We look forward to a socially distancing BBQ and a tour of this fine gardeners garden.

I came across the beginning of our Rotary Club recently when I found the 'Presentation Of The Charter' order of Service and Dinner leaflet which was held at Llandovery College on Friday 2nd November 1984. When a new Rotary Club was founded in those days some thirty six years ago it was a momentous occasion for Rotary

PROGRAMME

*

- 1 GRACE
 - 2 DINNER
 - 3 THE LOYAL TOAST
 - 4 WELCOME TO VISITORS
by District Governor David Williams (Swansea Valley)
 - 5 APOLOGIES AND GREETINGS
from absent Clubs and Rotarians
 - 6 PRESENTATION OF FOUNDER MEMBERS
of the Rotary Club of Llandovery by District Extension Officer Robert Johns (Newport Uskmouth) and Aide, Rotarian John Simon (Llandeilo)
 - 7 PRESENTATION OF CHARTER
of Membership in Rotary International to the Founder President, John Carew-Jones by District Governor David Williams (all stand)
 - 8 WELCOME INTO ROTARY INTERNATIONAL
by Rotarian Arthur S. Newcombe (Newton Abbot), Past President Rotary International in Great Britain and Ireland, Past Governor District 117
 - 9 TOAST
"The Rotary Club of Llandovery"
Proposed by Rotarian Peter Little, President of the Rotary Club of Llandeilo
Response by The Founder President, John Carew-Jones
 - 10 PRESENTATION OF GIFTS
Expression of thanks by Founder President John Carew-Jones
 - 11 ROLL CALL OF CLUBS
Greetings and Presentation of Bannerettes
 - 12 TOAST
"Honoured Guests, Ladies and Visiting Rotarians"
Proposed by Founder Vice-President, Colin Bancroft
Response by The Warden of Llandovery College, Dr. R. Brinley Jones, MA, FSA, FColIP
 - 13 FINAL TOAST
"Rotary International and Rotarians the World over"
District Governor David Williams
- Sergeant-at-Arms Rotarian David Newton-Williams (Porthcawl)

Many presentations and much toasting.

International in Great Britain and Ireland, and only a little less so now. Eight clubs from Llandeilo to Morriston gave traditional gifts and there were many presentations and much toasting. There were 25 Founder Members present many of whom have sadly passed on and only ONE of these Founder Members is still an active member now, Ieuan Pugh-Morgan, and he looks younger now than he did then! Obviously Ieuan's initials are IPM and there was much hilarity one evening when quite innocently a Past President when calling people's names out by initials announced IPM as One pm (the time!). He is to this day sometimes referred to as One pm. I digress. In these days back in the eighties there was supposedly only one person of each occupation permitted in a club but much artistic license was used when 2 of the same occupation wanted to join. An example would be farmers. One would be a farmer, the other an agricultural engineer, or 2 bankers, one would be a banker the other a financier. This was back when clubs were very fussy about who they allowed to join Not so fussy these days!

There were actually two Dinners. In June of 1984 an 'Inaugural Dinner' of the Proposed Rotary Club was held in the Castle Hotel when 28 people attended. Three more than at the Charter Dinner in November.

Since it's first meeting in 1984 Llandovery Rotary Club has given hundreds of thousands of pounds to local good causes, we have helped the community wherever we can and organised many memorable events in the town. We

FOUNDER MEMBERS

*

President:	
JOHN CAREW-JONES	Education - Housemaster
Vice-President:	
COLIN BANCROFT	Television Retailing
Junior Vice-President:	
KEITH LEWIS	Ladies' Clothes Retailing
Honorary Secretary:	
KEN WHISKERD	Hotel Management
Honorary Treasurer:	
GWYNN GRIFFITH	Banking Local
Members of Council:	
NIGEL BOTTING	Hotel Management - Additional Active
TOMMY BROWN	Coal Distributing
DES CLARKE	Plumbing and Heating Service
PHILIP DAVIES	Education - Secondary School
HAYDN HUDSON	Building Construction
HUGH OWENS	Farming - General
Members:	
ALAN DALEY	Education - Boarding Schools
DAVID DAVIES	Post Office Communication Service
GLYN EVANS	Education - Boarding Schools - Additional Active
IEUAN EVANS	Banking Local - Additional Active
ERIC HARRY	Ladies' Clothes Retailing - Additional Active
DAVID JOHNS	Wire Brush Manufacturing
JOHN JONES	Garage Service
RUSSELL JONES	Building Construction - Additional Active
DEWI MORGAN	Estate Agency Service
GERALD POWELL	Farm Chemicals Production
IEUAN PUGH-MORGAN	Men's Clothes Retailing
PHILLIP RATCLIFFE	Building Materials Supplying
FREDDIE RICHARDS	General Medical Practice
TOM THEOPHILUS	Sheep Farming

Our founder members. Only one, Ieuan Pugh-Morgan is still an active member.

welcome new members and if you are interested just ask any one of us for more information. Come and join us. You will be very glad you did.

The Wales Rugby shirt signed by the Welsh World Cup squad generously donated by Wyn Jones, Clynmawr and framed without charge by Howell Whitney of the Old Printing Office has been put onto eBay for auction with Wyn's blessing. ALL the proceeds we are donating to the League of Friends Llandovery Hospital. A worthy cause if ever there was one. At the time of going to press the bids are flying in. By close on the 26th July we will know the winning bidder and we sincerely hope they get a great deal of enjoyment from this piece of Welsh rugby history. Thank you to all who bid.

Another member was put under the spotlight in the chair this month to extract his inner thoughts. I was forwarded the answers just before going to press. The answers are a dissertation of this person's life and are quite brilliant. I have saved them to be included next month. You do not want to miss it, honestly.

It can be very surprising what turns up in these Zoom meetings. We have seen wives, partners, children and grandchildren who have shown up in the back of the screen. Occasionally they show up in front of the screen!

We have seen tea, coffee, squash, beer, gin & tonic, larger, red wine, white wine but one drink tops the lot. One Rotarian decided he had had enough alcohol in the last 18 weeks and was going on a detox. There are various ways of doing this but his chosen method was not the one I would have chosen. He said he wanted a large, refreshing, healthy drink and had come up with what he said was the perfect alternative. I asked him what was in it to which he replied:- Spinach, cauliflower, cucumber, sprouts, lime, orange, beetroot, celery and a few other mystery ingredients. Well I am not a vegetarian, vegan or anything resembling a healthy eating individual. In fact I am probably a dinosaur in eating habits being a meat eating, chips munching, ice cream gobbling man with a liking for the occasional beer but I have never seen such a disgusting, putrid, vile looking concoction of bile in all my days. The unnamed man said it was lovely and he was really enjoying it. He was quite convincing, but not very! In fact in the next Zoom meeting when just 3 of us met he was back with a very large glass of white wine!

As I said he was quite convincing, but not very!

We have had people spill their beer whilst on screen, we have had teddy bears, even something resembling Daffy Duck and it has been a real learning curve. Previously unheard of words and sayings now seem normal. Lockdown, shielding, stay safe, social distancing, masks and hand gel are all now part of our everyday vocabulary.

Our Tuesday nights have certainly changed. We simply don't go out! Some miss the meetings, we all miss the banter and the camaraderie, and certainly we miss helping those in need. Some members are climbing the walls. But oddly it appears that those missing Tuesdays the most are our partners and wives. A number of them have said to me "Oh I wish Rotary meetings would start up again. I just want my peaceful Tuesday nights back!" And what does that tell you!

We have all changed our routines, we have changed the way we shop, we have changed the way we live and it is all for our own safety. All so that we continue to live. To stay alive even.

A sobering thought if ever there was one.

So, in the words of our newly acquired vocabulary. Stay safe everyone!

Derek Jones.

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05/21(12)

IN THE STEPS OF VICAR PRICHARD

When Ysgol Rhys Prichard was chosen as the name for Llandovery's primary school, it was a fitting tribute to one of the town's most famous clergymen. Vicar Prichard, also known as Yr Hen Ficer, was born here in 1579 and educated at Jesus College, Oxford. After ordination at Witham in Essex, Rhys (or Rice) Prichard became vicar of Llandingat and Llanfair-ar-y-bryn, where his simple and direct style made him an effective and popular preacher. Perhaps his greatest achievement was his contribution to the religious education of ordinary people through the poems published in *Cannwyll y Cymry (The Welshman's Candle)*. At a time when not many people could read or write, these verses were arguably more successful in promoting the Gospel than William Morgan's translation of the Bible, published when Vicar Prichard was just a boy.

