

The Post

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CLWB ROTARI LLANYMDDYFRI ROTARY CLUB OF LLANDOVERY



Santa Claus Is Coming to Town (and the villages)!

Yes folks it's that time again, when the aging Rotary Club members (bless them!) don their sparkly hats and shake their collecting pots. We will try to encourage you wonderful people to give as much as you can spare. Safe in the knowledge that every penny collected, will be given out locally to all the good causes and requests that we support.

We are delighted to be joined again this year by Llandovery Town Crier Joe Beard, who has agreed to lead the Sleigh around the town and villages. "Thank you, Joe."

Our aim is to visit all areas listed below before 20:30 hrs (unless otherwise stated), so as not to keep your little ones up too late.

Every year we are blown away by your kindness and giving nature, as we seem to increase the amount that we collect year on year. This is great news, as we have more to give back to the communities (See Rotary report inside).

This is also an opportunity to thank in advance, Llandovery YMCA for again agreeing to allow us the use of the Community Mini-Bus. The Grotto idea is different but safe and proved generally very popular last

year for all concerned. It would also be appropriate to thank the landlords of the various hostleries that we visit on the runs. We are made most welcome and invariably given a well received refreshing drink as well as a more than generous donation. To you all, we thank you.

Below are the dates for the various runs this year. We will also be promoting these dates around the area. If we do happen to miss you when we call and you wish to support this initiative, then an envelope will be popped through your letter box offering an opportunity to drop off your donation locally.

Fri 29th Nov	Switch on town lights
Thurs 5th Dec	Llanwrda/Llansadwrn
Fri 6th Dec	Llandovery West
Mon 9th Dec	Llangadog
Tue 10th Dec	Siloh/Cynghordy
Wed 11th Dec	Cilycwm/Rhandirmwyn
Fri 13th Dec	Llandovery East
Mon 16th Dec	Myddfai & Farms
Sat 21st Dec	Llandovery Co-op

continued on page 3

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ALL ABOUT *The Post*

**COPY DATE
for next issue:
16th January 2020**

**Next issue distributed:
3rd February 2020**

The Post Future Copy Dates

March..... 17th February
April 16th March
May..... 16th April

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12/19/66

continued from page 1

Finally on behalf of President Mickey Gough and all club members, may we wish each and every one of you readers, a very Merry Christmas and Prosperous New Year. We look forward to being of service to you for many years to come.

For clarification:

Llandovery West means:

Broad Street, Llangadog Rd, Plas Plugafon, Church Bank, Dingat Terrace, Lon Rhys Pritchard, Dingat Close, College View, Queensway, Maesycoleg, Towy Ave New Rd, Llys Llanfair, Llanfair Hill.

Llandovery East means:

High St, Swan Bridge, Dolau Bran, Dan y Crug, Kings Arms, Gelli Deg, Maesglas, Stone St, Water St, Queen St, Orchard St.

**THE SEXTON
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**FRIDAY 13TH DECEMBER
2019, 7.30PM**

The Sexton arms will be holding a cawl & carols evening on Friday 13th December 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 evening please contact Cliff on 01550 777099.



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05/20(6)

MERCHED Y WAWR BRO PANTYCELYN

Bydd cyfarfod y gangen ym mis Ragfyr ar y 4ydd o'r mis yn Neuadd Dolaubran am 2.00 y prynhawn. Byddwn yn "Dathlu'r Nadolig" a gofynner i bawb ddod a plat o fwyd i'w rannu i gael parti ar ol y dathlu.

Dymuna'r gangen Nadolig Llawen a Blwyddyn Newydd Dda i bawb.

Ymlaen i'r flwyddyn newydd, 2020, a bydd y cyfarfod cyntaf ar Ionawr 8ed am 2.00 o'r gloch yn Neuadd Dolaubran. Byddwn yn croesawu Lon a Janet- Mam a Merch- i ddangos eu darluniau a'u gwaith llaw arbennig iawn. Mae Lon yn aelod yn ein cangen a bydd yn bleser o'r mwya cael hi a Janet i'n diddori.

Ar Chwefror 12ed bydd ail gyfarfod 2020, hefyd yn Neuadd Dolaubran am 2.00 y prynhawn. Ein gwraig wadd bydd Catrin Stevens a mae hi newydd gyhoeddi llyfr diddorol dros ben- "Menywod Cymru yn eu geiriau eu hunain". Edrychwn ymlaen i'w chroesawu i Lanymddyfri a'i chlywed yn siarad am ei llyfr.

Am ragor o wybodaeth cysylltwch a Enid Gealy ar 01550 720873 neu Ann Williams ar 01550 720248. Croeso cynnes i aelodau hen a newydd i'n cangen.

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SPORTS IN PUMSAINT

There are currently three sports being played at Coronation Hall, Pumsaint, SA19 8UW.

Badminton is played every Tuesday morning from 10.00am – 12.00pm. There is one court, and can provide rackets. Please wear sensible footwear.

Table tennis is played every Thursday morning from 10.00am – 12.00pm. There are two tables, and can provide bats. Please wear sensible footwear Short Mat Bowls is played every Friday evening from 7.00pm – 9.15pm. There are two mats, and can supply bowls.

The cost for each activity is £1 per person. All abilities welcome. All the above groups are friendly, and welcoming. If you haven't played before, then come along and give one or all a try. Please bring footwear which hasn't been worn outside (slippers, plimsolls)

If you want a chat before coming, please contact Yvonne, sports@clanlaw.org.uk or phone 01558 650870.

LLANDOVERY U3A

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

Our meetings are informal with opportunities for members contributions and we organise occasional outings and visits to the theatre.

Wednesday 4th December

The Brontes of Haworth Richard Walker

Wednesday 18th December

NB – 11am start

AGM followed by seasonal readings and music chosen by members.

Merry Christmas and a Happy New Year!

Wednesday 15th January 2020

The Pembrokeshire buried chariot.

Ken Murphy Dyfed Archaeological Trust.

Wednesday 29th January

The Fifties – Art and Design.

For further information contact Anne Lynd-Evans. Tel: 01550 750286.

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for all readers.

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04/20(12)

FRIENDS OF BRECON AND DISTRICT MIND'S 'NEW YEAR MUSICAL TEA PARTY'

Sunday 5 January

If not too late, I'd be grateful if you would, please, list the Friends of Brecon and District Mind's 'New Year Musical Tea Party' which takes place at Brecon and District Mind's centre at Ty Croeso, St David's House, 48 Free Street, Brecon, on Sunday 5 January between 3 and 6 pm. There will be musical entertainment, a delicious tea and seasonal contributions.

CÔR MEIBION DINEFWR

200 CLUB RESULTS FOR OCTOBER

1st – Mrs May Jones Llandeilo

2nd – Noel Thomas Carmel

3rd – Mrs Ydwen Davies Llangadog

11/20(12)

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LONELINESS AT CHRISTMASTIME: FIVE WAYS TO COPE

The festive season is generally thought of as a special time for family and friends gathering together. It can seem like everyone is busy, excited and happy, but for many it's a time of isolation and loneliness. Some find they don't have anyone to see and they have nowhere to go, and so, for far too many, Christmas is a time spent alone.

If you find yourself dreading loneliness and isolation this Christmas here are my top five ways to cope.

1. Accept whatever you are feeling.

Be with your feelings whatever they are, because it really is okay to feel whatever you are feeling. Every felt emotion is natural and normal and provides us with information, so it doesn't mean there is anything wrong with you or that there is something that needs to be fixed. Feeling sad and low can be a normal response to isolation and loneliness, and therefore that is what you are supposed to feel!

2. Allow feelings to come and go.

Emotions are not permanent. All feelings however painful come and go, like waves on the ocean emotions have a natural rhythm, and so try to allow your feelings to come in, and then allow them to move away, naturally. If you feel like crying allow yourself to cry as this is a very normal and natural way to release emotions.

3. Make your own list of positive affirmations.

Write down some affirmations that feel true to you such as, I am safe, I am lovable, I am a caring person, I am a good person, I can love myself. When you feel down read them aloud to yourself. Ask yourself if you were directly speaking to someone who was feeling lonely right now what would you say to them. Write it down and when you next feel lonely read it aloud to yourself.

4. Plan your day.

Structure your day by making a plan to do things you enjoy so that you can create a Christmas day that works best for you.

5. Reach out.

Reaching out and talking to someone can help. This could be someone you already know, a family member, a friend, a neighbour or a counsellor or therapist. It is important that you reach out to someone you think is a caring type of person who you can trust.

The Samaritans are always there 24 hours a day, and you don't have to be suicidal to call them for support.

As a counsellor, I offer a relationship where you are invited to communicate your real self, just as you are, safe from having to pretend or put on a mask, and where you are not expected to be, think or feel a certain way. A place where you can experience acceptance.

I am interested in who you are, what you need, what you love, what makes you laugh, what makes you sad, what makes you angry, what makes you feel dead inside,

what brings you alive, what brings you joy and what you love most. Most of all I am always interested in how are things for you right now, how do you feel and what is on your mind in this moment, and lets begin there.

I am offering home visits over the Christmas period including Christmas day. So if you find yourself lonely this Christmastime I am available to come and be with you. We can be together without effort, with simplicity and ordinariness, two people sitting in a room, being real, open and honest – finding warmth and connection by just being ourselves.

If you would like to book a Christmas visit from Cathrin please email or telephone. cathrin@cathrinwildwood.co.uk
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MYDDFAI NEWS

Myddfai Café & Gift Shop Opening hours until
March are 11.00am – 4.00pm Wednesday – Sundays
(closed Mondays & Tuesdays) and from March we
are open 10.30am – 5.00pm Tuesdays – Sundays.



A big thank you to all of our volunteers, staff, customers and visitors who have supported us over the past year, May we wish you all a very Merry Christmas and a Happy New Year.

On Sunday 1st December & again on 26th January it is our Farmers Market 12.00 noon – 4.00pm, come along for a great spread of quality local produce. Our Christmas Fair on 7th. December 10.00am – 4.00pm. Entry is Free, there will be a fantastic range of quality gifts, crafts, cards and local produce.

Bring your Children to the Myddfai Church – Christmas Story Live, which is on Thursday 19th December from 4.00pm.

From January onwards we are running Stained Glass Classes for beginners or intermediates, initially on Sundays 10.00am – 1.00pm then on Wednesdays please get in touch if you are interested in taking part.

For Christmas present ideas come and browse round the Myddfai shop packed full of a variety of handcrafted, unique and quality items to suit everyone.

For that special Christmas gift come and visit the Myddfai shop which is packed with wonderful unique quality items to suit everyone. Not forgetting our Myddfai jams, chutneys and local honey. All make the perfect stocking filler.

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03/20(12)

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Myddfai Hall is ideal for Weddings, birthday parties, concerts, office outings or any type of event or activity class. You can get married here now too. The Hall is fully equipped with staging, lighting and audio equipment; it can seat 120 at tables. Please look at our Facebook page or website for photos.

Come and join one of our weekly classes: Yoga: Tuesdays 7.00 – 8.30pm. Craft Classes Wednesdays 10.00am – 1.00pm; Art Classes Wednesdays 2.00 – 4.00pm twice a month; Pilates: Thursdays 10.00 – 11.00am. Stained Glass Classes 10.00am – 1.00pm on Sundays from January 12th

To book the Myddfai Hall, which is equipped for any occasion, or the meeting room please contact Les Griffith on les@myddfai.org. Mobile 07879 119223 or the Hall no. 01550 720449.

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

LLANEGWAD RAINFALL



October was the wettest month so far this year and also had the wettest day with 63mm on the 25th.

October Total: 203.5mm – 8”

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CHAFF IN THE WIND

This is being written on the 18th of November, it has been the most lovely balmy day that anybody could ever wish for, with a clear sky and bright sunshine, even so the forecasters are giving a sharp frost for tonight, as I would expect. Not one windmill in the whole of South Wales has turned even once over today, due to the lack of breeze. All this seems to me that nature is taking a rest, if so it is well deserved as food supplies in readiness for the winter seem to be ample, including all the wild hedgerow berries and all other natural resources of food, all this tells me that mother nature has her house in order ready for whatever next winter brings along as hard frosty weather.

During the last few days, I have noticed that numerous black beaked crows have already moved down to our area, we very rarely see these except just before and during snowy cold weather, I think they come off the Preseli hills as colds spells beckon, there are also a few flocks of Starlings about, this is extremely early for them, whilst last year, the mildest winter ever known, I hardly seen a starling all winter. All we can do is hope for the best, and be thankful for all the privileges we have as human beings. Recently I viewed a programme in which the Prince of Wales was rightly very concerned about the current loss of Ash trees on his estates, personally I was aware of this problem 50 years ago, when as a nurseryman, I stopped importing cheaply produced Ash seedlings from Europe, it was rumoured then, that there was a disease prevalent in European Ash stocks, be that as it may, our native Ash trees down here in Pembrokeshire have been obviously suffering for at least the last three years, and are now plain to be seen, even by the most disinterested of people, if as it seems we are to lose our ash trees, it will be nothing less than a very serious and grave loss to our countries economy, to say the least.

But I cannot but help wondering is this a fatal disease, or is it a poor health condition brought on by certain stresses, similar to the causes of the dreaded T B, this was prevalent in humans during the time of the Industrial Revolution, and up to the end of the second World War, when humans were under all kinds of stresses possible, likewise today with cattle, now economically kept in large

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02/20(12)

numbers all together in super large units, I personally can only wonder about all this, but I may be able to clarify why I think that trees could be under stress by today.

Trees are fed naturally, firstly by rain, which is recently evaporated from the seas around our coasts, this contains a multiple of Trace elements, all of these are essential to all animal and plant life, most of them are metallic, and the others are in liquid forms, all in a very weak dilute solution, which means that it is required at regular and often intervals, this of course is only one source of food supply, plant life also depends on waste products produced by a plethora of insects and birds etc that live in the environment that trees help to create, then along comes we humans to upset the whole apple cart, firstly we use too much Nitrogen (a volatile explosive unnatural substance) then we put out Lime rather too heavily, this is known to neutralise the natural metallic Trace Elements, all this causes stress to trees as it upsets the balance of their natural diets, so here we are back with stress, the cause of most health problems, even for Trees, on the other hand how many land owners have even thought of giving their trees a helping hand to live. Finally a large tree has lived a long time in the same place, she has easily depleted the food available to her in the area that her roots occupy, even without the meddling of us human beings.

Last Sunday I visited the Poultry show held at Haverfordwest, it really gladdened my heart, here there were children of elementary school age, from all over the British Isles, happily engrossed in attending to their fowls and ducks, so proud of their charges and their achievements, pleased to dirty their hands and get on with life, what a good training to prepare them for life later on, learning early in life the basic essentials, I thought to myself that very few of our bumbling M P's had the privilege and the experience that these children had already mastered and enjoyed, they, had even at their tender age, already accepted their responsibilities and getting on with life, this reminded me of the age old saying, give me the boy at nine years of age, I'll give you the man back at sixteen, that is the age to learn how to live!

W John Davies.

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02/20(12)

LLANDOVERY ROTARY CLUB



CHRISTMAS IS COMING. Ohhhhhh yes it is! And so is our Santa Sleigh. Yes, this is the BIG one for us. This is when we take Santa around Llandovery and the villages and we knock on your doors. If you want to, and you are able, then any donation you make is very gratefully received by us and by the many people who we support from these donations. If you do not wish to donate that is fine too and we wish EVERYONE the Compliments of the Season and a very Happy Christmas. Thank you in advance for your usual extreme generosity.

We held our AGM this month and there were no debates, arguments, insults or fights. We are a very cordial group, honestly and we are always on the look out for new members. This year's President is of course Micky Gough, next year it will be Alan Morgan, then Anthony Wathan and would you believe it (we couldn't!) we even had a willing volunteer for the following year. Dan Emery has agreed to be next in line. Good on you Dan. And good on us too! Full house.

The Rotary District Governor Peter Hamilton visited us during the month. It was a special pleasure for us as we were joined by our colleagues from Llandeilo Rotary Club and a wonderful evening it was too. Peter brought greetings from his own club Pembrey & Burry Port together with greetings from UK Rotary President Donna Wallbank. Peter updated us with all changes and expectations from the top and a message from RIBI President Mark Molongy which was to 'Adapt, Expand and Have Fun'. Fair enough. Thank you Llandeilo for joining us. You are welcome anytime.

We agreed to Marshall the superb Fireworks Display on the Castle Fields organised by Mayor Louise and the Town Council. It was a brilliant display. Well done the Town Council. What a surprise we had in the next meeting when we arrived to find that Mayor Louise had bought the first drink for all of us. This was really not expected or necessary but a lovely kind gesture. It really was a top class display. Same again next year hopefully.

We received a lovely letter of thanks from the Llandovery Museum for our donation to the VE celebrations here next year.

We have agreed to Marshall the Roger Albert Clarke (RAC) Rally on the Epynt Ranges. More next month.

Vivienne Jones of 'Vivienne's Hairdresser' fame has been using her considerable talent knitting babies and children's

clothes since (and before) retiring. She asked if we knew of any children that could benefit from these beautiful garments. At a meeting we knew of some children in West Africa who were desperate for any donations and Wendy Ransom knew how to get them out there. When Viv delivered the boxful of clothes I can tell you that these are BEAUTIFUL cardigans, jumpers etc that have clearly been Knitted With Love. They are superb and the children who receive these in Africa will be absolutely delighted to receive such wonderful presents. Thank you Vivienne. These will find very grateful and now, very posh, new owners.

At the time of going to press we were about to attend the AGM of the Friendship Club to explain the Message in a Bottle Scheme. Simply by filling in the form inside the plastic bottle and storing it in your fridge you will provide the Emergency Services the vital information they require to make sure you get the care that you need if you are taken ill. They will also be able to contact anyone you have named and let them know what has happened to you and where you are. The bottles are FREE and can be obtained from Davies the Chemist in King's Road or any Rotary member. Thanks to Margaret Davies for advising us on this potential life saver. Talk to Margaret at the chemist.

Best wishes to two of our Honorary Members Colin Newman and Rob Stanley who have been unwell recently. We wish you both well.

We were very well represented at the Royal British Legion – Llandovery Branch Remembrance Parade at the War Memorial where President Mickey laid a wreath on behalf of the Rotary Club. The schedule was altered this year to have the 2 minutes silence at the War Memorial at 11am and with the superb turnout of organisations, Rev Timothy Nelson, the truly superb bugler and the Llandovery College Cadet Force all supporting the Llandovery British Legion it was a wonderfully sincere service that we in Llandovery can be justly proud of. Nobody does it better. Well done everyone.

We have donated to the Llandovery Christmas Party and our Ladies will run a Cake Stall. More next month.

Our Rotary Quiz team set off for Lampeter with not a lot of hope but weirdly it seemed we were jinxed in many ways. Just as our hastily organised group of semi intelligent third choice quizzers set off it began to snow. In the upper reaches of Porthyrhyd it began to snow very heavily. And as we conquered the top of Tafarn Jem approaching Lampeter



Rotary marshals getting final instructions for the magnificent Llandovery fireworks display.



President Mickey lays the Rotary wreath at the War Memorial on Remembrance Sunday.

it seemed that Mickey's 4x4 Toyota was the only vehicle that had managed to scale the peak. Things couldn't get worse. Could they? Well errrrrrrr, yes, they could actually. We found we were up against, among others, teams from Lampeter and Aberystwyth both of whom were packed with their super intelligent, near genius University Professors. Huh. Just our luck. We immediately thought that we were doomed. Surely we had no hope here. At the end of the quiz and following an absolutely heroic struggle in which our three no hope quizzers performed brilliantly, the result was announced. Drum roll Amazingly and to their incredulous surprise, and everyone else's, we were 5th out of 5! Things couldn't get worse, surely. As we were 5th, we were eliminated and were given supper and headed out into the quickly thickening snow whilst the other 4 teams of super human intelligence fought out the quiz. We never did find out who won! Mickey and his Toyota quickly earned their colours as we passed many cars who were clearly failing to get to their destinations. But would we get home? Well it was decided by 4 votes to 1 (Mickey the driver) that the perilous journey had taken its toll on the passengers and they needed to stop and rest. Miraculously the vote took place just one hundred yards before the Bridgend Inn and in piled the stressed out passengers. Following two large glasses of their finest, Mickey pulled rank and insisted upon continuing our homeward journey. Reluctantly the 4 passengers followed and boarded. At a mind warping 10 miles per hour we headed into the blinding white blizzard. Off we went arriving at Porthyrhyd and Barry was home. About a mile afterwards, as if 3 inches of snow wasn't enough and being totally humiliated in the quiz, it really did get worse, much worse. There, across an already narrow road was a tree that had succumbed to the sheer weight of snow and was completely blocking our way. Well luckily for us the branches had broken as they landed and we were able, just, to drag the offending branches onto the side of the road allowing us to make it home. A testing night out with absolutely nothing to show for it. Ah well. Can't win 'em all. To win one would make a nice change! Next time. Definitely Perhaps.

This year the Christmas Hampers will be delivered on Sunday 15th December.

Santa Sleigh dates and venues:

Friday 29th Nov. – Switch on Town lights

Thurs 5th Dec. – Llanwrda/Llansadwrn

Fri 6th Dec. – Llandovery West (Broad St, Plas Pluguffan, Church Bank, Dingat Tee, Lôn Rhys Prichard, College View, Queensway, Maesycoleg, Towy Ave, New Rd, Llys Llanfair and Llanfair Hill).

Mon 9th Dec. – Llangadog

Tues 10th Dec. – Siloh/Cynghordy

Wed 11th Dec. – Cilycwm/Rhandirmwyn

Fri 13th Dec. – Llandovery East (High St, Dolau Brân, Dan y Crug, Gellideg Dec, Maesglas, Stone St, Water St, Queen St and Orchard St).

Mon 16th Dec. – Myddfai & Farms

Sat 21st Dec. – Llandovery Co-op.

On the advice and recommendation of District Governor Peter Hamilton we have moved even nearer to the present day and have started a Llandovery Rotary Club WhatsApp group. Not all in our club are completely in tune with this rather modern space age social media lark but in fairness all can now see the speed in which messages can be sent in an open forum discussion. All can now see the remarkable benefits over the previously used snail-mail, pigeon post and jungle drums that used to be the norm. Oh how we have moved on. We'll all have mobile phones next!



District Governor Peter Hamilton, with Assistant District Governor Kevin Siyyer and the Presidents of Llandovery and Llandeilo Rotary Clubs.



President Mickey, Jeian, Wyn and Derek at a wonderful Rotary evening.

