

The Post

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Also ONLINE at
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Number 297

December 2020 / January 2021

Published by PostDatum,
24 Stone Street, Llandovery, Carmarthen SA20 0JP

Tel: 01550 721225



The Castle of Tangled Magic

SOPHIE ANDERSON

Bestselling author of *THE GIRL WHO SPEAKS BEAR*

Illustrated by Saara Söderlund

THE BOOKWORM

FOR ALL YOUR LOCAL NEWS & BUSINESS SERVICES

ALL ABOUT *The Post*

**COPY DATE
for next issue:
16th January 2021**

**Next issue distributed:
1st February 2021**

The Post Future Copy Dates

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

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The Post is published by
PostDATUM, 24 Stone Street,
Llandovery, Carmar. SA20 0JP.

Tel: 01550 721225,

info@postdatum.co.uk

PostDatum Opening Hours:
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0321(6)

THE BOOKWORM CHRISTMAS READS

At Christmas there's nothing like curling up with a good book, so here's a few suggestions.

The Lost Spells, by Robert Macfarlane, illustrated by Jackie Morris, if you loved The Lost Words, you'll love this too, it's just gorgeous and a little bit more of a handy size.

Troy by Stephen Fry, this is a rollicking retelling of Troy, Stephen Fry is at his best.

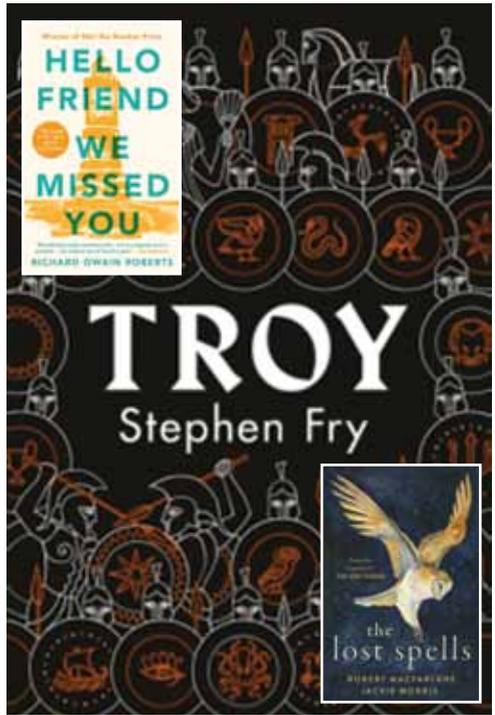
Hello Friend, We Missed You by Richard Owain Roberts, this is the first novel by a young Welsh writer, poignant and funny in equal measure, it's a novel about loneliness and loss.

Last but not least The Castle of Tangled Magic, the latest book by Sophie Anderson who wrote the very popular The Girl Who Speaks Bear, it's another magical tale.

You may have heard of the new website set up for booksellers in the UK to support local independent bookshops, if you buy books online it's an ethical alternative to Amazon all of us independent booksellers would be grateful if you could support it, here's the link to my page, <https://uk.bookshop.org/shop/dragons-garden> have a browse!

Wishing you all a lovely Christmas

Mandy, Books at the Dragon's Garden



02/21 (3)

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06/21(12)



LLANWRDA CRICKET CLUB

Llanwrda C C are already planning for 2021. We hope to be able to play some fast and furious indoor cricket over the winter to make up for this year's shortened season.

The club was founded in 1992 and we will be celebrating our thirtieth anniversary in two years. We are already planning a special cricket match to commemorate this notable achievement.

We offer all girls and boys – aged 5 and over – a chance to play this great game.

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

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

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

LLANWRDA C C BONUS BALL WINNERS

07/10/20	53	No winner
14/10/20	10	Evelyn Jones
21/10/20	8	Jo Edwards
28/10/20	14	No winner
04/11/20	24	Kenneth Evans
11/11/20	38	Carwyn Jones

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.



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on Christmas Eve at 12.00 noon. If people want to
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Where to find us! Leave Llandeilo on the A40 heading towards Llandovery, take the first left turn towards Talley on the B4302. After about 1 mile, look out for the 'Salem' sign as you pass through the village of New Inn. Turn left up the hill and turn right at the 'T' junction, carry on for about 300 yards over the brow of the hill and take the first turning on the right. Pass a row of bungalows on your right and follow the lane (which has been improved!) to its end.

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TUTORCENTRE RE-OPENS ON JANUARY 8TH 2021

Great news. Our Centre will re-open for face-to-face and online tuition in most subjects and at all levels, come the new year.

With the announcement that examinations in Wales are cancelled for 2021, teacher-based and examination board assessments are ever more important. We have been busy discussing the situation with representatives from the Ministry and WJEC in order to be fully prepared for what is being asked of the students. As ever, we offer free advice for parents, so please do not hesitate to call us if you have any questions.



TUTORING FACE-TO-FACE OR LIVE, ONLINE CLASSES.

It has been a very busy few months with enquiries from schools, individuals, home-schooling organisations, students abroad and forces' educational services. We have taken on seven local teachers/administrators and we expect to employ more in the new year. If you would like to be involved, please send your CV to admin@net-teach.co.uk

NET-REACH CHARITY

Our charity Net-Reach has also had a very busy few months. We are now working with a number of students who have left the statutory school environment through no fault of their own. We have also been busy teaching

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English to settled refugee families in Wales and we are in conversation with a number of councils to roll this provision out across Wales and perhaps the rest of the UK.

Like most charities during this time, our funds have been heavily depleted and we will be looking to hold a fundraising event soon to allow us to continue this important work. If you could volunteer to help us organise this, or if you would like to donate to this very worthy cause, please ring Rod on: 01550 779298. One way to help is to shop at smile.amazon.co.uk/ch/1177718-0. All donations will be sent to Net-Reach Charity. Many thanks in advance.



We would like to wish you all a very, very Happy Christmas and a hopeful and healthy New Year. Nadolig Llawen a Blwyddyn Newydd Dda.

0321(3)

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Padmasambhava Yoga & Meditation Centre

Christmas is nearly upon us which hopefully all can enjoy along with the riches of our changing Winter landscape, in spite of the restricted lives we are experiencing. Soon it's farewell to 2020 and welcome 2021 with the possibilities of a more "normal" year with good times happening and classes eventually starting again in person at the Centre. Although it is still not possible to attend yoga classes at the Centre for the moment, PadmaSamBhava is offering a comprehensive Autumn term programme on Zoom, which will continue for the Spring term.

Padmasambhava is sorry to announce that Antonia has now retired from teaching at the Centre in Llandeilo. The Centre and all Antonia's students thank her for her contribution and teaching over these past six years and will miss her and Mac, Antonia's dog. All wish her a fond farewell and much joy, happiness and good health. Padmasambhava is delighted to welcome back Norman and welcome Fiona to share in the teaching.

Chair Yoga classes have now re-started on Monday mornings on the Zoom platform. The Centre offers a mixture of classes on Zoom – from a mixed daytime class to the more experienced 3rd Year classes. Each of the classes spends time on breathing and relaxation techniques which help ease the mind and bring resilience in navigating these times, as well as gentle physical practices to help release tension within the body as well as encourage flexibility and strength. A few simple practices can provide us with the tools to enhance our awareness and begin to make a difference to the state of our minds, our health, our energy as well as relax the body.

All at PadmaSamBhava hope that you are well and are still able to enjoy good times with some of your friends and family. Indeed, as time goes on, it is even more important to remain positive and continue to do your yoga practices and also to be quiet and meditate. PadmaSamBhava is there for students old and new – so please do call the Centre if you would like help or guidance or resources for practice. 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 Centre is chanting the healing manta at 6.00pm every Friday. If you would like anyone added to the list of named recipients for this chant, please send an email to mail@padma.org.uk

PadmaSamBhava would like to take this opportunity to thank all our students and wider community and to wish everyone every good wish for a happy Christmas and for good health, peace, love and much better freer and happier times in 2021. May we welcome the New Year and Spring with love in our hearts and hope for sunny, healthy and joyful days here in Wales and throughout the World. Blwyddyn Newydd Dda.

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SUPPORTING A LOCAL FOOD ECONOMY IN THE FACE OF A GLOBAL THREAT

Gardd Sadwrn as a market garden venture was created a couple of years back by a group of food-loving friends. We had been growing our own food for veg boxes for people in Llansadwrn for a while, but the arrival of that unexpected event, the pandemic, had a massive impact on us. Suddenly we were getting requests for food around the county, requests for amounts of food we simply couldn't grow.

We linked up with a wholesaler, started finding other local food producers and rapidly created a website. We're now delivering boxes of organically grown fruit and vegetables to around forty households from Llandovery to Ammanford with others collecting from our gate.

Most of the fruit, veg and mushrooms come from Lampeter-based wholesaler Watson and Pratt, with some from local suppliers and our own garden. We supply produce from all around the world but we make sure to prioritise local, Welsh and UK grown food when in season.

We're also stocking produce from a range of local Welsh businesses:

- Welsh cheese from *Caws Cenarth* and *Caws Teifi*
- organic apple juice from *Welsh Farmhouse* in Crickhowell
- amazing organic doughnuts from *Cegin Yve* in Tycroes
- floral honey from Llanwrda-based, *Bee Dazzled*
- shiitake mushrooms from *Coed Talyfan* in Bethlehem
- Fairtrade goods and wholefoods from *The Dragon's Garden* in Llansadwrn

All of our products are safely delivered in recycled paper bags or cardboard boxes, with plastic use kept to a minimum.

As Brexit looms (and as vegetable and fruit purchasers we know how much food comes in from Europe) we know that international supply chains face extreme threats, and the pandemic shows how vulnerable they



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09/20(6)



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03/21(3)

can be. We know that makes us vulnerable, which is why we feel encouraging local food economies is good for the planet and for people.

Whilst supermarkets may offer a wider variety and choice, for the time being, it is worth remembering that their profits go to unknown shareholders. In contrast, profits from businesses like Gardd Sadwrn will go towards sustaining and growing this network of local businesses.

SUPPORT US

If you like the sound of what we're doing, you can buy from us in a number of ways.

You can:

- Build your own box of goodies
- Buy one of our carefully selected one-off or weekly boxes and add to it
- Choose a weekly box, sit back and let us do the work for you

In the run-up to Christmas we have also prepared bumper Christmas Veg Boxes and Christmas Hampers to see you through the holiday season.