It wasn't only the unlearned who benefited from Rhys Prichard's verses. One of his carols, *Awn i Fethlem, bawb dan ganu*, is still sung today, and scholars have detected Yr Hen Ficer's influence on later generations of hymn writers, including William Williams, Pantycelyn, another of Llandovery's famous sons.

William Williams is memorialised in the church of the same name in the high street. It is a curious coincidence that as Rob Morse begins his ministry in William Williams Memorial Church (as reported in July's *Post*), so a new 'Vicar' Pritchard takes up his appointment as curate-in-charge in Llandingat.

Revd Paul Pritchard, like Vicar Prichard before him, was ordained on the other side of Offa's Dyke. Paul comes to us from the Chester Diocese. Like his namesake, he was educated at Oxford, but at Wycliffe Hall rather than Jesus College. Paul's Welsh connections and interest in history – his father's family comes from Penydarren – have drawn him to the giants of the Welsh Methodist tradition.

It remains to be seen whether Paul has the same metrical skills as the first Vicar Prichard, but he is certainly a keen musician and comes to us with a reputation as a drummer and percussionist.

With two new ministers working to promote the Kingdom of God in our midst, it gives Bro Dyfri churches great pleasure to welcome both Rob, Paul and their families to this cradle of Christian evangelism and to wish them every blessing in their future ministries.



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We have been welcoming back staff, volunteers and visitors, to Myddfai Community Hall & Visitor Centre since we re-opened on 17th July and until the 2nd August we will be opening the café and shop on Fridays, Saturdays and Sundays only, reduced hours of 11am-3pm and with a reduced café menu. However, the shop can be opened outside these hours on request- please contact Les, details below.

From Tuesday August 4th We will be permitted to have café customers seated back inside- we have a huge hall area which will act as an extended café seating area, plenty of room for social distancing. We plan to extend our opening hours to Tuesdays-Sundays 11am-4pm and will be participating in the Government Eat Out To Help Out Scheme for half price meals on Tuesdays & Wednesdays- so come along and support us and get a bargain meal as well! We have put in place the recommended Covid-19 safety measures so please feel confident to come and visit us.

Myddfai Gift shop is fully stocked again with a huge range of quality local crafts, art and produce. Myddfai tweeds, artisan pottery, fused glass, Myddfai brand bathroom products, bags, aprons, Jewellery, wooden boards, greetings cards, books and much more We have a big stock of the delicious jams, marmalades and chutneys made in Myddfai. All purchases support local businesses and the Myddfai TyTalcen charity.

Myddfai Hall is a great venue for any type of event - Weddings, conferences, children's parties and a variety of exercise and Activity classes.

It is fully equipped with professional staging, lighting and audio equipment and underfloor heating.

The Myddfai regular classes such as our Stained Glass class, Yoga and Pilates will be hopefully be back up and running by the time this goes to print or probably by the End of August. Please contact us for more information.

We are planning to restart our Monthly Farmers Market on Sunday 30th August 12noon to 4pm- if you would like a table please get in touch.

For further information on classes & events or to book or view the hall please contact Les at les@myddfai.org. Mobile 07879119223 or Hall No. 01550 720449

Check our website www.myddfai.org or our Facebook page for more details.



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07/21(12)



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LLANWRDA CRICKET CLUB

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Please contact Gwynn Davies about the juniors on 07956 147464 or LlanwrdaCC@gmail.com for more details, or just search online for “Llanwrda Cricket.” We are also on Facebook. Come and join us.

Please call Liz on 07791 241197 for details about the Women and Girls’ team.

We are always on the look out for new senior players – on a weekly basis for the 1st XI, or on a casual basis for our new Occasionals XI who play midweek and Sunday games. If interested in any of the teams, please contact Adrian Davies on 07867794771 for more information.

LLANWRDA C C BONUS BALL WINNERS

10/06/20	40	No winner
17/06/20	43	No winner
24/06/20	41	No winner
01/07/20	4	Cliff Cowell
08/07/20	30	Stuart Davies

If you would like to help the Club and join our Bonus Ball, please contact David Cumming on 07768 426 449. It's only £4.33 per month.



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LLANDOVERY CROQUET CLUB



Croquet Club members are making the most of the shortened season and are enjoying playing twice a week come rain or shine! We have even been able to welcome several new members despite the restrictions.

Following the advice of the Welsh Croquet Association, we are having to limit the number of players taking part each afternoon. Members who wish to play are reminded that they should contact the secretary to book a lawn before travelling to the club.

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

If you would like to try croquet, or to find out about the latest situation at the croquet club, please contact the secretary John on 01269 593938 or 07435 786762, or email: john.evans@zen.co.uk



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11/20(12)

A VERY BIG THANK YOU KEITH BROWN (DECEASED) CILGWYN LODGE GARDENS

Moir Brown of Cilgwyn Lodge Llangadog would like to express her sincere thanks for all the sympathy cards, phone calls and emails and all gestures of kindness, particularly from close neighbours and friends, shown during the extremely sad loss of her husband Keith Brown in such challenging and devastating times.

I would also like to thank those who gave donations in lieu of flowers to Cancer Research Wales which amounted to £655.

Thanks also to all the staff in Llangadog and Llandovery surgeries, District nurses and Marie Curie nurses and in particular to Dr Neil Windsor-Jones for all the support given.

Many thanks also to all the supporters of Cilgwyn Lodge Gardens over the 16 years we opened for charity many of which still keep in touch with me.

I intend to hold a memorial service to celebrate Keith's life next year if circumstances permit.

Diolch o galon pawb am bob peth.

Moir Brown

08/20(12)



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08/20(3)



LLANDOVERY RUGBY CLUB

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LLANDOVERY'S DEBT TO COACHES

By rugby reporter Huw S Thomas

Llandovery's gradual rise from the lower divisions of the West Wales Rugby Union to Welsh Premiership status over the last 40 years has owed much to the sound methods and tactical acumen of a number of coaches.

Honour is due to "Jock Watkins" – the coach when Llandovery beat Pontypridd in the WRU Cup back in 1984 - Stan Liptrot, Geri Davies, Iestyn Thomas, Geraint Williams, ex-Wales flanker Rob Appleyard, Lyndon Lewis and latterly Euros Evans.

Watkins, a former Pontypridd hooker masterminded the defeat of his old club in the now famous 1984 Schweppes Cup, Liptrot brought professionalism and modern ideas from his time as England U21 coach and Geri Davies made the pack into a fighting, bruising but disciplined unit, befitting of a high ranking Army officer.

Williams came with bright attacking ideas from his time at Newbridge, Appleyard introduced innovative and inventive methods of preparation and coaching and Lewis used his time as a teacher in Swansea to bring in influential players such as James Garland and Richard Brooks.



Euros Evans (right) 2016 Premiership Coach of the Year presented with the award by WRU's Head Of Rugby Performance Geraint John.

But other schoolmasters in Iestyn Thomas and Euros Evans – both hookers - stand out, not just because they both won the WRU Cup as coaches but because of their significant influence in persuading so many of their former pupils to join the club.

This was crucial once the game went professional in 1995 after which clubs – even lower league clubs - started to sign players from outside their own immediate area.

Where once many clubs relied on home produced players, educated at local schools, they now swept the net wider in an effort to attract talented players and climb up the new league structures introduced in 1990.

Llandovery's success in qualifying for the new Heineken Leagues in 1990 was owed largely to the efforts of former pupils of Ysgol Pantycelyn, a very talented and large bunch of players who happened to come together at the right time for the club.

That success, strange enough, was down not as much to the school but to the coaching of Llandovery RFC pair of Bernard Jones and Davy George Davies who had attended WRU coaching courses under the crusading WRU Coaching Organiser Ray Williams.

It was they who formed an U15 side in 1972 - the first age group side in the club's history - out of which grew a Youth side that produced some fine players through the 1970s and 1980s.

The club's proudest moment in that period was the defeat of Pontypridd in the 1984 Schweppes Cup second round with a side of players almost all born and bred in the Llandovery area, coached by Jock Watkins.

But it was the cohort of players active in the late 1980s and early 1990s that were instrumental in getting the club into the Heineken League structure in 1990.

Llandovery clinched promotion from Section A of the West Wales League in 1990 by defeating Felinfoel 16-7 with a team that was almost all home grown.