After a hugely successful Rugby World Cup we were greatly honoured to welcome Wyn Jones (Wyn 'Clynmawr') and his partner Jeian to a meeting at the end of the month. Wyn has received great acclamation for his performances in the Rugby World Cup in Japan particularly for his vigorous scrummaging. Wyn plays at loose head prop which demands particular technique and strength as the loose head packs down with only one shoulder in, against his tight head opponent that has two shoulders in. He's a tough lad is Sausage. Very tough. And VERY strong! Adam Jones one of the finest props ever to play for Wales with over a hundred caps said of Wyn, 'He's brilliant, I love him. He's got that old school bulk and he shored up the scrum. He was outstanding. I thought he was fantastic'. Praise indeed. Wyn weighs almost nineteen stone and is still extremely mobile for such a big man. Wyn came up through the Junior Drovers system started by Dai and Helen Thomas years ago which has yielded an enormous amount of local talent. Wyn and Jeian answered questions about their time in Japan openly and honestly and were magnificent. This is a huge local success story and Wyn has proved a superb ambassador for Rhandirmwyn, for Llandovery, for the Junior Drovers and for the 'Clynmawr family'. Fantastic. We follow your progress with great interest Wyn and we are enormously proud of what you have achieved. Long may it continue.

Those of us who have followed the Drovers avidly over the years knew, we just knew, long before the Scarleters ever realised it, and even long before Mr Gatland realised it, that,

given the opportunity, you would prove to be a star. And you are. We wish you continued success and having already amassed 22 Welsh caps and played in every World Cup match with great distinction, you are a superb ambassador for all that you represent. Da iawn Wyn. Brilliant. Bloody brilliant.

Our own Barry Clement is always nothing short of immaculate and I had spotted a photo of him on facebook at a wedding in Italy in one of the most errrrrrrr shall we say 'Striking' shirts ever seen anywhere. I sent him a joke message saying we have never seen THAT shirt in Llandovery and no wonder! No reply. At the next meeting in walked Mr Clement wearing the said 'Striking' shirt. Well, it looked even worse, sorry, brighter and more 'Striking' in real life than it ever did in the photo. It was bright, it was blinding and it was like nothing that any of us had ever seen before. He even had the audacity to take his jacket off. Well, when we had all stopped laughing, I just had to take a photo. None of us would go near him to be in the photo. Barry was somewhat dejected. But that dejection didn't last long. He told me to stand by the bar and get ready to take the shot. Barry has always been one of the most resourceful men around as can be seen by his very successful business and he ran around behind the bar and sneaked up behind the lovely Andrada who was blissfully unaware of what was happening. Barry put his arm around the unsuspecting Andrada and shouted to me "Now". As the song goes 'Flash Bang Wallop what a Picture' and so we have it. Barry, THAT shirt and the lovely Andrada. It is a really lovely shirt Bazza, but don't wear it to Rotary again, PLEASE.

And that's it for 2019. We have lost some great friends. We have made some great new ones. Rotary will go on. Hopefully we will all go on for another year. We say a heartfelt thank you to you the people of Llandovery and District for your fantastic generosity throughout the year. We also thank you for the acceptance, hospitality and warmth shown to us throughout the year. May we, all the members of Llandovery Rotary Club wish you all the very best and as we said at the start, wish you the Compliments of the Season and a Very Happy Christmas. See you all next year.

Derek Jones.



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NEWS FROM THE NATIONAL CYCLE MUSEUM

The museum based in the Automobile Palace, Llandrindod Wells has just had a YouTube film made about it – see it at <https://youtu.be/LVUHJtVqHAo>



Hope it helps bring in extra visitors!

The museum is run as a charity, website www.cyclemuseum.org.uk with a fundraising cycle jumble / sale of surplus stores cycles organised for Saturday morning 4th April 2020 at Cefnlllys school in the town.

If anyone would like to donate surplus cycle parts / tools in good condition for the cyclejumble, it would be much appreciated.

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10/20(12)

LLANDEVRY GARDEN CLUB

Guest Speaker: The Club warmly welcomed Sheena Crossley to talk about Garden History.

Sheena began her career working for Cardiff Parks. She later became a columnist for The South Wales Echo and then a broadcaster on BBC Wales Radio and TV, and, also a lecturer at Pencoed College in Cardiff. More recently she has branched out into writing children's books.

We were treated to a talk with slide illustrations taking us from the first gardens known to man until the present day. She began with the subject of Egyptian funereal gardens from about 4000 years ago. The knowledge of such gardens comes mainly from illustrations at the entrances of tombs and from small 3D models found within the tombs. The gardens would have consisted of an area of raised beds divided into many small planted squares, surrounded by earthen walls to conserve water. Many also contained two trees to provide fruit and shade from the otherwise baking sun. She moved on to Mughal gardens (paradise gardens), where the three essential elements of their gardens were running water, a fountain and still water. They would also include trees for shade and perfumed flowers and grasses. Although much of what is known about the design of these gardens comes from paintings and carpets, a fine example of this is the Alhambra Garden in Granada, Spain. Sheena explained that the Romans brought gardening to northern Europe and introduced many medicinal plants and herbs to Britain. She moved on to medieval period where monasteries grew such produce, along with a wide array of vegetables and fruit, to sustain not only the monk's but also the local villagers. Moving forward in time, Sheena covered the development of knot gardens during the Tudor period, more naturalistic gardening, as introduced by Capability Brown, plant hunting by the Victorians and Arts and Crafts gardens. Sheena was a most entertaining speaker and her wide breadth of gardening history was greatly appreciated.

Secretary: Denise Nicholson

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BRIWSION NADOLIG BETHLEHEM



BETHLEHEM CHRISTMAS SNIPPETS

Both the October and November Old School suppers proved to be hugely popular and attracted old friends as well as newer residents. In October, diners sat down to Catalan Beef Casserole, Pear Frangipani Tart and Mango and Citrus Mousse, while the November supper consisted of slow cooked spiced pork, a vegetable tagine, cheesecake, and crème brulee.

The suppers are a lovely way to get to know people from both Bethlehem itself, and from further afield, with everyone sitting on one long table. The little hall really does come alive with the sound of chatter and laughter, and supper nights are always helped along by a few drinks from the bar.

The November quiz was lots of fun as always, with questionmasters John and Glenda setting some challenging but entertaining questions. The winning team was Blunders Never Cease, so they will be hosting the December quiz on Monday 9th. As has become traditional at the December quiz, Christmas jumpers and festive headgear are positively encouraged, and there will be a small buffet at half time as a thank you to everyone for supporting the quiz, and therefore the hall, over the course of the year. It starts at 7.30pm, and you are welcome to bring a bottle, in order to aid inspiration.

The Village Market, a collection of craftspeople and small businesses, opened their doors in the hall during November, on Wednesday mornings, selling a variety of goods, ranging from knitwear, cards, vintage clothing, honey, baked goods, bags and bric a brac to name a few. Refreshments are available so why not drop by on December 4th to indulge in a spot of shopping, while supporting small local businesses.

Although Bethlehem "isn't just for Christmas", it kind of goes with the territory!

Once again this year, the hall will be opening it's doors daily, from Friday December 6th through to Friday 20th, 10.00am to 4.00pm, to stamp cards with the distinctive Bethlehem star, as well as providing light refreshments



for visitors, who turn up in our tiny village from all over the UK, and often from further afield.

We have had an amazing response this year to our appeal for volunteers to help provide this service, as well as from people who are happy to step in at the last minute should any of the volunteers have to pull out at short notice.

The money raised by the stamping service, the sale of refreshments and merchandise goes towards the ongoing cost of maintaining the hall, for the benefit of the local community throughout the rest of the year, so it's a vital part of our income.

We are all really looking forward to meeting our visitors, so if you're local, then please do drop in to have your cards stamped – it costs just 10p per envelope – and enjoy a cuppa and a chat with us.

The December supper takes place on Friday December 6th, it's currently sold out but get in touch if you'd like to be contacted in case of cancellations.

The pop up café will be popping up again on Sunday 8th and Sunday 15th, to coincide with the card stamping.

It will be open from 12.00 – 3.00pm, serving a choice of freshly made (home made) soups, along with home made cakes, and hot and cold drinks.

The annual carol singing will take place on Friday December 13th, 7.00pm. This year however, it will also be an opportunity for a village get-together and party, so all are welcome. Come along for some spontaneous carol singing, socialising, and refreshments, free entry.

The children's party takes place at the hall on the afternoon of Saturday December 21st, there will be lots of fun and activities for local children of all ages, as well as a visit from Sion Corn, so make a note of the date.

Activities at the hall resume after the New Year with Tuesday yoga, Vinyasa Flow Yoga on Saturday afternoons at 3pm, the Community Council meeting on January 7th, the monthly supper on January 10th, the quiz on January 13th, and the Wednesday Village Markets.

We have private bookings scheduled throughout the month but still have dates available, so if you'd like to book the hall for a party, family get-together, or meeting, please get in touch with Nia, Tel: 01550 777254, niaclement@aol.com

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Training for juniors, and also the new Women and Girls' team, is on Friday evenings and restarts in the New Year. Girls and boys aged 5 and over are welcome to join Llanwrda C C. We will be running All Stars cricket once again.

Please call Liz on 07791 241197 for details about the Women and Girls' team. Please contact Gwynn Davies for information 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.

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 07867 794771 for more information.

LLANWRDA C C BONUS BALL WINNERS

09/10/19	12	No winner
16/10/19	57	No winner
23/10/19	19	Jon Lodge
30/10/19	23	Bethan Price
06/11/19	12	No winner

If you would like to help the Club and join our Bonus Ball, please contact David Cumming on 07768 426449. It's only £4.33 per month.

11/20(12)



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02/20(12)

WINTER FUN AND FACILITIES FOR ALL AT THE LYCC

Come and join us this winter to have fun, take part in a workshop or course, look for work, gain help and advice or to meet friends and hold your event here.

Our centre has been a thriving community facility for many years and provides activities for all ages, with a warm welcome for everyone.

A number of local groups and organisations use the facilities on a regular basis and residents and visitors alike have a really good time here. There is lots on offer for all.

There is no charge for most of our services, including Job Search and CV writing facilities and digi-lab etc. which are available every weekday from 9.30 am till 3.30 pm. Staff and volunteers are always happy to help.

The after school Getaway Club for children/young people aged from 9 years, provides fun activities including games, craft activities, gardening, cooking and computer use. There is an opportunity to do homework and to work on school projects. Open every school night from 4.00 till 5.45 pm Entry is 50p per night. No need to book – just turn up.

Youth Club for people aged 11+ meets every Tuesday and Thursday (60p per night) at 7.30 to 9.30 pm. It also includes activities outside of the Centre such as camping and trips throughout the year.

People of all ages meet throughout the week: to take have a chat on Mondays and take part in Art, Latin, English, Knit and Natter, or a gardening group or computer course on Tuesdays.

On Wednesdays there is Mindfulness Yoga, Pyrography and in the evening there's a Yoga group and Writing for Fun and Profit, where another group gets creative at the centre.

Willow Weaving Class takes place on Thursdays and there's more Yoga, then on Fridays you can visit an ecotherapy project woodland in Llansteffan or stay at the centre and take part in an informal art group or music jamming session.

The Citizens Advice are available at the Centre every Friday too from 9.00 am till 2.00 pm. It's a free drop-in session (one to one appointments).

There are Bible groups and a Christian Fellowship which meet every Sunday and counting down to

Christmas, every Sunday from 4 pm to 5 pm, for children aged 9 years and above there's the opportunity to watch the BBC adaptation of the First Christmas, to make crafts, bake and play games – free of charge.

If you would like to join a new monthly enamelling group, or you or your child would benefit from a private Art psychotherapy session, please get in touch for details. There are rooms for hire and a minibus too. Other services, too many to mention are also available (including a recording suite).

Whatever your interest or need, there is most likely something to fulfil it at the Llandovery Youth and Community Centre in Llandovery. Please call in to see us at Gerwyn House, Market Square, Llandovery, SA20 0AB. Telephone: 01550 721499. We shall be open until Friday, 20th December and then we re-open on Monday, 6th January 2020.

“Season's Greetings, a Merry Christmas and a Happy New Year” are wishes that are sent to you from everyone at the LYCC. We hope to see you soon. You will be most welcome.

Article written by staff, volunteers and supporters of the LYCC.

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NEWS FROM CWMDU

SOCIAL ACTIVITIES

Following a busy November with its regular group meetings, Bonfire Night in the pub garden, a hilarious Tippit Night and fantastic Halloween Cocktail Party with amazing fancy dress costumes, we are looking forward to an equally enjoyable December. There will be Carol singing around the village Christmas tree, mince pies and mulled win, quizzes galore and the highlight of the season on New Year's Eve with a visit from Mari Lwyd See details in the Events column of this magazine.

SHOP

Fresh bread from Mary Ellen in Llandeilo is now being supplied on Tuesdays. This can be ordered, but we try to keep a limited supply at all times. Local cows' milk in glass 1 pint bottles (to reduce the use of plastics) is proving popular and is now supplied on Thursdays as well as Tuesdays and should be ordered. A variety of locally made pies and pasties – meat and vegetarian – are being stocked to help stem those lunchtime hunger pangs.

A reminder that we are wanting to expand our stock of local produce (we are short of free range egg suppliers at the moment) and crafts, so contact us if you can help supply something (small craft items please due to restricted space), especially in the run up to Christmas.

Don't forget we are offering a grocery box service if you wish to support the community shop but find you are unable to, due to its limited opening hours. You can place an order by phone and arrange when you can collect it at from outside the building in sealed containers which are available from us or supply your own. For more information and to place orders, please telephone Lesley in the shop on 01558 685156.

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Restaurant every Saturday 7.00pm – 9.30pm.

For opening times over Christmas and the New Year, please see posters, our website www.cwmdu.org, on Facebook or phone shop/bar on 01558 685156.

SEASONS GREETINGS TO ALL OUR CUSTOMERS, FRIENDS, VOLUNTEERS AND THE WHOLE COMMUNITY. THANK YOU FOR YOUR CONTINUED SUPPORT.



The Ysgol Bro Dinefwr PTFA will be holding the annual Christmas Fair on Thursday 5th December 5.30 – 7.00pm in the school sports hall. This year's entertainment will be provided by the school choirs of Teilo Sant, Llandeilo Primary School, Ysgol Ffairfach and Ysgol Llangadog. The Llandovery town crier will be introducing the choirs and any other entertainments. There will be over twenty stalls run by local businesses selling a wide range of gifts, crafts and local produce – perfect for Christmas shopping! There will also be a host of stalls run by the children and the PTFA, providing fun and games for all ages, plus a tombola, nearly new clothing stall, sweets, books and facepainting. Refreshments will be served – tea, coffee, hot chocolate and delicious turkey rolls and homemade cakes and biscuits. It promises to be a wonderfully festive evening. Everyone is welcome. Entry is free!

Dave Newton  02/20/13

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Applications will be dealt with as they are received.

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

<https://colegelidyr.ac.uk/recruitment/#vacancies>

12/19(2)

GWYNFE EVENTS & NEWS



Festive nibbles at the Monday Club on 2nd December at 1.30pm in Gwynfe Community Hall. Come and join us for a mince pie and some mulled wine and the usual chat and banter. If you require transport, please ring Heather on 01550 740512. Please note that the following Monday Club will be in February 2020.

Test your knowledge on all things Christmas, amongst other subjects, at the Gwynfe Quiz on Friday, 13th December – lucky for some! Doors open at 7.00pm for unseasonal chili con carne or chili sin carne (baked beans and cheese also an option) with a baked potato. Quiz only commences at 7.45pm and entry costs £2. Food is additional at £4. As usual, licenced bar available all evening – raffle too.

The Gwynfe Children's Party (invitations will be sent to all children up to secondary school age) will take place on Saturday, 4th January from 2.00pm. There will be a tea, an entertainer and the usual fun. Any queries, please contact Sheila on 01550 740676. Immediately following this, from 5pm, Gwynfe Show Committee are organising a Hog Roast and Social, with entertainment for all the family. A licenced bar will be available for this event and everybody is welcome. For further information please contact Sarah on 01550 740612.

Gwynfe Show Dinner has been reserved at the White Hart, Llandeilo for Saturday, 25th January at 7.30pm. Anyone interested in attending, please contact Sarah on 01550 740612 to book places.

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LLANWRDA AND LLANSADWRN COUNTRYWOMEN

For our November gathering we all met for lunch at The Plough Rhosmaen. As always, the meals were delicious and the staff were helpful and welcoming. Many thanks to them all for helping to make it such an enjoyable time. Our first meeting of 2020 will be on Monday 6th January in the Reading Room Llansadwrn. Please note this meeting will be in the afternoon at 1.30pm to 3.30pm. Our guest speaker will be Pat Rowlands presenting her demonstration: A Peep into the World of Machine Embroidery.

LLANDOVERY MUSEUM AND VISITOR GATEWAY

Llandovery Museum and Visitor Gateway will be open daily until 4.00pm on Sat 21st Dec and will re-open to visitors at 10.00am on Saturday 1st February.

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06/20/13

WHAT LIES AHEAD FOR THE ALMHOUSE?



Situated in the heart of Llanwrda, the Letitia Cornwallis Trust owns over three and a half acres of land on which the Cornwallis Almshouse, and village school stand. The school closed in July 2016. The Trust also owns the playing field, village hall and car park.

The Cornwallis Almshouse is a Grade II listed building which recently has been used as flats. Since 2010, the house and garden have fallen into disrepair. As societal needs change, the Trustees wish to explore potential development options for all buildings on the estate whilst ensuring that the assets continue to benefit the local community.

Landsker Business Solutions Ltd has been employed to conduct a Feasibility Study and Options Appraisal in partnership with Acanthus Holden Architects, which is being supported by the Carmarthenshire Lead Planning Group and the Architectural Heritage Fund.

As part of this study, Landsker Business Solutions will commence a consultation with the local community. Various consultation methods will take place, including direct contact with the public and local groups for the completion of surveys, and a local consultation meeting (date to be agreed).

A Facebook page has been created for the Trust (www.facebook.com/Letitia-Cornwallis-Trust) where local residents are invited to complete a survey to share their point of view, and thoughts on potential developments. Updates on the progress of the Feasibility Study will be posted regularly.

This is an exciting opportunity to be involved in the shaping the future of these historic buildings and for the sustainability of community usage of the estate for future generations. For further information please contact Clare or Denise at Landsker Business Solutions on 01994 240631 or join the conversation on the Facebook page.

PWYLLGOR DARLLENFA LLANSADWRN READING ROOM COMMITTEE

LLANSADWRN CHRISTMAS PREPARATIONS – ALL CHANGE AGAIN!

For the second successive year the Reading Room Committee has been forced to change the advertised date for the 'Carols and Lights Up on the Christmas Tree' thanks to others not planning their events earlier! School Concerts are one thing, but with Parliamentary Elections also on the same date and the Reading Room being the local voting station, it's all change yet again! Thank you Westminster!

Not to worry – with genuine thanks to Santa, Llandovery Rotary Club and not to mention our village Xmas Tree secret provider aka HugoEvs, it will be all go a week earlier now on Thursday 5th December. From 6pm onwards everyone is welcome to the Reading Room for free mince pies and mulled cider with the big switch on at about 6.30 followed by carols accompanied by members of Llandeilo Town Band and Father Xmas arrival from the north!. He will not get lost as there will be even more lights again this year showing the way!

Following refreshments at the Sextons Arms, Santa will be off on his rounds leaving behind him a Christmas Fair in the pub function room raising funds for the Urdd Eisteddfod in Llandovery next year. Organized by a local fundraising group, lots of seasonal goodies will be on sale – all made possible through facilities provided through the generosity of Landlord Cliff Cowell.

Plans for other events the following week remain much the same (as far as we know!) with the Christmas Table-top Quiz of the Red Kite League on Wednesday 11th and the ever popular 'Carols and Cawl' evening on Friday 13th December with the local Ffairfach rehearsal group of Côr Meibion De Cymru – The South Wales Male Choir returning to the village for the second time this year providing an evening of song in an open rehearsal. Under the direction of Elaine Robins, the boys are looking forward to being joined by soprano Bethan Evans as well.

Cliff's Cawl is loved by young and old!

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02/20/12

Padmasambhava Yoga & Meditation Centre

The Yogic and Calendar years are drawing to an end, and we hope that all of you have had a good, happy and healthy year – as was indeed the case at Padmasambhava. We would like to thank all our students and friends for all their support and help over the past year and to wish you all a very happy and joyful Christmas and good health, peace, happiness and fun throughout 2020, Nadolig Llawen, Blwyddyn Newydd Dda.

The Spring term will start on Monday 13th January, with a very good range of classes suitable for people of all ages, abilities and experience. There will also be some workshops and other special yoga days this term and throughout the year. The classes are held during the day as well as evenings and these class terms last for 5 to 11 weeks, depending on the class. Yoga classes taught by Padmasambhava take place in other venues besides the Yoga Centre.

Ammanford's Ebenezer Baptist Chapel has classes on Mondays 6.30 – 8.00pm, Cwrt Henri Reading Room classes are on Tuesdays 1.30 – 3.00pm, Maes Elfryn Hall, Llandeilo, has chair-based classes fortnightly on Fridays 3.30 – 4.30pm and further afield Cowbridge holds classes for Over 50's at the United Free Church on Wednesdays 7.00 – 8.30pm.

Christley will be presenting a Saturday morning class of Restorative Yoga, Relax & Renew, on Saturday 21st March, 2020 from 11.00am – 12.30pm. This mainly floor-based class using bolsters, blankets cushions and other props helps both physically and mentally to relieve stress and fatigue and bring about rest and relaxation. Please see the website and brochure for full details.

On Saturday 9th November Vanessa and Poornam held the first day in the four-part course, 'The Golden Thread: Sadhana and the Rhythms of Nature', at the National Botanic Garden of Wales. This was a very successful, enjoyable and fulfilling day and will be followed by three other days in 2020 – with the next one being Saturday 14th March. This course develops over a year and strengthens practice (Sadhana) through the Seasons. The rhythms of Nature and the Seasons impact upon our experience of daily life and upon the inner landscape.

This course explores the interrelationship between our inner and outer worlds and the elemental forces which form the foundation of our being. Participants are invited to undertake their personal quest, to connect to and explore their inner nature through in and outdoor practices. Please contact the Centre for the Golden Thread brochure and to learn more about this course.

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. Please do call the Centre on 01558 823842 to find out what taking part in a yoga class involves - they will be pleased to talk to you. Details of all classes and events can be found in the Spring term brochure, on the website www.padma.org.uk or emailing mail@padma.org.uk

Chair-based Yoga at Maes Elfryn Hall

This class is held mostly fortnightly on Friday afternoons 3.30 – 4.30pm and is perfect for Elders and those with restricted movement, limited mobility and unable to do floor-based yoga. It is a good introduction to yoga through gentle movements whilst seated. Seated yoga helps increase flexibility and balance, helps increase body and limb movement and increases strength. Time is spent during each class working with breath awareness and breathing practices which are useful tools in everyday life. Each class ends with a deep relaxation practice. Drop-ins are possible, please call the Centre 01558 823842 to find out more.

