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Number 276

February 2019

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

Tel: 01550 721225

NEW KIT ON THE BLOCK

AN EXCITING NEW DEVELOPMENT FOR THE RED SQUIRREL PROJECT IN MID WALES!

Mid Wales
Red Squirrel Partnership
Ceredigion Cymru
Partneriaeth Gwiwerod Coch

The Wildlife Trust
South and West Wales
De a Gorllewin Cymru



© Paul Harvey Photography 2018

Evidence from red squirrel hairs has provided positive news about the condition of these iconic creatures in mid Wales! After collecting and analysing red squirrel hair samples from one of the Mid Wales Red Squirrel Project's (MWRSP) squirrel feeding stations, we have found a unique DNA sequence that hasn't ever been found anywhere else in the world. The Wildlife Trust of South and West Wales are thrilled to report this exciting new finding!

The Wildlife Trust's Red Squirrel Officer, Becky Hulme works with a team of dedicated volunteers to track down and monitor red squirrels in mid Wales. A Project volunteer had attached a sticky pad beneath the

lid of a popular feeder box located above Llanddewi Brefi; a rural village in Ceredigion. This feeder box contained seeds and nuts, food for red squirrels. In spring 2018 we had seen a whopping 5 red squirrels making good use of its contents, all of which was captured on our trail camera along with some cheeky mating behaviour. Lucky for us, the sticky pad provided us with a few hair samples from the reds which we then sent away to undergo analysis of genetic haplotype.

continued on page 3



FOR ALL YOUR LOCAL NEWS & BUSINESS SERVICES

ALL ABOUT *The Post*

**COPY DATE
for next issue:
15th February 2019**

**Next issue distributed:
1st March 2019**

The Post Future Copy Dates

April 15th March
May 16th April
June 16th May

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Tel: 01550 721225,

info@postdatum.co.uk

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WHAT'S A HAPLOTYPE?

Haplotype is a genetic marker, a DNA sequence that can help us to understand the genetic make-up and ancestry of an animal. Put simply, haplotype is a close-knit group of genes which an offspring inherits from one parent.

Results from these hair samples in mid Wales revealed two different haplotypes. One was already known in Wales, but the other was unique and hasn't been recorded anywhere before! This adds a fifth haplotype to the four already identified in the mid Wales red squirrel population.

WHAT DOES THIS MEAN FOR RED SQUIRRELS AND THEIR CONSERVATION?

Firstly, it means that the work our team are doing to help maintain and improve the habitat for red squirrels in mid Wales is incredibly important. This evidence also tells us that the red squirrels in mid Wales have a high level of genetic diversity. This means that our conservation work and efforts are more likely to be successful because having a diverse gene pool helps populations to adapt to changing environments. With more variation, it is more likely that some red squirrels in mid Wales will have variations in their genes which are suited to the environment. These individuals are also more likely to survive and produce kits (baby squirrels) that will also have these beneficial genes. All music to the ears of the project staff and volunteers! Our fingers are crossed that we have some new kits in mid Wales come spring next year.

Becky Hulme remarked: "We are delighted to have found yet another haplotype present in red squirrels in the mid Wales forests. The analysis suggests that mid Wales forests are an important site for the conservation of British red squirrels". She added "without the massive time-commitment, initiative and dedication of survey volunteers, none of this data could have been recorded".

WHAT'S NEXT?

The information and research that we undertake as part of the MWRSP is vital for improving conditions for red squirrels. Research evidence helps us to better understand where our conservation efforts need to be focused. We can also use this information to encourage other Project participants such as land owners, Natural Resources Wales and the Welsh Government about how we can all work towards conservation goals to benefit wildlife.

But it may be that this discovery is bitter sweet. The

MWRSP is coming to the end of its five year funding stream, which means that work to help the red squirrels in mid Wales may stop if we can't find the funds to continue.