The Gardd Sadwrn team have also spent the lockdown refurbishing a trailer into a catering van, with the intention of doing pop up food events around the county, now we are considering doing a ready meal service as well. Watch our website to find out more or call us on 07506 568 075.

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12/20(6)

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**NEWS
FROM CWMDU**



The summer of 2020 was to be full of activities to celebrate the 20th Anniversary of the formation of Cymdeithas Cwmdu but the Corona virus put a stop to all that!

However, the spirit of Cwmdu still survives and there have been several socially distanced mini events throughout the summer. The annual events of the Boat Race, Beer Festival, Apple and Cider Weekend and Plant Swap were cancelled in their usual form, but many plants found new homes and on Apple Day, lots of apples were made into juice, thanks to the Cider Club at Dinefwr bringing along the apple press and operating in half hour slots throughout the day, whilst cider was available from the pub to uphold the atmosphere of the occasion.

The Shop and Post Office have remained open for essential shopping and postal services even during the lockdown periods, on Tuesdays to Fridays from 9.30am – 1.30pm, but not on Saturday as previously. As well as the essentials, we have a lot of locally produced products, including honey, jam, chutney, pickles and free range eggs – ideal for topping up those Christmas hampers and for other small Christmas gifts, we have a selection of locally made pottery from Jackie John at Carmel Pottery <https://www.facebook.com/Carmelpottery> and wooden dragons by Paul Crampton of Ceredigion from £1.80 for a key ring.

The Cwmdu Inn was closed initially, during the lockdown, but was able to serve drinks in the tent in the garden, complete with fire pits and blankets to keep warm when the weather got cooler- but still with social distancing! It is now open (at time of writing) on Wednesdays and Saturdays 7.00 – 10.00pm and 6.00 – 10.00pm on Fridays. Limited numbers in the bar, but the tent in the garden will still be available as before.

Halloween and Bonfire Night were non-events and as yet we have no plans for Christmas and the New Year, but keep up with any news by checking either on our website www.cwmdu.com on Facebook: CwmduInn or email: events@cwmdu.com or phone: 01558 685156 for information.

MOLE CONTROL

Contact Mr. Goronwy Thomas

07773 950422



03/21(12)

Finally, volunteers must get a mention and thanks, as without everyone doing their bit towards the organising of our activities and helping to run the businesses, we wouldn't be able to function. We lost some volunteers because of the pandemic, due to them being in the sheltered or vulnerable categories, and some have now returned, but more are desperately needed, especially to help in the Post Office and shop. Other areas where volunteers may be able to help are for example: Finance & Management, Maintenance & Cleaning, Pub & garden, Kitchen (when it reopens), Advertising, IT, Website and Facebook. If you would be interested in volunteering to help us in any way – and there are so many ways we need help – please make contact. Even an hour here and there would be welcomed.

Thank you all for your support and long may it continue.

Very best wishes for a happy Christmas and a healthy New Year.

LLANEGWAD RAINFALL



Rain fell on 25 days this month the wettest day was 24th with 40mm.

October Total: 218.75mm – 8 1/4"

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12/20(3)

SOCIAL DISTANCING – NATURALLY



A café proprietor in Brecknockshire has turned COVID-19 protection into an artwork highlighting the nature found in the area, and it's all thanks to his landlord.

David George who, with his wife Kate, runs Caffi Sosban in Llanwrtyd Wells, was keen to re-open his business after the lockdown by installing social distancing screens indoors, and so his landlord Chris Brookes undertook to do the work.

Chris explains what happened next, 'As an artist, I felt that there was an opportunity to make it a little more interesting than just plain screens.'

Chris carves organic wooden furniture for a hobby, using skills first employed 40 years ago when he ran a restaurant in Suffolk, where his ornate wooden partitions created attractive booth seating for his customers.

Trees are a favourite motif for Chris, so the first embellishments that he added were some miniature tree trunks, proportioned to act as physical supports for the 2mm-thick clear Perspex screens.

'After that, I added a woodpecker and then various other creatures, because trees need some wildlife,' says Chris. 'But the high ceilings in the café also made it possible to extend above the level of the screens themselves, so I allowed my trees to 'grow' upwards to merge with clouds and, of course, a soaring red kite'. When further screens were required in the second area I developed the idea to encompass a river theme detailing nature found above and below the water'.

'It's been a four-month project so far and artistically it has been a labour of love, since I much prefer creating one-offs. So as not to interfere with Dave's business, I initially designed these panels to be removable, once the pandemic has passed.'

But David has other ideas. 'The new table layout has actually decreased our seating capacity,' he admits, 'although our customers do feel a lot safer with the screens in place. However, Chris's carvings have proved very popular, both with locals and visitors: some people keep coming back in to see whether any more birds and animals have been added, while parents often ask their kids to see how many creatures they can find.'

David continues, 'So I plan to keep them all in place as a permanent feature, and I shall enjoy watching them grow. We've even had interest from an internationally-famous storyteller, who, once restrictions allow, wants to give a performance in the café of tales inspired by the new woodcarvings, and this does seem to be in the best traditions of Llanwrtyd Wells as a centre for alternative ideas and creativity.'



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MYDDFAI NEWS

For December, at time of going to print we plan to open the Myddfai Hall café and shop four days a week from Thursdays to Sundays 11.00am – 3.00pm. Please ring or check our Facebook page for updates. We can open to order if you want to do some Christmas shopping on your own daytime or evening – please ring Les on the number below. For January we may reduce our opening days to Friday–Sunday. We have very good Covid-19 safety measures in place so please feel confident to come and visit us safely. Our Monthly Farmers Markets have been cancelled for now, but will hopefully restart in the spring or when we can hold it inside whichever is sooner, please ring or check our Facebook page for updates.

Why not support local by shopping at Myddfai Hall gift shop for your Christmas gifts? It is fully stocked with a huge range of quality, unique, local crafts, art, produce and antiques. Tweed gifts, cushions and blankets, pottery, scented and beeswax candles, fused glass, Myddfai bathroom products, bags, aprons, Jewellery, wooden boards, bird tables and nest boxes, dog and cat beds, greetings cards, Christmas card packs, children's knitwear a wide range of books and much more. We also have a good stock of local honey, jams, marmalades and chutneys made in Myddfai. All purchases support local businesses and Myddfai TyTalcen charity.

Myddfai café has freshly made soups, cakes and lunch specials and a great range of speciality teas, coffees and cold drinks. Why not combine your visit with lunch or afternoon tea and a walk in the beautiful Myddfai countryside. We have plenty of parking and a huge warm hall as well as a paved area outside both acting as extended café seating, with plenty of room for social distancing.

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

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The Myddfai regular exercise classes are-Yoga on Wednesday evenings 5.30pm – 7.00pm, Pilates on Thursday mornings 9.30am – 10.30am.

For further information on classes & events or to book or view the hall please contact Les at les@myddfai.org. Mobile 07879 119223 or Hall No. 01550 720449

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

11/20(12)

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03/21/6

PETITION FOR PEDESTRIANISATION IN LLANDEILO



A group of residents and businesses in Llandeilo have launched a petition to pedestrianize the lower part of Carmarthen Street, currently blocked off for the refurbishment of the Shire Hall since end of last year.

“Cars used to speed down our narrow road,” Keeley Clarke, a local resident says. “With no pavements to talk off it’s been very dangerous for me and my kids and it forces wheelchair users right onto the road.”

“I used to be sceptical about blocking the road off,” Claudine Barr, a local jeweller on Carmarthen Street admits. “But now that it is, people are strolling the street and footfall for us has increased.”

“It should fit well with the Ten Towns Regeneration plan,” says Mered Williams, a local resident and creator of the petition. “Businesses need more footfall and tourists and residents more quiet and peaceful areas to enjoy our beautiful town.”

Despite strong support for the online petition response from County Council and Llandeilo Town Council has been discouraging.

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“My proposal to full heartedly support the petition was voted down 6:5 in council,” Llandeilo Town Councillor Christoph Fischer reports. “While this signifies a hesitation and doesn’t mean an eventual rejection of the plan by the town council, to me and the residents it is disappointing that the council didn’t at least in principal fully support this improvement to our town.”

“Admittedly, there are details to be sorted out,” says Williams, “but a more encouraging or stronger support would have been welcome.”

“Two new developments in the area, the Market Hall and Shire Hall, both on Carmarthen Street, have reduced local parking but will increase traffic and footfall through the currently blocked off road,” explains Fischer.

“Issues like residents parking have been addressed several months ago and have brought us local residents together. We had little official response for our proposals since we began lobbying,” Keeley Clarke adds.

Meanwhile the traffic and parking situation by the Primary schools on Rhosmaen Street carries on frustrating parents and residents. Lack of dropping bays for parents and removal of the Lollipop lady have stirred up emotions and concerned citizens have created a Facebook page to reinstate the Lollipop lady and bring in safeguarding measures for the children.

“A lot needs to be done, but it’s great that people are showing initiative,” says Fischer.



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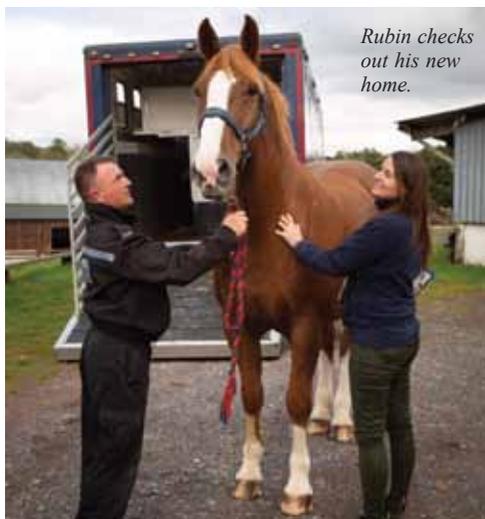
It's been an exciting time for the staff at Lluest as we welcomed retired Police Horse Rubín, who arrived for his well-earned rest and to retire from his policing duties with the South Wales Police Mounted section.



Rubin's Police colleagues wish him a fond farewell.

You may have seen media coverage of PH Rubín and fellow PH Samson, both hanging up their Police bridles for the last time after a long and varied service.

