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Merry Christmas



LLEUST

'TAILS' FROM THE TRUST CHRISTMAS GIFTS OF KINDNESS



Full article on page 4

FOR ALL YOUR LOCAL NEWS & BUSINESS SERVICES

ALL ABOUT *The Post*

**COPY DATE
for next issue:
17th January 2021**

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The Post Future Copy Dates

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May..... 15th April

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GREGORY JONES

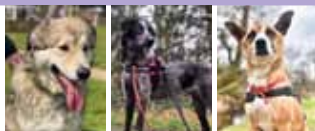
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02/22(3)

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With yet another dramatic increase in dogs being handed back to us since lockdowns have started to lift, we're struggling to keep up with the kennel fees while we find these dogs new homes.

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To make a donation towards these dogs, please scan the QR code or visit

www.justgiving.com/crowdfunding/ruff-start

To find out more about Ruff Start Recue CIC or to help us by fostering one of our Hatton dogs, please visit our facebook page

 @ruffstartrescueukcic

TABLE TOP SALE CRAFT & MARKET STALLS

On Friday the 3rd December 2021 there will be a Table Top Sale, Craft & Market stalls in Market Square, Llandoverly, from 10.00 a.m. until 2.00 p.m.

For stalls the contact numbers are: Stall contact: 07812 642089 / 07972 746987 (Dorothy/Louise). Stall/Pitch: no charge at present.

Please state whether you require a table, or whether you wish to bring your own table, chair & gazebo. Table Top Sellers: no Public Liability Insurance required. Market stall traders: must have their own Public Liability Insurance. It will be the sellers responsibility to comply with the Covid prevention requirements laid down by the Welsh Government. (Please note that the Town Council Insurance does not cover for any acts of negligence, loss and damage to their goods).

At the October & November TTS & Market, it was lovely to see Billy, the '5 A Day' Veg Man. It was good to see him back. During the winter months, if the weather is inclement, it is possible that the TTS & Market will relocate to the Castle Hotel Function Room. Any updates will be on the Love Llandoverly website.

Please note: This is a socially distanced event and that anyone with Covid symptoms should stay at home.

Every First Friday of the month!

MERCHED Y WAWR BRO PANTYCELYN

Yn anffodus oherwydd Covid ni chawsom gyfarfod ym mis Tachwedd ond edrychwn ymlaen at ddathlu'r Nadolig gyda'n gilydd ar Ddydd Mercher Rhagfyr 1af am 2 o'r gloch yn y Neuadd Gatholig. Ein cyfarfod cyntaf o'r flwyddyn newydd fydd ar yr ail Ddydd Mercher o Ionawr. Helen a Nan fydd gyda ni yn trafod "Hen Bethau". Edrychwn ymlaen yn fawr i gael eu cwmni.

Audrey 01550 721612

Eluned 01550 720825

Marian 01550 720370



1221(6)



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'TAILS' FROM THE TRUST



During November Lluest celebrated World Kindness Day with a specific shout out to our amazing volunteers giving their time to help fundraise and care for our rescued horses, ponies and donkeys. Kindness obviously isn't just focused on one day of the year and for us it's about ensuring the welfare of our beloved equines 24/7. Giving them a safe place to stay, full bellies and making sure all of their health needs are met through regular farrier visits and dentist and veterinary treatments when needed.

Christmas is very much about kindness and if you're looking for local charity gifts we'd like to share some ideas if you'd like to consider supporting us this year. Every single penny raised goes back into supporting the equines in our care and changing the lives of those still waiting to be rescued from neglect, cruelty and abandonment.

CARDS, CALENDARS AND SPONSOR GIFTS

We have a great range of Christmas cards including those that are bi-lingual. All feature Lluest equines or scenes from the farm. This year Rubin our resident retired Police Horse showed us his best side for our new Festive Rubin Christmas card pack.

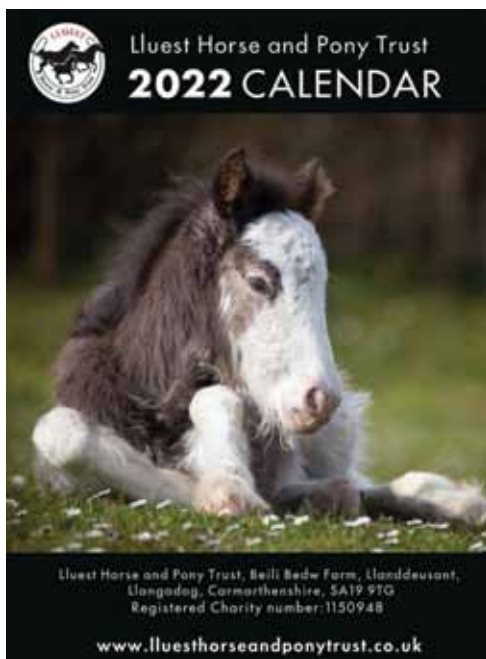
Our 2022 Calendar features beautiful photographs from Rhian Mai our super talented photographer.....did you catch her on Episode 5 of Gareth Edwards' Great Welsh Adventure?

You can sponsor a Lluest equine....how about a Donkey Sponsor Pack for Misty or Caesar, perfect for Christmas.

Gift us a small bale of hay for your favourite Lluest equine or contribute towards a farrier visit. We also run a charity Tack Shop on site offering great bargains all year round. Treat your own equines this year with a Lluest Tack Shop pressie.

Full details of all our Christmas gifts can be found on our online shop via our website: www.lluesthorseandponytrust.co.uk/lluest-online-store/

If you don't do online shopping then please contact us for times and days when you can visit to shop in person or check out our Tack Shop. Tel: 01550 740661.



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You can also fundraise for us at absolutely no cost to yourself whilst shopping with thousands of other retailers. If you haven't signed up yet, it's easy and completely FREE. 6,000 shops and sites will donate to us when you use 'easyfundraising' to do your everyday online shopping – at no extra cost to you. Every donation you raise makes a difference to us so please sign up & share today. www.easyfundraising.org.uk

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If you have any old coins, foreign currency, mobile phones, old camera equipment, stamps. Jewellery or watches you can send them free of charge to www.recyclingforgoodcauses.org and request that funds raised from your recycling are given to Lluest.

We'd like to end by wishing all our Post supporters a very Happy Festive season from all the staff and equines at the Trust. Nadolig Llawen.



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Padmasambhava Yoga & Meditation Centre

With the Calendar year and the Autumn term drawing to a close, PadmaSamBhava would like to take this opportunity to thank all their students for their support over the year and to wish everyone a happy Christmas and good health and peace throughout 2022. Nadolig Llawn a Blwyddyn Newydd Dda.

The Spring term will get started on Monday 10th January 2022. The term offers a good selection of classes, suitable for many ages and abilities, from the Monday morning chair yoga, to a mixed daytime class on Tuesdays, and a selection of more experienced evening classes.

The Centre is currently taking names for the 'New Beginners' course – so please do get in touch with the Centre to book your place. The Beginner's course introduces a progressive series of practices which help release joints, as well as physical tensions within the body, and increase flexibility and strength. This foundation course introduces tools which are useful in daily life. Time is spent in each class on breathing practices which reduce stress, improve mood and focus, and develop strength in the lungs. Classes finish with a deep relaxation to allow the body and mind to rest on all levels, renewing vitality. This class is suitable for every body, no matter your age or fitness level. Help is given, as needed, to become familiar with Zoom. Many students have surprised themselves (and others!) by embracing this technology with the help offered.

Padmasambhava yoga classes offer so much more than just the physical aspects of yoga. They can help you to improve your health by introducing you to breathing practices (especially good for people with asthmatic conditions), flexibility of the body and joints, beneficial for anyone with arthritis. Yoga Nidra and meditation,

LLANDOVERY FRIENDSHIP SOCIETY

Sorry just a quick note this month. Hope you are all keeping well, and haven't succumbed to the dreaded co-vid virus that has reared its head around here again. It has been a scary time. Hopefully we are coming out of it again.

Unless we have been advised differently by Mark Drakeford we will be meeting on December 15th 2.00pm to 4.00pm for our Christmas get together. We would be grateful if you would all bring a plate of goodies to share. Savoury and sweet. We will get some crackers and make the event as festive as possible.

Look forward to seeing as many of you as feel able to attend as possible.

Gina and all the committee.

both of which are extremely beneficial to people with high blood pressure, angina and heart problems also help to relieve stress through relaxation. On a mental level, all these practices of Yoga can bring about clarity, calmness of mind, and focus.

The Centre is there for students old and new – so please do call Padmasambhava if you would like help or guidance or resources for practice.

A few simple practices can provide 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 – and taking quieter time helps with developing a sense of well-being. Please don't hesitate to contact the Centre, you can phone 01558 823842 or email: mail@padma.org.uk More information at www.padma.org.uk.

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12/21(6)



THE TUTOR CENTRE, OLD SCHOOL LLANWRDA

It feels so nice to be up and running again. The Tutor Centre is now in full use with individual students, groups and tutors using our blended learning facilities. We also look forward to welcoming a new specialist teacher who will be joining us shortly to head up our new venture of Rescue Reading sessions for all ages. Students struggling with reading, dyslexia or need to catch up in their English studies can now access our 1-1 or group sessions from the beginning of December. Please feel free to enquire if you have any questions regarding your child.