To continue to stage 2 of the project, The Wildlife Trust of South and West Wales needs to raise £110,000 to fund work on the ground over the next 2 years. This will ensure that we can continue to maintain and enhance habitats for red squirrels, but also expand our team to restore some key areas that could be improved to make them more suitable for red squirrels. We're also keen to investigate and develop innovative monitoring techniques to-track red squirrels which will provide useful information to feed into future forest management plans.

Red squirrels numbers in the UK have fallen from around 3.5 million in the 1870's to between 120,000 and 140,000 individuals today (according to different estimates). We're finally seeing positive results with more and more sightings of red squirrels in mid Wales, but it is vital that we continue to encourage and protect these iconic native animals.

HOW CAN YOU GET INVOLVED?

There are many different ways in which you can help! We're always on the look out for more volunteers and of course funding and kind donations. We are hoping to raise the £110,000 needed to continue and expand this project through grants, Trust funds and individual donors like you who want to see red squirrels thrive in mid Wales. If any of these are you, please email Becky on b.hulme@welshwildlife.org or contact us on 01656 724100 to kindly donate. For more information please visit...





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02/19(1)



Undeterred and buoyed up by research by proven experts who point to the intelligence, resourcefulness and resilience of collies, the Powell family have every reason to believe that SPOT is still out there. It is well documented that lost dogs go into 'survival mode' whereby it knows that they only have themselves to rely on for survival. Basically, survival mode means that the dog reverts to its primal instincts and prioritises food/water safety and shelter. This is why anyone seeing her shouldn't call out to her or chase her/attempt to catch her.

What is needed now is that positive sighting. Determined to get SPOT home, the Powell family are asking for people in the area and indeed who may be driving through the SA19 and SA20 area to please continue to remain vigilant. Should you sight 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 contact the owners on one of the following numbers:

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11/19(12)

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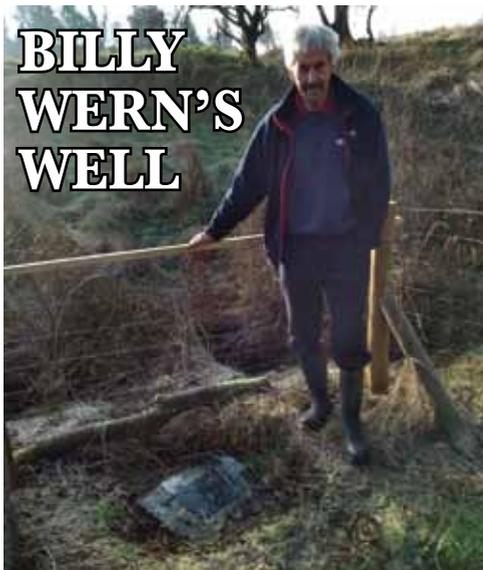
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10/19/12

BILLY WERN'S WELL



Powys is rich in historic sites. From prehistoric cairns, barrows and standing stones to medieval castle and churches, you cannot travel far without finding something of historic value. Powys antiquities have been extensively recorded for our exploration. One category of the ancient sites that are frequently overlooked are our holy wells and healing springs. As the population has become more mobile so local traditions are forgotten and ancient knowledge is lost. Time erodes the sites and gradually nature hides all remaining evidence of their existence.

One site that has a well deserved make over is Billy Wern's Well, also know as Baili Wern Well. Edwin Lewis of Beulah has cleared and protected the site with a new fence and a handy stile. We hope that more local people will take the opportunity to view and smell this site – the aroma of sulphur is hard to miss! In living memory local people visited the well seeking a cure for skin complaints. Billy Werns Wern's Well is on your left between Garth and Beulah at Ordnance Survey SN944477.



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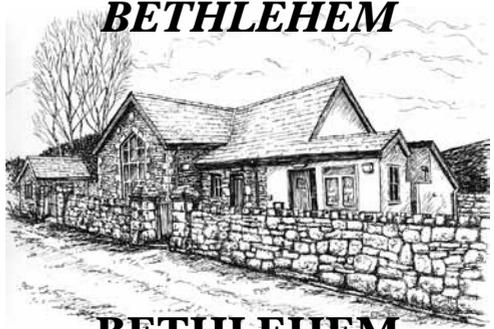
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08/19(12)

BRIWSION BETHLEHEM



BETHLEHEM SNIPPETS

The run up to Christmas was, as always, very busy in Bethlehem, with the hall open every day for card stamping. This is a well established tradition which attracts visitors from all over the UK annually.