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02/20/31



CHRISTMAS STORY LIVE@MYDDFAI

THURSDAY DECEMBER
19TH FROM 4.30 TO 6.00PM



Myddfai are staging again their 'Christmas Story Live' in the form of a series of tableaux in Myddfai Church showing the story up to the birth of Jesus.

Children and their families will be welcomed to the Myddfai Community Centre with tea, orange juice and biscuits and then taken across to the Church in groups of about ten where they follow a trail of stars, led by a narrator carrying a lantern, who will tell them the story. Each tableaux is illuminated and some include specially made sound effects. The characters are played by members of the Church, Chapels and friends of the Myddfai parish.

The event is designed to be suitable for primary and pre school children but everyone is very welcome.

The trail takes about ten minutes and will cost £1.50 per child. There is ample space for cars in the Hall car park and people can come whenever they wish after 4.15pm with the last walk-through beginning at approximately 5.50pm.

LLANGADOG W.I.

We held our A.G.M. in early November. Our current President was voted in for another year, as she did so well during 2019. Our members provided savouries, sandwiches and cakes for us all to enjoy. The monthly raffle was won by Pip. Christmas celebrations this year will be at "The Mansion House", Llansteffan, and all our ladies will buy one present, Secret Santa Style, to be opened at our dining tables. Next year, 2020, will mark the 95th anniversary of our W.I. at Llangadog and at our January meeting we will discuss how we will be celebrating this special event. We are a small friendly group who would love to have more members, so if you are interested please come along for a visit, you will be made most welcome. We meet on the first Thursday of each month in the Llangadog Community Hall at 7.00 p.m. We wish all of you who read our monthly entry here A Very Merry Christmas and a Happy New Year.

04/20(6)



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GOSEN NATIVITY



On the nearest Saturday to Twelfth Night, Gosen Chapel Cynghordy and its surroundings become alive with twinkling lights, local animals and performers, carolling and a lovely get-together with friends and family over hot punch and seasonal nibbles.

Our Nativity takes place during the time of Epiphany which celebrates the arrival of the Three Wise Men to visit the baby Jesus. However, the whole Christmas story is enacted outdoors (for about 20 minutes) and narrated in Welsh. Each year our youngest cast member is, of course, baby Jesus who is presented to the audience in the stable next to the faithful donkey. The audience then visits the shepherds with their sheep and goats and, after carolling, the Heavenly Host lead them back to the stable. We then follow the star to watch the arrival of the Three Wise Men and their pack ponies, carolling as we go. After the Wise Men have presented their treasures at the stable we sing to the baby Jesus – a moving moment.

More carolling follows with the organ, cast and audience in the warmth of the chapel which is bedecked with fairy lights, Christmas tree and greenery. After about fifteen minutes, it's definitely time to wet our whistles in the decorated vestry.

Some magic really happens at this annual occasion. Do join us and see for yourself. The event begins at 6.00pm on Saturday 4th January. Chapel Gosen is situated in front of the Cynghordy Viaduct. Car sharing is helpful for parking. There is no charge, but we ask for donations to support.

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11/20(12)

LLANDEILO AND DISTRICT GARDENING CLUB NOVEMBER 2019

For Llandeilo and District Gardening Club the gardening year starts in November, with the payment of annual subscriptions and the happy prospect of some varied and interesting talks to come. We welcomed some new members at the November meeting and hope to see them all on a regular basis. The first speaker was someone new to us, but likely to become a regular and firm favourite. Rob Evans from Pheasant Acre Plants in Bridgend gave an information packed and entertaining talk about tulips, dahlias and gladioli. The pictures of vibrant and unusual tulips resulted in some excited purchases of bulbs at the end of the talk. His very detailed and knowledgeable explanation on how to lift and care for the gladioli and the dahlias will, I am sure, help us all to grow bigger and better blooms next summer. Though possibly somewhat relieved that we do not have seven acres of dahlia tubers to lift and then label, clean and store, the members watched and carefully made notes as Rob took us through each stage in the process with actual plants.

The next meeting of the club is on Thursday December 7th when our very own Carol Jones will be telling us about her recent trip to gardens of the Scottish borders with a selection of pictures to accompany her talk. The library will be open as usual and there will be a selection of festive refreshments to enjoy after the talk.

Llandeilo and District Gardening club meet on the first Thursday of the month at the Vestry, Capel Newydd, Crescent Road, Llandeilo, SA19 6HN at 7.30 pm. For more information visit our website <http://llandeilogardeningclub.co.uk> or contact Stella@rhydgoch.co.uk 01558 668339.

'TURN ON' OF LLANOVERY CHRISTMAS LIGHTS FRIDAY THE 29TH NOVEMBER 2019

Thank you to ALL who supported the above and other events; to those who volunteered and helped, those who participated, the performers, stall holders, Rotary Fr. Christmas, John & his snow machine, those who prepared the sound systems, the lights etc. but most importantly to the business community and the general community who attended

*Thank you/Diolch yn Fawr
Nadolig Llawen a Blwyddyn Newydd Dda*

From: The Mayor & Llandovery
Town Councillors

HISTORY OF AMMANFORD FOOD BANK

On Thursday evening 7 November Llandeilo Rotary Club were delighted to welcome their guest speaker Mydrin Davies.

Mydrin was representing Ammanford Food Bank and he gave a talk on what the Food Bank represents. He emphasised that Ammanford Food Bank would never have come into being without the tremendous support of the local community and he quoted the phrase "Together we make a difference".

Mydrin mentioned that everyone is talking about Food Banks and it seems that they are almost accepted by society today.

As Britain is the fifth richest country in the world, a recent census gave a population of 67 million of which 14 million live in poverty. This figure includes 5 million children.

In Wales he mentioned that the biggest challenge facing the Welsh Government is child poverty with a statistic of one in every five children living in poverty.

The speaker then gave a brief history of Ammanford Food Bank that was established in 2013. With support from Ammanford Tesco and many generous private donors and backed up by a loyal army of local volunteers the organisation fulfills an urgent need.

Starting life in a portacabin, today the food bank is housed in three large steel containers.

It is one of some 500 food banks throughout Britain and in the last 5 years usage has increased by 75%. An interesting statistic Mydrin mentioned is that food banks are used by 40-50% of people who are in employment. In 2013 donations to Ammanford Food Bank amounted to 2 tonnes, this has increased to 100 tonnes today.

An interesting talk prompted a lot of questions following which the vote of thanks was delivered by Senior Vice President Christopher Parish.



Left to right Junior Vice President Howard Beynon, Mydrin Davies, President Gordon Kilby and Senior Vice President Christopher Parish.

THE LANDED ESTATE IN SOUTH-WEST WALES – A FORCE FOR GOOD?



On Saturday 22 February the Carmarthenshire Antiquarian Society, the county's history society, in conjunction with the Institute for the Study of Welsh Estates, will be holding a one-day conference on the historic landed estates of south-west Wales. It will be an opportunity to learn about the latest research into this subject from specialist speakers.

The conference will start at 9.30 am and the venue is the Halliwell Centre at the Trinity St David's University campus in Carmarthen. Visit the Society's website www.carmants.org.uk for further details and a booking form for sending in by 1 February.

The Carmarthenshire Antiquarian Society has a wide-ranging programme of lectures and visits to historic sites throughout the year. Members receive the complete details together with The Carmarthenshire Antiquary, the Society's long-respected publication which is a great source of information about Carmarthenshire's history and archaeology. More information about the Society and how to become a member is given on the website.

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02/20(3)



CARMARTHENSIRE GIRL REPRESENTS WALES IN AUSTRALIA

Carmarthenshire's Sara Nicholls of Llandeilo Bowling Club along with team mates Anwen Butten (Ceredigion), Ysie White (Pembrokeshire), Melanie Thomas (Ceredigion) and Caroline Taylor (Powys) will, in a few days' time, be travelling to the Gold Coast, Australia following a successful Atlantic Championships earlier in the year with the Welsh Women's Bowling team having won gold medals in the fours and bronze medals in the pairs.

The 30yr old from Llandeilo has had another outstanding year starting the season with a bronze medal with pairs partner Ysie White of Tenby Bowling Club. The duo had a great run in the Atlantic Tournament topping the group stages however taking defeat to South Africa and securing Bronze medals.

Great play continued into the middle of the season with Sara taking the lawn bowls County singles title for Carmarthenshire and along with Llandeilo bowling club team mates Ena Williams and Jean Stancer winning the County triples. The Llandeilo Club for whom she plays also won the 2019 Dinefwr League.

Sara, as a member of the team, has now been selected to compete this month in a multi nations' test match in the Gold Coast Australia and will shortly be playing against top teams fielded by Australia, New Zealand and South Africa.

Before leaving Sara said "I am looking forward to again flying the flag for Wales out in Australia and to taking on the challenge of the fast paced Southern Hemisphere bowling greens".

Sara and her team colleagues leave for Australia on 13th November.

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CHRISTMAS 1919 IN LLANDOVERY



Rev. D. Edmond Owen in 1909, as an Ancient Briton, during a Pageant in Builth Wells, where he was Rector.

As we prepare for Christmas 2019, it might be interesting to turn back the clock to discover what the townspeople of Llandovery were doing during the festive season 100 years ago. It must be remembered that World War I had only recently ended, and the town was still in the process of readjustment.

Miss Madge Deans resumed her duties at the Post Office, after serving with the Women's Auxiliary Army Corps (telegraph department) in France for three years. John Ceredig Evans returned as Master of the Union Workhouse and immediately asked for a 75% pay rise. He had been in the army for three years and had risen rapidly through the ranks to become a lieutenant.

He was well-versed in the history of Llandovery; a few days before Christmas he delivered a lengthy paper on the subject to members of the Church Guild. During the evening it was revealed that that an old Roman well had been discovered near the Vicarage grounds.

Extensive restoration was being carried out at Llanfair Church. At a sale of work at the Gerwyn Church Hall,



A fellmonger at work.

in aid of the restoration fund, the Bishop of St. David's complimented the vicar, Rev. D. Edmond Owen, on the good work he was doing in the old church and for erecting a spacious and well-equipped church hall.

The local newspaper correspondent, 'Cyw Bawddwr', reported on an important aspect of the Christmas celebrations: "The musical tastes of the public are to be well catered for at Yuletide," he proclaimed. Ebenezer Baptist and Salem Congregational Chapels held concerts, for which some well-known artistes had been engaged.

The town's annual eisteddfod, conducted by Rev. J. Volander Jones, was held at the Assembly Rooms on Boxing Day. Interestingly, it was held under the auspices of Llandovery Rugby Football Club. Another eisteddfod was held by the 'Demobs'.

Meanwhile, the children of Cwm-dŵr Church of England School gave a lengthy concert which included a 'coon song', a military two-step dance, and a rendering of 'Oh, it's a lovely war.'

A billiard tournament in what was described as 'the spacious Billiard Room' drew sixty competitors.

A literary meeting of the Llandingat Young Men's Guild, at the Church House, featured a debate on the

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subject, 'Should railways be nationalised?'" It ended with a vote in favour by a majority of one.

Possibly, participants had been swayed by conditions at the railway station. At a meeting of the Town Council, one member complained that the ticket office was overcrowded, with no place for people to sit down. He also complained of the stench from stale fish and the overcrowding of the porters' room where no fewer than 29 guards took their meals. It was also noted that the brakemen had been provided with a cabin near the cattle pens.

The Mayor, Councillor M. H. Nicholas, appears to have been more concerned that nowhere had been found for a German gun which had been presented to the town, and which was 'exposed to the elements in the Castle yard.' Incidentally, the Mayor's annual salary at the time was one shilling, but there is no record of the money being accepted.

F. Edgar Morgan, a native of Gwynfe and manager of Barclays Bank in Wood Green, London, was shot at during an attempted hold-up. With the aid of his staff, he overpowered the assailant, and no one was injured.

From newspaper reports of the time, it's apparent that Llandovery was changing. At the beginning of December 1919, the last of Llandovery's livery stables disappeared, with the retirement of William Williams, of the Clarence Yard Stables. There is also reference in the papers to the retirement of a fellmonger, namely a person who removed hair or wool from hides in preparation for leather making.

Handel Jones

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The next meeting after is on on Friday, 7th of January 2020, if you can't make the December one. We look forward to seeing you. For further details telephone Simon on 01550 721197.



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Come and join with Dinefwr Poets for informal poetry readings. We are a small and diverse group of poetry lovers who meet to read out our own poetry from 2.30pm to 4.30pm, on the 2nd and 4th Sunday of every month, at the Railway Station Cafe, Llandovery (the cafe is closed to the public at this time). Refreshments and cake are available. All are very welcome. Cost: suggested donation of £1.00 each. We look forward to seeing you there. Tel: Mick: 01550 777656.



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

Over the last couple of months, we have been delighted to watch Wyn Jones in action in the World Cup. It was a great pleasure to welcome him back to a crowded Clubhouse on his return from Japan. As our only 'home-grown' player ever to have taken part in the World Cup he is a massive inspiration to all those Minis and Junior Drovers (as well as their parents, coaches and other volunteers) to see how this can be a step on the road to the highest levels of the sport.

We have had a little report on his early years from Heulwen, Wyn's Mam – and some pictures too! Bridget Hughes had a big impact in Wyn's journey by taking him to his first training session when he was 7 years old. Bridget's son Geraint and Wyn grew up together on neighbouring farms. Both families took it in turns to take the boys to rugby.

The team photo was taken when they won the tournament in Pontyberem at the age of 7. From top left to right Geraint Hughes, Aron Thompson, Telor Dyer, Rhodri Jones, Andrew James. Front Thomas Rees, Wyn and Eirwyn Richards, with John Hughes as coach. Dai Gealy was his first coach along with John Hughes. Wyn started at hooker and, as he grew, he moved to tight and loose head prop. He played second row in district against George North. Wyn never missed a training session. Geraint Hughes had an under 11 Welsh cap, Wyn missed out on the final selection, but was awarader 'Player of



the Year' in the District under 11s. Neville Hughes and Eifion Jones ('Bones') developed him as a prop in his time with the Youth and – as we see – he never looked back. Heulwen and Emyr would like to thank all those who have helped and encouraged Wyn over the years, it's been very humbling.

As we saw at the reception for him on 16th November, Wyn is always happy to spare time to come back and help our current Juniors to improve their game. He is a true ambassador for the Club. As they say, just believe in yourself and the world is your oyster as Wyn has shown. The current batch of Under 12s have made a good start by beating Furnace 33-7 to go through to the next round of the Cup. The Under 13s met St Clears on the 24th November. As you read this you will know how they got on.

And that 'never give up' spirit was seen in our recent away game against Merthyr. A real roller-coaster of a





ride! Although we have a lot of young players, they all showed great strength of character to come from behind to 'win' with a minute to go – only then to lose by one point from a penalty at the last gasp!

With that sort of determination there will be a lot to enjoy at Church Bank in December, when we welcome Ponty (7th) Cardiff (21st which will also be the Hen Borthmyn reunion) and on the 28th the Quins. It's almost as busy in January, when our visitors will be Ebbw and Aberavon. All of them promise to be cracking games, so come along and see the side in action!

Five games in two months will be quite a step-up in activity at the Club compared with our home fixtures in the first three months of this season! The First XV have had a very slow start to the year: to the start of December, we have only played six games. The structure of this season was very much influenced by the World Cup but it is interesting to see how the other home nations have managed their club rugby over the tournament.

As you can see from the table below (and although we begin to catch up from now on) they have all had a much busier start to the season than we have – and the clubs in other countries have had to deal with the World Cup as well!

	Sep	Oct	Nov	Total Sep – Nov
Drovers	1	2	3	6
Cinderford (England)	4	3	5	12
Ayrshire Bulls (Scotland)	4	4	5	13
Garryowen (Ireland)	3	3	4	10

With Christmas now almost here, don't forget the Junior Drovers Christmas Party! It is being held on Sunday 15th December from 4pm to 6-30pm in the Club.

Tickets are available from Kate, Wendy, Laura and Meinir at £5 per child, all siblings are invited to join in the fun at the same price. This will include an afternoon tea, followed by ice cream, plus free entry to the big Christmas draw to win one of 10 hampers! Our DJ will be Mrs AdClad and we can't wait – who knows? Maybe Father Christmas will have time to call and see us before the end of the afternoon. Hope to see you all there!

For the rest of us, Chris and his team in the Clubhouse look forward to seeing you in the bar from Thursday evenings right through to Sunday lunch time for the Sunday Carvery - but you'll need to book!

To book a table (or a room for your party or social event) just get in touch with Chris on 07734 361686, email him (Chrisreeve90@yahoo.co.uk) or get in touch via his Facebook page. He will be happy to help out with all your entertainment needs.

We hope you are all looking forward to watching some fine rugby again at Church Bank over the Christmas holiday season. Edrychwn ymlaen i'ch gweld ym Manc yr Eglwys cyn bo hir. Gwerthfawrogwn eich cwmmi a'ch cefnogaeth yn fawr iawn. Er gwaethaf pawb a phopeth, 'dyn ni yma o hyd! Ymlaen Y Porthmyn!

Nadolig Llawen a Blwyddyn Newydd Dda i chi gyd – all at the Club wish all of you a very Happy Christmas and New Year.



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LLANDOVERY THEATRE

HORATIO NELSON THEATRE CAT

Writing from my starry window-sill!

Dear Readers,

With the wires filled with Brexit, and the Election and as the 'promises' roll in from politicians – it is interesting to note that none head towards supporting literature and the performing arts. Theatres close, libraries work half day a week with volunteers or don't open at all, schools cut drama and music from the curriculum.

Applause!

One must applaud the National Theatres in their effort to save the planet by turning down finance from Oil Companies, BUT it is not these theatres that are actually under threat of closure by this sacrifice – they will still Hoover up the bulk of government and arts grants. And it is, after all, the air we breathe that is the danger! So I ask if the chief executives of our government financed theatres walk to work, or ride a bike – do they dare do either? And would they risk sleeping on the streets as many will do this Christmas?

The Hedgehog

Our Llandovery Theatre is at a crossroads! Not because we have had our Arts grant cut, we have never had revenue funding from arts councils or local authority – No – we are like the hedgehog that has long been free to live to his full potential and is now under threat – an ancient species of hedgehog not recognised as valid today – a species that has developed a brilliant creative



world of drama and performance and now there must be change – Fate has come! She will stab her fork into our 'home' saying – no more use for you hedgehogs, get out!

There is, alas, unlikely to be an uprising against such an action – too much traffic for hedgehogs to stage a protest – to lie down in the road – tying themselves to the sidewalks, carrying banners – please support our Theatre – we cannot breathe – our creative life is running out of air!

Still it is good to offload! And more than good of you to listen! Listening is the one 'skill' that may save the world! Don't you agree?

If you would like to know more and are a reader of books we have four on Llandovery Theatre web page. Take a look at our theatre memoir What Country Friends is This? It tells all – our past, our present, and our everlasting love of theatre and performance, and our positive belief that there is a dream that will keep a little team of hedgehogs alive and creative at Llandovery Theatre for the next, maybe 20 years or so! Thank you!

Horatio Nelson
Theatre Cat
Llandovery Theatre.com

p.s. This is a picture of an Echidna sent to us by a friend. It is not a hedgehog – it is a species that has been in existence 20 – 50 million years and found in Australia! I bet this amazing creature could give us a few tips about survival!

Pwyllgor Apêl Establiedig yr Undd 2021 - Ardal Llansadwrn, Llanerda a Chlywern

FFAIR NADOLIG

SEXTONS ARMS, LLANSADWRN
5/12/19 – 6.00PM

Cynhaliwr Ffair Nadolig, yn dilyn deuddi'r gnoden Nadolig y Ffentref
ac ymwelediad a Sion Corri a threfnwyd gan Pwyllgor Ffairs/ffair Ddarben Llansadwrn.
Fydd eiddo'r Ffair Nadolig yn mynd at Pwyllgor Apêl yr Undd.
Felly dewch drwy'r ffentref i hwylhau'r ddiwyddadau'r Nadolig!

Os hoffich gael staton yn y Ffair Nadolig hwn, (SED y bwrdd) cyysylltwch â
Helen Carpenter 07886 807343 neu Cefin Davies – 07778 340100. Osceio cynnwys i paw!

Establiedig yr Undd Appeal Committee 2021 - Llansadwrn, Llanerda and Chlywern Area

CHRISTMAS FAIR

SEXTONS ARMS, LLANSADWRN
5/12/19 – 6.00PM

The Fair will be held following the lighting of the village Christmas tree and visit from Father Christmas organised by Llansadwrn Neighbourhood Action Committee.
The Fair profits will go towards the 1931 appeal.
We'd love you to come along to the village and enjoy the Christmas celebrations as often!

If you would like a stand at the Christmas Fair (SED a bwrdd) contact
Helen Carpenter 07886 807 343 or Cefin Davies - 07778 340100
(carpenter.well.com)



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BBC 2 FOLK AWARD FINALISTS TO PERFORM AT THE HERITAGE CENTRE



Cup O'Joe is a family trio who have been playing together from their early teens. Former BBC Radio 2 Young Folk Award Finalists, they blend the intricate tones of bluegrass, folk and jazz tones to create their own progressive acoustic sound with strong harmonies that blend together like only sibling harmonies can.

Their mix of original and re-imagined traditional songs are the ingredients for an energetic and enthusiastic performance which appeals to a wide audience and they are a growing presence on the acoustic music scene.

They have toured extensively throughout the UK and Central Europe and in 2017 they were selected to take part in a week-long Bluegrass festival in North Carolina – one of the first international bands to do so. Cup O'Joe have appeared on many media platforms and provided an insight of Celtic music on several BBC documentaries.

Visiting the Heritage Centre as part of a nationwide tour, Cup O'Joe will also perform some of the songs which are included on a new album of new and traditional music set to be released in January, some numbers featuring special guest musicians including David Benedict and Niall Murphy.

The concert at the Llanwrtyd & District Heritage and Arts Centre takes place on Tuesday 14th January at 7.30pm. Tickets are £8 and available from the Centre (can be ordered by post – please send cheque made out to Llanwrtyd & District Heritage & Arts Centre) or from Caffi Sosban in Llanwrtyd Wells.

Medical Detection Dogs



Last month I posted 2.5 kilos of used postage stamps to be sorted for the Medical Detection Dogs Charity.

Remember, every USABLE kilo is another £20.00 for M.D.D. Remember, leave approx. 1cm of paper all the way around.

The total I have collected so far stands at 57.6 kilos.

A very big thank you to all who have contributed however small.

Also, I'm grateful to Llanwrda, Llandoverly P.O.'s, Llanfair Surgery, Gwynfe Cat rescue Charity, Hugh Williams & Son.

The establishments above have very kindly agreed to accept your stamps on my behalf.

Do look up Medical Detection Dogs on your search engine.