In those defining years of the late 1980s and early 1990s the likes of Hywel Jones, Arwel Rowlands, Geraint and Carwyn Williams, Chris and Adrian Davies, Huw Morgans, Wyn and Alan Morgan, Arwel Evans, Wyn Williams, Alun Thomas, Emyr James, Eirian Jones, Carwyn Davies, Dai Giles and Elfyn Jenkins – to mention just a few- were all former Pantycelyn pupils and former Llandovery Youth products.

And they were supplemented by a scattering of Old Llandoveryans such as Huw Thomas and Nigel Clake and others who were employed locally such as that pair of celebrated props- local bobby Dai "Book" Thomas and surveyor Phil "The Beast" Davies.

For over a decade A mixture of local men with players from further afield such as John Westgarth, Herman Bosman and Neil Clapham, along with on loan Scarlets players, kept the Drovers in position to qualify for the newly formed semi-pro Welsh Premier Division in 2003.

Llandovery had frequent struggles to keep in the top division and in 2007 they were only saved from relegation because of the technicalities of league criteria eligibility.

Amazingly that was the year in which was ex-London



2007 Cup winners

Welsh and Harlequins hooker Thomas coached the Drovers to beat Cardiff 20-18 in the 2017 WRU Cup Final thanks to a last gasp try from prop Endaf Howells.

Thomas, himself an Old Llandoveryan, had two spells coaching at Llandovery College 1990-1998 and 2008-2018 and from that time a score of players were to follow him to Church Bank between 2000-2008

Not long out of school, the likes of Gareth Thomas, Jeremy Griffiths, Wayne Beynon, Jamie Roberts, Dan Williams, Simon Emms, Cerith Rees, Simon Jenkins, Rhodri Davies and Gethin Watts played full seasons under Thomas.

Tom Walker and Ioan Davies, too, were in the side that won the 2007 Cup and Andy Powell was another who played 18 games for the Drovers 2000-2001 before going on to greater things with Wales and the Lions.

If Thomas's contribution was considerable, then that of Euros Evans has been outstanding.

Director of Sport at Coleg Sir Gar, Euros Evans, built his college side up to be one of the strongest in Wales facing the very best of Welsh and English colleges and schools – Neath College, Swansea College, Llandovery College, Colston's and Millfield to name just a handful.

The Llanelli based college also won the Rosslyn Park National Open 7s in 2012 when Josh Adams helped them to become only the fifth ever Welsh school or college to take the world's biggest 7s tournament in 73 years

They followed in the famous footsteps of Llanelli GS, Llandovery College, St Cyre's CS Penarth and Neath College.



2016 Cup winners

Ever since Evans joined the Llandovery RFC coaching team in 2010 - first as assistant to Lyndon Lewis and then Head Coach in 2015 - a platoon of players have followed him to Church Bank, to the huge benefit of the East Carmarthenshire club.

As admirers of Evans's coaching methods, his fair and sympathetic handling and astute analysis, well over 30 former pupils have played a major role in establishing the Drovers as a leading force in the tough environment of the semi-pro world of the Premiership.

In his five years as head coach the Drovers have finished second, seventh, second, fourth and fourth in the Premiership and also won the WRU Cup in 2016, when the WRU voted him Premiership Coach of the Year.

One remarkable fact coming out of such a list is that Evans has moulded no fewer than eight hookers into quality operators.

Luke Lewis – who captained the 2016 Cup winning side, Ricky Guest, Tom Ball, Matthew Moore, Garan Williams, Ryan Williams, Elgan Lewis and Sam Parry all benefitted from the expert Evans touch down at the CSG campus in Llanelli

In selecting a composite XV of players who have been coached by Evans at CSG and who then followed him to Church Bank over a period of 10 years, Evans's influence on Llandovery fortunes in the Premiership is pronounced.

A XV as strong as the following would hold its own against all Premiership challengers

Harri Doel; Adam Warren, Matthew Jacobs, Craig Woodall, Aaron Warren; Jack Maynard, Lee Rees; Jamie Hughes, Ricky Guest, Berian Watkins, Jake Baker, Jake Simm, Lewis Ellis-Jones, Lawrence Reynolds, Lloyd Phillips

And waiting on the bench? - take your pick from Jamie Kaijaks, Sam Parry, Luke Lewis, Garan Williams, Tom Ball, Elgan Lewis, Ryan Williams, Matthew Moore, Jordan Evans, Jake Randall, Shaun Pearce, Llew Smith, Llyr Green, Jac Howells, Dexter Thomas, Liam Cox, Will Lewis and Bradley Davies.

And I have possibly forgotten two or three more Sir Garians!

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LLANDOVERY & DISTRICT CHRISTIAN AID COMMITTEE

Although we have been unable to fund raise this year in the usual way, many donations have been proffered by members of our churches and chapels, who, in previous years, have contributed by volunteering in our pop-up shop and various other ways.

A total of £1260 has been donated up till now and sent to Revd Tom Defis in Carmarthen, Area Co-ordinator for Christian Aid.

However some members have also sent donations directly to Carmarthen, so the total amount is even higher.

We would like to thank each and everyone who, in these most difficult times, has offered help to those in parts of the world who need it even more.

OBITUARY

Its with regret that I record the death of Canon Graham Jones. He was born in Castle Street, Llandovery, son of Will and Katie Jones.

He was ordained 60yrs ago at St Davids Cathedral, serving churches at Yspty Cynfyn, Llanelli and Carmarthen.

Shall miss you always Graham.

From your Cousin Marlene & Peter Kemp

LLANDOVERY GARDEN CLUB

Unfortunately, owing to the Coronavirus I am cancelling our programme for the rest of this year. I hope that we will be able to convene in January and I will keep you informed through THE POST booklet. I 'and I'm sure you' have missed our gatherings with wonderful speakers & the selected trips which are so enjoyable. Let's hope we can get back to some sort of normality soon. Take every care and I wish you and your families well.

Marguerite Rees — Chairman

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(03/21/12)

Llanfair Grange CARE HOME IN LLANDOVERY

(08/20/1)

We at Llanfair Grange are proud to confirm that we have had no cases or sad deaths as a result of the Covid-19 pandemic.

This is due to three reasons. Firstly, the initial decision by the Home to "lockdown" before the Government instructed us to do so. Secondly that we would not accept placements from hospitals or the community that did not have negative tests the day before coming to us.

Finally, and the most important are the 33 staff who have braved difficult, scary times and never flinched from the responsibility of caring for elderly people who, we now know, are the most vulnerable group in the face of this virus. They have worked tirelessly and even if Boris Johnson does not know what they do from day to day: I certainly do.

So I proudly boast that if you are ever in the difficult position of seeking long term care for a loved one, then I can guarantee that my team will continue to safeguard our residents and apply the health, safety, care and professional protocols that have protected everybody over the last four months.

Llandovery, Carmarthenshire SA20 0YF

TELEPHONE: 01550 720495



DINEFWR POETS' GROUP UPDATE

While the group is unable to meet in person, some of the Dinewr Poets have been contributing their work to a new monthly poetry mailout to friends, family and others who appreciate reading it at these challenging times.

Anyone with an interest in joining the group or contributing in any way is welcome to get in touch. Also, local volunteer help to produce the mailout or contributions towards the production costs of this free poetry mailout would be greatly appreciated, also gifts in kind.

Dinefwr Poets is an informal collective of people living within a 30 mile radius of Llandovery. A few live in Ceredigion and Pembrokeshire. The mailout is reaching several dozens of households across Wales and the UK by email or by post to those without the facility or who wish to have a paper version sent to them. The reach of people enjoying the poems is from the Pembrokeshire coast right to as far away as Scotland, bringing much pleasure to those who receive them.

Grateful thanks are given to Aaron and 'The Post' for advertising and supporting the group since it began several years ago. We look forward to hearing from you if you would like to get in touch. Connection with poets and offers of help appreciated. Please telephone Mick on 01550 777656, Sandra on 01550 721197 or email Cath: catherine@accessadminwales.co.uk

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Llanfair Grange OUR LOCAL HEROES ARE

These people have worked so hard to protect our residents. The job is difficult at the best of times and with the fear of Covid I can only imagine the added pressure and stresses that have entered their working days. I have often said that if politicians, council employees or anybody else would like to spend 7 hours shadowing a shift, then we might just get the respect we deserve as we protect the wellbeing and dignity of a generation who warrant the best care.

We continue to face the same pressures day after day, so we will never be complacent. The protocols which have been the backbone of our care before March have stood us in good stead, but they are only effective if they build from one day to the next. I know my team are committed individual, have proved themselves to be top carers and there is nothing else I can say apart from.