We regret that our Christmas Pop Up Shop has been cancelled due to the Covid situation, but we hope to hold another at Easter.

As ever, if you need education of any sort, please don't hesitate to get in touch. 01550 777701 or e-mail: admin@net-teach.co.uk

Net-Reach Charity means education is available for everyone.

Net-Reach Charity's programme of teaching basic English to, mainly, Middle Eastern refugees continues to gather pace. Detailed research amongst recently-arrived official immigrants shows that inability to speak the language is amongst their biggest worries. Excellent results in Denbighshire have prompted interest in two more councils, and talks are in progress to get these further projects underway. The Charity has recently received grants from several charitable foundations to fund the work and we have had further meetings with authorities and fundraisers to help extend this work across Wales.

**A VERY MERRY CHRISTMAS and NADOLIG
LLAWEN from all at the TUTOR CENTRE**

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12/22(12)



We do so look forward to Christmas and all those things regular and traditional – except that last Christmas, NOTHING was regular nor the way we have always done them. Inside and outside our homes, our familiar routines were disrupted – and things have not really settled down yet. At our Church of St Michael, Llanfihangel Rhos y Corn, perched up on top of the edge of the Cambrian Mountains in the Brechfa Forest, services were still cancelled so the celebration of Christmas 2020 inside the building couldn't happen and the doors were locked.

This year things are looking brighter with regular services resuming, and the first part of the Christmas celebration will be revealed at the first Sunday in December at the 2.30pm service with the windows once again beautifully decorated by our “angels”, our volunteers, displaying their individual takes on Christmas with imagination and creativity. In the past these have featured farmers fields complete with tractor and snow, a space rocket, Santa’s workshop, doves angels galore as well as the nativity scene.

These will stay in place till after Twelfth Night and the Church is open to visitors in daylight hours. The labyrinth in the lower churchyard is in process of being renovated but is still accessible. Services planned are Holy Communion on Sunday December 5th at 2.30pm, Pilgrim Service of prayer and meditation on Wednesday December 5th at 5.00pm, Carol Service on Sunday December 19th at 2.30pm, and then Sunday January 2nd at 2.30pm.

The above is subject to any changes in Covid 19 regulations and advice from the Church in Wales – everyone is asked to abide by the precautions indicated inside the Church. Info Revd Roger Nock on 01267 202347 or check our Facebook page – location SA32 7RP, What3words|: gain.agent.acids.

8 December

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

19 December

Carol Service – at 2.30pm at St Michael’s Church, Llanfihangel Rhos y Corn, SA32 7RP. Come and see the uniquely decorated Christmas windows. Info Revd Roger Nock on 01267 202347.

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01/21(10)

LLANDEILO REFURBISHMENT PROJECT TO OPEN ITS DOORS BEFORE CHRISTMAS

Menter Dinefwr's new centre, Hengwrt, in Llandeilo will open its doors in time for Christmas following substantial refurbishment.

Hengwrt is a new community centre located on Carmarthen Street, and from 25 November to 24 December the centre will be open to the public to celebrate Christmas with various pop-up shops by local businesses. The centre will also house a new branch of Cyfoes, Menter Dinefwr's shop, selling books and all sorts of Welsh merchandise.

The move marks the end of the first phase of Hengwrt's restoration, which was in poor condition when it was transferred to Menter Dinefwr from Llandeilo Town Council in 2018. Since then, the centre has been completely renovated to make it fit for a wide range of community uses.

Phase 1 has included a complete refurbishment of the building ready for the Christmas opening, and phase 2 will include the development of a heritage and visitor centre, together with room hire and offices, to be developed early in 2022.

Chief Executive Owain Gruffydd said, "We were fortunate that the building work could continue

throughout most of the pandemic, and although there were challenges and delays, we are extremely proud of what has been achieved and can't wait to share it with the community. We would also like to thank our contractors TAD Builders, for their cooperation and for getting the project completed ready for the Christmas period."

Non Edwards, Menter Dinefwr's Commercial Services Manager added, "Opening a new branch of Cyfoes in Llandeilo is very exciting, and we're glad to be able to offer smaller businesses a space in the town centre, especially in the run up to Christmas."

Menter Dinefwr, a local community enterprise, secured funding to refurbish the building in 2018, following vast consultation where the need to create a multi-use building including meeting rooms, office space, and a heritage visitor centre was identified. Hengwrt will also house community artwork, town memorabilia, and will be a hub for activities and events, together with being the headquarters for Llandeilo Town Council.

Menter Dinefwr is a community enterprise established in 1999. The organisation works to promote the use of the Welsh language, and to support community and economic development. It has grown substantially over the last 20 years and is looking forward to opening its new flagship project in Llandeilo.

You can contact Menter Dinefwr via post@menterdinefwr.cymru



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06/22/12)



LLANWRDA CRICKET CLUB

In 2022 the club celebrates its thirtieth anniversary. There will be a match against the prestigious Marylebone Cricket Club in June. You'll also see an electronic scoreboard, a new sight-screen and refurbished artificial pitch. It will be a great season to look forward to.

Training for the juniors restarts in April and we will again be running our successful All Stars and Dynamos programmes.

Girls and boys aged 5-years-old and over are welcome to join Llanwrda C C. Please contact Gwynn Davies for information about the juniors on 07956 14 74 64 or LlanwrdaCC@gmail.com for more details, or just search online for "Llanwrda Cricket." We are also on Facebook. Come and join us.

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

We are always on the look out for new senior players - on a weekly basis for the 1st XI, or on a casual basis for our Occasionals XI who play midweek and Sunday games. If interested in any of the teams, please contact Adrian Davies on 07867 794771 for more information.

LLANWRDA C C BONUS BALL WINNERS

20/10/21	11	Denise Thomas
27/10/21	16	Rob Williams
03/11/21	8	No winner
10/11/21	5	Cerith Rees

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

10/22(12)

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11/22(12)

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08/22(12)

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LLANDOVERY FLORAL ART SOCIETY

Hope everyone is keeping well. It was lovely to see so many of you on Wednesday 20th September. It was good to meet up and discuss the plans Heather has been working on for 2022. Pat's suggestion of a plant table was very successful and Pat was very pleased with the money raised which has gone into our kitty to help fund next year. The Dolau Bran hall is still closed at present, but things may have changed by February. Following discussion it was suggested we asked about the availability of the Catholic Hall, I have and it would be available. Something to discuss further next time. We also decided that because of the uncertainty of life these days we will not produce our normal membership cards but will just print off a copy of the programme when we are sure we will be able to start again.

Our Christmas meeting will be as usual the second Wednesday of December, the 8th. We are sticking to 3-5pm for that meeting but plan to return to our evening meetings in 2022.

Please bring a plate of food to share and a secret Santa gift [approx. £5]. It will be our AGM, however the good news for most is that the officers remain in post for another year, [if you will have us]. However we do need an assistant secretary and treasurer. Many clubs much bigger than ours are having to close because they cannot get people to take on the positions of officers, please don't let it happen to us. We will, as always, work closely together so no one will have to struggle on their own.

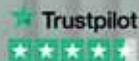
See you on the 8th

Gina

LLANGADOG W.I.

At our November meeting we had a very interesting talk, from Alison Dicks, about how to use a Defibrillator. We now have so many of them in our villages and towns that it is useful to have the knowledge, should anyone be required to help someone who is in trouble. We held our A.G.M. on the same evening. The President and the rest of the Committee will remain as last year. A big thank you to everyone for keeping our Group going through these terrible times. Attendance was almost the present full membership, and included 3 new ladies, who have now joined us. Welcome to you, we hope you enjoy the "W.I. experience". We have booked our Christmas lunch, to be held at "Y Polyn", Capel Dewi, for December 1st which will include our "Secret Santa", always so much fun. We wish all readers of The Post a "Very Merry Christmas and a Happy and Healthy New Year". Our next formal meeting will be on January 6th, at the Llangadog Community Hall, commencing at 7.00 p.m. New prospective members and visitors are always welcome.

Glenda Hampson



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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. All our Zoom meetings will commence at 7.30pm.

As 2021 draws to a close we have one final club meeting in December. Our programme for 2022 is currently being drawn up and will be published in due course.

Programme for December 2021

Monday 13th December

Competition 6 with Judge Gary Shinner.

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 newcomers, 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



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08/22/121

LLANDOVERY u3a

We had a very interesting session with Dai Gealy in November which inspired ideas for walks around Llandovery to explore some local history.

We will stay warm and dry over the winter with opportunities to have discussions and hear new speakers!

All sessions to be held at the Castle Hotel.

8th December AGM Start time 11.00am to be followed by our traditional seasonal readings and contributions from members. A Christmas finger buffet will be served by the Castle Hotel.

Assuming there is a satisfactory outcome from the AGM we will continue in the New Year.

Happy New Year 2022!

All meetings to start at 10.30am.

12th January – Members are invited to talk about a book that they would recommend.

26th January – Speaker to be arranged.

9th February – Speaker to be arranged.

For further information contact – Anne Lynd-Evans 01550 750286



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10/21(12)



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Heritage and Arts Centre

CHRISTMAS DROP IN AT THE LLANWRTYD & DISTRICT HERITAGE CENTRE

We are delighted to be able to host our Christmas Drop-In again this year where visitors can join us for a glass of sherry and mince pies. The Centre has been decorated with dozens of Christmas baubles to create a festive atmosphere and there is a special Art Exhibition displaying Christmas paintings submitted by children from the area.