LLANGADOG COMMUNITY HALL GROUPS/CLASSES

WEEKLY

Monday

- 8.30am – 12.30pm Cylch Meithrin
- 6.00pm – 7.00pm DDMIX
- 7.00pm – 9.00pm Table Tennis
- 7.00pm – 9.30pm Beekeepers (Starting Feb)

Tuesday

- 8.30am – 12.30pm Cylch Meithrin
- 4.45pm – 6.00pm Tai Chi
- 7.00pm – 9.00pm Bowls

Wednesday

- 8.30am – 12.30pm Cylch Meithrin
- 7.00pm – 9.00pm Badminton

Thursday

- 8.30am – 12.30pm Cylch Meithrin
- 2.00pm – 4.00pm Thursday Club – Chat & Crafts
- 6.00pm – 7.30pm Brownies

Mon – Sun

As and when Snooker

FORTNIGHTLY

- Wed 2.00pm – 4.00pm Social Club
- Sat 7.00pm – 10.30pm Film Club
- Fri 7.00pm – 10.30pm Film Club Buffs' Night
- Fri 7.00pm – 9.30pm Whist Drive

MONTHLY

- Last Wed** 7.30pm – 9.00pm Llangadog Gardening Club
- Second Tue** 2.00pm – 4.00pm Llangadog OAP
- First Thur** 7.00pm – 9.00pm Llangadog WI

Schools of Hope

Nadolig Llawen, Happy Christmas from all of the team at ChallengeAid both in Llandoverly and East Africa. We'd like to say a big thank you to all our supporters, donors and followers who have participated in challenges, attended events, donated money to projects, got involved in litter picks and shared our news and stories in 2019. It has been a busy year and we have just finished it off in style with a charity dinner with none other than Nigel Owens.



Our CEO Iestyn Thomas has just returned from Kenya where he was joined by Veronica Jones-Mathias who used to work at Llandoverly College has donated money to set up a new School of Hope at Dagorreti Muslim Primary School in memory of her late husband Mike Jones-Mathias. Here she is unveiling the plaque on the outside of the School of Hope.

If you are looking for something different for Christmas presents and want to buy local but with a global twist, then look no further. We are selling amazing handmade leather and bead key rings, dog collars and belts in a range of sizes. Key rings start at £4, with dog collars at £12 and belt prices ranging from £15 to £40. Just pop in and have a look what we have. The products have



been made by women who attended our literacy classes in Kajiado County in the very south of Kenya. Some of their children also attend our School of Hope at Bissil.

A number of people have recently asked what it is exactly that we do. We hope this helps to answer that question.

Why do we help to educate aspiring girls and boys living in the slum settlements of Africa?

To give them the opportunity to maximise their potential so that they can become the citizens and the leaders of tomorrow, thus breaking the vicious cycle of poverty.

Please help us to empower them!

If there is anything you would like to do to help us, pop into the office at 1 Kings Road, Llandoverly.





In order to help the otter population in Wales survive and flourish, Natural Resources Wales (NRW) is asking people to spot and report dead otters as part of a UK-wide project.

The Cardiff University Otter Project was set up in 1992 to autopsy dead otters, to map their genetic diversity, age and distribution across the UK, and to monitor pollution in rivers and streams

Information on otters is difficult to gather due to their elusive nature, however in order to support the species scientists need to build a picture of the health and spread of the native otter population.

People are asked to report sightings of dead otters to NRW by calling 03000 65 3000. NRW will then collect the body and deliver it to the Otter Project for analysis.

Hannah Mitchell, NRW Conservation Officer said: "If you spot a dead otter, please stop and take a photo and then report it to NRW, giving us as much detail as possible about its location.

"The more detail we have about where the otter has been found, the better chance we have of finding and collecting it.

"When the university does an autopsy, they look at a variety of things including weight and length; sex, age, reproductive status; teeth - wear, breakages, or signs of infection; abnormalities of abdominal and other organs.

"Your effort in reporting a dead animal will help us to gather valuable information about this secretive species, which in turn will help our efforts to ensure their ongoing revival."

A dead otter was found in Bute Park, Cardiff, in October and has undergone an autopsy.

Dr Eleanor Kean, Research Associate at the Cardiff University Otter Project: said:

"We have known for several years now that otters are using the river Taff in central Cardiff.

"It seems as though this otter left the main river and used a canal that then goes underground. Otters tend not to like going underground.

"It is likely this otter was unfamiliar with the area and left the water at this stage, trying to find where the water continues, rather than turning round to go back to the main river.

"Unfortunately, it died from a road traffic collision.

"For many years now, as otter populations are recovering, we are getting more and more reports of urban otters.

"However, in the 27-year history of the Cardiff University Otter Project, this is the closest otter carcass to have been found near to us in Cardiff.

"Our data collected with NRW is used to inform where road mitigation is needed in order to prevent otter road traffic casualties but this is the first in the city centre."



LLANDOVERY RECYCLE FACEBOOK GROUP

Llandovery Recycle Facebook group started in August 2019. The aim is to increase how much we recycle and reduce the amount of waste going to landfill. There is a lot of packaging that can technically be recycled that we can't put in our local council recycling bags. Terracycle run a number of national schemes to recycle many of these items and we aim to contribute to these. To date we have secured local collection sites for a number of packaging products and aim to have more in the near future.

The current products we can recycle, and their respective collection points, are listed below.

- Inhalers: AR & H Davies chemist, 4 Kings Road
- Contact lenses and packaging: Evans and Hughes Optician, 8 Stone Street
- Pet food pouches, treat and dry food packaging: Price of Llandovery, Myddfai Road
- Tooth paste and brushes: Llandovery dentist, 22 Stone Street

Please recycle with us and get in touch if you want to help.

llandover recycle@gmail.com
 FB: Llandovery Recycle

Roofing • Fascias
Guttering
Extensions
Painting/decorating
Plastering • Tiling
Carpentry
Kitchens/bathrooms
Flooring • Driveways
Patios
Landscaping
Groundworks



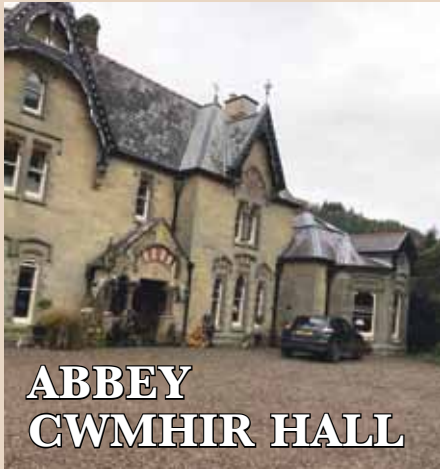
**For all of your
property maintenance
requirements**

01558 824482

07545 963517

FIND US ON FACEBOOK

enquiries@propertymaintenance247.co.uk



ABBEY CWMHIR HALL

In the grounds of Abbey Cwmhir Hall, the past meets the present in a way one can only describe as breathtaking. In twelve acres of beautiful park land sits a Victorian Gothic mansion. The entrance hall with its elaborate carved staircase, stained glass, vaulted ceiling and intricate tiled floor tells you that this is no ordinary tour which we were about to undertake!!

The family of Abbey Cwmhir Hall were waiting to take us through 52 rooms where “every room is a treasure”. Rococo ceilings, gothic windows, 14 marble fireplaces and display cabinets containing the most splendid artefacts were just a small part of this special place.

This was an unforgettable day for the Llanwrda Craft Ladies who returned home brimming with ideas and a plan to return at Easter time.

We would thoroughly recommend this enchanting Christmas tour!!

Don't forget that the Llanwrda Craft Group meet every first Tuesday in the Cornwallis Old School in the village – all are welcome.

Contact Chris on 01550 777800.



Christmas In Llanwrtyd Wells



The Llanwrtyd & District Heritage and Arts Centre Is holding a Victorian themed Christmas Drop-In as culmination to their exhibition “A Victorian Christmas” which has run since the beginning of November.

The exhibition has detailed how the Victorians influenced our modern day celebrations and in addition to information panels features the re-creation of a Victorian sitting room at Christmas.

The Drop- In will feature Victorian activities for the children, sherry and mince pies for the adults and Christmas Fayre from the era on sale, with volunteers dressed in Victorian costume.

Running from 10.00am – 4.00pm on Saturday 7th December the event runs concurrently with the Christmas Tree Festival held at St James' Church together providing the perfect start to Christmas celebrations.



COSY TOES **FOOT HEALTH PRACTITIONER**

Jill Lloyd, DipCFHP, MPSPract

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

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



Mobile: 07718 150571 or
Evenings: 01591 620355



Church Services

E-English W-Welsh B-Bilingual

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

(all services are bilingual)

St Cwrdaf Church, Llanwrda

- 1 Dec 8.30am Holy Eucharist
- 8 Dec 10.00am Holy Eucharist
- 15 Dec 8.30am Morning Prayer
- 24 Dec 6.30pm Community Christingle Service
- 25 Dec 9.00am Christmas Day Eucharist
- 5 Jan 8.30am Holy Eucharist
- 12 Jan 10.00am Holy Eucharist
- 19 Jan 8.30am Morning Prayer

St. Sadwrn Church, Llansadwrn

- 1 Dec 11.00am Holy Eucharist
- 15 Dec 11.00am Holy Eucharist
- 22 Dec 11.00am Family Crib Service (fill the stable)
- 24 Dec 11.30pm Midnight Mass
- 5 Jan 11.00am Holy Eucharist
- 19 Jan 11.00am Holy Eucharist
- 26 Jan 11.00am Rainbow Church

Capel Dewi Sant

- 1 Dec 2.15pm Holy Eucharist
- 8 Dec 7.30pm Concert with Bois Ar Wasgar
- 22 Dec 2.15pm Evening Prayer
- 25 Dec 8.00am Christmas Day Eucharist
- 29 Dec 10.00am Holy Eucharist United Service
- 5 Jan 2.15pm Holy Eucharist
- 12 Jan 2.15pm Holy Eucharist
- 26 Jan 2.15pm Evening Prayer

St. Paul's, Manordeilo

- 1 Dec 9.45am Holy Eucharist
- 8 Dec 9.45am Morning Prayer
- 15 Dec 9.45am Holy Eucharist
- 22 Dec 6.00pm Evening Carol Service
- 25 Dec 10.00am Christmas Day Eucharist
- 5 Jan 9.45am Holy Eucharist
- 12 Jan 9.45am Morning Prayer
- 19 Jan 9.45am Holy Eucharist
- 26 Jan 9.45am Holy Eucharist

For further information, please contact Vicar Revd Viv Sayer 01550 777200
revd.viv.sayer@gmail.com.

ST SIMON & ST JUDE, LLANDEUSANT

- 8 Dec 6.00pm Carols with Readings followed by mulled wine & Christmas nibbles
- 24 Dec 6.00pm Christmas Eucharist with Revd Jeff Thomas
- 12 Jan 2.00pm Evening Prayer
- 26 Jan 2.00pm Holy Eucharist with Revd Jeff Thomas

ST. CADOG'S, LLANGADOG

- 1 Dec 9.30am Holy Communion
- 8 Dec 9.30am Morning Prayer
- 15 Dec 9.30am Holy Communion
- 20 Dec 6.00pm Nine Lessons and Carols
- 22 Dec 9.30am Morning Prayer
- 25 Dec 10.30am Christmas Day Holy Communion
- 29 Dec 10.30am Joint service in Gwynfe Church

On the 6th December at 6.00pm there will be the judging of the Christmas Window Decorations in the Church and a Winter Fair.

For further information please contact Revd Jeff Thomas 01550 777758.

ST. DAVID'S CATHOLIC CHURCH, LLANDEILO

Tel: 01558 824305
Mass, SUNDAY 11.00a.m.
(for mid-week masses, please phone for details)

ST DAVID, ABERGORLECH

Services on the 1st and 3rd Sundays of the month at 9.30am

For further information, please contact Rev Delyth Wilson, 01558 685764.

PARISH OF LLANDOVERY WITH MYDDFAI

Llandingat

- 1 Dec 10.00am Family Service and Christingle
- 8 Dec 9.30am Eucharist
- 15 Dec 9.30am Eucharist
- 22 Dec 9.30am Eucharist
- 5.00pm Joint Carol Service
- 24 Dec 11.00am Eucharist
- 4.00pm Crib Service
- 11.30pm Eucharist
- 25 Dec 10.00am Family Service
- 11.00am Eucharist Service every

Tuesday

Llanfair

- 1 Dec 11.00am Eucharist
- 15 Dec 11.00am Eucharist and Carol service
- 25 Dec 9.30am Eucharist
- 29 Dec 10.30am Eucharist (Joint Service for all three services)

St Michael's, Myddfai

- 1 Dec 11.30am Eucharist
 - 8 Dec 11.30am Eucharist
 - 15 Dec 11.30am Morning Prayer
 - 22 Dec 11.30am Eucharist
 - 24 Dec 9.30pm Eucharist
- For further information please contact Church Warden, Gina Jones 01550 720790; Henry Caldicote 01550 779226 or Rev Tim Nelson 01558 685415.

PARISH OF LLANDEILO FAWR

Rev. Michael Sadler. Tel. 01558 823862

Llandeilo Parish Church

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

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

St John's Maestleio

- 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 Taliairs

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

TOWY CHRISTIAN FELLOWSHIP

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

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

ST MICHAEL'S, TALLEY

Services every Sunday at 11.00am

For further information, please contact Rev Delyth Wilson, 01558 685764.

ALL SAINTS GWYNFE

- 1 Dec 11.15am Eucharist
- 8 Dec 11.15am Morning Prayer
- 15 Dec 11.15am Morning Prayer
- 22 Dec 6.00pm Carol Service
- 25 Dec 9.30am Eucharist, Llangadog
- 29 Dec 10.30am Eucharist
- 5 Jan 11.15am Eucharist
- 12 Jan 11.15am Morning Prayer
- 19 Jan 11.15am Morning Prayer
- 26 Jan No Service

EBENEZER APOSTOLIC CHURCH, HALFWAY, TALLEY

Contact Mark Barrett on 01639 699943 / 07450 917447 or barrettm814@gmail.com

- 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)

THE CRISTADELPHIANS

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

- Sun 6.00pm Bible Talk
- Thurs 7.30pm Bible Study

PARISH OF CILYCWYM & YSTRAD FFIN WITH RHANDIRMWYN & CYNGHORDY

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

1 Dec	2.30pm	Holy Communion
8 Dec	2.30pm	Holy Communion
15 Dec	2.30pm	Evening Prayer
22 Dec	2.30pm	Crib, Carols, Communion
29 Dec	2.30pm	Evening Prayer
5 Jan	2.30pm	Holy Communion
12 Jan	2.30pm	Holy Communion
19 Jan	2.30pm	Evening Prayer
26 Jan	2.30pm	Holy Communion

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

St. Barnabas Church, Rhandirmwyn

1 Dec	7.00pm	Christmas by Candlelight
8 Dec	9.30am	Holy Communion
15 Dec	9.30am	Morning Prayer
22 Dec	9.30am	Carols, Crib & Communion
24 Dec	10.00pm	Christmas Communion
29 Dec	9.30am	Morning Prayer
5 Jan	9.30am	Holy Communion
12 Jan	9.30am	Holy Communion
19 Jan	9.30am	Morning Prayer
26 Jan	9.30am	Holy Communion

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

St. Michael's, Cilycwm

1 Dec	11.15am	Holy Communion
8 Dec	7.00pm	9 Lessons & Carols
15 Dec	11.15am	Morning Prayer
22 Dec	11.15am	Carols & Communion
25 Dec	6.00am	Plygain
	10.00am	Christmas Communion
29 Dec	11.15am	Morning Prayer
5 Jan	11.15am	Holy Communion
12 Jan	11.15am	Holy Communion
19 Jan	11.15am	Morning Prayer
26 Jan	11.15am	Holy Communion

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

BAPTIST CHAPEL

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

TY'R BUGAIL

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

ST CYNWIL, CYNWYL GAEO

Services on the 2nd and 4th Sundays of the month at 9.30am

For further information, please contact Rev Delyth Wilson, 01558 685764.

ST SAWYL, LLANSAWEL

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

For further information, please contact Rev Delyth Wilson, 01558 685764.

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

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.

PARISH OF LLANEGWAD WITH LLANFIHANGEL UWCH GWILI

Llanfihangel 8.30.a.m every Sunday (bilingual)
Holy Trinity, Pontargothi 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.

WILLIAM WILLIAMS CHAPEL

High Street, Llandovery

1 Dec	11.00am	1st Sunday in Advent. Worship & Communion.
8 Dec	11.00am	2nd Sunday in Advent. Worship.
15 Dec	11.00am	3rd Sunday in Advent. Worship
	6.00pm	Community Carol Service
22 Dec	11.00am	Christmas Sunday. Worship & Carols.

Ladies Service
2nd Tuesday of each month, 2.30pm.

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

OUR LADY'S R.C., LLANDOVERY

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

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

Services on the first Sunday at 2.30pm followed by tea, and the 3rd Sunday at 9.00am. Services bilingual.

Pilgrim Service on the 2nd Wednesday of the month, at 6.00pm to October, then 5.00pm from November to March.

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

RIVERS COMMUNITY CHURCH

Our Service time is at 5.00pm on a Sunday and we meet at The Hangout, Llandeilo. We also have a Life group on Thursday evenings.

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

THE WELL, LLANWRTYD WELLS

Join us for contemporary worship and fellowship twice a month at the Zion Vestry in Llanwrtyd Wells. Services are usually on the 2nd and 4th Sundays of the month at 6pm. We are currently having some building work done at the Well so December's meetings will be held at the Llanwrtyd Arts & Heritage Centre, 3 Ffos Road, LD5 4RG.

8 Dec	6.00pm	Evening worship, Llanwrtyd Arts & Heritage Centre
22 Dec	6.00pm	Carol Service, Llanwrtyd Arts & Heritage Centre

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



READERS' SALES & WANTS

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

FOR SALE

- **Fridge Freezer**, under counter, excellent working order and condition, £60 ono. Tel: 07805 093803.
- **Deer Antlers**, 16" long, good condition, £20. Tel: 07989 028414.
- **x2 Pieces of window glass**, 401mm x 601mm, free or donation to the trust. Tel: 07803 579581.
- **x2 Fish Tanks** with accessories, £20 for both. Tel: 01874 638121.
- **Dart board** with two sets of darts, £15. Tel: 01874 638121.
- **Oval bathroom mirror** with all fittings and a glass shelf, in excellent condition, £25 ono. Tel: 01550 721241.
- **Henry micro vacuum**, as new condition, comes with many attachments inc. air turbo brush, cost new £139, sell for £75 ono. Tel: 01550 721241.
- **Childs Tricycle**, excellent condition, only used indoors, suit age 3, £25. Tel: 01550 777149.
- **Strong galvanised weld mesh pet cage**, approx. 33" x 21", £20. Tel: 07922 174986 Llandello.
- **STAIRLIFT: ACORN**. Fits any typical curved staircase. 2-3 yrs old but only used for 2 years. £3000 includes delivery and fitting by trained acorn engineer plus 3 months manufacturers warranty. Quote ref: C259919. Free phone 0800 073 9793.
- **Spares or repair:** Fiat punto active sport 8v, Petrol 1.2, 2004, £200. Tel: 07583 203513.
- **Hunter Hawk 4 CE Multifuel Cleanburn Stove**. Burns logs or coal, £110 (buyer dismantles and collects). Tel: 01550 777980 (Llangadog).
- **Snooker Table**, Full size, inc Balls, rests, cues and table light £300 Tel: 07846 679712.
- **PHILLIPS HOSTESS TROLLEY**, 3 x Dishes & Shelved Cabinet. Ideal for Xmas, £35 vgc. Tel: 07769 929148.
- **Mobility scooters:** Breeze model IV, excellent condition with log book, £650 and a Super Glide, very good condition with new battery charger, £250 ono. Tel: 01269 841776.
- **York Fitness exercise bike**, £50. Tel: 01558 669004.
- **40 small mixed Picture Library**, Commando and Battle war paperbacks, in good condition, £25. Tel: 01558 824250.
- **11 modern Picture Library**, Commando and Battle Annuals, 12 war stories in each annual. Very good condition, £30. Tel: 01558 824250.
- **Antique Kitchenalia including a BLOW butter churn**, BEL cream maker and Thermos model 609 capacity a gallon, cheese grater, brass baking thermometer and mincer, £35. Tel: 01558 824250.
- **4, 1979 Avon ceramic Steins with metal lids**, serial numbered and different styles, £25. Tel: 01558 824250.
- **Milk and cheese making utensils**, all in stainless steel. 2 pails, 2 small churns, filter, measuring jug, strainer, scoops, cheese mould and books, £35. Tel: 01558 824250.
- **Artificial Christmas Tree**. Extremely realistic 7 foot tree in 3 sections with individual branches which can be manipulated to any desired shape, £40 – was over £70 new. Bethlehem 01550 777749.
- **Twin-pedestal yew wood dining table and 6 chairs**. Chairs recently been re-upholstered, £175. Tel: 01558 669004.
- **Voile 15mtrs x 150cm approx**, white with autumn leaf design, £20. Tel 01550 777796.
- **Casio keyboard**, good condition, £20. Tel 01550 777796.
- **Hague linker model D10**, Hand operated for sewing together knitwear, £150. Tel: 01550 777796.
- **Vegan Companion** (artist/poet), an understanding tenant with M.E, MCS & EMS offers shared skills for self-contained accommodation. Tel: 01550 721197 (please leave message and tel. number).
- **The Great Musicians** by Fabbri & Partners, set of 84 minus 2, 33rpm vinyl records in lovely condition with presentation cover including booklet. Offers invited. Tel: 01558 822538.
- **Oil fired central heating boiler burner unit**, working order, with some spares, £50 ono. Tel: 07989 028414.
- **Insulated copper water cylinder**, £20. Tel: 07989 028414.
- **x2 sets of Alexander McCall Smith Novels**. The No. 1 Ladies' Detective Agency, 20 books, as new, £30 and The Sunday Philosophy Club, 12 books, as new, £18. Tel: 01550 777149. Open to offers.
- **Daltons ATV Livestock Trailer**, 63" x 39" with divider, drop down mesh sides, loading door in rear tailgate, offers over £400. Tel: 01267 202362.
- **Fly Rod** by Shakspeare (Odyssey), 2pc. 8ft. takes 5/6 line, excellent condition, original bag, £35. Tel: 01269 822582.
- **Mountain bike**, British Eagle storm, £60. Tel: 01550 721345.
- **Aluminum Greenhouse**, 8ft x 6ft, buyer collects, £60. Tel: 01550 721345.
- **Beko Dishwasher**, good condition, £40. Tel: 01550 721345.
- **Composter**, cylinder barrel on stand, £20. Tel: 01550 721345.
- **Vintage bicycles:** 1940's Raleigh Racer, good working order, £60 and 1970's Raleigh Vixen, excellent condition, £60. Tel: 01550 777410.
- **Antique upright piano**, 1910 Arthur Allison, Rose Wood case, reconditioned 1992, regularly tuned, offers. Tel: 01550 777410.
- **Rounded front white washbasin** with semi-pedestal, approx. 500mm x 390mm. Pedestal height 34mm, suitable for en-suite or small bathroom, as new, £30. Can deliver locally. Tel: 01558 650325 Ffarmers area.
- **Prima fan oven**, stainless steel, built in with Electrolux 4 ring easy clean ceramic top, £95 ono. Tel: 01267 202230.