Rubín served with South Wales Police for 14 years from 4 years old, and as well as being one of the bravest, he is also the longest serving horse the Force has ever had. He has been a fantastic escort horse for some of



Rubin checks out his new home.

the younger inexperienced horses and worked tirelessly to help keep the public safe at major national events. These included leading the procession at Harry and Meghan's Royal Wedding, large sporting occasions, the 2012 Olympics, the NATO Conference, festivals, and neighbourhood policing duties. PC Rick Lewis has been with Rubín throughout his career and is happy to see him take his well-earned retirement in the tranquil Brecon Beacons. WPC Kelly Colley learnt to ride on Rubín and wanted to see him settle into his retirement home. Katrina Edmonds-Daniel Yard Manager of the Dog and Mounted Section gave him a tearful farewell and has promised she will be back again to visit him in the future.

BEST BUDDIES

On arrival at Lluest Rubín needed to be placed into quarantine which is standard practice for any new equine arrivals at the Trust. Luckily for him recently returned Joey provided some great company and it took them no longer than a couple of hours to become best quarantine buddies. We had been told how friendly Rubín was with other horses, whenever he escaped from his stable (South Wales police's own Houdini) he would go to find a friend to groom. Joey was returned from his Guardian home of two years the day before Rubín arrived and was super happy to have company. Imagine all the stories Rubín has to tell young gelding Joey.



Rubin & Joey, best buddies.



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We thank Rubin for his extraordinary public service and we wish him a long and happy retirement here at Lluest. If you would like to support Rubin in his retirement and with Christmas fast approaching you can buy a Rubin Sponsor Gift Pack.....perfect for those horse loving family and friends or if you're a local business why not sponsor a Lluest stable for a year. Full details for all our pony and stable sponsorships, gifts and Christmas cards are available on the Lluest website online store: <https://www.lluesthorseandponytrust.co.uk/lluest-online-store/>



Everyone at Lluest would like to wish all Post readers a very Happy Christmas and New Year.....Nadolig Llawn a Blwyddyn Newydd Dda.

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LLANDOVERY ROTARY CLUB



HOW ON EARTH DID IT COME TO THIS?



Highwayman Twm Siôn Cati as modelled perfectly by Dafydd Morgan.

In the 16th century an outlaw and thief called Twm Siôn Cati resided in a cave in the hills in ye olde Rhandirmwyn. A real genuine highwayman (not like the fake Robin Hood) who would hold up and rob people whilst wearing a mask. He became famous for his endeavours and is still famous almost 500 years later. How strange it is now then that everyone in Llandovery entering a shop does a perfect impression of our Twm Siôn Cati covering up their face by wearing a mask, just like Twm 500 years ago! Now we all look like highwaymen on the way to a robbery. What on earth would Twm make of it?

Well, we'll never know but personally I think that we should make much more of our famed highwayman. The fake Robin Hood became world renowned in literature, a television series, on stage and in many films. Even a Walt Disney film glorified the make believe robber, a fake! What we had is the real deal. A genuine, real life highwayman. Couldn't Llandovery somehow benefit from this legend? Surely we could. A statue even?

Anyway, Rotary news. Well there isn't any! Well, very little.

NOTHING has happened this year and Alan our President hasn't put a foot wrong. Well he couldn't do he!

As COVID has forced us to cancel EVERY event it only seemed fair to offer Alan to remain as our President for next year as well. He accepted. This makes Alan the first President to do two years in succession since the first President did it for the first two years that Llandovery Rotary Club was formed in 1984. President Elect Anthony and President Nominee Dan also agreed to hold station for another year leaving us in the happy position of having these three young men lined up leaving us in very capable hands. Relatively speaking of course!

So, our end of 2020 report says All events cancelled.

- No BBQ.
- No Winter Dinner.
- No marshalling at Rallies.
- No marshalling the Firework Display.
- No meetings even, from March onwards.
- No Youth Speaks.
- No Schools Competition.
- No Young Chef.
- No Rotary Youth Leadership Award.
- No Young Musician.
- No DroverFest.
- No fellowship.
- No Santa Sleighs even.
- No meals out on Tuesdays.
- Nothing, nowt, dim, zilch, zero.
Aaaaaaaarrrrrrrrggggghhhhhh.

We are not complaining because we know all this 'Nothing' means we are doing everything we can to keep ourselves and everyone else safe.

Knowing that our long suffering Secretary Dan Jones and his lovely wife Gina are involved in so many organisations in Llandovery I asked him if he would kindly give an outline of how he came to live here in the first place and to list some of the ways they both help out on a voluntary basis. He reluctantly agreed but eventually this is just part of his and Gina's story and voluntary work.

Dan Jones:- If you want a bit of my history then I was born and bred (although totally Welsh) in 3 lions area namely Bancyfelin (the village of Delme Thomas, Johnathan Davies and Mike Phillips fame) until I was 12 when my parents moved to Alltwalis. I had a very sickly upbringing with a rare blood disorder and believe it was penicillin that saved me. During my junior school days I was in and out of hospital for nearly 3 years. Also suffered from acute asthma and after another hospital stint found I was allergic to horse smell. From 12 the asthma went and it was only then I could do any sort of sport. Although I missed a lot of school, I did pass my 11+ which meant I went to Carmarthen Grammar school but although not an academic, I left at 16 when I joined Lloyds Bank at the small branch of Newport Pembro where Tom Griffiths of Talley was manager and for a while Gethin Thomas of Llandovery was the sub manager. I worked for Lloyds for 38 years with other branches. Cardiff Docks (it was the docks then) and Newport Gwent (over 90 on the staff) before coming to Llandovery then back and forward to Llandeilo a few times. During this time I also went relief with stints in Ammanford, Neath and Pontardulais.

On the sporting side, which due to my earlier illness I was a late developer and due to my very poor eyesight could not play Rugby. I started soccer but broke many glasses until contact lenses were invented when I was 18. Still kept with soccer playing for Pencader for a short while but mainly for St Julians HSOB when we lived in Newport, Gwent. Took up running and although not a speed merchant I have run numerous events and have completed a marathon in each of my decades, 20s (Cardiff), 30s, 40s & 50s (London). Best time 3 hours 43 min. At my peak I targeted a half Marathon for a time under 1hr 30m and was successful in doing the Tour of Torfaen in 1 hr 27m. At 60 I realised my body could not take another full marathon but enjoyed completing the Cardiff Half in 2hr 16m. No plans for my 70th! I played 4 rugby games for Llandovery veterans and scored my one and only try against the touring Japanese team. I was treasurer and in the group that set up and built the Llandovery Squash Courts and still a member but disappointed that this facility is not now being used regularly. I am also found cutting the Llandingat Churchyard for many hours every week.

Married Gina in 1974 with 2 daughters Rachel and Emma and 3 Grandchildren Amity, Katie and Corey.

Gina's present voluntary work includes:- Town Councillor (been Mayor 3 times), Chair of Friendship Club, Chair of Llandovery Floral Art, Treasurer of League of Friends Llandovery Hospital, Treasurer Llandovery Museum and Visitor Centre, Church Warden of Llandingat Church, Local Ministry Area Church Warden, Elected member of the Governing Body and Electoral College of the Church in Wales. Member of the Diocesan Standing Committee, Churches and Pastoral Committee and the Schools Committee and Vice President of Llandovery Male voice Choir. Was a member of St Johns ambulance for over 20 years. She was a teacher for 40 years, sadly being there at the closure of 3 local primary schools and one comprehensive. During our 36 years in Llandovery she has been actively involved in many different organisations.

Thank you Dan and Gina. Llandovery is indeed blessed to have these two people, who put in so many hours of voluntary work, doing so much work on behalf of the people and the community. Well done indeed.

Ahhhhhhhhh, there is some Rotary news. At the Remembrance Sunday Parade that the Royal British Legion, Llandovery Branch does so well, Alan was called



The Rotary Club Zoom meeting as we await more to sign in.



Ellie's superb Charity Christmas Hampers. From each purchase made Ellie gives a donation to a local Charity. See Ellie's Charity Christmas Hampers facebook page.

upon to perform his first and only duty as President and lay our wreath at the War Memorial. This he did at the hugely reduced service which was carried out with full social distancing. What a shame as this is always a brilliantly organised and attended event conducted with great dignity but completely understandable as the pandemic is now well and truly among us.

Ellie from Cynghordy is selling her beautiful hampers for Christmas and for each hamper sold she is donating £10 to either Chloe's Caravan, Llandovery Rotary Club or local Charities. These really are superb hampers and are beautifully presented. Check out 'Ellie's Charity Christmas Hampers' facebook page.

We did have one very brief Zoom meeting but with some members struggling with extremely poor connection we really didn't achieve much in the half hour slot. We did however pass the accounts for last year and that alone made it worthwhile. We will try again if anything pressing or important comes up, which is highly unlikely while this virus continues to heap untold misery upon us.

Sadly we have been advised not to go ahead with our Santa Sleigh in any shape or form which we will miss hugely as we absolutely love the connection we get with you all especially as it's so close to Christmas. I really do feel for the young children who will not have the excitement of Father Christmas coming to their home this year. It is such a terrible, but wholly necessary, shame to have had to cancel this very popular event.

As the next report will not be until February may we, every member, Mike, Huw, Barry, Neil C, Doug, Dai, Dan E, Robin, Mickey, Dan J, Derek, President Alan, Neil M, Chris, Ieuan, Edward, Gary, Dave, Kevan, Anthony and Peter wish you all a very Happy, and safe, Christmas and a peaceful New Year. We thank you for your fantastic support once again and look forward with even greater anticipation than normal to getting back to some sort of normality by serving the community and organising some real humdinger events for you to enjoy next year. We simply can't wait.

See you in 2021. Let's look on the bright side. It's got to be better than 2020 hasn't it?

Derek Jones.

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LLANDOVERY FRIENDSHIP CLUB AND MUSEUM & VISITOR CENTRE MEMBERS

REMEMBRANCE DAY

I was there to represent all our members. I paid for the wreathes for us and attached the prepared messages, handed them back to the RBL to add to the piles. The boxes of wreathes were then carried to the cenotaph where they were arranged ready for distribution and laying. Names were called and I waited and waited and suddenly they finished. Both of ours had disappeared Eventually they were found and they have now been laid in place.

A genuine mistake was made and apologies were given. I just wanted to let you know that we have remembered all those who sacrificed so much for us.

Gina

LLANGADOG W.I.