THANK YOU
 Doug Leach

Tracy Bird	Claire Lewis
Shannon Bird	Ela Liczman
Emma Brown	Sian Margette
Danielle Buist	Nia Mason
Rebecca Cann	Debbie Meehan
Pauline Churcher	Christine Morgan
Mfanwy Cook	Tracey Phillips
Bernadette Cooper	Hayley Reeves
Kerry Davies	Glenda Richards
Kim Davies	Lorna Simcox
Mel Davies	Rhian Stonehouse-Owen
Heulwen Dyer	Gavin Vaughan
Rebecca Dyer	Connie White
Margaret Harfield	Katie Williams
Nia Hopcroft	
Bethan Hudson	...and with us in spirit
Bronwen Hudson	Eileen Morgan
Jennifer Jones	Andrzej Bolek

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The Heart of Wales Line

Community Resilience Fund

THE HEART OF WALES RAILWAY FUND 'MINDS THE GAP' FOR LOCAL COMMUNITIES

A new fund worth £10,000 is being launched to help communities along the Heart of Wales Line recover from the recent Coronavirus pandemic.

The funding, which is available from July 10th, will allow groups within 10 km of a train station on the line to bid for up to £500 each, with applications open until the end of August. Transport for Wales has provided 50% of the money as part of their commitment to community rail.

The Heart of Wales Development Company, the 'Community Rail Partnership' for the line, came up with the idea of a resilience fund after its board realised that due to the pandemic, they wouldn't be able to deliver their usual programme of marketing and community projects. Instead, they have decided to use their funding to help community groups along the line to remain active and "keep doing what they do best."

Lisa Denison, the Development Manager for the partnership, got in touch with local voluntary sector bodies in the four counties that the line passes through: Shropshire, Powys, Carmarthenshire and Swansea; to ask them what was needed to support towns and villages close to the railway.

She said: "It became clear quite quickly that there was enough money for responding to the pandemic, but groups were getting worried about how to fund 'non-coronavirus' things such as paying rent or utility bills. The voluntary

sector is responding incredibly well but groups need ongoing, long-term support in this fast-changing world. We wanted to fill the gaps that other funding did not reach."

The fund has broad criteria and a decision-making panel, who will meet in early September, will be looking for evidence that the funding can help sustain groups into the future. Powys Association for Voluntary Organisations (PAVO) is helping to administer the fund, with similar bodies from Carmarthenshire, Shropshire and Swansea also involved. They will be promoting the fund and helping to assess the applications.

Gill Wright, Chair of Carmarthenshire Association of Voluntary Services, said: "We are really happy to help deliver this innovative grant fund along The Heart of Wales Line. The railway is an important connector in so many communities and it is fantastic that they have chosen to be flexible in order to help groups with funding where it's needed, rather than being too prescriptive. This will definitely fill some gaps and help the community and voluntary sector remain resilient."

Hugh Evans, Head of Community Rail for Transport for Wales added: "Communities may be easing out of lockdown but it will take years for them to recover, and the community and voluntary sector needs to be there supporting and enabling that recovery, right at the heart of it. Supporting this grant programme along The Heart of Wales Line is one way that we can play our part, especially when train services are so restricted."

For more information about the fund, including application forms, go to www.heart-of-wales.co.uk/news or www.pavo.org.uk/help-for-organisations/funding.html



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ASHMOLE & CO CELEBRATE EXAM SUCCESS AFTER HELPING TRAIN THE NEXT GENERATION OF ACCOUNTANTS



Ashmole & Co are delighted to announce that Manon Rees has started working for the accountancy firm full time after gaining her degree in Accounting and Finance with first-class honours from Aberystwyth University.

Manon, from Saron, Ammanford, has been working two days a week in Ashmole & Co's Ammanford office since she finished her studies in June. Initially she did two weeks work experience with the firm in her second year and made such a great impression that she was offered a trainee role once she had qualified. Manon starts as a Trainee Accountant, full time today, 20 July 2020.

Laura Craddock, Partner in Ashmole & Co's Ammanford office said, "We are all very proud of Manon and her fantastic achievement. We look forward to welcoming her to the team full time. It is important as a profession that we help to train the next generation of accountants. Qualified staff members are the lifeblood for the future success of our firm."

As well as gaining a first in her degree, Manon, in her final year, received the Sir Julian Hodge prize for best performance in Accounting and Finance and the Sir Julian Hodge prize for Advanced Topics in Accounting – Audit.

Manon said, "I am grateful to Ashmole and Co to give me this opportunity. I am so pleased I succeeded in achieving a first-class honours degree. I am enjoying all aspects of my work and I'm looking forward to the future with the team in Ammanford."

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NRW – PROTECTING WALES’ ENVIRONMENT DURING THE COVID-19 CRISIS

Natural Resources Wales’ (NRW) commitment to protecting the environment remains steadfast, the body’s Chief Executive confirmed today as colleagues focus their efforts on the highest priority issues while working against the Covid-19 backdrop.

NRW is working closely with the Welsh Government and partners to ensure the right measures are put in place to protect our colleagues, the public and our natural resources from the effects of the Coronavirus outbreak.

And while the pace of some activity has had to slow - and others inevitably have had to stop- NRW is fully aware that Wales’ communities, businesses and the environment continue to rely heavily on the critical services we provide – particularly those recently affected by flooding caused by Storms Ciara and Dennis.

This also includes the support and guidance offered around licences and permits, and the important work NRW does to ensure that the environment and natural resources of Wales are sustainably maintained, enhanced and used, now and in the future.

Clare Pillman, CEO of NRW said:

“The overriding priority for everyone at this time is to do all we can to protect ourselves and others from Coronavirus, and to help save lives. The best way to do this is to stay at home.

“Taking this national situation into full consideration, NRW is prioritising its work to ensure we can sustain the delivery of our priority services. That is why, right across Wales, you will still see our vehicles and colleagues working on critical issues like pollution and flood prevention, managing timber felling contractors and visiting our forests and national nature reserves to ensure visitors are adhering to public health guidelines. We will also continue to attend significant environmental incidents should these occur. Wherever this work is taking place, it is being done in accordance with the public health guidelines.

“A thriving and accessible natural environment will remain vital to the nation during, and as we recover

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06/20/12

from the Coronavirus crisis and NRW is committed to ensuring that it can be protected and celebrated for generations to come."

Examples of high priority work taking place across Wales include:

FLOOD PROTECTION

We anticipate that the work we have underway as part of the flood risk management capital programme will be impacted by the controls we and government have put in place. Our current focus is on critical inspections, project feasibility, on detailed design and planning activities in preparation to undertake construction work in full once the impacts of the COVID 19 outbreak ease.

Some flood construction defence work goes on and, where work continues, we have ensured that everyone involved can adhere to social distancing practices.

Demolition work is ongoing at Crindau in Newport as part of a scheme to increase flood protection until the site can be made safe, and work progresses in Dwyran and Llangefni.

Flood risk management specialists across NRW are also considering how to address issues at a number of sites that may need remedial works following the recent floods caused by Storm Dennis and Storm Ciara.

The Northern Embankment in Sealand is a major flood defence structure which protects people and property from the impacts of flooding in this area of Flintshire. Colleagues have been undertaking critical work moving large items of timber, stranded on the river side of the northern flood embankment after the February storms and high tides.

Post flood investigations and inspections on our structures and embankments are also taking place in North Powys. Assessments are also being made as to whether defence work can start on culverts in Whitebarn and Gwydyr forest in the Conwy Valley and at Ely Bridge near Cardiff.

Responses to the consultation on the options to manage the flood risk in Dinas Powys closed on 15 April are now being considered and will help inform the business case on tackling this important project.

COMMERCIAL FORESTRY

Tree felling work is taking place as planned to meet industry demand for timber in the Brecon Beacons National Park and Cambrian Mountains. Work also continues across the forestry in the Sirhowy Valley – which is currently closed to visitors - to fell 70 hectares of diseased larch.

REGULATION

We're helping regulated businesses adjust and adapt to these extraordinary circumstances in which everyone's resources and capacities are severely constrained. This includes supporting regulated operators and individuals to understand and comply with environmental regulations through these challenging times.

We're clear we expect everyone we regulate to continue to comply with environmental regulations and their

permit conditions. This includes developing contingency plans and putting appropriate measures in place to ensure that all reasonable actions are taken to foresee and mitigate any potential issues.

FOREST FIRES

NRW is working with the fire and rescue service, police and other partners through Operation Dawns Glow to prevent and tackle forest fires. The recent good weather has seen an increase in wildfires which have impacted on the environment and wildlife, polluting the air and water. NRW officers are providing the emergency services with advice on accessing forest sites and provide helicopter assistance for the movement of water.