We met people from as far away as Kent, East Anglia, Cumbria, Liverpool and the Midlands, to name but a few areas, as well as from all over Wales.

They were delighted to visit our lovely little corner of Wales, and really appreciated the unique service that the volunteers in Bethlehem offer during December.

We also managed to fit in two pop-up cafes on a couple of Sundays, welcomed a group of rambles for coffee and cake, hosted a birthday lunch, ran our annual Christmas Fair and Carol Singing, and held both the December quiz and the ever popular supper.

The children's party, held at the chapel, was also a great success, so it was lovely to see so much happening in such a small community.

The new year got off to a busy start, with yoga resuming after the holiday, as well as the January supper and quiz.

The community defibrillator was installed at the Old School, with Hearts Wales running a course for a dozen or so volunteers in it's use. Our sincere thanks go to the Community Council who funded its purchase.

The February supper takes place on Friday 8th at 7.30pm.

It's another sell-out, but we are happy to contact people who might be interested in coming along should there be any cancellations.

The monthly quiz will be on Monday 11th, with January winner "Hearts in Portugal" asking the questions.

The hall is available for hire by groups and individuals, for more details contact Nia on 01550 777254, email: niaelement@aol.com.

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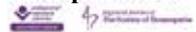
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03/19/12

PUMSAINT WI MONTHLY REPORT

The February meeting of the Pumsaint WI was held on Tuesday 8th January, at the Coronation Hall in Pumsaint. It was a varied meeting where President, Bet Nicholls read outpoints of interest from the monthly newsletter from The Carmarthenshire WI. Then took the members through the National WI resolutions, which were discussed and voted on before proceeding to a fun games evening where dominoes, soft ball bowling, indoor hurling and table tennis was played.

The Monthly competition was the person scoring the most points overall. This was won by Sue Jones.

The delayed Christmas / New year Dinner was decided upon and venue selected.

The next meeting is on Tuesday 5th February. A talk on Hedgehogs with Di O'Keefe from the West Wales Hedgehog Rescue. Competition: A limerick about hedgehogs.

The March meeting Tuesday 6th will be Swper Cawl. Venue to be confirmed.

FEBRUARY FUNDRAISER FOR ALZHEIMER'S SOCIETY

Come to Llangadog Community Hall on Saturday 16th February for a day of fundraising for Alzheimer's Society.

From 11am – 3pm come and browse craft stalls, enjoy a cuppa and cake, there will be a raffle of prizes donated by local businesses and a tombola.

A prize is offered if you can guess the birthday of Matilda our mascot bear.

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02/20(12)



GWYNFEE EVENTS & NEWS

The next Monday Club will be on Monday, 4th February (1:30 p.m. onwards). There will be the usual chat + tea/coffee + cake. £1 collection. If you require transport to/from the hall, please contact Heather on 01550 740512.

Join us in Gwynfe Community Hall on Friday, 1st March for St. David's Day – an opportunity to commemorate our patron saint. There will be a cawl supper (soup, bread, cheese, Welsh cakes and bara brith) starting at 7:00 p.m. in the village hall, after which local artists will treat us to a few songs. Ellie & Megan have kindly agreed to sing, and to complete the entertainment Alun Brookfield will perform a few numbers, including one specially written to commemorate Dewi Sant. Entry £6, to include supper and entertainment. Bar available.

Zulu Tradition! The Hall committee constantly strive to put on a varied range of shows and we are particularly pleased to announce that on Friday, 29th March we will be hosting a troupe of Zulus, who will perform traditional dance, songs and drama. Doors open at Gwynfe Community Hall at 7:00 p.m. for 7:30 start. Tickets £7 or £6 concessions. Food and bar available at additional cost. You are advised to reserve tickets for this event; please contact Colin or John on 01550 740462, or send an e-mail to gwynfe_community_hall@yahoo.co.uk This event comes to us through the Arts Council of Wales' Night Out scheme.