Christmas fayre will be on sale and the galleries and our retail area will be open providing the opportunity to buy a range of presents for that special day.

Taking place from 10am – 4pm on Saturday 4th December the event runs concurrently with the Christmas Tree Festival held at St James' Church in the town together providing the perfect start to Christmas celebrations.

We look forward to welcoming you on the 4th.

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11/21(12)

PUBLIC ACCESS DEFIBRILLATOR AWARENESS TRAINING

Trainer: St John's Ambulance

THURSDAY

9th December 2021

1.45 pm for 2.00 pm

The awareness training will last approx. two hours. Those attending are asked to arrive fifteen minutes before the start and complete an attendance/contact record

in

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Dorothy at 01550 721951

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ALL WELCOME

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SPOT

It seems unbelievable that the Powell family of Llanwrda are facing the third 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 three 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.

MYDDFAI NEWS

**Myddfai Shop and Café opening hours:
Tuesday – Sunday, 11.00am – 4.00pm.**

**We will be closed for Christmas at 2.00pm
on 24th December, then re-open 29th – 31st
December and closed again 1st – 4th January,
then we return to Wednesday – Sunday
opening 11.00am – 4.00pm from 5th January.**

We would like to thank all our customers, volunteers and staff for their continued support and wish you all a wonderful Christmas and a happy New Year.

Myddfai Christmas Fair is on Sat 4th December 10.00am – 4.00pm. Willow Weaving class is on Friday 10th December. Our January Farmers Market is on Sunday 30th 12.00 noon to 3.00pm.

Myddfai shop has a huge selection of gifts to choose from. With a full range of Myddfai Welsh Tweed gifts and a wide range of jewellery, aprons, bags, pottery, soaps, Myddfai toiletries, scented candles, fused glass, vases, wooden chopping boards and bowls, knitted toys, and children's cardigans, antiques and collectables, jams, chutneys and honey, and a wide range of greetings cards CD's and local art work and much more. Every purchase supports a small local business and the Myddfai TyTalcen Charity.

Myddfai cafe will have a feast of freshly made soups, warming treats and cakes this December and January. Why not or pop in for a Teifi coffee latte or try one of our range of Tea Pig teas in our cosy, warm café this winter. Join us on the 4th of December for our annual Christmas fair 10.00am to 4.00pm, with festive refreshments on offer.

Myddfai Hall is a great venue for most events and classes, from Weddings to small meetings, activity classes, kids' parties, conferences, away days and workshops. The underfloor heating keeps it warm all of the time. It is fully equipped with staging, stage lighting and audio equipment. We can provide food for events or you can bring in your own caterers. We have a good range of crockery, cutlery, glasses and tablecloths and chair covers for event use, or you can hire them from us for events elsewhere.

Why not join one of our regular classes: Wednesday evenings it's Yoga 5.30 – 7.00pm, Wednesday Sewing Class is on 1.00 – 3.00pm, Pilates is on Thursday mornings 9.30 – 10.30am.

We are looking for extra staff for the café to cover one or two days a week, please contact our café manager Emma for details.

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

For Catering or Café please contact Emma on cafe@myddfai.org

Check our website www.myddfai.org for What's On.

TRECASTLE COMMUNITY CENTRE

Sunday 12th Dec, Christmas Craft Fayre at Trecastle Community Centre. 10.30am till 4.30pm. 17 stalls with a wide variety of crafts. We are also supporting "Save the Children Christmas jumper day". Lots of homemade cakes and soup available too. For more info contact Nicky on 01874 638889/07815 330697.

Saturday 18th Dec, Come and see Santa and his real Reindeer are Trecastle Community Centre. 5.00pm onwards. You can stroke the reindeer, sit in Santa's sleigh and visit Santa in his grotto, then come inside for some festive treats (Mulled wine for grown ups). £5 per child which includes a small gift. (Photographer available at extra cost) Booking essential by Wed 15th Dec. Phone Trisha on 07789 037176. Why not stay for the 100 club draw at 7.00pm and our Christmas themed quiz and raffle at 7.30pm. Bar available and Turkey rolls at half time. A fun day for all the family.

REGULAR GROUPS

- Mother and Toddler meet on a Monday afternoon. Contact Hazel on 07790 249760.
- Core ball class on Monday night Call Trisha on 07789 037176
- Yoga on Tuesday morning. Call Trisha 07789 037176.
- Brownies meet on a Tuesday night. Contact Liz on 01874 636797.
- YFC meet on a Wednesday night. Contact Ellie on 07929 378087.
- Knitting group meet on a Wednesday night. Contact Janice on 01874 636743
- Yoga on a Thursday night. Call Trisha 07789 037176.

All events and groups subject to change, follow Trecastle Community Centre on facebook for updates.

The committee would like to thank you all for your continued support throughout the year and wish you a Very Merry Christmas and a Happy and Healthy New Year.

LLANEGWAD RAINFALL



Rain fell on 23 days this month. The wettest day was the 28th with 37 mm.

October Total: 236.75mm – 9.1/4"

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07/22(12)



REGGAE SOUNDSYSTEM CULTURE IN CARMARTHENSHIRE

Hand built Reggae Sound Systems originated in Jamaica. They are surprisingly alive and well here in Wales, thanks to a few enthusiasts. Possibly the only one in Carmarthenshire playing roots reggae music is the Real Roots Sound System (see photograph).

Real Roots Sound System was originally from Brixton, London. Brixton was the birth place of Sound Systems in the U.K, when a man called Duke Vin played on his in 1955. Real Roots is waving the flag and promoting this niche culture and the roots reggae music that goes with it.

Hand built wooden speaker boxes and hand built analogue equipment, strictly vinyl (records) gets played, and gives this sound system its unique special sound of its own. Every sound system sounds and looks a little different. Big bass speakers, mid range and high top speakers make up a system for a balanced sound. The music is bass lead throughout sound system culture, but roots reggae music is in a class of it's own. Roots reggae has spiritual, inspirational lyrics often singing about god and the struggles of ghetto life. Roots reggae was born in Jamaica in the 1970s but has grown up here in the U.K.

South Wales has a long history with Jamaica for generations now. Here in Wales it's fantastic that this incredible tradition is kept alive. Look out for any local sound system events near you. (Not to be confused with the illegal rave scene!)

FUNDRAISING FOR ST MICHAEL'S CHURCH, MYDDFAI

We are having to raise money to be able to repair the outside and lime wash the inside of the west wall. This wall withstands the worst of the weather but is showing ugly stains of water ingress.

We have begun a programme of fundraising and it would be wonderful if anyone and everyone could visit us and perhaps put some money in the pot.

There will be a Christmas Tree Festival in the church from December 9th – 11th from 11.00am to 3.00pm and on December 11th there will be the added attraction of coffee, cakes and carols, 11.00am onwards (£2.00 a head with free soft drinks for children).

Entrance will be free but donations will be gratefully received.

There will be especially painted Christmas cards to buy from Myddfai Hall and around the town.

There will be a cake stall in the square in Llandovery on the first Friday of each month

Later on in the year there will be a charity croquet match, a sponsored walk and we hope very much a concert at the church by our very own Llandovery Male Voice Choir.

Do keep an eye out for the dates of these events and join in any that you can.

BEST BUSINESS CHRISTMAS DISPLAY COMPETITION 2021



A Certificate will be awarded to the Gold, Silver & Bronze Winners of the 'Best Business Christmas Display 2021'. The Business Christmas Display Competition 2021 will include exterior or interior Christmas displays. The Mayor will present the Certificate to the winning businesses prior to Christmas. The names of the winners will be published in the Post magazine in the February 2022 edition.

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

Dioch yn Fawr.



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IN22(13)

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0822(12)



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1221(3)

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13 63	Renault Clio 0.9 TCE (90 BHP) Dynamique, Nav, Alloys, £20 R/Tax, Yellow, 70650m.....	£5995
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18 18	Renault Captur 1.5 DCI GT-Line, Automatic, Sat Nav, Reversing Camera, 17" Diamond Cut Alloys, Black Leather, Heated Front Seats, Ocean Blue/ Black Roof, 12500m	£14500
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05/22(6)



CHEATING WITH BULBS AND BRIGHTENING UP LAWNS

By Joseph Atkin, Head Gardener at Aberglasney Gardens, Llangathen, SA32 8QH

After weeks of rain there is finally a glimmer of sunshine allowing us all to get out and do a good stint in the garden. The last few weeks have been spent bulb planting at Aberglasney and with literally thousands to do there is a good deal of trepidation involved.

Planting bulbs in grass or lawns is an excellent way to increase all year-round interest. In fact, some of the best garden features I have seen have been simply a tree in a lawn with bulbs planted underneath. This may seem basic but a nice tree with good flower and autumn colour underplanted with spring and autumn flowering bulbs can give a huge amount of pleasure for very little cost or effort. There is an added incentive as the grass needs to be cut a little less often, which for some of us, is a real help.

One thing I did not realise was that the Towy valley has some of the best dairy land in the country. What this means is the grass grows seriously quickly for most of the year. With about four acres of amenity and pedestrian mown grass, cutting it takes a huge amount of time. Cut grass is always good to see but can we get a little more interest out of it? Adding bulbs is one way and something we do a lot. It's a great idea, with one down fall, you must wait for the bulbs to die down before you cut the grass. This is a particular problem with Narcissus (daffodil) as they can look messy for a long time after flowering. The trick then is to plant them in long grass areas which are cut less, and the dying stems can be hidden in the grass.