POLLUTION MONITORING

Routine work at NRW's testing laboratory at Swansea University has been scaled back to allow social distancing measures to be put in place. Work is set to continue on the testing of pollution samples as part of NRW's pollution incident response.

OUR LAND

NRW's car parks, mountain bike trails and visitor centres remain closed in line with current guidance which also advises against unnecessary travel. As part of our responsibility to maintain the public's access to nature in a safe way, our forestry teams continue to patrol our car parks to ensure that local people are accessing walking trails in a socially responsible way.

We continue to carry out livestock checks to ensure the welfare of NRW livestock on our National Nature Reserves and maintain annual arrangements with local graziers on these sites where appropriate.

We are also carrying out essential centre duties such as feeding the red kites on a daily basis at the Bwlch Nant yr Arian Visitor Centre.

To report an incident, visit our website or call us on 0300 065 3000 24 hours a day, seven days a week.

Regular updates can also be found at our Twitter page @NatResWales and on Facebook.

Contact Information

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MYDDFAI CHURCH

St Michaels, Myddfai will be open for private prayer on Mondays & Fridays from 1.00pm until 3.00pm until the end of July.

Everyone would be very welcome to come to a quiet beautiful place to sit and think in peace.

Hyper-local shopping

It's been amazing how quickly a new way to shop has sprung up in our small village of Llanidloes. Not long after lockdown began, several local businesses changed how they operated and made it possible for people to buy direct from them.

Mandy, who runs 'The Dragon's Garden' Fair Trade shop and bookshop in Llanidloes had to close as her partner is essential. Local people could order items and collect shopping from outside her house - it was delivered by local volunteers. She's gone online and beyond trying to source what people want, especially things like bread flour and yeast.

Gardie Sadern are a small-scale organic grower who realized they might need to start their organic veg box scheme early. They brought in organic produce from Watson and Pratt in Lampeter until the harvesting season got underway. As well as from subscribers, they have started delivering to towns and villages further afield, where there is demand.

Talley farmers and bakers, 'Cotb Valley', decided to have a pop-up stall every Sunday. Their amazing pies, pastries, breads, rolls and meat keep everyone well fed and the local district's business isn't down the road. They have been joined by their neighbours 'Wild and Rare' who specialise in venison and offer haggis, meat and home-baked scones sandwiches on offer while you wait. We all look forward to Sunday!

Laura runs the shop in Llanidloes and she has also gone out of her way to provide what people need - always letting them know when she's ordering. I believe beer and wine sales are going well, and the local pub, the Sexton's Arms has done what it can to let that particular gap on a take-away basis. All within the guidelines of course.

These last few months have made us all appreciate how vital these local traders are and I hope we all continue to support them after lockdown - they've kept us all fed, helped us stay safe and gone way above what any supermarket could do. We feel very lucky indeed.

during lockdown

Lisa Bennett



09/20(12)

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07/21(12)

WANTED: PHOTOPGRAPHS OF POETS

I am currently in the final stages of compiling a selection of poems by poets of Llandovery and the surrounding area over the centuries to raise money for the Urdd National Eisteddfod, Llandovery. The volume will include biographical details and photographs of the poets (there are about 200 on the list), together with paintings by local artists. Below are the names of poets whose photographs I have been unable to find. If you can help me in this respect or have further details about the poets themselves, I would be very grateful if you contacted me.

Handel Jones. Tel: 01550 760 261. Email: sgriblwr2@gmail.com

S. GWILLY DAVIES

(1885-1979)

Samuel Gwilly Davies was born in Mydroilyn, Cardiganshire. He was Midland bank manager in several places, including Llandovery, where he died 26 July 1979. Between 1946-47, he was Mayor of Llandovery.

D. MYDDFAI EVANS

(c. 1856-1916)

A native of Myddfai, who was a blacksmith in Defynnog before emigrating to America. He died in tragic circumstances at Llety-llwyd, Myddfai.

MARY ANNE THOMAS (Gwendolen Glancell)

(1882-1929)

A native of Llanfihangel y Creuddyn, Cardiganshire, who lived in Penrhiw-ydw, Myddfai. She was a staunch Methodist and won the Gee Medal.

D. J. HOWELLS

(1865-1932)

A native of Brynmanan, although Llansadwrn is recorded as his birthplace in the 1911 Census. He was a minister in several places, including Caer and Cwrtycadno. He also taught Welsh at the Middle School in Llandovery.

DANIEL JONES, Cil-y-cwm

All that is known about him is that he was writing poetry in 1901.

J. MYDDFAI JONES

(1870-1954)

When he was a teenager, his parents moved to Ystradfydwg, Glamorgan. After working in a coal mine, he entered the ministry, and adopted the name of his native district. He died in Aberdare.

J. D. JONES, Llandovery

(b. 1876?)

John Daniel Jones was born in Llandovery. He won the Crown at the Llanddewi Brefi Eisteddfod in 1932. [John D. Jones and Winifred M. Thomas were married in Llandovery in 1931]

MARGARET JONES, Maes-bach, Caer

(1840-1918?)

One of her poems was published in *Seren Cymru* in 1915.

JOHN MORGAN, Maesgwastad, Llandeusan.

He was a soldier in the First World War. He composed a poem in Macedonia, published in *The Cambria Daily Leader* in January 1919.

MORGAN MORGAN (Bardd o'r Bryn)

(c.1846-1932)

Although Morgan Morgan was born in Llanfynydd, he spent most of his life farming Ddyfada-isaf, Gwynfe, with his wife, Elizabeth.

W. T. REES, Caer

(1894-1969)

William Thomas Rees was living at Gwarnoethle farm, in 1939. He then became a forester, and lived in the village of Caer, where he died.

MORGAN SAUNDERS-MORGAN (Dyfri ap Tywi)

(1835-1916)

A tailor, who was an elder for 30 years at Capel y Groes, Cilcwm. In 1908, he was living at 'Cilcwm House', Llandovery.

A.S. THOMAS (Anellydd)

(1865-1935)

Arthur Simon Thomas was born in Crug-y-bar. He was a curate in several parishes and was co-editor of *Yr Haul*.

D. MYDDFAI THOMAS

(1876-1929)

He was born on Trallwm farm, Myddfai. In October 1907, he became a minister in Ffaldybrenin and Esgairdawe. He then became a minister in Crymch and St Clears. He was buried in Seion cemetery, Myddfai.

D. N. THOMAS, Glantoddeb, Gwynfe (Nicholas Ddu)

In March 1871 he married Mary Richards, Cysgodlwyn, Myddfai. The following day they both emigrated to America.

M. A. THOMAS, Ffaldybrenin

(1910-1992)

Margaret Anne Thomas (née Evans) was married to Tomi Thomas, who worked in the mines on the Dolau Cothi estate. She was clerk of Llan-crwys Parish Council and was very active in the cultural life of the area.

NATHANIEL THOMAS (Marlais)

(1845-1931)

A native of Llansadwrn, who served as a priest in several parishes, including Llanbadarn-fawr, Aberystwyth.

RHYS DAFIS WILLIAMS

(1899-1973)

He was born in Ty'rheol, Crugybar. In 1939, he was a bank accountant in Burry Port. At the end of his life, he lived in Church House, Llansadwrn.