Next, a date for your diaries...the next Gwynfe Quiz will be on Friday, 12th April. Food at 7:00p.m. and Quiz from 7:45 p.m. – more details in a future copy of The Post.

December was a lively and seasonal time at Gwynfe Community Hall. Ian Keable, magician, mystified and left us all speechless again with his unique brand of prestidigitation. Thanks to Sheila, Betty and various helpers the children's party was a great success and the entertainer of a high standard. The New Year was brought in in fine style thanks in no small part to the efforts of Bridget, Heather, Sian & Angela and helpers and the Generation Game proved a triumph.

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The centre is an asset to the community and provides a hospitable and warm heritage experience, adding to the tourist appeal of the village. The freshly baked bread and the menu of the Welsh Rarebit Centre are out of this world.

A community space is available upstairs for workshops, meetings, classes, exhibitions etc.

Email Rose Geraedts at the.rarebit.centre@gmail.com

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12/18(12)



LLUEST

TAILS FROM THE TRUST

HAPPY NEW YEAR

A happy and prosperous New Year 2019. Thank you to all our supporters for donations over the Christmas period and in the past year. As you may already know, 2018 was quite a challenging year for the Trust, but we are now looking forward to the year ahead and are in the process of making dates for events and courses for this year. We will publish dates and more information on our website, Facebook page and in The Post in due course so stay tuned.

VOLUNTEER WITH US

Do you live locally and have some free time? We are always on the lookout for committed volunteers to help outside on the yard and in the office. Out on the yard there is always a heap of mucking out to do, of course, and indoors we need people to help prepare our sponsor packs, help with filing and other general admin tasks. Full job descriptions are on our website. www.lluesthorseandponytrust.co.uk/volunteer

If you see something that suits you, please fill in a volunteer application form which can be downloaded from the 'downloads' section of the website and send it back to us. Or give us a call on 01550 740 661.

LLUEST PONIES LOOKING FOR HOMES

Cothi

Sweet Cothi was rescued as a foal with his mum. After spending his early years at the Trust, he went to a wonderful foster home where he has been ridden on gently and has even been to a show. Sadly his fosterer is too tall for him so he now needs a smaller, capable child to continue his education. He is a strikingly marked gelding standing at 12.2hh.



Cothi with his fosterer at a show.

Kali

Kali was picked up while straying along a busy road with two other ponies in January 2017. She is now nearly three years old, a pretty skewbald with striking blue eyes. Completely unhandled when she came here, she has now learned to be caught, lead and have her feet trimmed. Kali is looking for an experienced home with someone who is willing to give her plenty of time and attention and to continue her education as she has the potential to become a ridden pony.



Kali very much likes a roll in the mud

08/19(12)

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Thor

We can't believe that Thor is still here at the Trust, he is such a sweet and loveable gelding. A lovely liver chestnut colour, he really is quite stunning. Thor came to us after being found abandoned and tied to a lamppost in the city. He will need an all-male home as he cannot be turned out with mares. We have never tried to start Thor as a riding pony as he can be very spooky. Following his assessment and, knowing him as we do, we believe he is suitable as a companion only.

Sweet Thor needs a home with other geldings



If you can offer a loving home to one of our rescue ponies, please call us on 01550 740 661. Or to donate, please visit our website. <http://www.llesthorseandponytrust.co.uk/ways-to-help>