A careful choice of bulbs can get round this problem quite easily. If you grow early spring flowering bulbs like Scilla and Crocus, or autumn flowering Crocus, the grass grows more slowly and they have the added advantage of dying back very quickly after flowering. There is a huge drift of Scilla at Kew gardens which flowers in March-April and the grass can be cut back about week or two after flowering. This means the area never gets overgrown and there is about a three-week splash of colour.

When planting in grass larger quantities of bulbs are usually needed but the same principle applies. Generally naturalistic plantings work best. For instance we have thousands of Crocus planted in the lawn below the Yew tunnel. The idea of planting this number of bulbs is very daunting but there are a few tricks that can make the job a little easier. Both bulbs can be planted about two and a half times their depth which because they are only about a centimetre tall roughly works out to the depth of a thick

piece of turf. By pulling back the strip of turf but not removing it (like a flap) you create a pretty good planting hole into which a small hand full of bulbs can be scattered.

The hard part is keeping the planting natural. There are a couple of tricks we use such as different sized holes with the flaps in different directions and using a normal bulb planter to add in smaller clumps. If the turf is gently pressed back down, then the bulbs should not be damaged. If they have sprouted a little, then they will damage more easily and although not ideal it can be better to lie them on their sides. It's best to do this job when there is plenty of moisture around as it will allow the turf to re-establish more easily. Taking a few photographs of the planting before the holes are filled in can be helpful later in the season especially when it's time to mow. Naturalising bulbs in lawns can really add to spring and autumn interest without causing lawn mowing headaches. The real trick is careful placing and choice of bulbs, for advice on this specialist bulb growers are probably the most helpful.

TIPS FOR THE MONTH

- Make the most of the dry weather and do any digging
- It's not too late to plant latter flowering bulbs like Tulips
- This is about the last chance to buy and plant wall flowers
- If you have free draining soil onion and garlic sets can be planted
- Grease band fruit trees
- It's not too late to plant up winter baskets



12/21(12)

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12/21(12)



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10/22(12)

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12/21(8)



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LIVE NATIVITY AT GOSEN

On Saturday 8th January 2022 we hope to celebrate the Epiphany with our own Live Nativity.

Fully costumed local actors and a range of animals will be presenting the story in 30 minutes outdoors around Capel Gosen and under the spectacular Cynghordy viaduct. Carols will then be sung in the chapel by candle and fairy-light, after which winter punch will be served to people in their well-spaced seats downstairs and in the balcony. Masks may have to be worn.

This year to allow for social distancing we are doing two performances. One for young children starting at 5.00pm prompt (meet in the chapel at 4.45pm) and one for an older audience starting at 7.00pm (meeting in the chapel at 6.45pm)

We can accommodate an audience of 36, places for which must be booked by email; hohlfute@gmail.com or telephone 01550 760110. Please book by Thursday 6th January.

There is no charge, but donations gratefully received will go to support the work of the Lluest Trust Pony and Donkey Rescue.

Please come well-wrapped up with wellies and a torch. Sharing lifts is essential as parking is limited.

Have a lovely Christmas and we look forward to seeing you just after Twelfth Night to share a magical evening.

THANK YOU

I'd like to thank all that arranged a surprise party to celebrate my retirement after being a hairdresser in Llangadog and the surrounding areas.

Thank you for the gifts that I received.

Diolch yn fawr i bawb.

Audrey

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12/21(6)

LLANDOVERY COMMUNITY SPORTS ASSOCIATION BONUS BALL

HOW TO JOIN

Pick any of the unallocated numbers.

Pay £4 per month on the 1st of the month by Standing Order. You'll be entered for that month's draw and have a chance to win £50 per month.

Standing Order to: 'Llandoverly Community Sports Association Bonus Ball' account.

Sort code 23 05 80 Account no 41645237. Use your name as a Payment Reference.

Alternatively, give us a cheque for £48 per year, made out to 'Llandoverly Community Sports Association Bonus Ball'. You'll be entered for the first draw after the cheque has cleared.

To purchase a ball, or for any other queries, please contact Gwynn Davies at LCSABonusBall@gmail.com or 07956 147464.

RULES OF PARTICIPATION

The Bonus Ball will be a regular fundraiser for the Llandoverly Community Sports Association. The Bonus Ball co-ordinator, acting on behalf of Llandoverly Community Sports Association, is Gwynn Davies. The Bonus Ball co-ordinator is not paid and may enter the competition if they wish.

59 balls are available per month. One person shall be allocated to each number.

There is no restriction on the number of balls an individual may select.

Balls can be sold to anyone aged 18 years or over.

The winning Bonus Ball number will be holder of the number drawn as the Bonus Ball on Wednesday's National Lottery Draw on the second Wednesday of each month, commencing on 12 May 2021. The winner of each draw will receive £50.

Once all 59 are allocated, a second monthly draw will start on the third Wednesday of the month.

If the winning ball has not been allocated, then the prize

money will be retained by the Llandoverly Community Sports Association.

The winner will be notified by email and will receive their prize within one month by bank transfer or cheque. All winners will be announced in The Post.

The Bonus Ball shall run all year round. Balls are allocated on a first-come-firstserved basis.

If a person's ball is drawn and money has not been paid for, then they will not be eligible to collect the winnings.

Continued non-payment for a ball will result in the ball being re-sold.

The co-ordinator reserves the right to refuse payout if one or more of the rules are not complied with and their word is final.

PRIVACY NOTICE

The Llandoverly Community Sports Association (LCSA) take the protection of your data very seriously and are committed to respecting your privacy. This notice is to explain how we may use personal information we collect and how we comply with the law on data protection.

Names of data controller: The Llandoverly Community Sports Association Categories of personal data we collect: Name and Contact details,

We obtain personal data from: You

Automated decisions we may take: None

The LCSA will process the personal data for: Administering the Bonus Ball.

Who we will disclose your personal data to: No one.

The legal basis for the collection and processing of your personal data is: For administration.

Location of your personal data: The LCSA will keep your personal data within the European Economic Area.

We will not retain your personal data for longer than is reasonable and necessary for the purposes for which it was collected.

You have the right of access to your personal data and, in some cases, to require us to restrict, erase or rectify it or to object to our processing it, and the right of data portability.

Our contact details: LCSABonusBall@gmail.com

Complaints: If you have any concerns or complaints about how we are handling your data please do not hesitate to get in touch.



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12/21/03

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03/22/03

10/22(12)



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02/21(12)

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09/22(12)

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**PWYLLGOR DARLLENFA
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READING ROOM
COMMITTEE**



**Llansadwrn
Christmas
Preparations**

Plans during past years to welcome Christmas in Llansadwrn have been 'topsy turkey' – sorry – 'topsy turvey' over recent years, especially with the 2020 celebrations severely curtailed thanks to the Covid-19 pandemic. The one thing that didn't change was the annual Switch-On of the Xmas Lights and the Dedication of the Tree.

For the second successive year the Reading Room Committee has prepared for this event with all due care and are pleased to announce that Thursday 9 December will see not just the 'Dedication of the Tree' by the vicar, the Rev'd Vivienne Sayer, but also 'Lights – On' to coincide with Santa's arrival.

**YES – SANTA IS COMING
TO LLANSADWRN!**

With advanced genuine thanks to Father Christmas courtesy of Llandoverly Rotary Club and our village Xmas Tree secret provider aka Hugoevs and Gary Robins, it will be all go for the week leading up to 9th December. Remember to wrap up warm and although the Reading Room will be open, there cannot be the usual mulled cider and mince pies. But the Sexton Arms next door will be open offering a big welcome, thanks to landlord Cliff Cowell.

DIARY DATES

9 DECEMBER – SANTA IN LLANSADWRN,
XMAS TREE DEDICATION & LIGHTS ON
Llansadwrn Reading Room 6.30pm.

02/22(6)

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02/22(3)



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04/22(12)

PARTICIPATORY BUDGETING FOR LLANDEILO AND THE AMAZING OPPORTUNITY FOR £20,000 TO BE SPENT IN LLANDEILO – BY THE COMMUNITY FOR THE COMMUNITY



Another day – another leaflet. Hopefully Llandeilo residents all will have received one through their letter box over the weekend. Up to £20,000 are available to spend in Llandeilo for a project the public will chose. Funded through the Welsh Assembly Government Transformation Fund and brought to Llandeilo by CAVS and the Llandeilo Community Action Hub, the aim is to explore this new and different way to manage public money. Residents identified three priority areas in an initial consultation phase. Now they are invited to submit a specific project proposal that in some way addresses one of the following community priorities:

Young People, Children, Green Spaces

Proposal forms can be obtained here: <https://cavs.org.uk/engagement/llandeilo-participatory-budget-pilot/llandeilo->



proposal/ and will be available at Mary Ellen's 139, Nice Price News and Post Office and the Coop Llandeilo.

Participatory Budgeting directly involves local people in making decisions on the spending priorities for a defined public budget. This means engaging residents and community groups, representative of all parts of the community, to discuss spending priorities, make spending proposals and vote on them.