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10/20(12)

READERS' SALES & WANTS

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

FOR SALE

- **Prima fan oven**, stainless steel, built in with Electrolux 4 ring easy clean ceramic top, £95 ono. Tel: 01267 202230.
- **Sony Stereo Music System** model HP-2439A solid state with LPs, £50 ono. Tel: 01267 202230.
- **Sharp Fax/Phone**, model UX-S10. £15 ono. Tel: 01267 202230.
- **Electric Sewing Machine**, £25 ono. Tel: 01267 202230.
- **Various Tyres**: x4 25/55/16; x4 345/45/18; x4 185/60/15; x2 225/50/17; x4 185/70/14; x4 155/70/13. Tel: Rees on 07939 592051.
- **10 tonne garage press**. Tel: Rees on 07939 592051.
- **x4 alloy wheels** to fit any VW. Tel: Rees on 07939 592051.
- **Electric clothes spinner**, as new. Tel: Rees on 07939 592051.
- **x3 Bedroom carpets**, new. Tel: Rees on 07939 592051.
- **Selection of gas fire bottles**. Tel: Rees on 07939 592051.
- **Range Rover**, 2017, top of the range, mint condition, all usual refinements, low mileage, 2 owners from new. Ring 07939 592051 for price and info.
- **House for sale**: spacious semi detached 3 bedroom house with large lounge (approx. 34' x 18'). Also with cellar and adjoining quality structural built garage with space for three vehicles including an inspection pit, lighting, electric and water facilities, work bench. RSJ lifting beams for various work. Off road parking in front of property for 4/5 vehicles. Main road frontage, grounds at rear with private entrance. Previously had approved planning permission for service and repair of vehicles. Options for other business ventures possible. Property has a lot of potential. Convenient for M4, Crosshands area. Sensible offers considered in the region of £185000. For further information or to view ring 07939 592051.
- **New Hog Ring Pliers**, £20. Tel: 07922 174986 (Llandeilo area).
- **Approx 40 gallon open top water butt**, £10. Tel: 07922 174986 (Llandeilo area).
- **Lazy Tong pop riveter**, £10. Tel: 07922 174986 (Llandeilo area).
- **SUZUKI WAGON R AUTO**. Reg. CT04HKJ 39,500 miles. Excellent condition. Locally serviced and maintained. MOT September 2020. Any trial. £800. Telephone 01550 777769.
- **2 very nice brass ceiling lights**, £17. Tel: 07761 107055.
- **Dual Ball and Jaw hitch**, suitable for 4x4 (heavy duty), £18. Tel: 07761 107055.

- **Bench pipe vice**, £7. Tel: 07761 107055.
- **Oak Parquet flooring blocks** (approx 7 square yds), £30. Tel: 07761 107055.
- **Chrome saucepan stand**, as new, £3. Tel: 07761 107055.
- **Corden Bleu Cookery course**, consisting 72 parts in 4 box files, £5. Tel: 07761 107055.
- **Plastic garden plant pots**, various. Free for collection. Free. Tel: 07761 107055.
- **Kayak Dancer Perception**, 3.6 mtrs long, £45. Tel: 01550 777796.
- **2 Brass lookalike wall lights**, £3. Tel: 07761 107055.
- **Garden sprinkler**, 360 degree oscillating (new in box), £15. Tel: 07761 107055.
- **Surveying equipment**: Level and tripod and 4m staff 900mm spirit level. Reasonable offers accepted. Tel: 01550 777591 / 07854 148915.
- **Casio Keyboard**, Good condition, £20. Tel: 01550 777796.
- **Raleigh women's road bike**, Medium frame, 10 gears, £45. Tel: 01550 777796.
- **Voile** 15 mtrs x 150cm approx white with autumn leaf design, £20. Tel: 01550 777796.
- **2 single beds**, metal frames oak headboards and legs mattresses not included, £40. Tel: 01550 777796.
- **Hague linker model D10**, Hand operated for sewing together knitwear, £150. Tel: 01550 777796.
- **Vegan/vegetarian cheese**. Refrigerated. Ordered in error. V-bites. Red cheddar style. 190g blocks. Long sell-by date. Wholesale price £1.75. RRP £2.19. Plenty available. Stored in Llandovery. Tel: 01550 721197.
- **As-new vegan footwear**, sizes 6-7. Tel: 01550 721197.
- **Carer and Driver Work, rural**. Personal Assistant, Admin, computer work, home-help position. Suitable person required asap. Tel: 01550 721197.
- **Off road electric tricycle with sturdy carrier**. Jorvik OdinX 750w. As new. The Odin electric mountain trike with its' fat tyres, hydraulic brakes and front suspension gives you the confidence to conquer mud, sand and snow with ease. The Odin has a unique rear differential for stability in the corners, and storage to carry heavy loads with ease. Complete with LCD display and five settings. With its' 750w motor this is the most powerful electric tricycle on the market. Please note it is not to be ridden on the roads. Sensible offers in the region of £999 considered. To view contact Catherine Eiles in Llanddeusant, Carmarthenshire – 01550 740188.
- **Free horse/pony grazing**, running water and use of barn in return for feeding and checking owners' elderly pony who lives out. Llanwrtyd Wells. For further information contact Tel: no 07812 121721. Leave a message if necessary.
- **Dismantled Greenhouse**, 8ft x 6ft some panes of glass, buyer collects. Make a good jigsaw for an adult to put together lol £25 or make me an offer. Call Jim 07971 516544.
- **Tidy Ivor Williams** 8'x5' twin axle stock trailer, £1150 +VAT. Tel: 07922 174986 Llandeilo Area.
- **Tractor clutch splitting rail**, £180. Tel: 07922 174986 Llandeilo.
- **Two old fish tanks**, 3ft x 1ft 1ft make a good wormery or perhaps planters, make me an offer call Jim on 07971 516544.

- **Land:** about 62 acres of pasture, rough grazing and woodland, no planning, can divide into smaller parcels. Tel: 01550 740277.
- **To Let:** single garage, dry and secure storage facility, Llandeilo area, £15 per week. Tel: 07870 853820 or 01558 822951.
- **x4 Chunky Ivor Williams trailer wheels,** 225/75 R10 Michelin Radial, £100 for the four. Tel: 07922 174986 Llandeilo.
- **Books for sale in Llangadog.** Eclectic life-time collection, wide range of subjects – Travel, wildlife, agriculture, zoology etc plus childrens' and local interest. "Llyfrau Cymraeg a Chymreig." Telephone for appointment and directions 01550 777410.
- **House clear out** – Two persian Shiraz wool rugs, brass curtain pole, small silver candle sticks, wall lights, ceiling light, floor lights, new carpet, Edwardian oval bevel glass display cabinet, long interlined curtains, oil painting, Adini dresses, Multy York pouffee with storage, large collection of pot cats, Sanderson kingsize duvet cover, 18ct white gold 1/4ct diamond ring, iron board, new shower head, hose & rail, three unopened boxes of premium wood flooring, Laura Ashley cushions, Panasonic 37" TV with remote plus lots of other bits and pieces. Tel: 07855 176981.
- **Mobility Scooter:** New Liberty, red, only used 5 times, VGC, collapsible, £350. Tel: 07590 750514 (Llandeilo).

WANTED

- **Motor caravan** by private buyer, hightop or coach built, in good condition, automatic but anything considered. Tel: 01558 650799.
- **House to Rent Needed.** Especially Myddfai, Llansadwrn areas. Garden. Land/outbuilding(s) an option. Rural/semi-rural. Local person. Good references. Tel: 01550 721197
- **Home-Help Wanted.** Also carer, driver, and personal admin assistant urgently sought. Interesting work. Creative person. Tel: 01550 721197.
- **House To Buy.** Inexpensive. Basic. Rural. Detached with garden. No recent paint fumes. Tel: 07903 195835 (leave a message please).
- **Radio, CD Player,** old-style small tv, cassette/tape player, spin dryer, small fridge. Tel: 01550 721197
- **Volunteers To Help to produce a free poetry mailout.** Tel: 01550 777656/721197. Email: catherine@accessadminwales.co.uk
- **Refuge/Sanctuary.** Artist writer (poet) seeks rural retreat to rent. Also carers/companions to share a space in exchange for moderate hourly wage/accommodation. Local Authority paying rent and bond (disability issues). The Council will be the tenant if need be. Please telephone and leave a message on 07903 195835.
- **Wood chippings from woodland/garden maintenance.** Any quantity, Derwendeg, Crug y bar. Tel: 01558 685374. email: stephenthomley@yahoo.co.uk.
- **Retiring farmer looking for bungalow or suitable house** with garden within a mile of Llandovery or Llangadog. Tel: 01550 740277.
- **Tall larder freezer** suitable for outbuilding. Tel: 07855 176981.

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12/20/12

BRO DYFRI LMA

The Coronavirus situation continues to affect the ability of our churches to offer ministry in the normal way. However, as the situation eases important changes are taking place:

Some churches within the LMA are already open for private prayer.

- Llandinat Church is open from 12.30pm to 2pm on Wednesdays;
- Myddfai Church is open from 1pm to 3pm on Mondays and Fridays.

Subject to approval by our Archdeacon, Ven Dorrien Davies, and according to local capacity, some of our churches are also preparing to re-open for public services. Details will be communicated by social and electronic media as well as through appropriately distanced personal contact.

Visitors to any of our churches will notice immediately that (temporary) adaptations have been made to ensure a 2m social distance. Cleaning procedures have been put in place to ensure the safety of each and every visitor, including clergy and volunteers. A record is kept of all visitors so that they can be tracked and traced in the eventuality of a positive test for Coronavirus. This information will only be kept as long as is necessary to ensure visitor safety and will be destroyed as soon as it is no longer relevant.