My goodness, what a year it has been!! We had so many plans for 2020, it being our 95th year. We managed to start ok in January with afternoon tea at The Cawdor Hotel, Llandeilo, were in the midst of floods in February and, in March, some of us took the train to Shrewsbury and thoroughly enjoyed ourselves. From then on "lockdown!!" No chance for a coastal visit, a day out at Denham College and other planned events. Let's hope we can reschedule them for 2021?? At the moment there is no date set to have a meeting but, as soon as we can, I'm sure we will have a special celebration. So, we wish you all a very "Happy Christmas" and health and happiness for the New Year. Stay safe.

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Vacancies at Llangadog & Rhandirmwyn

SUPPORT WORKERS (WAKEFUL NIGHTS) £18,551 to £20,589 plus £1,227

Applications will be dealt with as they are received.

For further information please contact Lisa Blofield on **01550 760453**,
or email lisablofield@elidyrct.ac.uk
<https://elidyrct.ac.uk/vacancies>

LLANDEILO COUNTRY MARKET

Llandeilo Country Market has been open on most Fridays since the beginning of July either outside in the grounds of Capel Newydd or in the top car park. We were very lucky during most of this time to have reasonably dry weather but were worried as the weather got worse that we would have difficulty holding a Market. Happily, we are now back in the Vestry and hope to be there until the last market for 2020 on the 18th December. I'm not sure what will happen in January as we usually return on the third Friday after Christmas but you can check on our facebook page. For the rest of this year's Markets we will have the usual eggs, cakes and savouries, jams, pickles, honey and chutney, and Christmas cakes, mince pies and puddings. There will also be a good selection of crafts and cards, wreaths and possibly some veg. We are also happy to take orders, phone Lynne on 01558 668744. We are also always on the lookout for producers to join us particularly cooks. The Market is open every Friday morning from 8.30am to 12.30pm in Capel newydd Vestry

LLANDOVERY FLORAL ART SOCIETY

Christmas greetings to all our members present and past. I hope you are all continuing to cope with these very strange conditions we find ourselves living through and keeping well. It was lovely to see some of you in the recent flu clinics. Our thoughts and prayers continue to be with all of those of you, who have not had a good year.

As many of you will know from Heather's emails she has been working hard to try and arrange some demonstrations for next year. It will be April, May at the earliest but it is better to be ready in case life is back to some form of normality. Everything will be arranged with great care. Let's hope for a better 2021 even if it is only the second half.

In keeping with our usual Christmas celebrations I thought I would set you a simple "quiz". This year it is a selection of anagrams of different flowers/plants. Have a go, but sorry you are on your own this year and there are no chocolates for the winners.

Answers in February?

list up	it's love	age I quail	wolf snakes
nose and lid	totems lie	steal mic	angry head
station pie	o mad girl	rain on act	
stones	thy chains	miss chatterer	
I must run at	rows pond	a bid duel	adorn pong

Here is a simple but very meaningful verse on the importance of smiling!

When someone's having a bad day,
A smile could go a long way,
So make sure to put one on
And keep it until the day is gone.
You don't know what this deed
Could do for a friend in need.
It might save them from the pain
Of a sadness they cannot contain.
Don't ask what a smile can do
Because I'm sure it once helped you.

by Malek Meleka

Christmas cheers everyone. Happier New Year to you all.

Gina.

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12/21(12)

12/20(12)

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18 67	Renault Kadjar 1.5DCI Automatic, Half Leather, Sat Nav, Silver, 36000m	£13995
17 67	Renault Captur 1.5 DCI 90 BHP Dynamique S, Diamond Cut 17" Alloys, Sat Nav, Metallic Ocean Blue / Black Roof, 3500m	£11995
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16 66	Renault Captur 1.5DCI Signiture Auto Black Leather Sat Nav Reversing Camera, Parking Sensors, Diamond Cut Alloys, £20 R/Tax, Black/Cream, 22000m	£11850
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15 65	Renault Captur 1.5 DCI Signiture, Automatic, Full Black Leather, Air Con, Sat Nav, Reversing Camera, Spare Wheel Kit, Silver / Black Roof, 50000m	£8995
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18 18	Dacia Sandero 1.0 Laureate SCE, Sat Nav, Air Con, 5 Door, In White, 29500m	£6350
16 67	Kia Pro Ceed 1.0 120 BHP, 6 Speed, GT Line, Sat Nav, D/Cut Alloys, 1 Owner, 3dr, Red, 10400m	£11995
16 66	Mini Cooper 1.6 16V, Black Alloys, Black Bonnet strips, Metallic Gold, 39500m	£9850
16 16	Vauxall Astra 1.6CDTI Design Estate, New Model, Parking Sensors, 0 Tax, Silver, 42000m	£9500
12 62	Volkswagen Passat 2.0 TDI (140) BHP SE, Blue Motion Tech, Auto, 4dr, Met Blue, 82000m	£5750
10 60	BMW 120D Coupe 2.0D M Sport, Full Black Heated Leather, 18" Alloys, 2dr, Black, 89500m	£4995
12 62	Ford Fiesta 1.25 Zetec, E/Windows, C/Locking, Alloys, Met Black, 5 Door, 52000m	£4750
11 11	Citroen C1 1.0 68 BHP VTR + Alloys, Ideal 1st Car, White, 3dr, 97500m	£2350
08 58	BMW 1 Series 2.0TD 118D Sport, alloys, Air Con, 2 Local Owners, Met Blue, 54000m	£4750

COMMERCIALS

20 70	Renault Trafic SL28 120BHP 2.0DCI, 6 Speed, Sport, SWB, Ply Lined, Sat Nav, Alloys, Del. Milage, Silver...£17995 +VAT
16 16	Mitsubishi L200 2.4 Di-D Warriour, Leather, Sat Nav, Rev Camera, 35000m, Rear Liner, Alloys, Red.....£13250 +VAT

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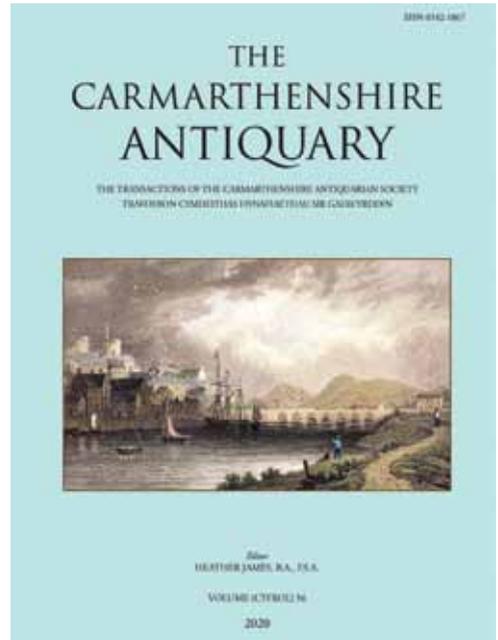
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11/21(12)

NEW CARMARTHENSHIRE HISTORY PUBLICATION



The latest volume of its publication *The Carmarthenshire Antiquary* has just been released by the county's history and archaeology society, the Carmarthenshire Antiquarian Society. The publication is a long valued source of information about Carmarthenshire's history and archaeology.

The Carmarthenshire Antiquary will provide a wide variety of enlightening reading material to enjoy at a time of isolation and it could be a much appreciated Christmas

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0021(13)

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0021(13)

gift. The extensively illustrated contents include articles on New Discoveries on the Roman Road between Carmarthen and Kidwelly, Llanelly Pottery 1840-1922, Lost Farms of Glangwili and Glyncothi, The Financial Fortunes of the Philippses of Cwmgwili and The Shipwreck of the De Brooders in January 1770 on Cefn Sidan Sands.

The publication is available free of charge for members of the Carmarthenshire Antiquarian Society which encourages the study of the county's history and archaeology and has a programme of talks and visits to historic sites ready for commencing as soon as the epidemic situation will allow. The Society is also pleased to announce that its new President is Thomas Lloyd OBE DL FSA Wales Herald Extraordinary, author of *The Lost Houses of Wales* and co-author of the two volumes of *The Buildings of Wales* which cover the historic built heritage of South-West Wales.

More information about the Carmarthenshire Antiquarian Society and how to become a member or arrange a gift membership which will include *The Carmarthenshire Antiquary* will be found on the website www.carmants.org.uk.

MERCHED Y WAWR BRO PANTYCELYN

Er nad yw'r gangen wedi cwrdd fel arfer dros adeg y pandemic ofnadwy mae'r aelodau wedi parhau i gysylltu a'u gilydd ar hyd yr amser. Buom yn ffodus dros ben i fedru cynnal ein Cinio Dathlu Gwyl Ddewi yng nghwmni ein Llywydd Cenedlaethol, Meirwen Lloyd, ar Fawrth 11eg yng Ngwesty'r Castell yn y dre. Noson hyfryd, araith bwrsasol iawn gan Meirwen, bywd blasus a chwmni da a phawb wedi mwynhau yn fawr.

Nid yw pethau wedi bod yn rhwydd dros y misoedd dwetha a bydd raid i baw fod yn ofalus iawn dros y misoedd nesa, misoedd y gaeaf, am nid yw'r firws hyn wedi mynd. Gobeithio bydd pawb yn gofalu am eu hunain a'u hanwyliaid, ffrindiau, cymdogyng ac yn y blaen a chadw'n saff.

Dymuna aelodau Merched y Wawr Bro Pantycelyn Nadolig Dedwydd i baw a phob gobaith am Flwyddyn Newydd Dda iach a hedychol yn 2021.

THANK YOU

My neighbour Mrs Pamela Davies and myself would like to say a huge thank you to La Patisserie, Mr & Mrs Davies – Chemist, the Price sisters and the garage for keeping us supplied with food and medication.

This also includes all family owned shops for supplying us with any other necessary commodity we might need.

Once again, many thanks.

Monica Kettle, Rhandirmwyn

Ready Steady Go Ho! Ho!

The Christmas Tree lighting will go ahead in the village as always but sadly no gathering of friends, no partying in the garage and we all know why! Our beautiful spruce will be lit up so you won't miss it as you go by.

"Light Up Llanwrda" is the theme on Christmas Eve to celebrate CHRISTINGLE. The annual event originates from the German word meaning "Christ Light". In a little German village the minister encourage children to light candles on Christmas Eve – a simple symbol to convey the Christian message. A lighted candle – Christ Light or as we now know it, Christingle.

At 6.00pm on Christmas Eve you are invited to put lighted tea lights in jars in your windows, porches and gardens. Remember lights must be safe to use indoors.

We will light up Llanwrda.