Individuals/Groups/organisations will now submit a project proposal form for funding for their cause/project. (Full criteria are listed below). Please complete the proposal form (see above) and submit it, with your digital teaser, to any of the following places:

Coop, Mary Ellen 139, Post Office or email them to christophffischer@googlemail.com, owenjames@menterbrodinefwr.cymru or message the Llandeilo Community Action Hub on Facebook before 1pm 20/12/2021.

You must also provide a short digital teaser explaining the project. (Support available on request). If accepted, you will be invited to attend the Participatory Budgeting Community Event in February, which will be held at Hengwrt and on-line. We will share all digital teasers on social media, from January, to promote the ideas put forward.

At the event, the community will be in attendance in person and on-line and they will vote on the projects being presented to them. 1 person, 1 vote. Each participant will be required to give a presentation/pitch to the community. Maximum 5-minute time limit.

Votes are collated, and the winning projects will be announced on the day.

Support is available throughout the process.

Eligibility Criteria

Your proposal must be legitimate, honest, and open

Those bidding can be from a constituted group; meaning that a voluntary group, 3rd Sector, community group, charity, PTAs, sports clubs and any group that will benefit the Llandeilo community can apply.

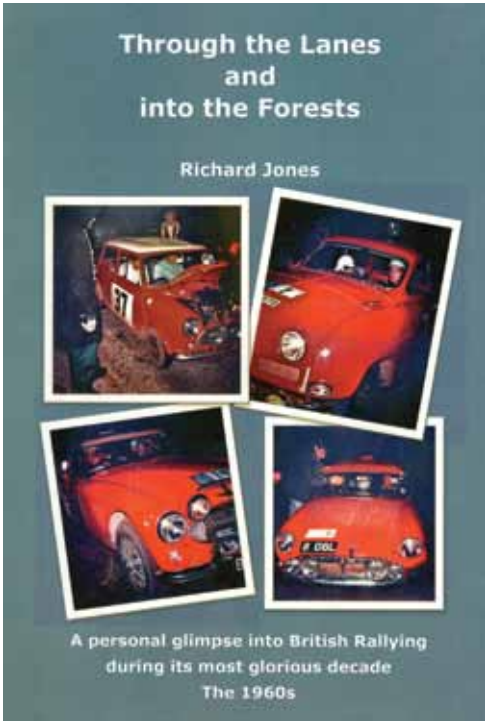
Although applicants do not have to be from a constituted group there either has to be evidence of an existing bank account or a process to have a constituted group manage the funding on their behalf.



THROUGH THE LANES AND INTO THE FORESTS

Richard Jones

A personal glimpse into British Rallying during its most glorious decade – the 1960s



Allardette. It has a supercharger, disc brakes and other Allard tweaks. A number were sold and proved to be very good rally cars in period.



This original photo from the book shows Sydney Allard (left) refuelling his car on a 1964 rally at the Dancrug garage – that is now the site of a CO-OP Store. Allard was the only man to win the Monte Carlo Rally (1952) and finish third at Le Mans (1950) in a car of his own making. Here what looks like a Ford Anglia is an

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LLANDOVERY ROTARY CLUB



Douglas Wyn Davies, our dear friend and colleague who sadly passed away recently.

The Rotary Club has been rocked to the very core with the news of the passing of Douglas Wyn Davies. Doug was a past President of the club and a very active member. His loss is a massive blow to his many friends and colleagues at the club. Our thoughts at this time are with Annette and all his family.

The first meeting after the news had broken was a very somber one. The President began by paying tribute to Doug and outlined the wonderful work that he had put in. In the time honoured way Doug's chair was left empty which was a constant reminder throughout the meeting that our dear friend was not with us. Oh, how we will miss his friendship, his genial character and his easy going manner. Doug was a wonderful man and was very highly respected in all walks of life. On the evening of that first meeting everyone left soon after the meal and headed for home.

This was following a stoppage of all Rotary meetings in Llandovery, as indeed were most meetings of other organisations in town, due to the increase in the Covid pandemic. So we had 2 meetings less last month and we have returned to very little action on the Rotary front. However, we did once again volunteer to marshal the latest vaccination clinic at the Rugby Club. This time it was the flu clinic and the usual squad turned out once again. Dan, Dave, Neil, Gary, Gina, Dai, Mike and Derek have really come up trumps for us turning out at each of the Covid and flu jab clinics. That really is 'Service Above Self.'

We were informed that the defibrillator had been installed by the changing rooms on the Sports Field and was up and ready to go, but hopefully it will never be required. We had donated towards this and it was great to hear that it is now operational if needed.

Edward and Janice Ransom celebrated their 56th wedding anniversary during the month and were congratulated by all Rotarians on this fantastic achievement. Cue massive applause.



Doug's empty chair with his mates Derek and Dave either side as usual. That first meeting was really tough for us.

As we do every year the Rotary Club turned out in force for the superb Remembrance Service at the War Memorial organised by the Royal British Legion Llandovery Branch and the Town Council this year. So many organisations turn out for this wonderful event that Llandovery does so well. Many are involved even before the service begins and the Town Council put the following onto their facebook page "Llandovery Armistice Day Parade was organised by Llandovery Town Council in conjunction with The Llandovery Branch of the RBL, Llandovery Scout Pack, Llandovery College ACF, Dyfed Powys Police, Padre Paul Pritchard, Llandinog Church, Castle Garage, Mr Christopher Evans and Mr Dan Emery, Love Llandovery and the residents of Broad Street who very kindly moved their cars and many others."

Personally, I think the bugler Scott Pickrell who turns down many bigger towns to attend here is superb and adds such dignity to an already wonderful service. Well done Llandovery.

Once again seven bottles of wine have been donated towards our weekly raffle by a generous local benefactor. This is someone who wishes to remain anonymous so, thank you very much to you generous anonymous person! That is so very kind of you. I know who you are!

In the difficult circumstances we faced following the loss of our dear colleague we still had to go ahead with a Special General Meeting this month. This meant receiving and approving our annual accounts which are always meticulously prepared by the ever present treasurer



Doug at the end of his epic walk about to cross from Anglesey onto mainland Wales to complete the whole of the Wales Coastal Path walk. All 874 miles of it!



Remembrance Sunday. Dan laying our wreath on behalf of President Alan Morgan. A day Llandovery always does extremely well and with great dignity.

Edward who this year reported a unique year as Covid had meant very few meetings and our fundraising activities had been severely curtailed. The accounts were accepted as presented as usual but there was one more thing regarding the accounts. I said 'ever present' but our treasurer Edward has decided after 18 years in this onerous job, very much against our wishes, to hand over the reigns and join the rebels on the back benches. He will stand down at the end of our year and will be handing over to Mickey who is really relishing the extra workload. I feel sure he'll think of something! More on Edward's fantastic service when the actual time to stand down comes.

To save you half an hours boring reading and the Post 2 pages of drivel I will précis the remainder of the meeting down to the following:

We voted and confirmed the following:

Next Years,
 President..... Anthony Wathan
 Senior Vice President Dan Emery
 Junior Vice President..... Kevan Thorber
 Secretary Dan Jones
 Treasurer Mickey Gough

You will notice that we have put a huge emphasis on Youth next year, well, in the top two anyway! It is very notable that virtually every person that joins our club now actually lowers the average age considerably which is something all other Rotary Clubs are very envious of.

A very difficult year as previously stated but we remain highly motivated and we await with great anticipation to return to providing our normal service to the community.

For your information Past President and former Vicar of Llandinat Ian Aveson and his wife Judith have moved from Abergavenny to Tunbridge Wells to be nearer their family. We still keep in regular contact with them.

Santa Sleigh: The pandemic continues to dominate our plans this year and it seems that mass door to door calling is not possible and certainly interaction with Santa has to be very different indeed. We await instruction from our Rotary superiors as to what we can and cannot do. It will be different this year but we will be doing everything to ensure that the children get to see Santa. Please follow Love Llandovery facebook page for regular updates. Our own Llandovery Rotary Club facebook page will also publish regular updates so also follow us there.

One amazing achievement accomplished by Doug

was that he and Dave Thomas took to walking the Pembrokeshire coastal path. This is tough going. It is 186 miles in total over rough terrain up steep coastal cliffs, down to the seafront, back up etc. Not much of it is flat. They did it. Doug was 76 years old at the time. Remarkable.

But this wasn't the half of it, NOWHERE NEAR. They decided to carry on and walk the Coastal path of Carmarthenshire too. So they walked that as well. "Shall we carry on?" said Dave. "Might as well" said Doug. So they carried on. And on. And on. And on. And Well, by the time they stopped walking they had walked the whole of the Wales Coastal Path. Every inch of it. Anglesey (Ynys Môn) included. 874 miles of it. The exact same mileage as it is from John o' Groats to Lands End but without a bit of tarmac in sight. It was a truly incredible achievement by both of them. Especially so as they had to take 2 cars, drive to the walk, park one car, drive on, park the second car, walk back to the first car, pick up the second car, drive back to the first car and then drive home! It is an ASTONISHING achievement. At Doug's young age it is even more remarkable. 874 miles. Think about it!

The news of Doug's passing has overshadowed everything this month and has left us in complete shock. At the time of going to press we await his funeral and are still trying to come to terms with it. Doug was a tremendous Rotarian and indeed a wonderful person in all ways. He was a dear, dear friend to me and I, like others will miss him every single day. Thanks for the fantastic memories my friend.

RIP DOUG.

Derek Jones.