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15 15	Ford Fiesta 1.0 Eco 140 BHP Zetec S, Body Kit, Red, Black Roof, £20 Tax, 27000m	£9500
11 11	Mercedes Benz C Class 2.1 T/D C220 Cdi, Blue, /F Sport, Auto, Full Black Leather, AMG Wheels, Metallic Black, 2 Owners, 71000m	£9750
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14 64	Fiat 500 1.2S, S/Skirts, Rear Spoiler, Alloys, Half Leather, £30 R/T, Yellow, 15000m	£6995
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11 11	VW Tiguan 2.0 Tdi Match, Blue Motion, Full Leather, Side Steps, Silver, 54000m	£8995
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15 65	Ford Ranger 2.2 Tdci 150 BHP Crew Cab, A/Con, Alloys, Reversing Sensors, Full Leather Interior, Cargo Liner, Towbar, Met Grey, 22000m	£16500 +Vat
15 65	Vauxhall Vivaro 1.6 Cdti, 9 Seater Mini Bus, Grey, FSH, 77000m.....	£11500 +Vat
15 15	Ford Transit Custom 270 Trend 2.2, Ply Lined, Parking Sensors, Air Con, Electric Windows, 1 Owner, Blue, 23000m	£11350+Vat
14 64	Vauxhall Vivaro 2.9T 1.6 Cdti 115, LWB Crew Bus 6 Seater, Glazed Side Door, P/Lined, White, 61000m.....	£10350 No Vat
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LLANDOVERY RUGBY CLUB



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

As the New Year got under way, we had the sad honour of marking the life of former Drower Dai Giles at Llandinat Church. Dai was a great former player and made 148 appearances for the club over 16 years from 1987 onwards until he emigrated to Canada in 2003. He started his sporting career (after being told that his asthma meant he should not play any sport at all!) as a goalkeeper in soccer. After a while doing that, he was persuaded to try the rugby version of football because you were not only allowed to catch the ball with your hands, but you were also allowed to run the length

of the pitch with it making it far more enjoyable than standing in goal. He was certainly not out of place in the back line where he started his rugby career but was best known as a second or back row forward and a fantastic all-round athlete and scored some great tries for us. He also won a Cap playing for Welsh Districts. Our sincerest sympathies go to Dai's family – as do our grateful thanks for generously requesting that any donations in Dai's memory should go to support our active and growing Junior Drovers section.

This is perhaps a good place to draw your attention to the Charity match between Llandeilo Veterans and Llandovery Veterans on February 9th at Llandeilo. Kick-off will be at 2pm. All funds are being donated to the Peony Breast Cancer Unit at the Prince Phillip Hospital, Llanelli and the Chemotherapy Day Unit at Glangwili. If you are over 40 and can (or, at least, think you can) still play rugby come along with your boots and you will be given a run. And if you really can't run then, come along anyway and watch others trying – and support an excellent cause.

Another 'good cause' day is coming up in March – we plan to hold our annual Ladies Day game on March 30th when we welcome Ponty to Church Bank. It is not only a chance to have a fantastic day out (whatever the weather) but you will also be supporting some local good causes. We will give more news as we get nearer the date – but put it in your diary. And if you think you can help in any way, please get in touch.

After a satisfying win in the (seasonally atmospheric and candlelit) 'Boxing Day' derby against Quins we had a treat of three home games to enjoy at Church Bank – one famous win in the cup against Beddau and, after a stuttering first half, a good 5-point League win against Bedwas (where, as you can see, the line-out was working well!). By the time you read this, you will also know how we got on against Trebanos in the second round of the Cup. It's early days yet, but the Drovers are playing well enough at the moment to justify hopes of a third Cup victory. After 18 games played (although there are still some postponed games to play which could change the rankings) we are sixth in the league. But you see a better picture if you look at the 'points for' standing where we rank fourth best side, and in 'points against' we have the third lowest tally, just behind Merthyr and Ebbw - a great tribute to both defence and attack coaching and giving good grounds to say that we still have some room to progress.

Early in the month our Second 'Athletic' XV (see a classic pass in the photo!) enjoyed a competitive game in front of a noisy crowd against Crymymch, beating them 33-10 with even the older players shrugging off injury to carry on the fun during and after the game. Unfortunately, their enthusiasm and commitment is not finding a reliable competitive environment: they have only been able to play a few games this season due to 'no-shows' by the other sides.