Llanwrda Bloomers



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11/2013

SADWRN STARTART

Christmas Greetings from my bubble to your bubbles! Hope you are all still keeping up with your art projects and your Christmas present list is full of arty essentials – just for you.

It will be wonderful to get back into Llansadwrn Reading Room on our Monday mornings for our get togethers. Now there may be a vaccine coming our meetings may be getting nearer than we hoped. Until then, keep enjoying your art, have a lovely holiday time and best wishes for a happy and healthy 2021.

For more information on Sadwrn StartArt ... a group for anyone interested in any aspect of art: 01550 777622 Find us on Facebook too!

TOWY VALLEY CAMERA CLUB

Like many other camera clubs who have had to make significant adjustments to the way they operate due to the COVID-19 restrictions, Towy Valley CC has embraced the use of Zoom and will use it to run the programme for the foreseeable future.

Programme for November to December 2020.

December 14th: AGM

The club programme for 2021 is currently being developed taking into consideration the ongoing restrictions, and will be published in due course. Please visit our website for more up to date information.

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

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

www.towyvalleycameraclub.org.uk



Join Us For A Rustic Spa Day at Golden Grove Retreat

Golden Grove Retreat is excited to introduce our health and wellness retreat days designed exclusively for you. Located in Golden Grove, less than 15 mins from the end of the M4, you will have access to the whole barn conversion including a private outside hot tub, sauna and plunge pool. You will be offered a selection of rejuvenating treatments from full body massages, facials and much more. Surrounded by breathtaking views, our treatments nourish the mind, body and soul for the ultimate relaxation.

We believe that wellness begins from within. A delight to the senses, our organic food is locally grown, a delight to the senses and exceptionally good for you.

Check out our schedules on www.goldengroveretreat.co.uk or contact us for more information. We offer full and half days and depending on demand some weekends. How about a pre or post work spa at what is sometimes the most beautiful times of day with stunning sunrises and starlit nights.

For booking/enquiries contact Louise Evans on 07584 199372 or go to our website for more details.

12/20(1)

STYLISH KLOVER SMART 120 BOILER COOKER STOVE REPLACES OIL RANGE COOKER IN GOLDEN GROVE

A classic oil cooker with back boiler to heat this cosy cottage in the beautiful village of Gelli Aur (Golden Grove). While Mike and his family loved the look of their cooker, when it needed to be replaced, they searched for a greener solution. Switching from oil to wood pellets considerably reduced their carbon foot print. Not only is the system greener, the boiler also qualifies for the governmental Renewable Heating Incentive (RHI) scheme. Quarterly payments over seven years from this scheme will more than recuperate their initial investment..

The powerful Klover Smart 120 creates the same homely feel as its predecessor and fits perfectly in the space left by the oil system. The Klover provides a cooking facility, heat, hot water and forms a warm centre piece for their kitchen with the cosy living flame.

Because the system is automated the owners can now also wake up to a warm house.



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www.birdshill.wales

10/21(6alt)

LET US PRAY

Our freedom has been taken,
In so many ways.
Restrictions, bans and losses,
Now haunt our days.
Grant the strength to help us,
In the months to come,
With a new year on the doorstep,
We pray in unison.
“Let us all be free once more,
Without this fear from shore to shore.”
Protect the medics everyday,
Who help the sick in every way.
Our thoughts are with the casualties,
Please stop it soon, this sad disease.
Let's hope a vaccine can be found,
So we can walk on firmer ground.
And hope that soon, our land we'll see,
Restored to right, as it should be.

Cheryl Tansley

The Last Gallery, Llangadog SHOP LOCAL SPECIAL EXHIBITION

*Tues 1st – Wed 23rd Dec 2020
Open 10.00am – 6.00pm Mon-Sat*

Mick Sheridan – Upholstery
Julie Ann Sheridan – Paintings

Mick and Julie have been at The Last Gallery for 15 years. Mick works from The Last Gallery Workshop and Julie from The Last Gallery Studio. Mick has chairs, cushions, benches, stools, fabric available and is happy to chat about commissions and re-upholstery.

Julie has landscapes, abstracts, lichen and her recent lockdown paintings displayed and is also offering a 10% discount on her online YouTube tutorials.

Early bird offer 10% off all sales in first week.
Come and see us. COVID safe.

Happy Christmas Everyone

MACMILLAN FUNDRAISER 2020

I would like to say a huge thank you to everyone who has donated to this year's Macmillan fundraiser.

Even though we were unable to have a Coffee Morning this year we still managed raise an amazing £1,573. I can't thank you all enough.

This brings the total we've raised since 2013 to £13,173.

Thank you to Morris Isaacs, Ystrad, La Patisserie, Matthews Butchers and The Whitehall for all having collection boxes.

Hopefully things will be back to normal next year and we'll be able to get together again.

Keep safe and well everyone.

Thank you.

Beth Price

MERCHED Y WAWR BRO PANTYCELYN

Er nad yw'r gangen wedi cwrdd fel arfer dros adeg y pandemic ofnadwy mae'r aelodau wedi parhau i gysylltu a'u gilydd ar hyd yr amser. Buom yn ffodus dros ben i fedru cynnal ein Ciniio Dathlu Gwyl Ddewi yng nghwmni ein Llywydd Cenedlaethol, Meirwen Lloyd, ar Fawrth 11eg yng Ngwesty'r Castell yn y dre. Noson hyfryd, araith bwrpasol iawn gan Meirwen, bwyd blasus a chwmmi da a phawb wedi mwynhau yn fawr.

Nid yw pethau wedi bod yn rhwydd dros y misoedd dwetha a bydd raid i bawb fod yn ofalus iawn dros y misoedd nesa, misoedd y gaeaf, am nid yw'r firws hyn wedi mynd. Gobeithio bydd pawb yn gofalu am eu hunain a'u hanwyliaid, ffrindiau, cymdigion ac yn y blaen a chadw'n saf.

Dymuna aelodau Merched y Wawr Bro Pantycelyn Nadolig Dedwydd i bawb a phob gobaith am Flwyddyn Newydd Dda iach a hedychol yn 2021.

PostDatum would like to thank all of its drop points for continually accepting copies of The Post for distribution and also to all our readers and contributors for their constant support over what has been a difficult year.

May I take this opportunity to wish you all a

*Very Merry Christmas
and a Happy New Year*

SPOT

It seems unbelievable that the Powell family of Llanwrda are facing the second anniversary of the disappearance of their much loved (and very distinctive looking) sheep dog Spot. Wednesday December 5th 2018 is a day date forever etched in their minds; the day when they took a call informing them the Spot had disappeared from another farm in Gwyfe SA19, where she was being trained as a sheepdog. Sadly, they are still no further on as to knowing what happened to Spot that day; unfortunately there was a 24 hour delay before the Powells were informed by the trainer. 24 crucial hours. Someone must know something.

It cannot be stated strongly enough that back in 2018 it was inconceivable that Spot would not be found or located. The Powell family have never, ever given up hope of finding Spot. Since that day so much has been undertaken and put in place in a bid to find her. They are extremely grateful for the huge ongoing support and help, that they have received from the local community and, also from further afield from people they have never met. Kindly enquiries from local people about Spot are very much appreciated because it means that people haven't forgotten about her; they have never wavered in their hope that one day she will be back with them, where she rightfully belongs. Spot was more than a working dog, she was part of the family. The more cynical might think that they are hoping for the impossible; however, Missing Dogs Team Wales (a volunteer group who are on Facebook) update followers with news of dogs returned to their owners even after an absence of longer than two years. Celebration of these reunions go viral on social media and this strongly suggests that people should never give up hope. It goes without saying that the Powell family will never give up on Spot.

So what has been done in a bid to find Spot during the past two years?

- A huge social media campaign spanning Facebook and Twitter; this is on going
- Messages and sharing of possible dogs similar to Spot



description have been followed up. These have come from all over the UK and Ireland

- An extensive poster campaign in the SA19 locality immediately after she was reported as missing
- A poster campaign in call centres in Merthyr and Cardiff and in the South Wales Valleys
- Scenting strategies were put in to action immediately, despite the 24 hour lag of the family being informed she was missing by the trainer.
- Dog tracking
- The following up of potential sightings locally.
- Food stations and night cameras were set up and checked every single day in all weathers
- Liaison with the Dyfed- Powys police force and the Rural Crime Team
- Legal advice has been sought
- Custom made banners displayed at key locations
- Adverts and articles in Countryman's Weekly and Agri Trader

Should you sight or become aware of a dog resembling SPOT, please don't attempt to call her or try to catch her under any circumstances. If you can get a photograph of her, that would be extremely helpful, but please do so safely and contact the owners on one of the following numbers: 07760 491131 – 07746 456502 – 01550 777589

There is a substantial reward of information leading to the safe return of Spot.

The Powell family would like to reiterate their gratitude for the on-going kindness and support.

 ID 137849

STILL MISSING

SPOT

Spot a young female collie missing since 5th December 2018 from Gwynfe near Llangadog SA19 area Wales.



Substantial reward offered for any information leading to her safe return.

Please ring
07760 491131
or 07746 856502

If found must be reported to the warden as required by law.

LLANDOVERY FRIENDSHIP SOCIETY CHRISTMAS GREETINGS EVERYONE



Hope you are all keeping well and coping with life as well as is possible in these difficult times. It was lovely to see many of you in the recent flu clinics.

We were greatly saddened to hear of the passing of our dear friend and Vice Chairman Roland Griffiths in October. Our thoughts and prayers are with Ann and all the family.

Having lost Esther Morgan at the beginning of lockdown we feel the sadness of their loss together, with their families and all their friends and will miss their company when next we get to meet up.

Sadly there has been no Harvest tea and no Christmas meal to look forward to and most importantly no opportunities for a friendly chat. We will have to make up for it next year, God willing.

So to make up for the spaces in your calendar here are some anagrams of Christmas songs/carols for you to have a go at, with a biscuit or a cake and a cuppa or even a glass of mulled wine and a mince pie. The number in brackets is the number of words in the title.(kensquiz) Answers in February

THIS WARM ETHICS (2)
SONIC GAS KNOWLEDGE (3)
THY LION HOG (3)
RACY ADDITIVE ONLY SONIC (5)
HID HEALTHY NOVELTY (5)
THE CHALK SHED (3)
KNEEL DOTILY (2)
HANDWRITTEN BIKE MILE (4)
LIFT SHELTER NOW (3)
WORTHY JOLT ODE (4)
TO WISHY WAHY,RARE CRUMMIES (6)
JILL BEGS LEN(2)

I hope the poem from Mary has brought back some memories and raised a smile.