Because the situation is fast moving, updates to church opening and service provision will be communicated through social media. Inquiries can of course be made of clergy in the usual way. All clergy are available by phone or email. Please feel free to get in touch.

We would be delighted to receive prayer requests, either for inclusion in broadcast services or in the daily offices of Morning and Evening Prayer. Revd Jeff Thomas continues to live-stream Evening Prayer on Wednesdays at 5pm and Holy Communion on Sundays at 11am.

Revd Ann McKnight 01550 721109

Revd Rik Mayes 01558 685186
revrmayes@hotmail.co.uk

Revd Tim Nelson 01558 685415
timnelson@btconnect.com

Revd Paul Pritchard 01550 938534
revpaulpritchard@gmail.com

Revd Viv Sayer 01550 777200
revd.viv.sayer@gmail.com

Revd Jeff Thomas 01550 777758
jeffthomas@churchinwales.org.uk

Church Services

E-English W-Welsh B-Bilingual

ST. DAVID'S CATHOLIC CHURCH, LLANDEILO

Tel: 01558 824305

PARISH OF LLANDEILO FAWR

Rev. Michael Sadler. Tel. 01558 823862

TOWY CHRISTIAN FELLOWSHIP

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

EBENEZER APOSTOLIC CHURCH, HALFWAY, TALLEY

Contact Jonathan Morgan on 01269 841584.

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

THE CHRISTADELPHIANS

Foundry Road, Ammanford.
Tel. 01269 842336 or 01269 851172

TY'R BUGAIL

Ty'r Bugail, 4 Market Square, Llandovery
SA20 0AA. Tel: 07748 644958.
www.ygrwp.com

UNITED BENEFICE OF CATHEINIOW

It is understood that, at time of going to press, that all church services have been cancelled until further notice.

SEVENTH DAY ADVENTIST CHRISTIAN CHURCH

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

All Are Welcome. God bless.
Enquiries: 01597 824732/01982 553959.

QUAKER MEETINGS

Enquiries to Liz McDermott 01570 471488
Peterwell Terrace, Lampeter SA48 7BX.

PARISH OF LLANEGWAD WITH LLANFIHANGEL UWCH GWILI

It is understood that, at time of going to press, that all church services have been cancelled until further notice.

WILLIAM WILLIAMS CHAPEL

High Street, Llandovery

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

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Served from Lampeter

Tel. 01570 421003, Mob: 07495 802711
Email: davidkeithefans@hotmail.co.uk

ST MICHAEL'S CHURCH, LLANFIHANGEL RHOS Y CORN, NR GWERNOGLE, SA32 7RP.

Further information contact Focal Minister
Revd Roger Nock on 01267 202347 or see
our Facebook page.

RIVERS COMMUNITY CHURCH

For further information contact
Rhys Jones,
(Mobile) 07511 551541
(Home) 01269 492299
(Email) rhys.riverschurch@outlook.com

THE WELL, LLANWRTYD WELLS

For further information please contact Becky
on 07980 915660 or drbeccas@gmail.com

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BEAUTY SALON

NORA ELAINE WALL IIHHT IIST VTCT NVQ3. Body Beautiful Beauty Salon I am an experienced and fully Qualified Beauty Therapist. I offer you my services in my bespoke Therapy & Treatment Room. Specialist in Electrolysis (facial hair removal) and in Katherine Daniels anti-ageing Facials. Containing active natural (up to the minute) ingredients with many products suitable for vegetarian and vegans. My menu also includes manicures, shellac, pedicure. make-up, relaxing massages and eye brow treatments. Rose Cottage, Milo, Ammanford, Carmarthenshire. SA18 3LZ (located on A476 with Parking on my drive). Tel: 01269 831585. Appointments on Tuesday, Wednesday, & Friday 9am to 7pm. 04/21(12)

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DISCOVERY BOOKSHOP, 52 Cwmamman Road, Garnant, Ammanford, SA181NF. A unique shop with a wide mixture of Good Quality Fiction Novels, Reference, Technical, Non-Fiction and Welsh Books etc. etc. Popular categories, Best Sellers & Top Authors. [Many Half-Price Bargain Books]. Records & CDs from Rock to Classical, Jazz, 60s, Folk, Country, World Music, Soundtracks, Comedy etc. etc. Well worth a visit – open Monday to Friday 10am to 5pm and sometimes on Saturday from 2pm to 5pm. 09/20(6)

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

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. 09/20(6)

PAWS FOR THOUGHT PET CARE SERVICES. All your pets catered for including dog walking, home care minding, pop in feeding service. Also livestock, sheep, goats, cows, horses, pigs & poultry. Trustworthy, reliable, DBS checked and competitive rates. Contact 07872 509031. 10/20(6)

PICTURE FRAMING

PICTURE FRAMING. Over 30 years experience of all types of work. Better buy reputation. Howell Whitney, The Old Printing Office, Llandoverly. Tel: 01550 720690. 08/21(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. 05/21(12)

PROPERTY MAINTENANCE

PROPERTY MAINTENANCE: From replacing damaged plaster board to replacing drains. To drilling service pipe holes, sawing up concrete. Owner driver mini digger hire. Contractor to Swift Relocations. Licenced waste carrier. Tel: Nick Marson 07721 042383. Email: marsondrilling@yahoo.co.uk 11/20(12)

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 were 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: Mobile **07584 550969** email: localroofer.wales@gmail.com website: www.completeroofingworks.co.uk 10/20(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. 10/20(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. 02/21(12)

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 Montague on 07969 887271 or Email: info@panio.uk 03/21(12)

UPHOLSTERY

MICK SHERIDAN UPHOLSTERY. Reupholstery of both traditional and modern furniture. Full restoration or repair of sofas, armchairs, dining chairs, etc. Specialists in Welsh wool but large range of fabrics stocked. MS Upholstery, Last Gallery Workshops, Llangadog. Call or email for a quote – 07719 801672 Email: mick@micksheridanupholstery.co.uk www.micksheridanupholstery.co.uk 12/20(12)

WINDOW CLEANING

WINDOW CLEANER: 'DAZZLERS' THE WINDOW CLEANER Windows, Conservatories, Fascias, Gutters, Patios, Gutter clearance – covering Llandovery and surrounding areas. Tel: 07761 097389 Email: Dazzlerswindow@gmail.com Facebook: dazzlers the window cleaners 12/20(12)

YOGA

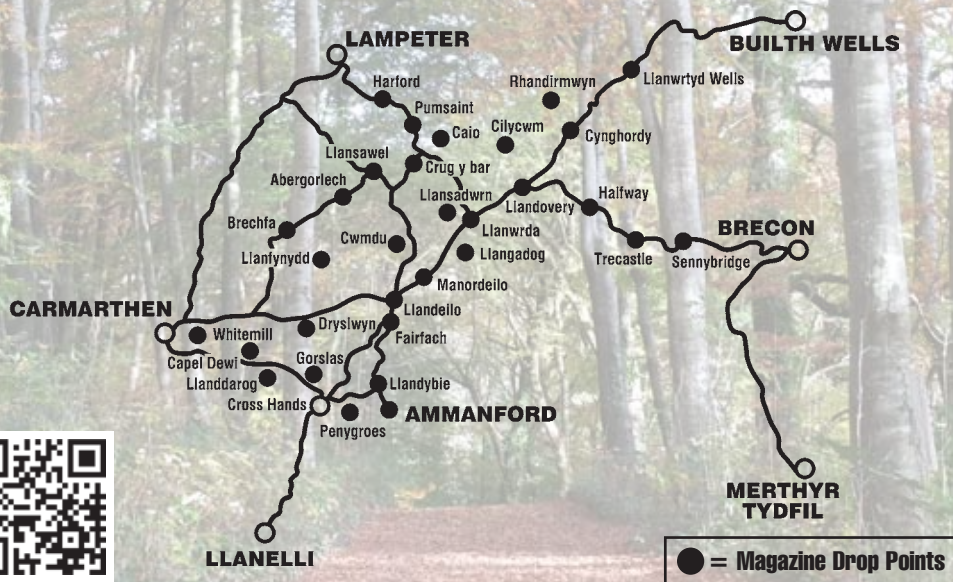
HOLISTIC HEAVEN YOGA: Increase your health & wellbeing with small friendly Yoga classes at Henllys Coach House, outside Llandovery in a lovely purpose built studio. All ages and yoga experience welcome. Also one to one. Fantastic for relaxing, rejuvenating, destressing and increasing flexibility and 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. 07/21(12)

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Llandovery & Surrounding Distribution Area

Abergorlech, Alltwallis, Ammanford, Brechfa, Caio, Capel Dewi, Crug y bar, Cwmdru, Cynghordy, Dryslwyn, Fairfach, Gorslas, Halfway, Harford, Llanddarog, Llandeilo, Llandovery, Llandybie, Llanfynydd, Llangadog, Llansadwrn, Llansawel, Llanwrda, Llanwrtyd Wells, Manordeilo, Pencader, Penygroes, Pumsaint, Rhandirmwyn, Rhydcymerau, Sennybridge, Trecastle, White Mill.