FRIENDS OF LLANDOVERY CHOIR

Monthly draw results:

September

1. John Holloway
2. Stan Billingham
3. Helen Wood
4. Delyth Davies
5. Ceri Davies
6. Louchlan Morgan
7. Eirian Williams

October

1. Wendy Morgan
2. Bethan Hope-Bell
3. Owen Bennett
4. Sarah James
5. Bleddyn Holgate
6. Gwenan Thomas
7. Kevin Davies

- **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.
- **Sawdust** ideal for animal bedding, £15 per builders bag. Tel: 07971 219838.
- **Gas Rayburn** in British racing green, vgc, £450. Tel: 01558 685028.

WANTED

- **Polytunnel Frame**, any size. Tel: 07496 352001.
- **Postmans waterproof coat**, size XL or XXL. Tel: 07922 174986 Llandeilo.
- **Urgent House to Rent Wanted.** Rural/semi-rural with garden (outbuilding if possible, not essential). Quiet couple (artists/writers). Rent and/or bartered skills in exchange. Older property with Rayburn acceptable. No wi-fi and not recently painted please (allergies). Current let 20 yrs. One or more properties considered to rent on same site (or detached long-term holiday let). Excellent references. Please telephone: 01550 721197 to leave details and telephone number.
- **Paid Help Sought:** Experienced and reliable carer, driver, home help (and some admin help) required for artistic vegan couple. Direct Payments Scheme or privately funded. Day care/overnight and respite work. Allergy aware staff for artistic Vegan client. Self-employed positions. Rural location. Advocacy and self-contained accommodation urgently required. Tel: 01550 721197 to leave details and telephone number.
- **Any vintage machinery.** Telephone Glyn on 01558 685256 or 07845 151981.
- **Grazing land**, possible long term and suitable for sheep, including sheds if possible. Tel: 07770 777992 / 07872 509031.
- **Lift share** from Llandybie to Llandovery, twice a month on a Sunday to attend poetry group meeting. Tel: 01550 721197.

MACMILLAN COFFEE MORNING

I would like to say a huge thank you to everyone who supported my coffee morning again this year.

I held my first coffee morning in 2013 and I have held one every year since.

This year we have raised £2,600 bringing the total raised to £11,600 since 2013.

I am so grateful to all the people who support my coffee morning every year and to my lovely family and friends who make it all possible.

I hope we can do it all again next year.

Thank you.

Bethan price



CHRISTMAS POP UP SHOP

Many exquisite creations made by the Wales based french artist Genevieve Caminade, such as 'Joie De Vivre' cushions of all sizes (inserts are 100% wool), lampshades, quilts and many other 'gifty' products, including a range of fashion accessories and paintings, some fabric creations are for children, some cushions, quilts and fabrics/wallhangings, curtains.

Please phone or email a couple of days beforehand to make an appointment: genevacaminade@hotmail.com, 01558 685175. www.genevievecaminade.co.uk



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PUCCINI AND SULLIVAN CONCERT ON SATURDAY 19 OCTOBER 2019 REVIEW BY DOUG CONSTABLE



'Nessun dorma' – 'None shall sleep': the last composition of Giacomo Puccini was the final offering at a rousing concert given in St Mary's Collegiate Church, Swansea, on 19 October by the West Wales Choral Collective, the West Wales Concert Orchestra, organist William Reynolds, soloists Haegge Lee (soprano), Robyn Lyn Evans (tenor), Robert Glyndwr Garland (bass-baritone), and conductor Gordon Kilby. At the end the audience's prolonged applause told its own story: some at least would be savouring the memory of this happy occasion well into the night.

Thanks to the generosity of sponsors, over £4000 from the concert proceeds was given to Tenovus Cancer Care and to Cancer Research Wales. Puccini himself died of cancer, aged sixty-six.

Prior to that closing aria, Haegge Lee touched hearts with her unaffected 'O Mio Babbino Caro' (O My Beloved Father). These solos (a present, surely, to the choir as well as to the audience) followed the main act, Puccini's *Messa di Gloria*.

Four generations of Puccini's forefathers had directed the music in Lucca Cathedral, and it was expected that Giacomo would be the fifth. But the Mass, written during his student years, proved to be his last liturgical work. It is fulsomely coloured with tones of romantic opera, and was well received at its first performance in 1880.

The Mass is vocally testing, including, as it does, some twelve fugal passages and full fugues. Singers from seven vocal ensembles came together to form the choral collective, and they evidently enjoyed performing this attractive work. In the large space of St Mary's, dynamic

contrasts did not always clearly sound, and a couple of the fugal entries might have come through more crisply. Overall, though, the singers' long weeks of preparation paid off handsomely; it was an uplifting performance, in which tribute should also be paid both to the fine orchestra led by Sophie Silverstone, whose parts could be heard with exemplary clarity, and to the forthright but sensitive singing of Evans and Garland.

The first half of the concert was given over to a performance of Arthur Sullivan's *Festival Te Deum* of 1872. A royal commission, to celebrate the recovery from life-threatening illness of the heir to the throne, its first performance was given in the Crystal Palace, long before electronic sound amplification, by a choir of two thousand, orchestra, and military band. Estimates of the audience size ranged from twenty-six to thirty-thousand souls.

A musical composition conceived on such a large scale could not succeed if inflected with too much subtle nuance. The work is, with the exception of the soprano solo 'When Thou tookest upon Thee' (given a performance of dignified beauty) largely a sustained blast of stately praise. A sense of high occasion is called for, and the choir rose to it admirably. From the very start, members of the audience will have known they'd come to an out-of-the-ordinary presentation.

Given the resources Sullivan asked to present this work, it was perhaps inevitable that sometimes the choir were almost overwhelmed by the brass and timpani. Given, too, that many passages demanded long, slow phrasing, the ability of the singers to project a sustained sense of high praise was continually tested. This listener, while glad to hear this rarely performed work, was left wondering if the minimum size choir needed for a fully realised offering would be at least twice the ninety or so singers helpfully listed in the programme.

Warm thanks are due to all who prepared and arranged this fine concert, and especially to Gordon Kilby, who must have accomplished even more behind the scenes than he did on the rostrum.



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 DECEMBER:

Welcome at 7.00pm to St Barnabas Church, Rhandirmwyn, when Llandovery College Choir will sing at the 'Christmas by Candlelight' concert. Admission: £5 at door, children under 15 free. In aid of St. Barnabas Church.

Llanwrtyd Wells, Christmas Craft Fayre in the Bromsgrove Hall 2pm - 4pm. Table-bookings @£10 (£5 deposit in advance) via Lynda Avery, email lysyp08@gmail.com Profits to Llanwrtyd's Christmas lights & tree, also local groups and school.

Myddfai Farmers Produce & Craft Market 12.00 noon to 4.00pm Come along for a great range of quality local produce. The Café & gift shop will be open too. www.myddfai.org. Tel 01550 720449.

The Ramblers - St. Illtyd's Way 3: Pontardulais to Mynydd Betws. Linear. Please contact the walk leader if you wish to participate in this walk. Dist. 7 miles. Moderate/Energetic Explorer map: 178 Meeting point: Tesco Ammanford. Dep. 9.00am and by car, organised by Dinefwr Ramblers. Leader: Carwyn Howells Mob. 07896 714334.

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

2 DECEMBER:

Table Tennis at Llangadog Community Centre, every Monday, 7.00pm - 9.00pm, Juniors and Seniors. Ring Mike 01550 777768.

Pontargothi Memorial Hall: Monday evenings, 7.30pm: Llanegwad Ballroom Dancers. Contact Carol 01267 290124.

Tai Chi Classes with Sue Wakefield at Myddfai Community Hall 7.00pm - 8.15pm. Tel 01550 720449 www.myddfai.org

French Classes: Beginners Mondays 4.15 - 6.00pm; Improvers Mondays 6.15 - 8.00pm at Llansawel village hall. Contact: Gillian Bowler on 01550 760067.

Llandovery Karate Club at Castle Hall, Llandovery, Monday & Friday, 5.00pm - 6.00pm. First Lesson FREE. From 6 Years, £4.50 per lesson. Follow us on Facebook. For further information ring: Matt Stockham on 07813 553868 or email: office@jkswwales.co.uk

3 DECEMBER:

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

Senior Citizens' Meeting at Ebenezer Church, Halfway, Nr Cwmdu. 1st and 3rd Tuesday of each month 10.30 a.m. Come along and enjoy friendship, quiz and refreshments. Contact Dorothy Stephens 01550 777210.

WeightWatchers meetings on every Tuesday at 5.30pm at Rhys Prichard Memorial Hall in Llandovery. More information available at weightwatchers.co.uk

Pontargothi Memorial Hall: Tuesday evenings 7.15pm: Pontargothi Short-mat Bowls Club. Contact Lynda 07772 987409.

Learn Easy Tai Chi Qigong for Health. Shibashi Form of 18 moves is a gentle flowing movement practice that uses breath and mindfulness. It is good for balance, muscles, joints, calmness, sleep, immune and cardiovascular system. Wear soft shoes and comfortable clothing. Llangadog, Tuesdays 4.45 - 6.00pm. Ring Sue on 07780 544470 or sue.j.wakefield@gmail.com

Singing at the Well: Llanwrtyd Wells, Tuesdays 11.00am - Noon at The Victoria Hall. A weekly singing group for anyone who enjoys singing or wishes to improve; we cover a wide range of genre to include folk; pop; world song. No previous experience required - a warm welcome awaits! Free / by donation. Please contact Becca on Tel: 07980 915660 for further information.

IN PURSUIT OF MUSICAL PERFECTION - 20 YEARS OF THE LLANDEILO FAWR FESTIVAL OF MUSIC: A talk by Julia Jones, the festival's founder and artistic director. Organised by Llanello and District Civic Society, non-members £3, 7.30pm, Capel Newydd Vestry Hall, Crescent Road, Llanello.

BADMINTON, Coronation Hall, Pumsaint. 10-12 noon. £1 per person. Please wear appropriate footwear. Please contact Yvonne, sports@clanlaw.org.uk or phone 01558 650870.

4 DECEMBER:

TABLE TENNIS: 7.15 to 9.00pm every Wednesday at pontargothi memorial hall, new members welcome, for more details phone David on 01267 290464.

Language classes: Every Wednesday Italian 6.15 to 8.00pm at Crugybar Village Hall. Lessons cost £10 weekly. Contact Gillian on 01550 760067 or email: gillypickering@aol.com

Badminton at Llangadog Community Centre every Wednesday. Seniors 7.30pm - 10.00pm. Contact: Seniors - Guido 01550 777193.

WeightWatchers meetings on every Wednesday at 5.30pm at Bishop Bevan Hall, Brecon. More information available at weightwatchers.co.uk

Drawing and Painting Tuition Classes [informal drop in classes] with practising artist in Talley and Llandeilo at the Angel Pub Function Rooms: Advanced: 11.00 am to 1.00pm, beginners: 1.30pm to 3.30pm. Other days and evening classes possible on request. For more info, and bookings contact Gene on 01558 685175 or email: genecaminade@hotmail.com. This course will continue through until Wednesday 18th December 2019, stop for 2 weeks and continue in the second week of January.

The Llandovery Writers Group every Wednesday. New writers always welcome: short stories, novels, scripts and poetry. Bring along work to crit and get help with improving your work. In the Llandovery Youth and Community Centre, Gerwyn House, 19 Market Square, SA20 0AB, 7.00 - 9.00pm. £5 per session.

Tai Chi Qigong for Health classes. Wednesdays: Cwmifor Hall, 9.30am - 10.45am; Cwmdu Vestry, 5.00pm - 6.15pm and 6.30pm - 7.45pm. We will be learning the Shibashi form of 18 moves. These are done in a slow flowing way with breath and mindfulness. The practice is beneficial for learning to release tension, relaxing, improving immune system, respiratory and cardiovascular systems. Also balance and flexibility. Suitable for beginners. Please wear comfortable loose clothing and soft soled shoes. Contact Sue on 07780 544470 or sue.j.wakefield@gmail.com

The Ramblers - Gelli Aur: Woods and valleys around this popular area. Chance of refreshments after in the café on the Golden Grove estate. Dist. 4 miles. Moderate Explorer map: 186 Meeting point: Llandeilo Railway Station. Dep. 11.00pm and by car, organised by Dinefwr Ramblers. Leader: Pam Marsh Tel. 01558 822225 Mob. 07929 003586.

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 Linda Tame on 01558 685156 or check out Talley and Cwmdu Smallholders on Facebook.

Winter Drawing/Painting Tuition for beginners and advanced with Genevieve Caminade at the Function Rooms, The Angel Pub, Llandeilo on Wednesdays 11.00am - 1.00pm advanced, 1.30pm - 3.00pm beginners. For further info and bookings: genecaminade@hotmail.com or tel: 01558 685175.

Italian beginners Wednesday 4.15 - 6.00pm, venue tbc. Contact: Gillian Bowler on 01550 760067.

5 DECEMBER:

Senior Citizens' Meeting at Ebenezer Church, Halfway, Nr Cwmdu. 1st and 3rd Tuesday of each month 10.30 a.m. Come along and enjoy friendship, quiz and refreshments. Contact Dorothy Stephens 01550 777210.

Kayak lessons, Llandovery pool, Thursday evening in term time. Kids £3.50 @ 7.00pm; Adults £7.50 @ 7.40pm; Ladies £7.50 @ 8.20pm. Details 07838 386069. Facebook page; Canoe club Llandovery.

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

Practical evening - composition techniques. A look at some practical technique's to help you improve your compositions and hopefully produce more interesting images. If you are interested in coming along visitors of any ability are always welcome and the first few meetings are free! 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 at www.dinefwrphotographicsociety.co.uk. For further information please contact one of the following; Dorian on 07492 741919, Simon on 07773 943536 or Will on 07768 960323.

TABLE TENNIS, Coronation Hall, Pumsaint. 10-12 noon. £1 per person. Please wear appropriate footwear. Please contact Yvonne, sports@clanlaw.org.uk or phone 01558 650870.

XMAS LIGHTS on in Llansadwrn 6.30pm, Free mince pies and mulled cider with carols at the Reading Room.

CHRISTMAS FAIR at the Sexton Arms in aid of Llandovery Urded Eisteddfod funds.

Cymdeithas Cwmdu. The meeting is held every first Thursday of the month in the Cwmdu Inn from 7.30pm. 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. For more information, contact the shop/pub on 01558 685156.

Llandovery Museum and Visitor Gateway will hold its AGM in the ballroom of the Castle Hotel, Llandovery at 4.15pm. Come along for a chance to meet the trustees and hear a review of the first 6 months.

Christmas Fair at Sextons Arms, Llansadwrn, 6.00pm, Eisteddfod yr Urdd Appeal Committee 2021 – Llansadwrn, Llanwrda and Gilycwm Area. The Fair will be held following the lighting of the village Christmas tree and visit from Father Christmas organised by Llansadwrn Reading Room Committee. The Fair profits will go towards the Urdd appeal. Why not come along to the village and enjoy the Christmas celebrations on offer! If you would like a stand at the Christmas Fair (£10 a table) contact Helen Carpenter 07866 697143 or Catrin Davies – 07778 940005. Everyone welcome!

6 DECEMBER:

LLANSAWEL FILM CLUB - EVERY FRIDAY - DOORS OPEN 7PM SHOW STARTS 7.30pm. High definition and surround sound. Bar; snacks; ice cream; sweets available. Annual membership £10 adults/£5 children for free entrance all year! To see what films are showing, check website – www.llansawel.org.uk/film-club or call Bill davis on 01558 685696/email twmdavis@gmail.com

Llandovery Carers Club. Do you look after someone? Come along and meet other people, make new friends in a relaxing, friendly group. A little time for you! First Friday of the month, 1.00pm – 3.00pm at The Castle Hotel, Kings Road, Llandovery SA20 OAP. For more information ring Vanessa Buckler on 0300 0200 002 or email: info@carmarshirescarers.org.uk www.carmarthenshirescarers.org.uk

Trecastle Community Centre, Beetle Drive and 100 Club Draw, 7.30pm. Fun evening for all the family, raffle, refreshments, mulled wine. See our Facebook pages for details. All welcome.

FRIDAY NIGHT IS MUSIC NIGHT! TOWY VALLEY rehearsal group of Cór Meibion De Cymru – The South Wales Male Choir at Ffairfach Tabernacle Vestry every Friday night between 7.30 – 9.30pm. Come and get a big welcome to join or just listen. Friday Night is Music Night! For info contact Gwynlais Phillips on 01994 448333.

Great News! Citizens Advice will continue to be at the Llandovery Youth and Community Centre every Friday from 9.00 am till 2.00 pm from September onwards. No appointment necessary. Just drop in. Llandovery Youth and Community Centre, Gerwyn House, Market Square, Llandovery, SA20 OAB. Tel: 01550 721499.

Pontargothi Memorial Hall: Friday afternoons 5.30 – 7.00pm: Yoga. Contact Sian 07534 974413.

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

Carer's Get-together. First Friday of every month at the Castle Hotel, Llandovery. Meet anytime between 1pm and 3pm. Informal, friendly get-together for carer's to have a cuppa and a chat. All welcome. See you on 6th December. Tel: Simon 01550 721197.

Fused Glass Xmas Decorations Workshops: Fun fused glass workshops for beginners in Babel, Llandovery, £23 per person, 10.00am – 1.00pm, to be booked via email or phone: tracey@bedwdesigns.com or 07527 409866. Come and see what you can create! Find me on facebook under: bedwdesigns or see my website: bedwdesigns.com for further details.

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

Conversational French avec Amelie, Friday 10.30am to 12.30pm, Llandeilo [venue to be confirmed] or 6.00pm to 8.00pm in Talley. Learn to speak french this winter. You will be immersed from day one in practical exercises. Info. and bookings email: amelie.vivelafrance@gmail.com

Llandovery Karate Club at Castle Hotel, Llandovery, Monday & Friday, 5.00pm – 6.00pm. First Lesson FREE. From 6 Years, £4.50 per lesson. Follow us on Facebook. For further information ring: Matt Stockham on 07813 553868 or email: office@jkswales.co.uk

7 DECEMBER:

SATURDAY BOOKS at Llansadwrn. 10.00am – 12.00pm Reading Room. Bring, browse and take away, plus free refreshments and local information in good company.

Llanwrtyd Wells Farmers and Craft Market at Victoria Hall, Llanwrtyd Wells from 10.00am – 1.00pm. first Saturday every month (except June 9th). Stalls selling fruit and veg, honey, eggs,jams,fudge, cakes as well as items made by local craftsmen and artists. For info contact Sue Middleton on 01591 610584/email flyinggoosequilting@gmail.com.

Cadog Film Club: Green Book Set in 1962 America, the true story of the relationship that develops between an African-American classical pianist

and his Italian-American driver during a concert tour of the racially charged deep south. 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

Christmas Tree Festival, St James' Church, Llanwrtyd Wells: displays, decorations, refreshments etc. This year's theme is 'Hope, Peace, Joy and Love' as represented by Advent colours - green, purple and pink. For more information or to enter, contact Virginia on 07796 950 822 or Julie 07810 173331.

Fused Glass Xmas Decorations Workshops: Fun fused glass workshops for beginners in Babel, Llandovery, £23 per person, 10.00am – 1.00pm, to be booked via email or phone: tracey@bedwdesigns.com or 07527 409866. Come and see what you can create! Find me on facebook under: bedwdesigns or see my website: bedwdesigns.com for further details.

Myddfai Christmas Craft Fair, 10.00am – 4.00pm Come along for a wide range of gifts, art, crafts & cakes. Our Café & Gift shop open too. 01550 720449 www.myddfai.org.

Cwmdu Inn. Food night in the community run restaurant from 7pm to 9.30pm. For details of the chef, menu and to book (recommended), please contact the shop/pub on 01558 685156.

Poultry Whist Drive at Llanwrda Village Hall. Mince pies and mulled wine at 7.30pm. M.C. Mr Geraint Davies.

8 DECEMBER:

Pontargothi Memorial Hall: 2.00 – 4.00pm Nantgaredig Community Band and 4.00 – 5.00pm Junior Band. Contact Norma 01267 290429.

The Ramblers – Garnswll: A hill walk up to Penlle'r Castell for views over Ammanford and back via Cwm Cathan. Dist. 7.5 miles. Moderate Explorer map: 178 Meeting point: Tesco Ammanford. Dep. 10.00am and on by car, organised by Dinefwr Ramblers. Leader: Ros B. Tel. 01558 823542 Mob. 07976 631083.

Midwinter Gathering at The Civic Hall, Llandeilo. Cymdeithas y Dalar, The Green House and Transition Tywi Trawsnewid would like to invite you to join us in our annual Midwinter Gathering. For the tenth time we will be meeting in the Civic Hall, Llandeilo at the beginning of December to escape for a short time the pre-Christmas hustle and bustle. This Midwinter Gathering will take place on Sunday the 8th of December from 4pm to 8pm, featuring live music, storytellers, activities for children, teas, coffees and cawl. You can join with the music and storytelling or bring biscuits or cakes to share with others. You can also simply come to soak up the friendly atmosphere and relax.

Dinefwr Poets. An informal small group of poetry lovers meet to read out their own poetry from 2.30 pm to 4.30 pm on the 2nd and 4th Sunday of every month at the Railway Station Cafe, Llandovery (the cafe is closed to the public at this time). Refreshments and cake available. All are very welcome. Tel: Mick: 01550 777656.

Eglwys Capel Dewi Sant Llansadwrn Noson yng nghwmni Bois ar Wasgar Nos Sul am 7.30yh. Llywydd – Sian Bowsley (Cothi Vale). Mynediad £5. Elw tuag at yr Eglwys.

9 DECEMBER:

NAAFI Morning at Llandovery Youth and Community Centre, 11.00am – 1.00pm. For more information contact us on 07582 717736.

Table Tennis at Llangadog Community Centre, every Monday, 7.00pm – 9.00pm, Juniors and Seniors. Ring Mike 01550 777768.

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

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Christmas Dinner organised by Llangadog OAP Association. Tel: 01550 777049 or 01550 777536 for info.

Singing at the Well: Llanwrtyd Wells, Tuesdays 11.00am – Noon at The Victoria Hall. A weekly singing group for anyone who enjoys singing or wishes to improve; we cover a wide range of genre to include folk; pop; world song. No previous experience required – a warm welcome awaits! Free / by donation. Please contact Becca on Tel: 07980 915660 for further information.