CHRISTMAS 2021




LLANDOVERY COLLEGE
CHOIR
"CHRISTMAS BY
CANDLELIGHT"

at
ST NARNABAS CHURCH, RHANDIRMWYN
President: Mr Dominic Findlay,
Warden, Llandovery College

Sunday 5th December at 7.00pm
 Admission by programme: £5 at the door, children under 15: free
 Proceeds towards Church Funds

THE BOOKWORM

It's coming up to Christmas so what better time to snuggle up with a good book.

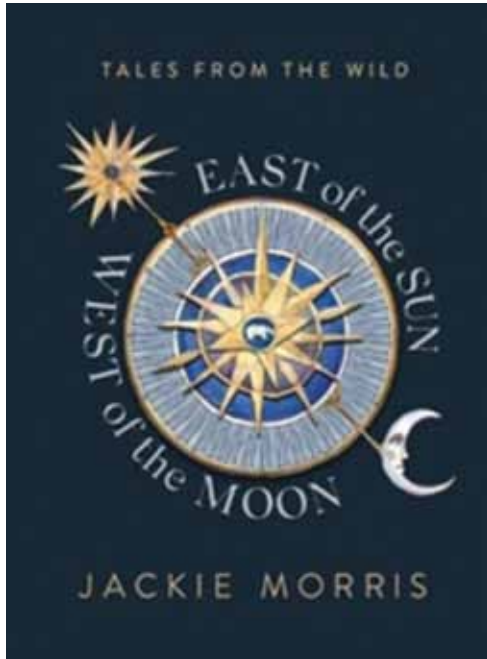
If you're looking for presents here's a few ideas for children.

"BEETLES FOR BREAKFAST"

In a time of climate change, this fabulous & uplifting book tells children all about the new inventions being worked on by scientists, from insects as food to making fuel from fatbergs.

"JULIA & THE SHARK"

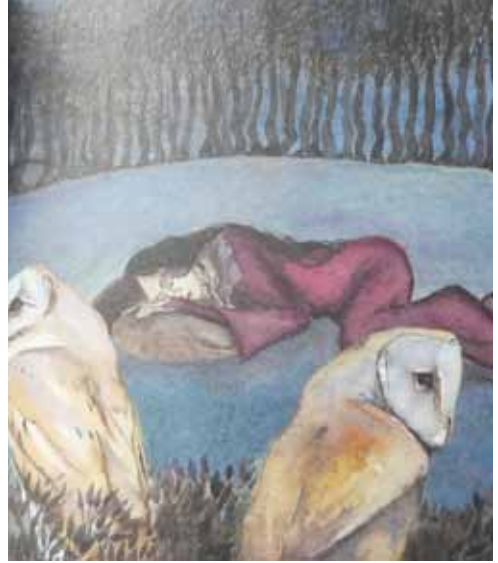
Julia's scientist mother is determined to find the great Greenland shark, so the family decamps for the summer to a remote Shetland island. Dreamily poetic, full of black depths and star washed skies.



If you're a Jackie Morris fan, she has two new books out both fairy tales "East of the Sun: West of the Moon" and "The Wild Swans" both beautifully illustrated.

If you'd like more ideas just get in touch, Mandy

<https://dragons-garden.com/shop/>





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11/21/13



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- **2000 piece puzzle board,** £30. Tel: 01550 777432.
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- **3 seater fabric settee,** Green, Red and Gold, £60. Tel. 07761 107055.
- **Large kitchen table** with 8 chairs, Pine, as new, £250. Tel. 07761 107055.
- **2 single beds** with head boards, £10 each. Tel. 07761 107055.
- **Wooden wine rack** for 10 bottles, £4. Tel. 07761 107055.
- **Green cast iron cook book stand,** £5. Tel. 07761 107055.
- **Set of small sockets,** screwdrivers allen keys and more, £5. Tel. 07761 107055.
- **Ford Escort mark 2 manual,** offers. Tel. 07761 107055.
- **A very old galvanized bucket** in excellent condition, £8. Tel. 07761 107055.
- **S/H continental tractor tyre,** good tread, 340/85r/24, £50. Call 01570 422971, cwmann.
- **Draper bench grinder,** £15. Call 01570 422971, cwmann.
- **Rhino roofrack bar system,** excellent condition, £75. Call 01570 422971, cwmann.
- **Power craft 2200LR generator on trolley,** £35. Call 01570 422971, cwmann.
- **4ft tail board,** all working electrics connections, £20. Call 01570 422971, cwmann.
- **Palace chemicals 5 litre water seal,** brick /stone surfaces, £10. Call 01570 422971, cwmann.
- **Canon Pixma MG 3050 Printer,** 2 yr old excellent condition £20. Tel: 07498 833319.
- **Cross trainer.** Unwanted and free to anyone who can get it downstairs and take it away! Tel: 01550 740512.
- **Manuel Gonzalez Model C Classical Guitar.** Hand finished in Madrid. Beautiful tone. Excellent condition with soft case. One owner for last 10 years, £250. Ring 01558 669116.
- **Desk height office storage cabinet** in wood. 3 draws and 1 draw for pens etc. Excellent condition. 600mm deep, 430 wide and 700 high + castors. Tel: 07854 148915.
- **Benq 27" monitor.** Excellent condition. Very clear picture. Tel: 07854 148915.
- **Voile** 15mtrs x 150cms approx, white with light brown Autumn leaf design, £20. Tel: 01550 777796
- **Portable TV,** Bosch 21" . Includes remote control and connection for aerial. Tel: 07854 148915.

Superfast 4G Broadband is here

Welsh Assembly Grant Funded

FREE* equipment
& installation

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COMMUNRATE

1221(1)

- **Foam Rose bears & Hearts**, were £25 each, now £15 each, ideal xmas presents. Tel: 07790 384670 / 01550 721482.
- **Casio Keyboard**, Model No CT-657 Good condition complete with instruction book, £20. Tel: 01550 777796.
- **Classical Old records**, £100. Tel: 07872 509031 or 07770 777992.
- **Various books**, £20 ono. Tel: 07872 509031 or 07770 777992.
- **x4 boxes of crockery**, £10 ono. Tel: 07872 509031 or 07770 777992.
- **Table with glass inlay** and four chairs, £40 ono. Tel: 07872 509031 or 07770 777992.
- **x2 Tool boxes**, £10 ono each. Tel: 07872 509031 or 07770 777992.
- **Double bed**, with headboard, no mattress, £2 ono. Tel: 07872 509031 or 07770 777992.
- **Cabinet**, £30 ono. Tel: 07872 509031 or 07770 777992.
- **Tumble Dryer**, spares or repairs, £40 ono. Tel: 07872 509031 or 07770 777992.
- **Table and six chairs**, £80 ono. Tel: 07872 509031 or 07770 777992.
- **Box of five gin mixers**, £4. Tel: 07790 384670 / 01550 721482.
- **Googly eyed knitted cactus in pots**, £4 each. Tel: 07790 384670 / 01550 721482.
- **Light up wine and spirit bottles**, £4 each. Tel: 07790 384670 / 01550 721482.
- **Bottle of port in wooden box**, cost £36, now £20. Tel: 07790 384670 / 01550 721482.
- **Cuddle chair and love seat** (2 seater), 1 yr old, was £499, now £350, in a heather colour. Tel: 07790 384670 / 01550 721482.
- **Knitted childrens handbags**, £3 each. Tel: 07790 384670 / 01550 721482.
- **Suitcase full of porcelain dolls** (never played with), £5 each. Tel: 07790 384670 / 01550 721482.
- **Knitted Christmas trees** for shelves or windows, £3 & £5. Tel: 07790 384670 / 01550 721482.
- **Knitted little bags** for sweets etc, ideal to hang on xmas tree, £1.50. Tel: 07790 384670 / 01550 721482.
- **Knitted (paper) chains**, x2, £6 each. Tel: 07790 384670 / 01550 721482.
- **Knitted baby shoes**, £2.50 pr. Tel: 07790 384670 / 01550 721482.
- **Resin necklaces and keyrings**, £3 each. Tel: 07790 384670 / 01550 721482.
- **Remote controlled helicopter**, boxed, £10. Tel: 07790 384670 / 01550 721482.
- **Folding bed with mattress**. Almost new and in original box. Single 700w x 1860 L x 380H. Tel: 07854 148915 or 01550 777591.
- **Gonk chocolate orange covers**, £4 each. Tel: 07790 384670 / 01550 721482.
- **Avon Santa wine bottle cover**, £4. Tel: 07790 384670 / 01550 721482.
- **Breville TR16 white 2 slice sandwich toaster**. As new. £5. Phone: 01550 721247.
- **25 metres electric hook-up cable** with UK & Continental adaptors for motorhome/caravan. As new. £30. Phone 01550 721247.

WANTED

- **Second hand books**. Our Summer visitors have been so pleased to support our Second Hand Bookroom at Newton House. Many happy faces carrying home pre-loved books. Please help us to re-stock for Christmas and the New Year and donate any of your unwanted good quality books to raise funds which will go towards work within the House and Dinefwr Park (no magazines please). You are welcome to deliver at any time the House is open. Any queries: call Holly Dwyer 01558 825917.
- **Gardener/Handyperson**. We are just a few miles from Llandovery town and require general help few hours a week thank you. Tel: 01550 721197 (Pls call after 1 pm only).
- **Bereaved Donkey is looking for a new companion**. We are looking to re-home a mature donkey, to be a companion to our recently bereaved 15 yr old gelded donkey. Tel: 07860 492596.
- **Detached 2/3 bedroom property** in secluded rural area sought by quiet, mature couple for long-term let at a reasonable rent from May 2022. Carmarthenshire, Ceredigion, Powys, Welsh/English border considered. Garden and garage/outbuilding appreciated. Reference available. Tel: Christopher on 07510 961084. Please leave message/contact details on voicemail.