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
FULL PAGE (132mm x 190mm)				
Full Colour	£196.88+VAT	£147.66+VAT per issue	£131.91+VAT per issue	£98.44+VAT per issue
Black & White	£187.25+VAT	£140.44+VAT per issue	£125.46+VAT per issue	£93.63+VAT per issue
HALF PAGE (132mm x 93mm)				
Full Colour	£121.74+VAT	£91.31+VAT per issue	£81.56+VAT per issue	£60.87+VAT per issue
Black & White	£116.22+VAT	£87.17+VAT per issue	£77.87+VAT per issue	£58.12+VAT per issue
QUARTER PAGE (64mm x 93mm)				
Full Colour	£70.43+VAT	£52.82+VAT per issue	£47.19+VAT per issue	£35.22+VAT per issue
Black & White	£66.94+VAT	£50.21+VAT per issue	£44.85+VAT per issue	£33.47+VAT per issue
EIGHTH PAGE (64mm x 45mm)				
Full Colour	£39.55+VAT	£29.66+VAT per issue	£26.50+VAT per issue	£19.78+VAT per issue
Black & White	£37.63+VAT	£28.22+VAT per issue	£25.21+VAT per issue	£18.82+VAT per issue
SIXTEENTH PAGE (64mm x 20mm)				
Full Colour	£25.17+VAT	£18.88+VAT per issue	£16.86+VAT per issue	£12.59+VAT per issue
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.

Myddfa: Last Sunday of each month 12.00 – 4.00pm. 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.

Llangadog Taxis, Llangadog. Tel: 01550 777924.

Rays Taxi, Llandovery. Tel: 07775 210900.

Towy Taxi, Llandovery. Tel: 07544 624411.

MULTIPLE SCLEROSIS SOCIETY:

Tel: 0300 1232326.

AGE CYMRU SIR GAR/CARMARTHENSHIRE:

Tel: 01554 784080.

BRECON ADVICE CENTRE

Tel. 0345 6018421

11 Glamorgan Street, Brecon. LD3 7DW:

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

Traveline: 0871 200 22 33

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 only

	Wed		Wed
Gelli Aur Gelli Newydd	9.10	Carmarthen (Bus Stn.)	13.45
Ffair-fach	9.15	Abergwili	13.53
Llandeilo (Yr Hen Vic)	9.20	Nantgaredig (square)	14.04
Salem (opp. Angel Inn)	9.30	Felindre	14.16
Capel Isaac	9.40	Capel Isaac	14.40
Felindre	10.04	Salem (Angel Inn)	14.49
Nantgaredig (square) shelter	10.17	Llandeilo (Yr Hen Vic)	15.00
Abergwili (shelter)	10.27	Ffair-fach	15.05
Carmarthen (Bus Stn.)	10.35	Gelli Aur	15.10

Llandovery – Llandeilo – Carmarthen (280/281)

	281	280	281	280	281	280	281	280
L'dovery(car park)	7.00	8.50	10.45	12.20	14.00	16.25	17.50	19.10
Llanwrda	7.10	9.00	10.55	12.30	14.10	16.35	17.59	19.18
Llansadwrn	7.15	9.05	11.00	12.35	14.15	16.40	18.04	—
Llangadog (Rhyd-y-Fro)	—	9.14	—	12.44	—	16.48	—	—
Llangadog (Common)	7.24	—	11.09	—	14.24	—	18.12	—
Cwmifor	—	—	11.21	—	14.36	—	—	—
Llandeilo, Capel Saron	7.39	9.31	11.29	13.01	14.44	17.07	18.25	19.32
Carmarthen	8.22	10.14	12.12	13.44	15.27	17.45	19.03	20.02
Carmarthen	281	280	281	280	281	280	281	280
Llandeilo	6.05	7.20	9.15	10.20	12.20	14.20	16.20	17.50
Cwmifor	6.36	8.00	9.59	11.00	13.04	15.00	17.04	18.29
Llangadog (Common)	—	—	10.05	—	13.10	—	17.10	—
Llangadog (Rhyd)	—	—	10.17	—	13.22	—	17.21	—
Llansadwrn (Rhyd)	—	8.13	—	11.13	—	15.13	—	18.42
Llansadwrn (War Memorial)	—	8.21	10.26	11.21	13.31	15.21	17.29	18.50
Llanwrda	6.49	8.26	10.31	11.26	13.36	15.26	17.34	18.55
L'dovery(car park)	6.58	8.36	10.41	11.36	13.46	15.36	17.44	19.05

All services operate Mon-Sat

All times and other details quoted in Noticeboard are believed to be correct, but no responsibility can be accepted for any errors or changes that may occur. You are advised to check details. Please notify The Post of any inaccuracies or changes.

LLANDOVERY SWIMMING POOL Tel: 01267 224733

Day	Time	Activity	Day	Time	Activity
Mon: 11.00am – 11.45am	Group Splash		Thur: 12.00pm – 1.00pm	Family/Lane Swimming	
Mon: 12.00pm – 1.00pm	Family/Lane Swimming		Thur: 1.00pm – 2.00pm	Recreational Public Swimming	
Mon: 1.00pm – 2.00pm	Recreational Public Swimming		Thur: 2.00pm – 3.55pm	Private Booking	
Mon: 2.00pm – 3.00pm	Disabled Session		Thur: 3.55pm – 6.00pm	Wave/Splash Lessons	
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 – 9.00pm	Canoe Club	
Tues: 12.00pm – 1.00pm	Family/Lane Swimming		Fri: 7.30am – 8.15am	Lane Swimming	
Tues: 1.00pm – 2.00pm	Recreational Public Swimming		Fri: 8.15am – 9.00am	Recreational Public Swimming	
Tues: 2.00pm – 4.00pm	Private Booking		Fri: 12.00pm – 1.00pm	Family/Lane Swimming	
Tues: 4.00pm – 5.30pm	Wave/Splash Lessons		Fri: 1.00pm – 2.00pm	Recreational Public Swimming	
Tues: 5.45pm – 7.00pm	Recreational Public Swimming		Fri: 2.00pm – 2.30pm	Group Splash	
Wed: 7.30am – 8.30am	Lane Swimming		Fri: 4.00pm – 5.30pm	Wave/Splash Lessons	
Wed: 8.15am – 9.00am	Recreational Public Swimming		Fri: 5.30pm – 6.15pm	Family/Lane Swimming	
Wed: 12.00pm – 1.00pm	Family/Lane Swimming		Fri: 6.15pm – 7.00pm	Adult Lessons	
Wed: 1.00pm – 2.00pm	Recreational Public Swimming		Sun: 9.30am – 11.00pm	Family/Lane Swimming	
Wed: 3.55pm – 6.30pm	Wave/Splash Lessons		11.00pm – 12.00pm	Recreational Public Swimming	
Wed: 6.30pm – 7.30pm	Family/Lane Swimming		12.00pm – 2.00pm	Family/Lane Swimming	

Train Times (Heart of Wales Line)

CORONAVIRUS UPDATE – All NHS staff travel free. Train journeys strictly for key workers only. Timetables severely limited at present, Sunday service only (new May – December timetable) – please check with Transport for Wales for current service timetables and about refunds. Do not travel unless your journey is essential.

All tickets can be purchased online, on the train and from Llandrindod Station Ticket Office, Station Crescent, Llandrindod Wells, Powys, LD1 5BE. Tel: 01597 822053. Also Llanelli Station Ticket Office (mornings only), Swansea Station and Shrewsbury Station. TfW mobile tickets can be sent straight to your Android or Apple phone. You just need to download the TfW app from the App Store or Google Play and select 'm-ticket' or 'mobile ticket' as your delivery option.

TIMETABLES – HOW Line timetable not currently applicable – Sunday service running all week for essential travel only.

www.tfwrail.wales

Tel: 03457 484 950

or visit www.heart-of-wales.co.uk

x = Service stops on request
xx = Starts from Carmarthen