The Ramblers – Christmas dinner, The Angel Inn, Salem, organised by Dinefwr Ramblers.

BADMINTON, Coronation Hall, Pumsaint. 10-12 noon. £1 per person. Please wear appropriate footwear. Please contact Yvonne, sports@clanlaw.org.uk or phone 01558 650870.

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

R.A.B.I. Xmas Bingo at Mart Café, Carmarthen, 7.30pm

11 DECEMBER:

TABLE TENNIS: 7.15 to 9.00pm every Wednesday at pontargothi memorial hall, new members welcome, for more details phone David on 01267 290464.

Badminton at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Guido 01550 777193.

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CARMARTHEN & DISTRICT STAMP AND POSTCARD CLUB: Howard Jones on Carmarthen Sub Post Office Dealer Night at 132b Priory Street SA31 1LR, 7.00pm. Contact: C Williams 01267 236680.

Tai Chi Qigong for Health classes. Wednesdays: Cwmifor Hall, 9.30am – 10.45am; Cwmdu Vestry, 5.00pm – 6.15pm and 6.30pm – 7.45pm. We will be learning the Shibashi form of 18 moves. These are done in a slow flowing way with breath and mindfulness. The practice is beneficial for learning to release tension, relaxing, improving immune system, respiratory and cardiovascular systems. Also balance and flexibility. Suitable for beginners. Please wear comfortable loose clothing and soft soled shoes. Contact Sue on 07780 544470 or sue.j.wakefield@gmail.com

Christmas celebrations & Buffet Supper organised by Llandovery Floral Art Society at 7.00pm, Dolau Bran, Llandovery.

The Ramblers – Glanaman: Muddy tracks, riverside paths and some gentle climbs around Glanaman. Dist. 5 miles. Moderate Explorer map: OL12 Meeting point: Glanaman Bowls Club car park. Dep. 11.00am, organised by Dinefwr Ramblers. Leader: Wendy Davies Tel. 01269 826707 Mob. 07973 714795.

Pilgrim Service at Llanfihangel Rhos y Corn – at the earlier time of 5pm at St Michael's Llanfihangel, SA32 7RP – the second Wednesday of the month – a service of prayer and meditation. Info Revd Roger Nock on 01267 202347.

Red Kite Quiz League – Table Top Quiz 8.00pm Sexton Arms.

Winter Drawing/Painting Tuition for beginners and advanced with Genevieve Caminade at the Function Rooms, The Angel Pub, Llandeilo on Wednesdays 11.00am – 1.00pm advanced, 1.30pm – 3.00pm beginners. For further info and bookings: genecaminade@hotmail.com or tel: 01558 685175.

Italian beginners Wednesday 4.15 – 6.00pm, venue tbc. Contact: Gillian Bowler on 01550 760067.

Capel Dewi Turkey Bingo, 7.00pm at The Old School.

12 DECEMBER:

NAAFI Morning at Ammanford Pensioners Hall, Quay Street, Ammanford SA18 3EN, 10.30am – 12.30pm. For more information contact us on 07582 717736.

Kayak lessons, Llandovery pool, Thursday evening in term time. Kids £3.50 @ 7.00pm; Adults £7.50 @ 7.40pm; Ladies £7.50 @ 8.20pm. Details 07838 386069. Facebook page; Canoe club Llandovery.

Bingo organised by Capel Dewi Community Association, 7.00pm. Free Refreshments, all welcome at The Old School, Capel Dewi SA32 8AD

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

Christmas social evening at the White Hart. If you are interested in coming along visitors of any ability are always welcome and the first few meetings are free! 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 at www.dinefwrphotographicsociety.co.uk. For further information please contact one of the following: Dorian on 07492 741919, Simon on 07773 943536 or Will on 07768 960323.

TABLE TENNIS, Coronation Hall, Pumsaint. 10-12 noon. £1 per person. Please wear appropriate footwear. Please contact Yvonne, sports@clanlaw.org.uk or phone 01558 650870.

Cwmdu Classic Club. An informal monthly meeting in the Cwmdu Inn at 8pm for all those interested in classic and vintage machinery/vehicles. For further information, please contact the shop/pub on 01558 685156.

13 DECEMBER:

LLANSAWEL FILM CLUB - EVERY FRIDAY - DOORS OPEN 7PM SHOW STARTS 7.30pm. High definition and surround sound. Bar; snacks; ice cream; sweets available. Annual membership £10 adults/£5 children for free entrance all year! To see what films are showing, check website – www.llansawel.org.uk/film-club or call Bill davis on 01558 685696/email twmdavis@gmail.com

FRIDAY NIGHT IS MUSIC NIGHT! TOWY VALLEY rehearsal group of Cór Meibion De Cymru – The South Wales Male Choir at Ffairfach Tabernaec Vestry every Friday night between 7.30 – 9.30pm. Come and get a big welcome to join or just listen. Friday Night is Music Night! For info contact Gwynlais Phillips on 01994 448333.

Great News! Citizens Advice will continue to be at the Llandovery Youth and Community Centre every Friday from 9.00 am till 2.00 pm from September onwards. No appointment necessary. Just drop in. Llandovery Youth and Community Centre, Gerwyn House, Market Square, Llandovery, SA20 0AB. Tel: 01550 721499.

Pontargothi Memorial Hall: Friday afternoons 5.30 – 7.00pm: Yoga. Contact Sian 07534 974413.

BOWLS, SHORT MAT, Coronation Hall, Pumsaint. 7-9.15pm. £1 per person. Please bring footwear which hasn't been worn outside (slippers, pilmsolls). Please contact Yvonne, sports@clanlaw.org.uk or phone 01558 650870.

'CAROLS & CAWL' Sexton Arms 7.30pm with Cór Meibion De Cymru Ffairfach Rehearsal Group.

THE SEXTON ARMS CAWL & CAROLS EVENING WITH MEMBERS OF THE SOUTH WALES MALE VOICE CHOIR, 7.30pm. The Sexton arms will be holding a cawl & carols evening on Friday 13th December and would like to invite the senior citizens resident in the parish of Llanwadern 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 evening please contact Cliff on 01550 777099.

Conversational French avec Amelie, Friday 10.30am to 12.30pm, Llandeilo [venue to be confirmed] or 6.00pm to 8.00pm in Talley. Learn to speak french this winter. You will be immersed from day one in practical exercises. Info, and bookings email: amelie.vivelfrance@gmail.com

Llandovery Karate Club at Castle Hotel, Llandovery, Monday & Friday, 5.00pm – 6.00pm. First Lesson FREE. From 6 Years, £4.50 per lesson. Follow us on Facebook. For further information ring: Matt Stockham on 07813 553868 or email: office@jkswales.co.uk

14 DECEMBER:

SATURDAY BOOKS at Llanwadern. 10.00am – 12.00pm Reading Room. Bring, browse and take away, plus free refreshments and local information in good company.

Llanfihangel Christmas Tree Decorating – from 2pm – come and help decorate the tree and munchies to keep us going. We're getting ourselves ready for the Carol Service on Sunday. At St Michael's Church, Llanfihangel Rhos y Corn, SA32 7RP – for info ring 01267 202305.

Cwmdu. The village Christmas Dinner, held in the Cwmdu Inn, will be cooked this year by one of our regular local chefs, Sian. Limited numbers so booking is essential. For details of the menu and to book please contact the shop/pub on 01558 685156. One sitting 7pm for 7.30pm. Please place your order when booking and bring a little wrapped gift (value of about £1) for the "Secret Santa" on the night.

15 DECEMBER:

Farmers Market and Christmas Craft Fair. Last chance to buy locally produced Christmas food items and handmade crafts. All our usual stall

holders plus many more. Community cafe serving festive treats and mulled wine. See our Facebook pages for details.

Pontargothi Memorial Hall: 2.00 – 4.00pm Nantgareidig Community Band and 4.00 – 5.00pm Junior Band. Contact Norma 01267 290429.

Fused Glass Xmas Decorations Workshops: Fun fused glass workshops for beginners in Babel, Llandovery, £23 per person, 10.00am – 1.00pm, to be booked via email or phone: tracey@bedwdesigns.com or 07527 409866. Come and see what you can create! Find me on facebook under: bedwdesigns or see my website: bedwdesigns.com for further details.

The Ramblers – Fan Foel & Picws Du: A circular walk in the Carmarthen Fans on the ridge above Llyn y Fach Fan taking in Fan Foel and Picws Du. Dist. 8 miles. Energetic Explorer map: OL12 Meeting point: Llangadog Railway Station. Dep. 9.00am and on by car, organised by Dinefwr Ramblers. Leader: Stuart Collins Tel. 01550 721251 Mob. 07775 503441.

Carol Service – at 3pm at St Michael's Church, Llanfihangel Rhos y Corn, SA32 7RP, followed by a tea of mince pies and cake in the Church Hall. Come and see the uniquely decorated windows and our Christmas Tree. Info Revd Roger Nock on 01267 202347.

Providence Chapel, Cwmdu. There will be an afternoon service at 2.00pm.

16 DECEMBER:

Table Tennis at Llangadog Community Centre, every Monday, 7.00pm – 9.00pm, Juniors and Seniors. Ring Mike 01550 777668.

Pontargothi Memorial Hall: Monday evenings, 7.30pm: Llanegwad Ballroom Dancers. Contact Carol 01267 290124.

Table Tennis at Llangadog Community Centre, every Monday, 7.00pm – 9.00pm, Juniors and Seniors. Ring Mike 01550 777668.

Tai Chi Classes with Sue Wakefield at Myddfai Community Hall 7.00pm – 8.15pm. Tel 01550 720449 www.myddfai.org

French Classes: Beginners Mondays 4.15 – 6.00pm; Improvers Mondays 6.15 – 8.00pm at Llansawel village hall. Contact: Gillian Bowler on 01550 760067.

Llandovery Karate Club at Castle Hotel, Llandovery, Monday & Friday, 5.00pm – 6.00pm. First Lesson FREE. From 6 Years, £4.50 per lesson. Follow us on Facebook. For further information ring: Matt Stockham on 07813 553868 or email: office@jkswales.co.uk

17 DECEMBER:

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

Senior Citizens' Meeting at Ebenezer Church, Halfway, Nr Cwmdu. 1st and 3rd Tuesday of each month 10.30 a.m. Come along and enjoy friendship, quiz and refreshments. Contact Dorothy Stephens 01550 777210.

WeightWatchers meetings on every Tuesday at 5.30pm at Rhys Pritchard Memorial Hall in Llandovery. More information available at weightwatchers.co.uk

Pontargothi Memorial Hall: Tuesday evenings 7.15pm: Pontargothi Short-mat Bowls Club. Contact Lynda 07772 987409.

Learn Easy Tai Chi Qigong for Health. Shibashi Form of 18 moves is a gentle flowing movement practice that uses breath and mindfulness. It is good for balance, muscles, joints, calmness, sleep, immune and cardiovascular system. Wear soft shoes and comfortable clothing. Llangadog, Tuesdays 4.45 – 6.00pm. Ring Sue on 07780 544470 or sue.j.wakefield@gmail.com

Singing at the Well: Llanwrtyd Wells, Tuesdays 11.00am – Noon at The Victoria Hall. A weekly singing group for anyone who enjoys singing or wishes to improve; we cover a wide range of genre to include folk; pop; world song. No previous experience required - a warm welcome awaits! Free / by donation. Please contact Becca on Tel: 07980 915660 for further information.

BADMINTON, Coronation Hall, Pumsaint. 10-12 noon. £1 per person. Please wear appropriate footwear. Please contact Yvonne, sports@clanlaw.org.uk or phone 01558 650870.

Neuadd Arms hotel, Llanwrtyd Wells at 7.30pm, Xmas Nosh Night. For more information, see the website or ring 01591 610236.

18 DECEMBER:

TABLE TENNIS: 7.15 to 9.00pm every Wednesday at pontargothi memorial hall, new members welcome, for more details phone David on 01267 290464.

Badminton at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Guido 01550 777193.

WeightWatchers meetings on every Wednesday at 5.30pm at Bishop Bevan Hall, Brecon. More information available at weightwatchers.co.uk

The Llandovery Writers Group every Wednesday. New writers always welcome: short stories, novels, scripts and poetry. Bring along work to crit and get help with improving your work. In the Llandovery Youth and Community Centre, Gerwyn House, 19 Market Square, SA20 0AB, 7.00 – 9.00pm. £5 per session.

Tai Chi Qigong for Health classes. Wednesdays: Cwmifor Hall, 9.30am – 10.45am; Cwmdu Vestry, 5.00pm – 6.15pm and 6.30pm – 7.45pm. We

will be learning the Shibashi form of 18 moves. These are done in a slow flowing way with breath and mindfulness. The practice is beneficial for learning to release tension, relaxing, improving immune system, respiratory and cardiovascular systems. Also balance and flexibility. Suitable for beginners. Please wear comfortable loose clothing and soft soled shoes. Contact Sue on 07780 544470 or sue.j.wakefield@gmail.com

Drawing and Painting Tuition Classes [informal drop in classes] with practising artist in Talley and Llandeilo at the Angel Pub Function Rooms: Advanced: 11.00 am to 1.00pm, beginners: 1.30pm to 3.30pm. Other days and evening classes possible on request. For more info, and bookings contact Gene on 01558 685175 or email: genecaminade@hotmail.com. This course will continue through until Wednesday 18th December 2019, stop for 2 weeks and continue in the second week of January.

Winter Drawing/Painting Tuition for beginners and advanced with Genevieve Caminade at the Function Rooms, The Angel Pub, Llandeilo on Wednesdays 11.00am – 1.00pm advanced, 1.30pm – 3.00pm beginners. For further info and bookings: genecaminade@hotmail.com or tel: 01558 685175.

Italian beginners Wednesday 4.15 – 6.00pm, venue tbc. Contact: Gillian Bowler on 01550 760067.

The Ramblers – Brechfa-Brygwr: Airsty woodlands and great views of the Cothi valley on this leisurely walk. Dist. 4.5 miles. Moderate Explorer map: 186 Meeting point: Llandeilo Railway Station. Dep. 10.00am and on by car, organised by Dinefwr Ramblers. Leader: Ros B. Tel. 01558 823542 Mob. 07976 631083.

19 DECEMBER:

Senior Citizens' Meeting at Ebenezer Church, Halfway, Nr Cwmdu. 1st and 3rd Tuesday of each month 10.30 a.m. Come along and enjoy friendship, quiz and refreshments. Contact Dorothy Stephens 01550 777210.

Kayak lessons. Llandovery pool, Thursday evening in term time. Kids £3.50 @ 7.00pm; Adults £7.50 @ 7.40pm; Ladies £7.50 @ 8.20pm. Details 07838 386069. Facebook page; Canoe club Llandovery.

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

Photo challenge: the second evening of this year's challenges, bring along 3-4 of your challenge topic images in digital format for projection on the big screen! If you are interested in coming along visitors of any ability are always welcome and the first few meetings are free! 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 at www.dinefwrphotographicsociety.co.uk. For further information please contact one of the following; Dorian on 07492 741919, Simon on 07773 943536 or Will on 07768 960323.

TABLE TENNIS, Coronation Hall, Pumsaint. 10-12 noon. £1 per person. Please wear appropriate footwear. Please contact Yvonne, sports@clanlaw.org.uk or phone 01558 650870.

20 DECEMBER:

LLANSAWEL FILM CLUB - EVERY FRIDAY - DOORS OPEN 7PM SHOW STARTS 7.30pm. High definition and surround sound. Bar; snacks; ice cream; sweets available. Annual membership £10 adults/£5 children for free entrance all year! To see what films are showing, check website – www.llansawel.org.uk/film-club or call Bill davis on 01558 685696/email twmddavis@gmail.com

FRIDAY NIGHT IS MUSIC NIGHT! TOWY VALLEY rehearsal group of Cór Meibion De Cymru – The South Wales Male Choir at Ffrifach Tabernaec Vestry every Friday night between 7.30 – 9.30pm. Come and get a big welcome to join or just listen. Friday Night is Music Night! For info contact Gwynlais Phillips on 01994 448333.

Great News! Citizens Advice will continue to be at the Llandovery Youth and Community Centre every Friday from 9.00 am till 2.00 pm from September onwards. No appointment necessary. Just drop in. Llandovery Youth and Community Centre, Gerwyn House, Market Square, Llandovery, SA20 0AB. Tel: 01550 721499.

From the Floor – your opportunity to call a dance. Email: danceyfenfi@gmail.com before the day, Rhys Pritchard Hall, SA20 0DD £5 incl. refreshments. 7.30pm – 10.30pm For info. 01550 720483 www.facebook.com/llandoveryfolkandcwmdu.llandoveryfolkandcwmdu.co.uk

Pontargothi Memorial Hall: Friday afternoons 5.30 – 7.00pm: Yoga. Contact Sian 07534 974413.

Cadog Film Club: The Favourite Early 18th century England. Queen Anne occupies the throne but her close friend, Lady Sarah, governs in her stead. When a new servant, Abigail, arrives there is rivalry to become the Queen's favourite. 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.

Talley Craft Club. The Craft and Sewing Group are now meeting on the 3rd Friday of every month in St. Michael's Church Hall from 10am – 12noon. All welcome.

Cwmdu. Christmas carols around the village Christmas tree at 6pm followed by mince pies, mulled wine and hot spiced cider, served in the welcoming warmth of the Cwmdu Inn with its inglenook fireplace and roaring log fire. This will be followed by the monthly fun quiz at 8.00pm with Richard Hughes setting the questions. Free entry. Come with a team or join one on the night. Mulled wine and hot spiced cider will be available from the bar during the evening (subject to availability) to liven the spirits and stimulate the brain cells. For more details phone shop/pub on 01558 685156.

Conversational French avec Amelie, Friday 10.30am to 12.30pm, Llandeilo [venue to be confirmed] or 6.00pm to 8.00pm in Talley. Learn to speak french this winter. You will be immersed from day one in practical exercises. Info. and bookings email: amelie.vivelafrance@gmail.com

Llandovery Karate Club at Castle Hotel, Llandovery, Monday & Friday, 5.00pm – 6.00pm. First Lesson FREE. From 6 Years, £4.50 per lesson. Follow us on Facebook. For further information ring: Matt Stockham on 07813 553868 or email: office@jkswales.co.uk

21 DECEMBER:

LLANSAWEL MARKET - EVERY 3RD SATURDAY IN THE MONTH IN THE VILLAGE HALL - 10.00 am to 12.30pm. Stalls selling local meat; organic vegetables; home baking; local cheese; eggs; some crafts etc. Stalls available for £5. For more info: call Bill Davis on 01558 685696 /email: twmdavis@gmail.com

SATURDAY BOOKS at Llanسادwrn, 10.00am – 12.00pm Reading Room. Bring, browse and take away, plus free refreshments and local information in good company.

Cwmdu Inn. Food night in the community run restaurant from 7pm to 9.30pm. For details of the chef, menu and to book (recommended), please contact the shop/pub on 01558 685156.

22 DECEMBER:

Dinefwr Poets. An informal small group of poetry lovers meet to read out their own poetry from 2.30 pm to 4.30 pm on the 2nd and 4th Sunday of every month at the Railway Station Cafe, Llandovery (the cafe is closed to the public at this time). Refreshments and cake available. All are very welcome. Tel: Mick: 01550 777656.

The Ramblers – St. Illtyd's Way 4. Mynydd Betws to Pontardawe. Linear. Please contact the walk leader if you wish to participate in this walk. Dist. 8 miles. Moderate/Energetic Explorer Map: 178 Meeting point: Tesco Ammanford. Dep. 9.00am and on by car, organised by Dinefwr Ramblers. Leader: Jim S. Mob. 07851 365303.

23 DECEMBER:

Table Tennis at Llangadog Community Centre, every Monday, 7.00pm – 9.00pm, Juniors and Seniors. Ring Mike 01550 77768.

Pontargothi Memorial Hall: Monday evenings, 7.30pm: Llanegwad Ballroom Dancers. Contact Carol 01267 290124.

Table Tennis at Llangadog Community Centre, every Monday, 7.00pm – 9.00pm, Juniors and Seniors. Ring Mike 01550 77768.

Tai Chi Classes with Sue Wakefield at Myddfai Community Hall 7.00pm – 8.15pm. Tel 01550 720449 www.myddfai.org

French Classes: Beginners Mondays 4.15 – 6.00pm; Improvers Mondays 6.15 – 8.00pm at Llansawel village hall. Contact: Gillian Bowler on 01550 760067.

Llandovery Karate Club at Castle Hotel, Llandovery, Monday & Friday, 5.00pm – 6.00pm. First Lesson FREE. From 6 Years, £4.50 per lesson. Follow us on Facebook. For further information ring: Matt Stockham on 07813 553868 or email: office@jkswales.co.uk

24 DECEMBER:

WeightWatchers meetings on every Tuesday at 5.30pm at Rhys Prichard Memorial Hall in Llandovery. More information available at weightwatchers.co.uk

Pontargothi Memorial Hall: Tuesday evenings 7.15pm: Pontargothi Short-mat Bowls Club. Contact Lynda 07772 987409.

Learn Easy Tai Chi Qigong for Health. Shibashi Form of 18 moves is a gentle flowing movement practice that uses breath and mindfulness. It is good for balance, muscles, joints, calmness, sleep, immune and cardiovascular system. Wear soft shoes and comfortable clothing. Llangadog, Tuesdays 4.45 - 6.00pm. Ring Sue on 07780 544470 or sue.j.wakefield@gmail.com

Singing at the Well: Llanrwyt Wells, Tuesdays 11.00am – Noon at The Victoria Hall. A weekly singing group for anyone who enjoys singing or wishes to improve; we cover a wide range of genre to include folk; pop; world song. No previous experience required - a warm welcome awaits! Free / by donation. Please contact Becca on Tel: 07980 915660 for further information.

Christmas Eve Candlelight Communion – at 11.30pm Candlelight Communion at Llanfihangel Rhos y Corn Church, SA32 7RP . Come and see Christmas in with us. Wrap up warm. As featured in the December 2013 issue of Country Living in the "Carols by Candlelight" top ten across the UK . Info Revd Roger Nock on 01267 202347.

BADMINTON, Coronation Hall, Pumsaint, 10-12 noon. £1 per person. Please wear appropriate footwear. Please contact Yvonne, sports@clanlaw.org.uk or phone 01558 650870.

25 DECEMBER:

TABLE TENNIS: 7.15 to 9.00pm every Wednesday at pontargothi memorial hall, new members welcome, for more details phone David on 01267 290464.