LEARN FRENCH

Conversational french classes on Zoom, with french speaking tutor. You will learn how to speak practical, useful french. All levels are welcome; for further information contact amelie.vivelafrance@gmail.com

04/22(12)

KB HOME MAINTENANCE

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24/7 Call Out TEL: 07838 386069 or 01558 824590 Brendan

Church Services

E-English W-Welsh B-Bilingual

ST. CWRDAF CHURCH, LLANWRDA

5 Dec 10.00am Holy Communion
25 Dec 10.00am Christmas Day
Communion
(united service)
2 Jan 10.00am Holy Communion

ST. SADWRN CHURCH, LLANSADWRN

12 Dec 10.00am Holy Communion
24 Dec 7.00pm "Midnight Mass"
9 Jan 10.00am Holy Communion
30 Jan 10.00am Family Service

ST. PAUL'S CHURCH, MANORDEILO

12 Dec 9.30am Morning Prayer
19 Dec 3.00pm Holy Communion
with carols
9 Jan 9.30am Morning Prayer
23 Jan 9.30am Holy Communion

CAPEL DEWI SANT

16 Jan 2.15pm Holy Communion (tbc)

For further information, please contact Revd Viv Sayer (01550 777200), who has resumed her duties after a long period of illness.

LLANDINGAT, LLANDOVERY

1st Sun 9.30am Short Family Service
2nd Sun 9.30am Bread Only Eucharists
3rd Sun 9.30am Morning Prayer
4th Sun 9.30am Bread Only Eucharists
5th Sun, 10.30am Joint Service

At present we would still ask you to wear a facemask.

ST MICHAELS, MYDDFAI

2nd and 4th Sundays at 11.30am
5th Sun 10.30am Joint Service in
Llandingat

LLANGADOG ST CADOG'S CHURCH

5 Dec 5.00pm Christingle/Evening
Prayer
12 Dec 9.30am Holy Communion
19 Dec 6.00pm Nine Lessons and Carols
25 Dec 10.30am Holy Communion
26 Dec No Service
2 Jan 9.30am Holy Communion
9 Jan 9.30am Morning Prayer
16 Jan 9.30am Holy Communion
23 Jan 9.30am Morning Prayer
30 Jan 10.30am Holy Communion

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

CHRISTMAS SERVICES IN LLANDOVERY

19 Dec 10.30am Carolau Cymraeg,
Capel Ebeneser
11.00am Carolau Cymraeg,
Llanfair ar y Bryn
6.00pm Bilingual Community
Carols by candlelight
[chapels together]
Williams Pantycelyn
Chapel
24 Dec 9.30pm Christmas Eve
Communion,
St Michael's, Myddfai
11.30pm Llandingat
26 Dec 10.30am Llandingat
2 Jan 9.30am Family Service,
Llandingat
11.00am Williams Pantycelyn
Chapel
11.00am Boreol Weddi,
Llanfair ar y Bryn

LLANFAIR CHURCH

1st and 3rd Sundays at 11.00am
5th Sun 10.30am Joint Service in
Llandingat

ST DAVID'S CATHOLIC CHURCH, LLANDEILO

Sunday Mass 11.00a.m.
During the present Covid Virus crisis
booking is essential for Sunday Mass

Weekday Masses – see notices or
Telephone – 01558 824305 Mob: 07507
071337 for details.

LLANDEILO FAWR: SERVICES IN DECEMBER

The Revd Michael Sadler having retired,
services for the coming months are
arranged by the Archdeacon of Carmarthen,
the Venerable Dorrien Davies.

ST TEILO'S CHURCH, LLANDEILO

5 Dec 9.30am Offeren
11.00am Holy Eucharist
12 Dec 9.30am Offeren
11.00am Holy Eucharist
19 Dec 11.00am Holy Eucharist
6.00pm Service of Carols
and Nine Lessons
24 Dec 10.30pm Holy Eucharist
25 Dec 9.30am Holy Eucharist
26 Dec 11.00am Service of Readings
and Prayers
27th – 31st Dec 10.30am Holy Eucharist
1 Jan 10.30am Holy Eucharist

ST JOHN'S MAESTEILO

5 Dec 9.45am Morning Prayer
19 Dec 9.30am Holy Eucharist
25 Dec 9.45am Holy Eucharist

HOLY TRINITY TALIARIS

12 Dec 9.45am Morning Prayer
24 Dec 4.00pm Service of Carols
and Readings

OUR LADY'S CATHOLIC CHURCH, LLANDOVERY

College View SA20 0BD (Served from
Lampeter)

Saturday (vigil of Sunday) 5.00 p.m.
Booking not essential
Wednesday 10.00 a.m.

Tel. 01570 421003 Mob: 07495 802711
Email: davidkeithevents@hotmail.co.uk for
details.

LLANDEUSANT PARISH CHURCH

12 Dec 6.00pm Carols with readings
24 Dec 6.00pm Christmas Eve Eucharist
with Revd. Jeff Thomas
9 Jan 11.15am Morning Prayer
23 Jan 11.15am Holy Eucharist
with Revd. Jeff Thomas

LLANDINGAT CHURCH

Sadly due to the continued presence of Co-vid in our community, we are obliged to continue to follow the Church in Wales rules and therefore are unable again this year to hold many of the services we all look forward to. No Christingle, community carol service by candle night or crib service.

There will be a Welsh, Carol Service in Llanfair on the 19th December, Croeso cynnes i pawb, 11.00am, and there will be an Eucharist service Christmas Eve in Myddfai at 9.30pm, and Llandingat at 11.30pm. We will be holding a joint bilingual Eucharist Service in Llandingat on the 26th at 10.30am.

We welcome everyone to our services but as always it helps us to manage our safe distancing policy if you can let us know in advance if you are planning to attend these services. Masks do need to be worn please.

Gina Jones Church Warden 01550 720790.

ALL SAINTS CHURCH, GWYNFE

5 Dec 11.15am Holy Eucharist
12 Dec 11.15am Carol Service
19 Dec 11.15am Holy Eucharist
25 Dec 9.00am Holy Eucharist
2 Jan 11.15am Holy Eucharist
9 Jan 11.15am Morning Prayer
16 Jan 11.15am Holy Eucharist
23 Jan No Service
30 Jan 10.30am Holy Eucharist
(Llangadog)

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.williamsrantyccelyn.co.uk

HOLY TRINITY CHURCH, TALIARIS

12 Dec 9.30am Morning Service
24 Dec 4.00pm Carol Service
25 Dec 8.00am Eucharist
26 Dec No service

Services 2nd and 4th Sunday of month at 9.30am

Email: h_loyd_davies@hotmail.com

ST EGWAD, LLANFYNYDD

1st Sun 9.30am Bilingual Service
3rd Sun 9.30am Bilingual Service

Face masks to be worn still.

ST. BARNABAS, RHANDIRMWYN

12 Dec 9.00am Holy Communion
24 Dec 4.00pm Christmas Service

ST. MICHAEL'S CHURCH, CILYCWYM

19 Dec 10.00am Holy Communion
25 Dec 10.00am Family Service

ST. MARY'S CHURCH, CYNGHORDY

26 Dec 2.30pm Holy Communion

Rev. Paul Pritchard. Tel: 01550 938534.

JANUARY SERVICES

The basic pattern of services during January will be as follows:

- * St Michael's Cilycwm: 4th Sunday at 9:00am
- * St Barnabas, Rhandirmwyn: 2nd Sunday at 9:00am
- * St Mary's, Cynghordy 4th Sunday at 2.30pm
- * This pattern is correct at time of publication but remains subject to confirmation.

For information about St Michael's, Cilycwm, and St Barnabas, Rhandirmwyn, please contact Revd Tim Nelson 01558 685415

For information about St Mary's, Cynghordy, please contact Revd Paul Pritchard 01 550 938534.

YR EGLWYS UNIONGRED, LLANBED – LAMPETER ORTHODOX CHURCH

1st Sun No Service
2nd Sun 10.30am Divine Liturgy
3rd Sun 10.30am Divine Liturgy
4th Sun 10.30am Divine Liturgy
5th Sun 10.30am Divine Liturgy

Please check web site or fb for Feast Days.

www.lampeterorthodox.org.uk
Tel: 01974 261452

CILYCWYM GROUP (INCLUDING CILYCWYM AND RHANDIRMWYN)

Revd Tim Nelson 01558 685415
timnelson@btconnect.com

CYNGHORDY

Revd Paul Pritchard 01550 938534
revpaulpritchard@gmail.com

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 LLANDINGAT, 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



And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people.

Saying with a loud voice, Fear God, and give glory to him; for the hour of his judgment is come: and worship him that made heaven, and earth, and the sea, and the fountains of waters.

Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus.

Revelation 14:6-8, 12 K.J.V.

Folks its time to set our houses in order, who knows where and when Covid 19 will strike again.
God bless and keep us all.