You will be well aware of our continuing frustration at this state of affairs in the community game. We have, so far, been unable to convince the WRU that our Athletic XV should be playing in a National League so that we can give all the possibility of playing competitive senior

MOLE CONTROL

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rugby. It hits young players especially hard (especially those graduating from our Youth side). Some in that age group will inevitably be playing for their university sides for much of the time, and others will be forced to play for other clubs in the area such as Ammanford. All those living and working locally are equally unable to get a regular game under their belt. This has become the single greatest problem facing the Club as we must find a pathway for all these players to guarantee the sustainability of the club as a whole! We will keep on until we find a satisfactory solution!

It is always a pleasure to report when our local players are chosen to step up a level. The latest opportunity came to Ben Morgan one of our Youth Players who recently represented the Crawshays Youth XV against Christ College Brecon.

Congratulations to our 1st XV flanker Shaun Miles on his return to the @WalesDeafRugby squad against England Deaf at the Arms Park, Cardiff on Sunday January 27th (2pm kick-off). Llonygfarchiadau i flaenagellwr tîm 1af Shaun Miles ar gael ei ddewis i chwarae i dim fyddar Cymru yn erbyn tîm fyddar Lloegr.

We are also delighted that, once again, Wyn Jones has been selected for the Wales 6 Nations squad! If you are not at the Stadium be sure to come down to the Club to cheer Wyn on!

The Juniors continue to do well. The U12s beat Burry Port 35-0 on January 6th and, on the same day the U11s had a great high-scoring game against Carmarthen Quins beating them 68-31. The U9s also won a tight game, and a mixed U7/U8s scored an impressive twelve tries against the Quins. The U10s weren't able to do as well against a strong Quins side but we have great hopes for them in the rest of the season – just remember bois: the next game is far more important than the last! The following weekend they also enjoyed another great day out at Newcastle Emlyn

As usual the Club's rooms and social facilities are ready for your party or other function. To arrange a booking you can email the Club (droversrfc@gmail.com) or phone Gina on 01550 721110 or Jackie on 07774 914992.

Thank you for your continued support for the Club. We look forward to seeing you at Church Bank in the coming weeks – ymlaen y Porthmyn!

Edrychwn ymlaen i'ch gweld ym Manc yr Eglwys cyn hir. Gwerthfawrogwn eich cwmni a'ch cefnogaeth yn fawr iawn. Er gwaethaf pawb a phopeth, 'dyn ni yma o hyd! Ymlaen Y Porthmyn!

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04/19/3)



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LLANSADWRN SHOW



Picture taken by William Theophilus.

Following a successful Show in August £500 was raised and donated to Wales Air Ambulance the charity chosen by the Presidents Mr Meurig Evans & Mrs Margaret Williams.



Picture taken by William Theophilus.

An Evening of Entertainment was arranged on Llansadwrn Show evening by Mrs Elizabeth Thomas who was also celebrating her 60th Birthday. Excellent entertainment was provided by Fflur & Haf Davies, Joy Cornock-Thomas, Bois y Rhedyn, Ffion & Heledd Thomas and presented by Dai Dyer. Gegin Fach y Wlad provided the food and thanks to Mr Emlyn Morgan Tyngarn for being the auctioneer for the evening. A big thank you to everyone who contributed and made the night such a success in the Sextons through the kindness of Cliff. £1100 was raised for Llandovery Hospital League of Friends.

Keep an eye out for the 2019 50th Show details including evening entertainment!

05/19/6)

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04/19/3)



CALLING ALL ARTISTS

HERITAGE AND ARTS CENTRE LAUNCH NEW ART COMPETITION

Building on its reputation as a Centre for not only excellent heritage displays but also exhibiting work from national and international artists, the Llanwrtyd & District Heritage and Arts Centre has launched an Open Art Competition for 2019.

“After three successful years we are looking to raise the profile of the gallery still further and provide the opportunity for new artists to experience our facilities. We see this competition as a way to achieve this and encourage new artists and visitors to the Centre and to Llanwrtyd and it is envisaged that this will become an annual event.” says Public Relations Officer, Lynne Brookes.