Tai Chi Qigong for Health classes. Wednesdays: Cwmifor Hall, 9.30am – 10.45am; Cwmdu Vestry, 5.00pm – 6.15pm and 6.30pm – 7.45pm. We will be learning the Shibashi form of 18 moves. These are done in a slow flowing way with breath and mindfulness. The practice is beneficial for learning to release tension, relaxing, improving immune system, respiratory and cardiovascular systems. Also balance and flexibility. Suitable for beginners. Please wear comfortable loose clothing and soft soled shoes. Contact Sue on 07780 544470 or sue.j.wakefield@gmail.com

Cwmdu Inn. Christmas Day - the bar will be open from 11.00am to 2.00pm for members of the community to have a pre-Christmas lunch drink, but it will be closed afterwards for a private function.

Winter Drawing/Painting Tuition for beginners and advanced with Genevieve Caminade at the Function Rooms, The Angel Pub, Llandeilo on Wednesdays 11.00am – 1.00pm advanced, 1.30pm – 3.00pm beginners. For further info and bookings: genecaminade@hotmail.com or tel: 01558 685175.

26 DECEMBER:

Cwmdu Inn. Boxing Day – Hopefully, the bar will be open in the evening but for opening times please see our website www.cwmdu.org or ring 01558 685156.

The Ramblers – Boxing Day Walk: A breath of fresh air after the Christmas feasting. A walk in the Dryslwyn Castle area. Usual refreshments. Dist. 2 miles. Easy Explorer Map: 186 Meeting point: Dryslwyn Castle car park. Dep. 11am, organised by Dinefwr Ramblers. Leader: Hugh & Pam Simpson Tel. 01558 822405 Mob. 07810 414378.

27 DECEMBER:

LLANSAWEL FILM CLUB - EVERY FRIDAY - DOORS OPEN 7PM SHOW STARTS 7.30pm. High definition and surround sound. Bar; snacks; ice cream; sweets available. Annual membership £10 adults/£5 children for free entrance all year! To see what films are showing, check website – www.llansawel.org.uk/film-club or call Bill davis on 01558 685696/email twmdavis@gmail.com

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BOWLS. SHORT MAT, Coronation Hall, Pumsaint. 7-9.15pm. £1 per person. Please bring footwear which hasn't been worn outside (slippers, pilmsolls). Please contact Yvonne, sports@clanlaw.org.uk or phone 01558 650870.

Cwmdu Inn. Tom Corcoran presents his annual pub quiz at 8pm. No entry fee, no prizes, just a lot of fun.

Conversational French avec Amelie, Friday 10.30am to 12.30pm, Llandeilo [venue to be confirmed] or 6.00pm to 8.00pm in Talley. Learn to speak french this winter. You will be immersed from day one in practical exercises. Info. and bookings email: amelie.vivelafrance@gmail.com

Llandovery Karate Club at Castle Hotel, Llandovery, Monday & Friday, 5.00pm – 6.00pm. First Lesson FREE. From 6 Years, £4.50 per lesson. Follow us on Facebook. For further information ring: Matt Stockham on 07813 553868 or email: office@jkswales.co.uk

28 DECEMBER:

SATURDAY BOOKS at Llanسادwrn, 10.00am – 12.00pm Reading Room. Bring, browse and take away, plus free refreshments and local information in good company.

Cwmdu Inn. Food night in the community run restaurant from 7pm to 9.30pm. For details of the chef, menu and to book (recommended), please contact the shop/pub on 01558 685156.

29 DECEMBER:

The Ramblers – Coed Trallwm: Forestry and mountain walking in a remote area. Dist. 7 miles. Energetic Explorer Map: 200 & 188 Meeting point: Llandover Railway Station. Dep. 9.30am on by car, organised by Dinefwr Ramblers. Leader: Michael Owen Tel. 01269 269591 Mob. 07763 513568.

30 DECEMBER:

Table Tennis at Llangadog Community Centre, every Monday, 7.00pm – 9.00pm, Juniors and Seniors. Ring Mike 01550 777668.

Pontargothi Memorial Hall: Monday evenings, 7.30pm: Llanegwad Ballroom Dancers. Contact Carol 01267 290124.

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French Classes: Beginners Mondays 4.15 – 6.00pm; Improvers Mondays 6.15 – 8.00pm at Llanawel village hall. Contact: Gillian Bowler on 01550 760067.

Llandover Karate Club at Castle Hotel, Llandover, Monday & Friday, 5.00pm – 6.00pm. First Lesson FREE. From 6 Years, £4.50 per lesson. Follow us on Facebook. For further information ring: Matt Stockham on 07813 553868 or email: office@jkswales.co.uk

31 DECEMBER:

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

WeightWatchers meetings on every Tuesday at 5.30pm at Rhys Prichard Memorial Hall in Llandover. More information available at weightwatchers.co.uk

Pontargothi Memorial Hall: Tuesday evenings 7.15pm: Pontargothi Shortmat Bowls Club. Contact Lynda 07772 987409.

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BADMINTON, Coronation Hall, Pumsaint. 10-12 noon. £1 per person. Please wear appropriate footwear. Please contact Yvonne, sports@clanlaw.org.uk or phone 01558 650870.

Cwmdu Inn. A New Year's Eve party from 7pm. Free entry. Richard Hughes will be Question Master for a fun quiz at 8pm. Please bring a plate of food to share or a donation towards a buffet meal. Phil Lloyd from Llansteffan and his band of folk musicians will be bringing Mari Lwyd from 10.30pm to help see in the New Year. Come and join us! For more details, please see our website www.cwmdu.org, ring 01558 685156 or see us on Facebook.

New Year's Eve celebrations in Llanwrtyd Wells. Entertainment, Samba band and live music from 9pm, traditional New Year's Eve Walk-In, a torch-lit 'Mari Lwyd' procession leaving the Neuadd Arms at 10.30pm with refreshments en route and ending with the midnight count-down in the Square. Everybody welcome, free entry, small charge for torches. For more information, see www.green-events.co.uk or telephone 01591 610666/610236.

1 JANUARY:

TABLE TENNIS: 7.15 to 9.00pm every Wednesday at pontargothi memorial hall, new members welcome, for more details phone David on 01267 290464.

Language classes: Every Wednesday Italian 6.15 to 8.00pm at Crugbyr Village Hall. Lessons cost £10 weekly. Contact Gillian on 01550 760067 or email: gillypickering@aol.com

Badminton at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Guido 01550 777193.

The Llandover Writers Group every Wednesday. New writers always welcome: short stories, novels, scripts and poetry. Bring along work to crit and get help with improving your work. In the Llandover Youth and Community Centre, Gerwyn House, 19 Market Square, SA20 0AB, 7.00 – 9.00pm. £5 per session.

Tai Chi Qigong for Health classes. Wednesdays: Cwmifor Hall, 9.30am – 10.45am; Cwmdu Vestry, 5.00pm – 6.15pm and 6.30pm – 7.45pm. We will be learning the Shibashi form of 18 moves. These are done in a slow flowing way with breath and mindfulness. The practice is beneficial for learning to release tension, relaxing, improving immune system, respiratory and cardiovascular systems. Also balance and flexibility. Suitable for

beginners. Please wear comfortable loose clothing and soft soled shoes. Contact Sue on 07780 544470 or sue.j.wakefield@gmail.com

Cwmdu Smallholders. The group for smallholders, meeting on the first Wednesday of each month, will be 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.

Llanwrtyd Wells New Year's Day Walk, a 5 or 6 mile guided walk at an easy/moderate pace with free entry leaving the Square at 11am. Everybody welcome, including children and dogs (bring leads). Please wear appropriate clothing/footwear and bring water and a snack. For more information see: www.green-events.co.uk or telephone 01591 610666/610236.

Winter Drawing/Painting Tuition for beginners and advanced with Genevieve Caminate at the Function Rooms, The Angel Pub, Llandilo on Wednesdays 11.00am – 1.00pm advanced, 1.30pm – 3.00pm beginners. For further info and bookings: geneviaminate@hotmail.com or tel: 01558 685175.

Italian beginners Wednesday 4.15 – 6.00pm, venue tbc. Contact: Gillian Bowler on 01550 760067.

2 JANUARY:

Senior Citizens' Meeting at Ebenezer Church, Halfway, Nr Cwmdu. 1st and 3rd Tuesday of each month 10.30 a.m. Come along and enjoy friendship, quiz and refreshments. Contact Dorothy Stephens 01550 777210.

TABLE TENNIS, Coronation Hall, Pumsaint. 10-12 noon. £1 per person. Please wear appropriate footwear. Please contact Yvonne, sports@clanlaw.org.uk or phone 01558 650870.

Cymdeithas Cwmdu. A meeting in the Cwmdu Inn at 8pm to discuss the social plans for the community over the coming weeks and months of 2020. If you have any ideas for events or there are any issues that you would like to raise regarding the community activities, please come along - everyone is welcome!

Llanwrtyd Wells 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

3 JANUARY:

LLANSAWEL FILM CLUB - EVERY FRIDAY - DOORS OPEN 7PM SHOW STARTS 7.30pm. High definition and surround sound. Bar; snacks; ice cream; sweets available. Annual membership £10 adults/£5 children for free entrance all year! To see what films are showing, check website - www.llansawel.org.uk/film-club or call Bill davis on 01558 685696/email twmdavis@gmail.com

Llandover Carers Club. Do you look after someone? Come along and meet other people, make new friends in a relaxing, friendly group. A little time for you! First Friday of the month, 1.00pm – 3.00pm at The Castle Hotel, Kings Road, Llandover SA20 0AP. For more information ring Vanessa Buckler on 0300 020 002 or email: info@carmarshshirecarers.org.uk www.carmarshshirecarers.org.uk

FRIDAY NIGHT IS MUSIC NIGHT! TOWY VALLEY rehearsal group of Cór Meibion De Cymru - The South Wales Male Choir at Ffairfach Tabernacle Vestry every Friday night between 7.30 – 9.30pm. Come and get a big welcome to join or just listen. Friday Night is Music Night! For info contact Gwynlais Phillips on 01994 448333.

Great News! Citizens Advice will continue to be at the Llandover Youth and Community Centre every Friday from 9.00 am till 2.00 pm from September onwards. No appointment necessary. Just drop in. Llandover Youth and Community Centre, Gerwyn House, Market Square, Llandover, SA20 0AB. Tel: 01550 721499.

Pontargothi Memorial Hall: Friday afternoons 5.30 – 7.00pm: Yoga. Contact Sian 07534 974413.

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

BOWLS, SHORT MAT, Coronation Hall, Pumsaint. 7-9.15pm. £1 per person. Please bring footwear which hasn't been worn outside (slippers, plimsolls). Please contact Yvonne, sports@clanlaw.org.uk or phone 01558 650870.

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

Carer's Get-together. First Friday of every month at the Castle Hotel, Llandover. Meet anytime between 1pm and 3pm. Informal, friendly get-together for carer's to have a cuppa and a chat. All welcome. See you on the 1st November. Tel: Simon 01550 721197.

Llandover Karate Club at Castle Hotel, Llandover, Monday & Friday, 5.00pm – 6.00pm. First Lesson FREE. From 6 Years, £4.50 per lesson. Follow us on Facebook. For further information ring: Matt Stockham on 07813 553868 or email: office@jkswales.co.uk

4 JANUARY:

SATURDAY BOOKS at Llansadwrn. 10.00am – 12.00pm Reading Room. Bring, browse and take away, plus free refreshments and local information in good company.

Cadog Film Club: All Is True A look at the life of William Shakespeare after he retires and returns to his family in Stratford upon Avon. 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. For details of this week's chef, the menu and to book (recommended), please contact the shop/pub on 01558 685156.

5 JANUARY:

FRIENDS OF BRECON AND DISTRICT MIND'S 'NEW YEAR MUSICAL TEA PARTY'. If not too late, I'd be grateful if you would, please, list the Friends of Brecon and District Mind's 'New Year Musical Tea Party' which takes place at Brecon and District Mind's centre at Ty Croeso, St David's House, 48 Free Street, Brecon, on Sunday 5 January between 3 and 6 pm. There will be musical entertainment, a delicious tea and seasonal contributions.

The Ramblers – St. Illyd's Way 5: Pontardawe to Resolven. Linear. Please contact the walk leader if you wish to participate in this walk. Dist. 9 miles. Energetic. Explorer Map: 165, 166 Meeting point: Tesco Ammanford Dep. 9.00am and on by car, organised by Dinefwr Ramblers. Leader: Wendy Leslie Tel. Mob. 07969 213560.

6 JANUARY:

Table Tennis at Llangadog Community Centre, every Monday, 7.00pm – 9.00pm, Juniors and Seniors. Ring Mike 01550 777688.

Pontargothi Memorial Hall: Monday evenings, 7.30pm: Llanegwad Ballroom Dancers. Contact Carol 01267 290124.

Tai Chi Classes with Sue Wakefield at Myddfai Community Hall 7.00pm – 8.15pm. Tel 01550 720449 www.myddfai.org

WASPI CAMPAIGN 2018, CARMARTHENSHIRE NORTH, meeting at 6.00pm in the Youth & Community Centre, 19 Market Square, Llandovery, SA20 OAB.

Llanwrda and Llansadwrn Countrywomen 1.30pm Llansadwrn Reading Room. Presentation by Pat Rowlands: A Peep into the World of Machine Embroidery.

French Classes: Beginners Mondays 4.15 – 6.00pm; Improvers Mondays 6.15 – 8.00pm at Llansadwrn village hall. Contact: Gillian Bowler on 01550 760067.

Llandovery Karate Club at Castle Hotel, Llandovery, Monday & Friday, 5.00pm – 6.00pm. First Lesson FREE. From 6 Years, £4.50 per lesson. Follow us on Facebook. For further information ring: Matt Stockham on 07813 553868 or email: office@jkswales.co.uk

7 JANUARY:

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

Senior Citizens' Meeting at Ebenezer Church, Halfway, Nr Cwmdu. 1st and 3rd Tuesday of each month 10.30 a.m. Come along and enjoy friendship, quiz and refreshments. Contact Dorothy Stephens 01550 777210.

Pontargothi Memorial Hall: Tuesday evenings 7.15pm: Pontargothi Short-mat Bowls Club. Contact Lynda 07772 987409.

Learn Easy Tai Chi Qigong for Health. Shibashi Form of 18 moves is a gentle flowing movement practice that uses breath and mindfulness. It is good for balance, muscles, joints, calmness, sleep, immune and cardiovascular system. Wear soft shoes and comfortable clothing. Llangadog, Tuesdays 4.45 - 6.00pm. Ring Sue on 07780 544470 or sue.j.wakefield@gmail.com

Singing at the Well: Llanwrtyd Wells, Tuesdays 11.00am – Noon at The Victoria Hall. A weekly singing group for anyone who enjoys singing or wishes to improve; we cover a wide range of genre to include folk, pop; world song. No previous experience required – a warm welcome awaits! Free / by donation. Please contact Becca on Tel: 07980 915660 for further information.

BADMINTON, Coronation Hall, Pumsaint. 10-12 noon. £1 per person. Please wear appropriate footwear. Please contact Yvonne, sports@clanlaw.org.uk or phone 01558 650870.

8 JANUARY:

TABLE TENNIS: 7.15 to 9.00pm every Wednesday at pontargothi memorial hall, new members welcome, for more details phone David on 01267 290464.

Badminton at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Guido 01550 777193.

Drawing and Painting Tuition Classes [informal drop in classes] with practising artist in Talley and Llandeilo at the Angel Pub Function Rooms: Advanced: 11.00 am to 1.00pm, beginners: 1.30pm to 3.30pm. Other days and evening classes possible on request. For more info. and bookings

contact Gene on 01558 685175 or email: geneccaminade@hotmail.com. This course will continue through until Wednesday 18th December 2019, stop for 2 weeks and continue in the second week of January.

The Llandovery Writers Group every Wednesday. New writers always welcome: short stories, novels, scripts and poetry. Bring along work to crit and get help with improving your work. In the Llandovery Youth and Community Centre, Gerwyn House, 19 Market Square, SA20 OAB, 7.00 – 9.00pm. £5 per session.

CARMARTHEN & DISTRICT STAMP AND POSTCARD CLUB: Letter N Night at 132b Priory Street SA31 1LR, 7.00pm. Contact: C Williams 01267 236680.

Tai Chi Qigong for Health classes. Wednesdays: Cwmifor Hall, 9.30am – 10.45am; Cwmdu Vestry, 5.00pm – 6.15pm and 6.30pm – 7.45pm. We will be learning the Shibashi form of 18 moves. These are done in a slow flowing way with breath and mindfulness. The practice is beneficial for learning to release tension, relaxing, improving immune system, respiratory and cardiovascular systems. Also balance and flexibility. Suitable for beginners. Please wear comfortable loose clothing and soft soled shoes. Contact Sue on 07780 544470 or sue.j.wakefield@gmail.com

Pilgrim Service at Llanfihangel Rhos y Corn at 5pm at St Michael's Church, Llanfihangel, SA32 7RP – the second Wednesday of the month – a service of prayer and meditation. - Info Revd Roger Nock on 01267 202347.

Winter Drawing/Painting Tuition for beginners and advanced with Genevieve Caminade at the Function Rooms, The Angel Pub, Llandeilo on Wednesdays 11.00am – 1.00pm advanced, 1.30pm – 3.00pm beginners. For further info and bookings: geneccaminade@hotmail.com or tel: 01558 685175.

Italian beginners Wednesday 4.15 – 6.00pm, venue tbc. Contact: Gillian Bowler on 01550 760067.

The Ramblers – National Botanic Gardens: Visiting the gardens in winter. We may see snowdrops and other early flowers, as well as enjoying Waun Las National Nature Reserve. Great views over the Tywi valley and coffee and cakes after our walk. Dist. 5 miles. Easy Explorer Map: 186 Meeting point: Llandeilo Railway Station. Dep. 10.00am and on by car, organised by Dinefwr Ramblers. Leader: Ros B. Tel. 01558 823542 Mob. 07976 631083.

9 JANUARY:

TABLE TENNIS, Coronation Hall, Pumsaint. 10-12 noon. £1 per person. Please wear appropriate footwear. Please contact Yvonne, sports@clanlaw.org.uk or phone 01558 650870.

Cwmdu Classic Club. An informal monthly meeting in the Cwmdu Inn at 8pm for all those interested in classic and vintage machinery/vehicles. For further information, please contact the shop/pub on 01558 685156.

IT'S FUN TO SING WITH 'TYWI HARMONY'. It's a New Year. Why not try something different? 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 Elyfrn Hall, Llandeilo (far end of Dinefwr Ave, off new Rd, by Spar.) Search our website 'Tywi Harmony' to find out more. (All info on web site correct, except dates.) Do phone if it is your first time. Enquiries – Vivienne on 01550 779062 or David on 01269 597303.

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

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Pontargothi Memorial Hall: Friday afternoons 5.30 – 7.00pm: Yoga. Contact Sian 07534 974413.

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Llandovery Karate Club at Castle Hotel, Llandovery, Monday & Friday, 5.00pm – 6.00pm. First Lesson FREE. From 6 Years, £4.50 per lesson. Follow us on Facebook. For further information ring: Matt Stockham on 07813 553868 or email: office@jkswales.co.uk

11 JANUARY:

SATURDAY BOOKS at Lansadwm. 10.00am – 12.00pm Reading Room. Bring, browse and take away, plus free refreshments and local information 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 685156.

12 JANUARY:

Stained Glass Classes – begin at Myddfai Community Hall. 10.00am – 1.00pm every Sunday. Contact Les on 07879 119223 or email les@myddfai.org for more details. 5 week courses.

Dinefwr Poets. An informal small group of poetry lovers meet to read out their own poetry from 2.30 pm to 4.30 pm on the 2nd and 4th Sunday of every month at the Railway Station Cafe, Llandovery (the cafe is closed to the public at this time). Refreshments and cake available. All are very welcome. Tel: Mick: 01550 777656.

The Ramblers – Liansawel: A walk in the hills North of the village following lanes, tracks and field paths through open farmland and forestry. Dist. 8.5 miles. Moderate/energetic Explorer Map: 186 Meeting point: Llandeilo Railway Station. Dep. 9.30am and on by car, organised by Dinefwr Ramblers. Leader: Jude & John Charteris Tel. 01558 823004 Mob. 07776 433921.

13 JANUARY:

Table Tennis at Llangadog Community Centre, every Monday, 7.00pm – 9.00pm, Juniors and Seniors. Ring Mike 01550 777768.

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BADMINTON, Coronation Hall, Pumsaint. 10-12 noon. £1 per person. Please wear appropriate footwear. Please contact Yvonne, sports@clanlaw.org.uk or phone 01558 650870.

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

15 JANUARY:

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Badminton at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Guido 01550 777193.

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Italian beginners Wednesday 4.15 – 6.00pm, venue tbc. Contact: Gillian Bowler on 01550 760067.

The Ramblers – Myddfai – Cilgwyn Woods: A pleasant walk through woodlands and country lanes. Good views - weather permitting. Dist. 4.5 miles. Moderate Explorer Map: OL12 Meeting point: Myddfai Community Hall car park. Dep. 11.00am, organised by Dinefwr Ramblers. Leader: Phil Howes Tel. 01550 720112 Mob. 07802 856007.

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Live band CAT'S CLAW Llanwrda Hall SA19 8HD 7.30pm – late NIGHT OUT FUNDING it would be appreciated if you would bring food to share for midway break. For info. 01550 720483, www.facebook.com/llandoveryfolkandcwm www.llandoveryfolkandcwm.co.uk

Pontargothi Memorial Hall: Friday afternoons 5.30 – 7.00pm: Yoga. Contact Sian 07534 974413.

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

Cadog Film Club: Foxtrox A troubled family must face facts when something goes terribly wrong at their son's desolate military post. (Hebrew with English subtitles). 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.

BOWLS, SHORT MAT, Coronation Hall, Pumsaint. 7-9.15pm. £1 per person. Please bring footwear which hasn't been worn outside (slippers,

plimsolls). Please contact Yvonne, sports@clanlaw.org.uk or phone 01558 650870.

Cwmdu. Monthly fun quiz at 8.00pm with Richard Hughes setting the questions. Free entry. Come with a team or join one on the night.

Talley Craft Club. The Craft and Sewing Group are now meeting on the 3rd Friday of every month in St. Michael's Church Hall from 10am – 12noon. All welcome.

TWMPATH/CEILIDH with live band CAT'S CLAW www.cats-claw.co.uk caller Mic Spenceley, Llanwrda Hall SA19 8HD 7.30pm – late NIGHT OUT FUNDED please bring food to share for midway break £10 /£5 under 16s. www.facebook.com/llandoverfolkandcwmdu www.llandoverfolkandcwmdu.co.uk or tel. Jean on 01550 720483.