Mary, Pat, Angela and all the committee send their best wishes for Christmas and The New Year.



***Nadolig Llawen Pawb
a Blwyddyn Newydd Dda.***



Gina

Since writing my Christmas greetings and sending them to Aaron, I have just received the sad news that Stan Baugh has passed away. Stan was another loyal member and very active President for many years. He like Esther and Roland will be greatly missed by us all. Our thoughts are with Jean and the family.

THE PAST IS A FOREIGN COUNTRY

The Britain of my childhood
I see through rosy eyes
For us children in the fifties
Our limits were the skies

People seemed much kinder then,
Less hurried keen to smile,
And everyone was so polite
They queued in single file.

It's true there were wet summers
And often heavy fogs,
But in the cold, damp winters
Open fires burned fragrant logs.

Children's television programmes
Were broadcast just once a day,
But we youngsters never minded-
We went outside to play.

In cinemas they played the Anthem
As soon as films had ended,
And we each stood to attention,
All our realm defended.

That was Britain way back then
Like a distant fairy tale,
A pleasantly recalled dream
That is not Great Britain ow.

I suppose each generation
Will look back on years gone by
And they will too, be full of praise.
"It was all wonderful", they'll cry.

Claire Summer

SEASON'S GREETINGS TO ALL THE LADIES IN LLANWRDA AND LLANSADWRN COUNTRY WOMEN'S GROUP

A strange year is coming to an end and another month without meeting together is passing.

Winter's more fun when we're all together!
Hopefully, with news of a vaccine in the pipeline, we can look forward to next year when we can all meet up again in Llansadwrn Reading Room for a jolly chat and get together.

As we have missed our meals out this year it will be special to plan some extra meals out for 2021 – this will be something to look forward to! Start planning now!

Best wishes to you all for a hopeful, happy and healthy 2021.

For more information on the Group call – everyone welcome: 01550 777622.

READERS' SALES & WANTS

are free of charge
(subject to space availability)
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- **Heavy Horse World magazines**, vgc, £5. Tel: 01550 777432.
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- **x2 Beswick bay shires**, vgc, £60. Tel: 01550 777432 (Long ring).
- **Selection of bone china plates and mugs**, £20. Tel: 01550 777432 (Long ring).
- **Selection of Heavy Horse**, old Farming Machinery & Ways, Sheep Dog Trials books etc. Tel: 01550 777432 (Long ring).
- **x2 Bicycles for Christmas**, Raleigh Vixen, littel used, working order, 1970's, £60 ono and Raleigh racer, 1940's classic, good working order, offers. Tel: 01550 777410.
- **Ladies bike**, 26" wheels, Kettler 9 speed with lights, stand, carrier and extras, as new, cost new nearly £800, will sell for £195 ono. Tel: 07805 093803 (Llandybie).
- **Powervibe Vibration Plate Tech fitness unit**. Many settings and vibration rates. Free to collector with donation to a Llandoverly charity. 01550 721156.
- **Extractor fan**: Vortice model CA 100 - VO, in box with installation instructions, wiring diagram, data specifications, guarantee form. As new. £20. 01550 721156.
- **IKEA single bed**, white, with optional matching shelves – or take separately. Free to collector with donation to a Llandoverly charity. 01550 721156.
- **Logs, hard & soft wood**. Dried & Split ready. Call 07761 107055 for your requirements & prices.
- **Feather edge boards** 600mm x 100mm treated in bundles of 12 £3 per bundle. Tel: 07761 107055.
- **Bench pipe vice**, £7. Tel: 07761 107055.
- **Plastic tool box** (as new) 19ins long with tray, £6. Tel: 07761 107055.
- **3ins drill press cross vice** (Draper) New £15. Tel: 07761 107055.
- **Electric timers**, plug in type (new in package) £3 each. Tel: 07761 107055.
- **Set of car battery jumper leads**, £3. Tel: 07761 107055.
- **Old Hurricane lamp** converted to electric fitted with a flickering bulb, £6. Tel: 07761 107055.
- **Coil of galvanized plain wire**, £10. Tel: 07761 107055.
- **Dual Ball and Jaw hitch** for 4x4, heavy duty, £15. Tel: 07761 107055.
- **Pulley maid clothes airer**. 4ft long (as new), £10. Tel: 07761 107055.
- **Ideal Christmas gift**. A battery operated Truck with a flat bed trailer complete with Sailboat, all remote control. New and unused in its box, £17. Tel: 07761 107055.
- **Snow chains**. Set of Pewag Austrian snow chains. used once for 10km in Austrian blizzard. £30. Tel: 01558 685717.
- **Bolt cutters**. Heavy duty Record 930 bolt cutters, 30 inches long, £35. Tel: 01558 685717.
- **Wood Burning stove**, reasonable offers. Tel: 01558 822125.
- **Digital Camera Panasonic Lumix DMC-TZ60**. All works perfectly. Plus: Adaptor; USB Cable; 2 x Battery packs; Memory Cards; Tripod; LEXOR Card Reader. £150. Tel: 01558 823989.
- **Horizontal Rail Sheep Feed Hurdle**, £150. Ring 07967 120307.

- **Rayburn Regent range cooker Coal/multi fuel**. No back boiler. In good working order. Available from late January, buyer to collect, £100. Phone 01550 750385.
- **15 foot 7 bar galvanised Gate**, £100. Ring 07967 120307.
- **IAE 100kg Lamb weigher**, £325. Ring 07967 120307.
- **Large glass coffee table** and two flat pack garden benches – free to good home. Please ring 01269 850357.
- **Post box** with two keys as new, £17. Tel: 07974 779646.
- **Wagner Paper Removal** as new. £12. Tel: 07974 779646.
- **The Pottery Handbook and Handbuilt Pottery Techniques books**, excellent condition, £10. Tel: 01550 777796.
- **Casio keyboard**, Good condition, £20. Tel: 01550 777796.
- **Kayak Dancer Perception** 3.6 metres long, £45. Tel: 01550 777796.
- **Voile** 15 mtrs x 150cm approx white with autumn leaf design. Tel: 01550 777796.
- **Surveying equipment**: Level and tripod and 4m staff. 900mm spirit level. Reasonable offers accepted. Tel: 01550 777591/07854 148915.
- **Second Hand Books**. Newton House in Dinefwr Park is again open at weekends. Sat/Sun 11.00am – 4.00pm. Come and browse and buy books from our newly re-sited second hand bookroom within the house. (admission charge applies for non National Trust members).
- **Jolie pram with accessories**, £30 ono. Tel: 07770 777992 / 07872 509031.
- **Kids roller skates**, new, £10. Tel: 07770 777992 / 07872 509031.
- **Kids scooter**, £6. Tel: 07770 777992 / 07872 509031.
- **x2 tool boxes with tools**, £10 each. Tel: 07770 777992 / 07872 509031.
- **Tool boxes with tools**, £20 ono. Tel: 07770 777992 / 07872 509031.
- **Stool with ceramic top**, £10. Tel: 07770 777992 / 07872 509031.
- **Job lot spanners and Black & Decker drill**, £20. Tel: 07770 777992 / 07872 509031.
- **Box spanners**, vintage, £35. Tel: 07770 777992 / 07872 509031.
- **Spanners and mixed tools**, £30 ono. Tel: 07770 777992 / 07872 509031.
- **Panasonic TV**, 32 inch, spares or repair. Tel: 07770 777992 / 07872 509031.
- **x3 boxes of crockery**, £15 ono each. Tel: 07770 777992 / 07872 509031.
- **Dyson DC27 vacuum cleaner**, excellent condition, £50 ono. Tel: 01550 721241.
- **CareCo Freedom Travel Wheelchair**, collapsible for easy transit and storage, Excellent Condition, £30. Tel: 07552 017068.
- **CHRISTMAS TREE**. Extremely realistic Christmas Tree. 7 feet high in 3 sections with individual branches which can be manipulated to any desired shape. Was over £70 new. £40. Bethlehem 01550 777749.
- **GUINEA PIG/RABBIT CAGE**. Large indoor guinea pig/rabbit cage. 100cms x 50cms x 40cms. In excellent condition. £25. Bethlehem 01550 777749.
- **DUNSLEY 'C' TYPE NEUTRALIZER** with built on cylinder stand. New and unused. Was £380. Now £320. Bethlehem 01550 777749.

WANTED

- **Singer sewing machine**, hand operated. Please call 01550 722976 / 07770 994926.
- **Exercise bike**, reasonably priced. Tel: 01550 720620.
- **Grazing land**, possible long term and suitable for sheep, including sheds if possible. Tel: 07770 777992 / 07872 509031.

BRO DYFRI LOCAL MINISTRY AREA

The Coronavirus situation continues to affect the way that churches operate in Bro Dyfri.

Whilst a number of churches within the Local Ministry Area have opened for private prayer and public worship, the situation remains subject to sudden revision. Because numbers are strictly limited in accordance with Welsh Government regulations, it is important to phone your local contact to check service details and to book a place. This is particularly necessary in December when Christmas services are likely to fill up quickly.

Please note that for Holy Communion services in all our churches, Communion is only permitted in one kind, i.e. bread wafer.

LLANDOVERY GROUP

DECEMBER

St Dingat's, Llandinat

- 2 Dec 1.00pm Cymun Bendigaid Welsh
6 Dec 9.30am Morning Prayer
16 Dec 1.00pm Cymun Bendigaid Welsh
20 Dec 10.30am Joint Service of Holy Communion
24 Dec 11.30pm Midnight Mass

To reserve a place, please contact Gina Jones on 01550 720790 – bookings for Midnight Mass by 23 December.