Mrs C Williams, Llansadwrn

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

THE POST 41

JOIN DINEFWR RAMBLERS AND COME AND WALK YOUR WAY THIS WINTER!



Photograph is of Linda Jenkins at Cwm Rhaeadr, near Llandovery; photo taken by Ros Bellamy.

Dinefwr Ramblers is joining hundreds of Ramblers groups from all across Britain this winter to encourage people to join them on walks to beat the winter blues.

The Walk Your Way campaign from Ramblers GB is the perfect opportunity to embrace the season in good company. Walking boots, bobble hats and waterproof jackets at the ready – wrap up warm and let's get exploring.

Dinefwr Ramblers would like to welcome you to join them on their weekly programme of guided walks that include 2-3 hour strolls on footpaths through lovely countryside, as well as some full-day hikes in local forests and hills.

If you aren't a member of the Ramblers, you can try out a few walks before deciding if you would like to join.

Find out more about the latest walks at: www.dinefwrramblers.org.uk

Ros from Dinefwr Ramblers said: "Our walks are not only a great way to make friends and socialise, but they also help us to keep fit and healthy during the long winter months."

"They are usually quite relaxed and we often take time to take photographs and enjoy spotting wildlife, as well as getting to explore our local area."

Another member of the group, Linda Jenkins of Tycroes, who joined the Ramblers four years ago on retiring from nursing, said: "I love the social side of rambling, being out in the fresh air and exploring new routes. I've made some good friends and gained new skills and confidence from leading walks."

To find out more about Walk Your Way this Winter visit: <https://www.ramblers.org.uk/go-walking/walk-in-winter.aspx>

DINEFWR RAMBLERS: AUTUMN WALKS

Wednesday 24th November

Betws: Footpaths and country lanes in the Betws area. Dogs on short leads welcome. Please contact the walk leader if you wish to participate in this walk. Dist. 4.5 miles. Moderate – Explorer Map: 178. Meeting point: Tesco Ammanford car park. Dep. 10.30am. Leader: Janice Evans Tel. 01269 593483, Mob. 07814 275017

Sunday 28th November

Cwmdu: A circular walk around Cwmdu village over farm tracks, quiet lanes and fields. Some lovely views of both sides of the valley. An option of a shorter 2.5 mile walk is available. Dogs on short leads are welcome. Please contact the walk leader if you wish to participate in this walk. Dist. 5 miles. Easy/Moderate – Explorer Map: 186. Meeting point: Car park in centre of Cwmdu SA19 7DY. Dep. 10.30am. Leader: Biddy Donaldson Tel. 01558 822601, Mob. 07890 795293

Wednesday 1st December

Llansteffan Hill & Shore: Views of Tywi estuary, rolling farmland and a Norman castle. Walk follows the Wales Coast Path in a north-easterly direction parallel to the Afon Tywi. A moderate ascent at the start. Boat Club, estuarine birds and the location from which JMW Turner painted the castle in 1795. Please contact the walk leader if you wish to participate in this walk. Dist. 4.4 miles. Easy/Moderate – Explorer Map: 177. Meeting point: Llandeilo Railway Station car park and on by car. Dep. 10.15am. Leader: Liz & Ian Dutch Mob. 07813 068103.

Sunday 5th December

Nantgaredig: A circular walk in the area of Nantgaredig, using footpaths, minor roads and farm tracks. We will explore open fields and paths along the Cothi river, towards the village of Pont ar Cothi. We will take the minor road north of the village towards the church at Llanfangel-uwch-Gwili and the hamlet of Penbryn, returning along farm tracks and footpaths to the start point. Dogs on short leads are welcome. Please contact the walk leader if you wish to participate in this walk. Dist. 7 miles. Moderate – Explorer Map: 186. Meeting point: Nantgaredig School (parking at the roadside) Dep. 10.30am. Leader: Anne Nicholas Tel. 01558 822914, Mob. 07722 868240.

Wednesday 8th December

Upper Brynamman: Along the Upper Brynamman cycle track to Rhosaman and onto back road to the Black Mountain road. Detouring around the outskirts of Upper Brynamman. No stiles, one sharp climb up steps and one muddy stretch over uneven ground. Please contact the walk leader if you wish to participate in this walk. Dist. 4 miles. Moderate – Explorer Map: OL12. Meeting point: Black Mountain Centre car park. Dep. 10.30am. Leader: Mike Scott Tel. 01269 269783, Mob. 07929 726940.

Wednesday 15th December

Llandovery: A lovely countryside ramble south of Llandovery, with hills fields and mixed woodland, skirting the Llwynywermod estate. Coffee and cakes in town afterward! Please contact the walk leader if you wish to participate in this walk. Dist. 7 miles. Moderate – Explorer Map: OL12. Meeting point: Llandovery Rail Station car park. Dep. 10.00am. Leader: Ros Bellamy Tel. 01558 823542, Mob. 07976 631083.

Sunday 26th December

Boxing Day Jaunt: A fresh air stroll up to the ancient Dinefwr Castle for superb views of the Tywi valley and maybe some mince pies! Dogs on short leads welcome. Please contact the walk leader if you wish to participate in this walk. Dist. 3 miles. Moderate – Explorer Map: 186 Meeting point: Entrance to Dinefwr Park on Carmarthen Road, Llandeilo. Dep. 11.00am. Leader: Ros Bellamy Tel. 01558 823542, Mob. 07976 631083

For more details of the walks, visit our website: www.dinefwrramblers.org.uk

Due to unforeseen circumstances it may be necessary to change or amend a walk. Please check the website or the forum (if you are a member) for the latest information before setting out.

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. 09/22(12)

ASHMOLE & CO OFFICES in Llandovery, Llandeilo & Ammanford as well as branches across south, west and mid Wales. High quality accounting, taxation and audit services. Free first meeting with a partner. Email: Llandovery@ashmole.co.uk Tel: 01550 720098. 10/22(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 07/22(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 02/22(12)

MARK WAGHORN DESIGN – Award winning ARB 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 04/22(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 Tues, Weds, Thurs and Friday 9am to 6pm. 05/22(12)

BOOKS

BOOKS AT THE DRAGON'S GARDEN, we sell new books and specialize in nature writing, current affairs, art, food, travel, gardening, hot off the press new fiction & a selection of classics in both English & Welsh. We have an inspiring children's section and a fabulous collection of beautiful cards, wrapping paper & Fair Trade gifts. We also sell & redeem National Book Tokens. Based at our market garden, we also sell organic compost, Franchi seeds, Niwaki garden tools & fresh vegetables. Opening hours are 11.00am – 5.00pm Monday, Thursday, Friday & Saturday & 2.00pm – 5.00pm on Wednesday. For more information call on 01550 777915 and visit our website at www.dragons-garden.com. 10/22(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 173342. 02/22(12)

CARPENTRY

MADE-TO-MEASURE by hand – Built-in wardrobes and cupboard units, doors, casement windows, first and second fix. For a free quote to discuss your woodwork project please contact Simon Hickman (Llansadwrn) on 07711 102999, Email: teganwoodwork@icloud.com 03/22(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. 11/22(12)

GREGORY JONES. Home Choose Carpets, Llandeilo. All types of carpets supplied and fitted. We come to you. Tel: 07766 517569. 06/22(6)

BENJAMIN POOLE CARPETS: The Carpet store at your door. We come to you with our mobile showrooms. Carpets, vinyls, non slip vinyls. Distance no object. We can take up old and move furniture. Tel: 01269 824137 or 07768 061903 www.benjaminpoole.com 03/22(12)

CHIMNEY SWEEP

WEST WALES CHIMNEY SWEEP. Registered with The Guild of Master Chimney Sweeps. Fully insured to sweep and clean flues and chimneys. Call Dave on mob.: 07854 739251 or email: westwaleschimneysweep@gmail.com. 08/22(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. 12/22(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. References available. Covering Carmarthen and Brecon. Contact 07872 509031 / 07770 777992. 07/22(12)

COMPLEMENTARY THERAPY

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REIKI THERAPY: The word Reiki comes from two Japanese words put together, "Rei" - Higher Power or Wisdom of God and "Ki" - life force energy. Put the two together and you get "spiritually guided life force energy". It is a practice of laying the hands in a series of positions on or slightly above the body. Reiki treats the whole person – physical, emotional, and spiritual - by allowing positive energy to flow through the hands of the practitioner which imparts many benefits including relaxation and a sense of peace, security, and tranquillity. It has also been scientifically shown to decrease pain levels, relax both the body and the mind, aid sleep and even help with physical healing. My therapy room is an escape, a sanctuary, and a place of safety, calm, and self-discovery. Come and visit me to enjoy a wonderfully relaxing healing experience. Call Annya on 01558 650539 or email shantispirtwalker@gmail.com 02/22(6)

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PLAN YOUR FINANCIAL FUTURE. Chartered Financial Planners provide advice to Business Owners and other UK Residents, covering all financial advice aspects including Mortgages, Insurances, Pensions, Investments and Intergenerational Wealth Planning to ensure suitable and sustainable solutions for your own individual circumstances. To discuss your requirements with no initial cost contact Malcolm your local Carmarthenshire based Independent Financial Adviser by email malcolm.simpson@ljfp.co.uk or on 07384 645606. Local Office 01550 721797. For additional information visit <https://www.linkedin.com/in/malcolmsimpson/> 02/22(6)

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