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18 JANUARY:

LLANSAWEL MARKET - EVERY 3RD SATURDAY IN THE MONTH IN THE VILLAGE HALL - 10.00 am to 12.30pm. Stalls selling local meat; organic vegetables; home baking; local cheese; eggs; some crafts etc. Stalls available for £5. For more info: call Bill Davis on 01558 685696 /email: twmdavis@gmail.com

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CYMRDEITHAS HYNAFIAETHAU SIR GAERFYRDDIN – Y DDARLITH GYMRAEG 2020 CARMARTHENSHIRE ANTIQUARIAN SOCIETY – THE WELSH LECTURE 2020: Iorwerth C Peate a'r Crefftau yng Nghymru, Iorwerth C Peate and the Crafts in Wales, Siaradwr/Speaker: Fflur Morse, Uwch Guradur Bywyd Diwyllianol Amgueddfa Cymru, Senior Curator Cultural Life National Museum Wales, 2.30 yp/pm, Y Neuadd, Llyfrgell Caerfyrddin, The Hall, Carmarthen Library. Croeso i bawb. All welcome. Simultaneous translation available. Gwefan/Website: www.carmants.org.uk

19 JANUARY:

The Ramblers – South and West of Abergorlech: Forest, rivers and open farmland Dist. 9 miles. Energetic Explorer Map: 186 Meeting point: Llandeilo Railway Station. Dep. 9.00am and on by car, organised by Dinefwr Ramblers. Leader: Jim S. Tel. Mob. 07851 365303.

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BADMINTON, Coronation Hall, Pumsaint. 10-12 noon. £1 per person. Please wear appropriate footwear. Please contact Yvonne, sports@clanlaw.org.uk or phone 01558 650870.

22 JANUARY:

TABLE TENNIS: 7.15 to 9.00pm every Wednesday at pontargothi memorial hall, new members welcome, for more details phone David on 01267 290464.

Badminton at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Guido 01550 777193.

The Llandover Writers Group every Wednesday. New writers always welcome: short stories, novels, scripts and poetry. Bring along work to crit and get help with improving your work. In the Llandover Youth and Community Centre, Gerwyn House, 19 Market Square, SA20 0AB, 7.00 – 9.00pm. £5 per session.

Tai Chi Qigong for Health classes. Wednesdays: Cwmifor Hall, 9.30am – 10.45am; Cwmdu Vestry, 5.00pm – 6.15pm and 6.30pm – 7.45pm. We will be learning the Shibashi form of 18 moves. These are done in a slow flowing way with breath and mindfulness. The practice is beneficial for learning to release tension, relaxing, improving immune system, respiratory and cardiovascular systems. Also balance and flexibility. Suitable for beginners. Please wear comfortable loose clothing and soft soled shoes. Contact Sue on 07780 544470 or sue.j.wakefield@gmail.com

Winter Drawing/Painting Tuition for beginners and advanced with Genevieve Caminade at the Function Rooms, The Angel Pub, Llandeilo on Wednesdays 11.00am – 1.00pm advanced, 1.30pm – 3.00pm beginners. For further info and bookings: genecaminade@hotmail.com or tel: 01558 685175.

Italian beginners Wednesday 4.15 – 6.00pm, venue tbc. Contact: Gillian Bowler on 01550 760067.

The Ramblers – Llangennech: Pleasant walk from the village, paths through woodlands. Dist. 5 miles. Moderate Explorer Map: 178 Meeting point: Llandybie Railway Station. Dep 1.00pm and on by car, organised by Dinefwr Ramblers. Leader: David Murfin Tel. 01269 850914 Mob. 07872 428423.

23 JANUARY:

TABLE TENNIS, Coronation Hall, Pumsaint. 10-12 noon. £1 per person. Please wear appropriate footwear. Please contact Yvonne, sports@clanlaw.org.uk or phone 01558 650870.

Llandover Garden Club will welcome Helen John, who is Project manager of the Regency Restoration project at the National Botanical Gardens, to give us a talk about "Middleton Paradise Regained, Restoring a Regency Rarity". This is our first meeting of the year so at 7.00pm we will begin our with the A G M. At 7.30pm over to our Speaker & then a cup of tea or coffee and biscuits and then time to draw the raffle. We look forward to more people joining our Club so please come along and share the evening with us. For further information please phone Babs Rees on 01550 720771.

IT'S FUN TO SING WITH 'TYWI HARMONY'. It's a New Year. Why not try something different? 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.) Search our website 'Tywi Harmony' to find out more. (All info on web site correct, except dates.) Do phone if it is your first time. Enquiries – Vivienne on 01550 779062 or David on 01269 597303.

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

24 JANUARY:

LLANSAWEL FILM CLUB - EVERY FRIDAY - DOORS OPEN 7PM SHOW STARTS 7.30pm. High definition and surround sound. Bar; snacks; ice cream; sweets available. Annual membership £10 adults/£5 children for free entrance all year! To see what films are showing, check website – www.llansawel.org.uk/film-club or call Bill davis on 01558 685696/email twmdavis@gmail.com

FRIDAY NIGHT IS MUSIC NIGHT! TOWY VALLEY rehearsal group of Cór Meibion De Cymru – The South Wales Male Choir at Fairfach Tabernaclle Vestry every Friday night between 7.30 – 9.30pm. Come and get a big welcome to join or just listen. Friday Night is Music Night! For info contact Gwynlais Phillips on 01994 448333.

Great News! Citizens Advice will continue to be at the Llandover Youth and Community Centre every Friday from 9.00 am till 2.00 pm from September onwards. No appointment necessary. Just drop in. Llandover Youth and Community Centre, Gerwyn House, Market Square, Llandover, SA20 0AB. Tel: 01550 721499.

Pontargothi Memorial Hall: Friday afternoons 5.30 – 7.00pm: Yoga. Contact Sian 07534 974413.

BOWLS, SHORT MAT, Coronation Hall, Pumsaint, 7-9.15pm. £1 per person. Please bring footwear which hasn't been worn outside (slippers, pimsolls). Please contact Yvonne, sports@clanlaw.org.uk or phone 01558 650870.

Llandoverly Karate Club at Castle Hotel, Llandoverly, Monday & Friday, 5.00pm – 6.00pm. First Lesson FREE. From 6 Years, £4.50 per lesson. Follow us on Facebook. For further information ring: Matt Stockham on 07813 553868 or email: office@jkswales.co.uk

25 JANUARY:

Fused Glass Workshops: Fun fused glass workshops for beginners in Babel, Llandoverly. £25 per person, to be booked via email or phone: tracey@bedwdesigns.com or 07527 409866. Come and see what you can create! Find me on facebook under: bedwdesigns or see my website: bedwdesigns.com for further details. (Note that the price has increased in January to previous).

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

26 JANUARY:

Myddfai Farmers Market at Myddfai Community Hall 12.00 noon to 4.00pm. Come along for a great range of local foods & crafts, our café & gift shop will be open too www.myddfai.org 01550 720449.

Dinefwr Poets. An informal small group of poetry lovers meet to read out their own poetry from 2.30 pm to 4.30 pm on the 2nd and 4th Sunday of every month at the Railway Station Cafe, Llandoverly (the cafe is closed to the public at this time). Refreshments and cake available. All are very welcome. Tel: Mick: 01550 777656.

The Ramblers – Llangadog: From Glansawdde bridge, through the village heading East into the surrounding fields and woods. Dist. 7.5 miles. Moderate Explorer Map: OL12 Meeting point: Glan Sawdde bridge. Dep. 9.30am, organised by Dinefwr Ramblers. Leader: Beryl Williams Tel. 01550 777870 Mob. 07713 709204.

27 JANUARY:

Table Tennis at Llangadog Community Centre, every Monday, 7.00pm – 9.00pm, Juniors and Seniors. Ring Mike 01550 777768.

Pontargothi Memorial Hall: Monday evenings, 7.30pm: Llanegwad Ballroom Dancers. Contact Carol 01267 290124.

Tai Chi Classes with Sue Wakefield at Myddfai Community Hall 7.00pm – 8.15pm. Tel 01550 720449 www.myddfai.org

French Classes: Beginners Mondays 4.15 – 6.00pm; Improvers Mondays 6.15 – 8.00pm at Llansawel village hall. Contact: Gillian Bowler on 01550 760067.

Llandoverly Karate Club at Castle Hotel, Llandoverly, Monday & Friday, 5.00pm – 6.00pm. First Lesson FREE. From 6 Years, £4.50 per lesson. Follow us on Facebook. For further information ring: Matt Stockham on 07813 553868 or email: office@jkswales.co.uk

28 JANUARY:

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

Pontargothi Memorial Hall: Tuesday evenings 7.15pm: Pontargothi Short-mat Bowls Club. Contact Lynda 07772 987409.

Learn Easy Tai Chi Qigong for Health. Shibashi Form of 18 moves is a gentle flowing movement practice that uses breath and mindfulness. It is good for balance, muscles, joints, calmness, sleep, immune and cardiovascular system. Wear soft shoes and comfortable clothing. Llangadog, Tuesdays 4.45 - 6.00pm. Ring Sue on 07780 544470 or sue.j.wakefield@gmail.com

Singing at the Well: Llanwrtyd Wells, Tuesdays 11.00am – Noon at The Victoria Hall. A weekly singing group for anyone who enjoys singing or wishes to improve, we cover a wide range of genre to include folk; pop; world song. No previous experience required - a warm welcome awaits! Free / by donation. Please contact Becca on Tel: 07980 915660 for further information.

BADMINTON, Coronation Hall, Pumsaint, 10-12 noon. £1 per person. Please wear appropriate footwear. Please contact Yvonne, sports@clanlaw.org.uk or phone 01558 650870.

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

29 JANUARY:

TABLE TENNIS: 7.15 to 9.00pm every Wednesday at pontargothi memorial hall, new members welcome, for more details phone David on 01267 290464.

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Italian beginners Wednesday 4.15 – 6.00pm, venue tbc. Contact: Gillian Bowler on 01550 760067.

AGM and social Evening, 7.00pm organised by Llangadog & District Gardening Association. Tel: 01550 779122 for further info.

The Ramblers – Cefn Drum & Graig Fawr: A circular walk on open ground with views of the Loughor Valley and Pontarddulais. Dist. 6 miles. Moderate Explorer Map: 178 Meeting point: Tesco Ammanford car park. Dep. 10.30am on by car, organised by Dinefwr Ramblers. Leader: Wendy & Alwyn Squires Tel. 01269 594415 Mob. 07969 846115.

30 JANUARY:

TABLE TENNIS, Coronation Hall, Pumsaint, 10-12 noon. £1 per person. Please wear appropriate footwear. Please contact Yvonne, sports@clanlaw.org.uk or phone 01558 650870.

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Pontargothi Memorial Hall: Friday afternoons 5.30 – 7.00pm: Yoga. Contact Sian 07534 974413.

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

BOWLS, SHORT MAT, Coronation Hall, Pumsaint, 7-9.15pm. £1 per person. Please bring footwear which hasn't been worn outside (slippers, pimsolls). Please contact Yvonne, sports@clanlaw.org.uk or phone 01558 650870.

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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. 07/20(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 05/20(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 12/20(12)

MARTIN F. M. WATTS. ARCHITECTURAL ASSOCIATES LTD./ CYSWLLT PENSARNIOL CYF. Plans prepared for extensions, renovations, new dwellings, barn conversions etc. Reasonable fees. Established 1989. Maesyreos, Llanwrda SA19 8HD. T. 01550 777591. M. 07854 148915. email: mfmw44@gmail.com 05/20(6)

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A LARGE STOCK OF GOOD QUALITY SECOND-HAND BOOKS, RECORDS AND CDs AWAIT YOU at 'Discovery', 52 Cwmmamman Road, Garmant, Ammanford SA18 1NF. Comprehensive stocks of Fiction Novels, Non-Fiction, Reference, Technical, Welsh etc. – Popular categories, best sellers and top authors. Records and CDs from Rock to Classical, Jazz, 60s, Country, Folk, World Music etc. etc. Call and see us soon – you may be pleasantly surprised. Open Monday to Friday 10.00am to 5.00pm. 03/20(6)

BUILDING SERVICES

BUILDER AND HOUSE MAINTENANCE. Barn conversions, plastering, skimming, repointing of stonework, PVC facias, painting and carpentry, reroofing. No job too big or small. 25+ years experience. References available. IP Building Contractor 07967 713342. 12/20(12)

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. 07/20(12)

GREGORY JONES. Home Choose Carpets, Llandeilo. All types of carpets supplied and fitted. We come to you. Tel: 07766 517569. 04/20(6)

BENJAMIN POOLE CARPETS: The Carpet store at your door. We come to you with our mobile showrooms. Carpets, vinyls, non slip vinyls. Distance no object. We can take up old and move furniture. Tel: 01269 824137 or 07768 061903 www.benjaminpoole.com 12/19(12)

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. 06/20(12)

CLEANING SERVICES

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. 10/20(12)

J & J CLEANING SERVICES. All jobs considered, competitive rates, office/private and holiday let cleaning, reliable, trustworthy and friendly. All outdoor work considered including lawn cutting. Contact 07872 509031 / 07770 777992. 06/20(6)

CLOCK REPAIRS

C. BACON, Llandeilo, 9.00am – 4.30pm. Antique clock repairs and restoration. Clocks collected & delivered. Member of the British Watch & Clock Makers Guild. Tel. 01558 685665. 12/19(6)

COMPLEMENTARY THERAPY

HOLISTIC & SPORTS MASSAGE THERAPIST: CAROL DEBORAH LORD IHHT ICHT FFHT. Fully qualified & insured member of the Federation of Holistic Therapists for 19 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. 03/20(12)



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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 04/20(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. 10/20(12)

DIGGER HIRE

DIGGER & DRIVER HIRE. Available For All Kinds Of Groundworks, Garden Works, Ditch Cleaning, Drainage Works, Soakaways, Dredging Pipe & Cable Laying. Free Quotes For All Jobs. Tel: Geraint 07400 930031. 05/20(6)

DOG TRAINING

BMC ACADEMY DOG TRAINING: Llansawel Village Hall. SA19. Kennel Club dog training classes, Puppy Class, Bronze to Gold Good Citizen classes & Assessments, Heelwork to Music and Rally Obedience. Monday morning & evening, Wednesday morning & afternoon. Workshops with Guest Trainers throughout the Year. Work towards competition standards or just come and have fun! Contact Kathleen Stubbings on 01558 685858, 07522 984094 or email: dogdancingltd@gmail.com 05/20(12)

ELECTRICIANS

V. W. REES ELECTRICAL. Llanello. 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. 05/20(6)

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 07/20(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 www.elissaonline.net. 12/20(12)

FUNDRAISING

THE GREEN HOUSE. Visit Llanello'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, Llanello, 01558 822646. Opening Hours: Mon, Tues, Thurs, Fri and alternate Saturdays. 05/20(12)

FUNERAL CELEBRANT

MEANINGFUL NON-RELIGIOUS FUNERALS AND MEMORIALS JUST FOR YOU. Written and conducted by Ingrid Birchell Hughes, Accredited Celebrant with Humanists UK. As you face this difficult time, I can help create the ceremony that offers you the chance to say a heartfelt goodbye to your loved one, so you can celebrate what made them special, and of course give voice to the loss you may be feeling. You (or your Funeral Arranger) are welcome to contact me on: 07771 866875, email: ingrid.birchell-hughes@humanistceremonies.org.uk or visit my website: humanist.org.uk/ingridbirchellhughes 03/20(6)

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 03/20(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. 06/20(6)

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 11/19(12)

HOUSE CLEARANCES

HOUSE CLEARANCES. Trusted, reliable service. Competitive rates. No obligation quote. Anything considered. Tel: 07872 509031 / 07770 777992. 05/20(6)

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, Llanello. 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. 03/20(12)

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 03/20(12)

LAUNDRY SERVICES

LLANDOVERY LAUNDRETTE, 21 STONE ST. We are pleased to now offer a Service wash option in addition to our Self Service Laundrette. We are situated on the same premises, in The Laundry Room. We offer a variety of options, including ironing. We can also pick up and drop off! Please ask us! Pop in or phone on 01550 721076, 01550 721949 or message us on facebook @The Laundry Room Llandoverly. 12/19(6)

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 05/20(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. 10/19(6)

MONUMENTAL MASON

BEAUTIFUL, AFFORDABLE, HAND-CARVED WELSH SLATE MEMORIALS AND HOUSE SIGNS made to order by local artist-craftsman Gabriel Hummerstone. Business established 2000. For further information visit www.hummerstone.wales; to discuss your requirements and for a free quotation e-mail gabriel@hummerstone.wales or 'phone 07805 694016. Visits to my workshop in Gelli Aur/ Golden Grove are most welcome. 07/20(12)



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 08/20(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. 06/20(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 12/19(12)

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. 07/20(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. 03/20(6)

PAWS PET SITTING SERVICES. All pets considered. Friendly and confidential. Dog walking, home minding etc. Holiday minding or general help. Contact 07872 509031. 06/20(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. 07/20(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. 04/20(12)

PROPERTY MAINTENANCE

DOMESTIC MAINTENANCE. Garden clearing and maintenance. General painting and fixing. Contact Dan: 07588 169401 References available. 04/20(6)

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)

PSYCHOTHERAPY

GETTING TO THERAPY CAN FEEL OVERWHELMING. In times of struggle I will meet you just where you are when something deeper and wiser is asking to be met and addressed. With focused attention, open awareness and kind intention, I can help you reconnect with your own sense of feeling alive, and then wellbeing and joy become possible. I have an MA in Core Process Psychotherapeutic Practice. I can be found on the Counselling Directory and the BACP Directory websites. I do not charge for a first meeting. My practice is three miles from Llandoverly. Louisa Jones 02/20(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: 01558 823737 Mobile 07584 550969 email: localroofer.wales@gmail.com website: completerooftingworks.co.uk. 04/20(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 Llandoverly 01550 721500. 10/20(12)

TILER

TILER & INTERIOR DESIGN IDEAS www.tilingallsorts.wales – competitive prices. Happy to discuss your plans and find solutions for your home. Tile and Mosaics – discounts available. All projects considered. No job too small. FULLY INSURED, main CREDIT CARDS accepted. tiler.deb@gmail.com Deb Evans 07736952910 12/20(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. 12/19(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. 10/19(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 02/20(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)

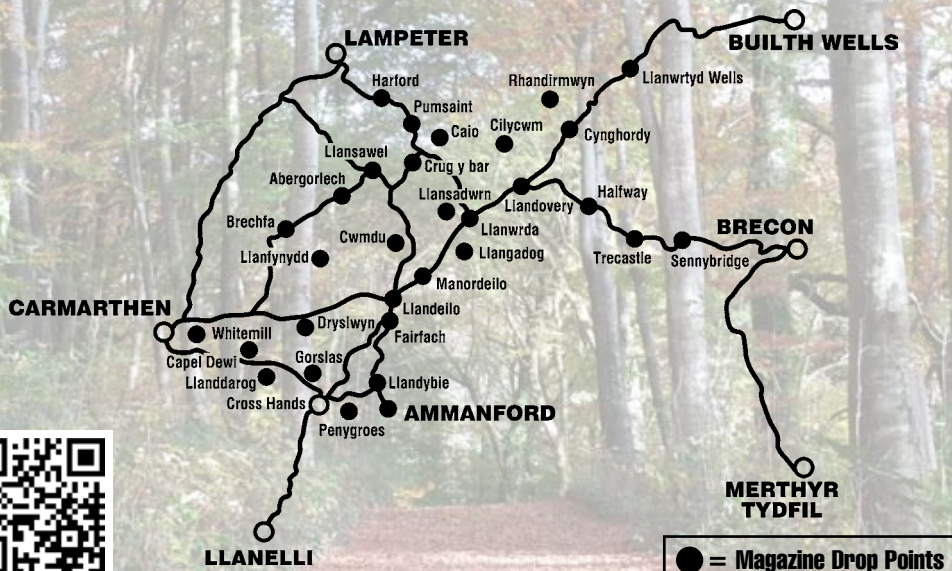
YOGA

HOLISTIC HEAVEN YOGA: Increase your health & wellbeing with small friendly Yoga classes at Henllys Coach House, outside Llandoverly 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. 06/20(12)

The Post

Llandovery & Surrounding Distribution Area

Abergorlech, Alltwallis, Ammanford, Brechfa, Caio, Capel Dewi, Crug y bar, Cwmdu, 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.

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.

Llangadog Taxis, Llangadog. Tel: 01550 777924.

Rays Taxi, Llandovery. Tel: 07775 210900.

Towly Taxi, Llandovery. Tel: 07544 624411.

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: 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	Nantgareddig (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
Nantgareddig (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 (War Memorial)	—	8.13	—	11.13	—	15.13	—	18.42
Llanwrda	6.49	8.26	10.31	11.26	13.36	15.26	17.34	18.55
L'dovery(car park)	6.58	8.36	10.41	11.36	13.46	15.36	17.44	19.05

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 (Timetable 19/05/19 - 14/12/19)

	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	05.20xx — 06.25 08.55 14.53 18.42	04.50 09.34 13.32 18.40	11.32 15.49
Ffairfach D	05.54x — 06.59x 10.29x 15.27x 19.16x	05.24x 10.10x 14.08x 19.14x	12.08x 16.27x
Llandeilo D	05.59 — 07.06 10.34 15.32 19.21	05.29 10.15 14.13 19.19	12.13 16.32
Llangadog D	06.08 — 07.16 10.43 15.42 19.30	05.39 10.24 14.23 19.28	12.22 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	— 08.18 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	08.23 13.09 17.11 22.08	15.12 19.38
Shrewsbury D	04.46 — 05.56 10.09 14.05 18.24	05.16 09.00 13.58 17.57	12.04 16.18
Llandrindod A	06.11 — 06.46 10.31 15.36 19.56	06.46 10.31 15.28 19.25	13.35 17.49
Llanwrtyd D	— 08.09 12.31 16.23 20.30	07.23 11.07 16.11 20.08	14.12 18.34
Cynghordy D	— 08.22x 12.44x 16.36x 20.44x	07.35x 11.20x 16.24x 20.28x	14.25x 18.48x
Llandovery D	— 06.42 08.34 12.56 16.48 20.56	07.47 11.32 16.36 20.34	14.37 19.00
Llanwrda D	— 06.48x 08.40x 13.02x 16.54x 21.02x	07.53x 11.38x 16.42x 20.40x	14.43x 19.06x
Llangadog D	— 06.52x 08.44x 13.06x 16.58x 21.06x	07.56x 11.42x 16.46x 20.44x	14.47x 19.10x
Llandeilo D	— 07.03 08.56 13.18 17.10 21.17	08.08 11.54 16.58 20.55	14.59 19.21
Fairfach D	— 07.06 08.58 13.20 17.12 21.20	08.10 11.56 17.00 20.58	15.01 19.24
Llanelli D	— 07.45 09.39 14.04 17.52 22.01	08.55 12.42 17.40 21.38	15.41 20.04
Swansea A	— 08.08 10.01 14.25 18.14 22.22	09.22 13.01 18.09 22.06	16.03 20.25

www.tfwrail.wales

Tel: 03457 484 950

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

x = Service stops on request

xx = Starts from Carmarthen

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.