St Michael's Myddfai

- 6 Dec 11.30am Holy Communion with Ven Dorrien Davies
13 Dec 11.30am Holy Communion
27 Dec 11.30am Holy Communion

JANUARY

St Dingat's, Llandinat

- 3 Jan 9.30am Morning Prayer
6 Jan 1.00pm Cymun Bendigaid Welsh
17 Jan 9.30am Holy Communion
20 Jan 1.00pm Cymun Bendigaid Welsh
31 Jan 10.30am Joint Service of Holy Communion

St Michael's Myddfai

- 10 Jan 11.30am Morning Prayer
24 Jan 11.30am Holy Communion

LLANWRDA GROUP

DECEMBER

St Cwrdaf's, Llanwrda

- 6 & 20 December at 10.00am

St Sadwrn's, Llansadwrn

- 13 December at 11.00am

St Paul's, Manordeilo*

- 27 December at 10.00am
*Subject to confirmation

CHRISTMAS ARRANGEMENTS

- 24 Dec 6.30pm in Llanwrda – Doorstep Christingle
24 Dec 11.30pm in Llanwrda – Midnight Mass
25 Dec 10.00am in Llansadwrn – Christmas Day Holy Communion

JANUARY

St Cwrdaf's, Llanwrda

- 3 & 17 January at 10.00am

St Sadwrn's, Llansadwrn

- 10 & 24 January at 11a.m.

St Paul's, Manordeilo

- 31 January at 10.00am*
*Subject to confirmation

CILYCWYM GROUP

DECEMBER

St Michael's, Cilycwm

- 6, 13, 20 December at 10.30am
25 Dec 10.30am Christmas Day Service
NB There is no service on 27 December

JANUARY

St Michael's, Cilycwm

- Every Sunday at 10.30am

TALLEY GROUP

DECEMBER

St Michael's, Talley

- Every Sunday at 11.00am

CHRISTMAS ARRANGEMENTS

- 24 Dec 6.00pm Christingle
24 Dec 11.30pm Midnight Mass
25 Dec 10.00am Family Service

St Sawyl's, Llansawel*

- First and third Sundays at 11.00am

Christmas arrangements for Llansawel will be circulated in due course.

JANUARY

St Michael's, Talley

- Every Sunday at 11.00am

St Sawyl's, Llansawel*

- First and third Sundays at 11.00am

Arrangements for the fifth Sunday at Llansawel are still to be confirmed.

LLANGADOG GROUP

- 6 Dec 11.00am St Simon & Jude, Llanddeusant. Advent 2.
13 Dec 9.30am St Cadog Llangadog. Advent 3.
20 Dec 11.00am St Simon & Jude, Llanddeusant. Advent 4.
24 Dec 11.30pm St Cadog Llangadog. Midnight Mass.
25 Dec 10.00am St Simon & Jude, Llanddeusant. Christmas Morning.
27 Dec 9.30am St Cadog Llangadog. Christmas 1 - John, Apostle and Evangelist.
3 Jan 11.00am St Simon & Jude, Llanddeusant. Christmas 2.
10 Jan 9.30am St Cadog Llangadog. Epiphany 1 – The Baptism of Christ.
17 Jan 11.00am St Simon & Jude, Llanddeusant. Epiphany 2.

Church Services

E-English W-Welsh B-Bilingual

- 24 Jan 9.30am St Cadog Llangadog. Epiphany 3.
31 Jan 11.00am St Simon & Jude, Llanddeusant. Epiphany 4.

Service information will continue to be communicated through social media and community posters as well as by word of mouth.

Clergy will provide pastoral care by phone and in appropriately socially-distanced settings; services and reflections continue online and, for the foreseeable future, there will be a combination of church-based and online worship. For more information about your local situation please contact the following:

CILYCWYM GROUP (INCLUDING CILYCWYM, CYNGHORDY AND RHANDIRMWYN)

Revd Ann McKnight 01550 721109

TALLEY GROUP

Revd Patrick Mansel Lewis 01558 822942 (Abergorlech and Llansawel)
patmanlew@gmail.com
patmanlew@btconnect.com

Revd Tim Nelson 01558 685415 (Talley and Caio)
timnelson@btconnect.com

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

LLANDOVERY GROUP (INCLUDING LLANDINAT, LLANFAIR AND MYDDFAI)

Revd Paul Pritchard 01550 938534
revpaulpritchard@gmail.com

LLANWRDA GROUP (INCLUDING LLANWRDA, LLANSADWRN, MANORDEILO AND CAPEL DEWI SANT)

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

LLANGADOG GROUP (INCLUDING LLANGADOG, LLANDEUSANT AND GWYNFE)

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

WILLIAMS PANTYCELYN MEMORIAL CHAPEL

Sunday praise at 11.00am [available also via zoom]

Tuesday drop-in prayer and reflection from 10.00am – 12.00pm [available also via zoom from 11.00am]

For further information or to contact Pastor Rob please visit
www.williamspantycelyn.co.uk

Merry Christmas

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. *08/21/12*

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 *06/21/12*

BROWN PARTNERSHIP ARCHITECTURAL SERVICES – A wide range of services available at realistic rates (not VAT registered). Quality computer drawn plans. Extensions, new-builds, loft conversions. Planning & Listed Building Applications, All Grant Work Undertaken, Partnered with Carmarthenshire County Councils Building Regulation Department for Streamlined Applications. Working Locally for 25 years with an excellent reputation. Contact Nick Brown, Three Horseshoes, Gwynfe, Llangadog on Tel: 01550 740287, Mob. 07779 163626 or E-mail: nick@brownpartnership.com www.brownpartnership.com *12/20/12*

MARK WAGHORN DESIGN – Award winning RIBA architect experienced in creating and delivering sustainable and innovative designs. We offer both domestic and commercial clients a wide range of services and products including: Design and manufacture of micro architecture; development advice; measured surveys; planning applications; building regulations applications; construction drawings; interior design; sustainability and energy saving consultations; project management; joinery design; 3D visualisations. Contact no: 01558 822009 Email: info@mwd.wales Website: www.mwd.wales *03/21/12*

BEAUTY SALON

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

BOOKS, RECORDS, CDs

DISCOVERY BOOKSHOP, 52 Cwmamman Road, Garnant, Ammanford, SA181NF. A unique shop with a wide mixture of Good Quality Fiction Novels, Reference, Technical, Non-Fiction and Welsh Books etc. etc. Popular Categories, Best Sellers and Top Authors. [Many Half-Price Bargain Books]. LP Records, 7" Singles & EPs & Picture Discs. Records & CDs to suit all popular tastes - Rock, Classical, Folk, Country, Soundtracks, Jazz, 60s etc. etc. Well worth a visit - Open Monday to Saturday 10am to 5pm. *04/21/12*

BOOKS AT THE DRAGON'S GARDEN, we sell new books and specialise in nature writing, current affairs, art, food, travel, permaculture, gardening, fresh off the press new fiction, and a selection of classics, in both English and Welsh. We have an inspiring children's section, and a fabulous collection of cards, wrapping paper and Fair Trade gifts. We sell & redeem National Book Tokens. Based at our market garden, we also sell organic compost, Franchi seeds & veggies. We're an appointment only bookshop, you get the shop to yourself for a minimum of an hour! We're open 11.00am – 5.00pm on Monday, Thursday, Friday & Saturday & 2.00 – 5.00pm on Wednesday & Sunday. To make an appointment ring us on 01550 777915, email: enquiries@dragons-garden.com or visit our website www.dragons-garden.com we also sell online. *09/21/12*

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*

CARPENTRY

MADE TO MEASURE – double glazed windows, internal/external doors, built in storage, shelving, cupboards, wardrobes. For a free quotation contact Simon Hickman (Llansadwrn) 07711 102999, Email: teganwoodwork@icloud.com *02/21/12*

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. *10/21/12*

GREGORY JONES. Home Choose Carpets, Llandeilo. All types of carpets supplied and fitted. We come to you. Tel: 07766 517569. *05/21/12*

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 *02/21/12*



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. 07/21/12

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. 11/21/12

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. 06/21/6

COMPLEMENTARY THERAPY

HOLISTIC & SPORTS MASSAGE THERAPIST: CAROL DEBORAH LORD IHHHT ICHT FFHT. Fully qualified & insured member of the Federation of Holistic Therapists for 20 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. 04/21/12

COMPUTER SERVICES

HELP WITH EVERYDAY COMPUTING for home users and small businesses. Friendly, affordable and professional service includes connecting a device to the internet / email set-up / Microsoft Office tuition / safe internet shopping / internet security / virtual meetings (e.g. Zoom) and much more. Will follow government advice for meeting. Call Andrew 07877 674179 or email: help@witconsulting.co.uk 02/21/6

COPYING AND PRINTING SERVICES

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

COUNSELLING

WHATEVER IS ON YOUR MIND OR TROUBLING YOU, TALKING THERAPY CAN HELP. As a qualified counsellor with 15 years experience, I offer a confidential space where my aim is to help you understand yourself better and think about what is going to be best for you moving forward. I work with men and women, children and young people, couples, parents and families. No problem is too big or small and so I am happy to help with whatever you're thinking or feeling. To find out more or to arrange an initial appointment call Cathrin on 07870 888141. Email: cathrin@cathrinwildwood.co.uk Website: www.cathrinwildwood.co.uk 12/21/12

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. 11/21/12

ELECTRICIANS

V. W. REES ELECTRICAL. Llandeilo. All aspects of Domestic wiring including New Builds and Rewires. **No job too small.** All work Guaranteed. Emergency call out available. Free estimates. For a professional reliable service Tel: 01558 823679 or Mob: 07790 568072. 06/21/6

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 08/21/12

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 Llandeilo's very own Aladdin's cave! Used goods and clothing always available at reasonable prices: books, bric-a-brac, household goods, toys, you name it we've probably got it in a variety of colours and sizes. Also new fairtrade goods, cards, candles, incense, instruments and eco-friendly toiletries available. The Green House gratefully accepts donations of saleable clothing and household goods to raise funds. In order to maximise the effectiveness of the money raised the shop is staffed by volunteers. Money raised funds local environmental projects and campaigns. For further info contact The Greenhouse, Rhosmaen St, Llandeilo, 01558 822646. Opening Hours: Mon, Tues, Thurs, Fri and alternate Saturdays. 07/21/12



GARDENING — SERVICES

TUNDRA LANDSCAPES (est. 1978). Professional service in hard and soft landscaping. Walling (stone or block), patios, paths, driveways, shed bases and shed construction, fencing, decking. Small build and drainage systems with land clearance and tree work. Ponds and rockery construction, planting (shrubs and trees), soiling and turfing. No job too big or too small. Contact Pete Nitsch BSc, Hons, DAAS on 01550 777108 or mob: 07790 210397 *04/21(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. *12/20(6)*

GARDEN PURSUIT – FOR ALL ASPECTS OF GARDEN & HOME IMPROVEMENTS. Projects! Problems! Alterations! Maintenance! Call Paul on 07708 699119. All areas covered www.gardenspursuit.co.uk *12/20(12)*

HEATING OR RENEWABLE HEATING

LLANDEILO BASED BUSINESS, delivering high quality, innovative renewable heating solutions, including Wood Pellet and Log Boilers, Ground Source Heating Pumps, Air Source Heat Pumps and Solar Thermal hot water. Contact Nick or Lloyd 01558 824726 info@birdshill.wales www.birdshill.wales *03/21(12)*

HOUSE CLEARANCES

HOUSE CLEARANCES. Trusted, reliable service. Competitive rates. No obligation quote. Anything considered. Tel: 07872 509031 / 07770 777992. *02/21(6)*

HYPNOTHERAPY

HYPNOTHERAPY AT HOME. Feeling low? These troubled times have impacted many people's peace of mind and sense of well-being, leaving a deep furrrow of stress and anxiety. Hypnotherapy is a natural technique that sets you back on the road to wellbeing and happiness, to help you discover again your enjoyment of life and rekindle the spark of positivity and hope. I am Duncan Lochhead, a registered clinical hypnotherapist in Llandeilo, offering hypnotherapy via online video-conferencing in the comfort of your own home. You can contact me on 07782 482511 for an initial consultation with no charge, or visit my website to find out more www.hypno-at-home.co.uk *06/21(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, Llandeilo. My Jewellery workshop is now at Rose Cottage, Milo. SA18 3LZ. (Located on the A476). Tel: 01269 831585 to arrange appointments for me to assess and price your repairs. Working days usually Tuesday, Wednesday & Friday 9am to 5pm. Out of hours appointments by arrangement. *04/21(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 *04/21(12)*

LAUNDRY SERVICES

IRONING SERVICE. All work considered. Competitive rates, reliable and trustworthy. Contact 07872 509031. *02/21(6)*

LIPREADING CLASSES

HARD OF HEARING? WANT TO IMPROVE YOUR LIPREADING SKILLS? WOULD YOU LIKE TO JOIN A LIPREADING AND MANAGING HEARING LOSS CLASS? Due to the current situation these groups are run online and no more than a group of six. When the chance arises hopefully that can become face to face. I am offering an initial free lesson to see if this would be of use to you. I am a qualified Lipreading Teacher, qualifying in 2009. For more information please contact Anne on Mobile no: 07939 567846 text or ring or email: aolipreading@btinternet.com *05/21(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 *06/21(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. *08/21(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 *09/21(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 *02/21(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. *08/21(12)*

PETCARE SERVICES

PAWSITIVE PETCARE. Offering a trusted, caring, professional and friendly service for all pet owners and smallholders. Services include dog boarding, pet sitting, dog training, dog grooming, pop in service, doggy day care, small and large animal care, equine care and pet to vet taxi service. Available all year round. Fully insured, DBS checked, licensed by local authority. Contact Lyn on 07754 784109 or 01550 722917. Follow us on Facebook. *04/21(6)*

PICTURE FRAMING

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

PLUMBERS

KB HOME Maintenance Plumbing. For Household Plumbing Repairs, Maintenance and Installations. Bathrooms installed. For friendly service call Brendan on 01558 824590 Office, Mobile: 07838 386069. 05/21(12)

PROPERTY MAINTENANCE

PROPERTY MAINTENANCE: From replacing damaged plaster board to replacing drains. To drilling service pipe holes, sawing up concrete, earth drilling and gate installations. Owner driver mini digger hire. Contractor to Swift Relocations. Licenced waste carrier. Tel: Nick Marson 07721 042383. Email: marsondrilling@yahoo.co.uk 12/21(12)

SOLICITORS

HUGH WILLIAMS SON & CO. Established solicitors offering expert advice in Conveyancing, Wills & Probate, Divorce & Family Law, Trusts & Tax Planning, Tenancies and General Litigation. Law Society Accreditation for Conveyancing, Member the Society of Trusts & Estate Practitioners. Offices in Llandeilo 01558 823417 and Llandovery 01550 721500. 11/21(12)

TUITION

MATHEMATICS TUITION IN LLANDEILO. If you would like to improve your grades for GCSE, AS or A Level, or need a bit of extra help in understanding mathematics, then contact me for one-one tuition. I am a retired mathematics lecturer (PhD, PGCE) with an excellent record of student success. Please contact Lynne Roberts on 01558 824431. 02/21(12)

PIANO LESSONS: Beginner to Advanced, Grades 1 to 8 with ABRSM or learn for fun: Pop, Rock, and Blues. Will travel to yours, or come to my home studio in Llangadog. Call Ben Montaigne on 07969 887271 or Email: info@panio.uk 03/21(12)

UPHOLSTERY

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

WILL WRITING SERVICES

MB WILLWRITING. Willwriting, Lasting power of attorney, trusts, legacy planning, Funeral plans for more information please contact Melanie at info@mbwills.co.uk 01269 542742 www.mbwills.co.uk 09/21(12)

WINDOW CLEANING

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



YOGA

HOLISTIC HEAVEN YOGA: Increase your health & wellbeing with small friendly Yoga classes at Henllys Coach House, outside Llandovery in a lovely purpose built studio. All ages and yoga experience welcome. Also one to one. Fantastic for relaxing, rejuvenating, destressing and increasing flexibility and your immune system. Releases aches and pains and also great for toning and strengthening muscles. Phone Claire on 01550 721332 or 07985 077227 for timetable or visit www.holistic-heaven.com. Yoga Classes – Workshops – Retreats – Holistic Treatments. 07/21(12)

YOGA CLASSES: Cefneithin hall 6.00 – 7.15, Llangathen Hall wed 9.15 am, Fri 9.15 – 10.30am, Fri 18.00 – 19.15pm. All classes are being recorded on zoom if you can't make it in person for different reasons. Head to the website www.goldengroveretreat.co.uk if you would like to book on. These classes are a combination of vinyasa flow and yin yoga. 06/21(6)

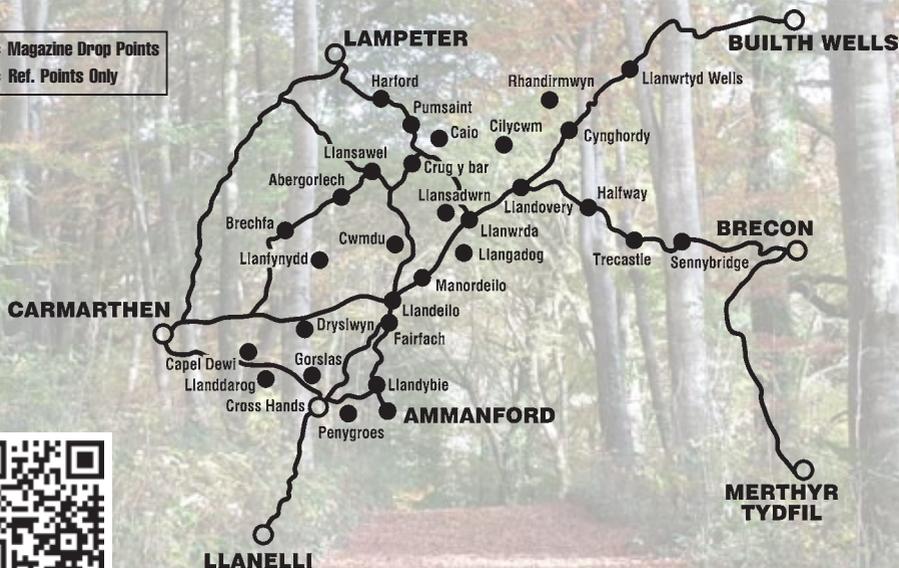
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Llandovery & Surrounding Distribution Area

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.

● = Magazine Drop Points
○ = Ref. Points Only



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
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Black & White	£66.94+VAT	£50.21+VAT per issue	£44.85+VAT per issue	£33.47+VAT per issue
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Full Colour	£39.55+VAT	£29.66+VAT per issue	£26.50+VAT per issue	£19.78+VAT per issue
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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 Sunday of each month 12.00 – 4.00pm. Tel: 01550 720449

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

TOURIST INFORMATION CENTRES

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

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

7 days, Enquiries to 01874 622485.

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

LOCAL POLICE

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

TAXI SERVICES

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

JM Taxis, Llanwrtyd Wells. Tel: 01591 620777.

Llangadog Taxis, Llangadog. Tel: 01550 777924.

Rays Taxi, Llandovery. Tel: 07775 210900.

Towy Taxi, Llandovery. Tel: 07544 624411.

MULTIPLE SCLEROSIS SOCIETY:

Tel: 0300 1232326.

AGE CYMRU SIR GAR/CARMARTHENSHIRE:

Tel: 01554 784080.

BRECON ADVICE CENTRE

Tel. 0345 6018421

11 Glamorgan Street, Brecon. LD3 7DW:

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

Traveline: 0871 200 22 33

BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.

PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

Llandovery – Llandeilo (289)

via Crug-y-bar, Llanwrda

Llandeilo, New Road	9.35	Llandovery Car Park	13.40
Crug-y-bar, Community Cen.	10.13	Crug-y-bar, Dyffryn Anell	14.04
Llandovery Car Park	10.41	Llandeilo, New Road	14.44

Golden Grove – Llandeilo – Carmarthen (277) Wed only

Gelli Aur Gelli Newydd	9.10	Carmarthen (Bus Stn.)	13.45
Ffair-fach	9.15	Abergwili	13.53
Llandeilo (Yr Hen Vic)	9.20	Nantgareidig (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
Nantgareidig (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	All services operate Mon-Sat
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	—	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	

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

LLANDOVERY SWIMMING POOL

Tel: 01267 224733

PWLL NOFIO LLANYMDDYFRI

Gweler y wefan; www.actif.cymru ar gyfer ein rhestr o oriau agor, gweithgareddau a sut i archebu a thalu.

LLANDOVERY SWIMMING POOL

Please see website; www.actif.wales for our list of opening hours, activities provided and how to book and Pay.

Train Times (Heart of Wales Line)

CORONAVIRUS UPDATE – The Welsh Government has confirmed the essential travel restriction on public transport has been lifted, opening up trains and buses to more potential passengers.

Timetables severely limited at present, only two trains each way every day, based on the normal Sunday service timetable (new May – December timetable) – please check with Transport for Wales for current service timetables and about refunds.

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

www.tfwrail.wales

Tel: 03457 484 950

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

x = Service stops on request
xx = Starts from Carmarthen