Based on the theme ‘Peace Amongst Beauty’ the competition is open to all artists resident in Wales and offers the opportunity to submit not only paintings and drawings but also mixed media work.

It is hoped that the first prize of £500 and second of £250, kindly sponsored by Charcroft Electronics and Lloftwen Forest Farm both based in Llanwrtyd Wells, together with a visitors’ choice award of £100, will attract artists from a wide geographic area.

Fifty artworks will be selected for the final hanging and will be exhibited at the Heritage and Arts Centre throughout June following a preview and judging evening that will take place at the beginning of the month.

Details for entry can be found at www.history-arts-wales.org.uk/art-competition-2019 or by contacting the Centre on 01591 610067, email ldhac@gmail.com

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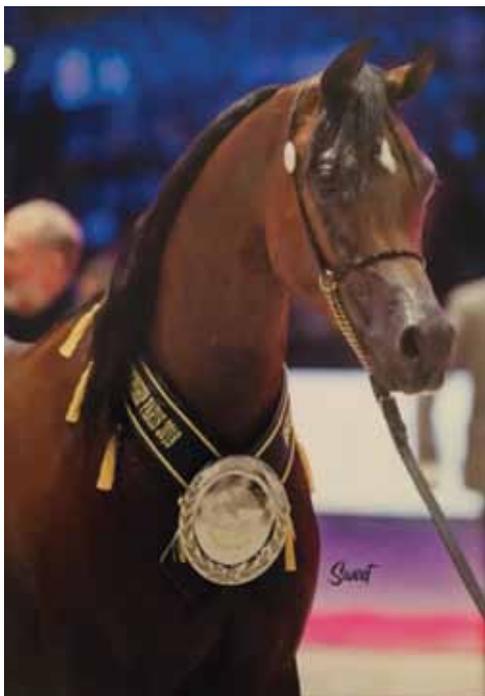
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11/19(12)

COLT BORN AND BRED IN FFAIRFACH, LLANDEILO WINS WORLD CHAMPIONSHIP IN PARIS



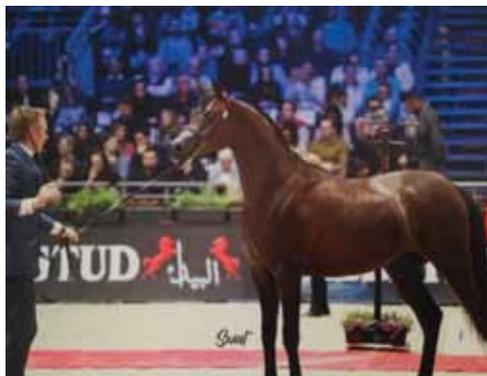
Admiraal, apurebred Arabian yearling colt born and bred at Llwynbedw, Ffairfach has been judged **WORLD CHAMPION ARABIAN YEARLING COLT** at the World championships held in Paris, France recently.

Admiraal was born at Llwynbedw out of one of Sue and Emrys Jones's best mares, Hanyyah who was herself reserve European champion as a two year old. His sire Emerald j was also European champion.

Admiraal left Ffairfach on Dec1st 2017 and went to his new home at Al Muawd stud in Saudi Arabia as he had been selected as the best offspring of Emerald J. He went to his first show, the biggest in Saudi Arabia and won the championship. He then went on to Dubai and won that championship too., winning 185000 dollars in the process. He was then bought by the ruler of the Emirate of Ajman who sent him back to Llandeilo to be promoted by Rhodri J ones in Europe. Rhodri has shown him all his life to all his successes. Rhodri was declared European trainer of the year 2018.

Admiraal went on to win the **NATIONS CUP TITLE** in Germany, the UK title in England and the European title in Belgium. At the end of 2018, he was still unbeaten and only the World title was left. He was judged **WORLD CHAMPION** in POaris thus continuing his unbeaten record.

Not bad for a colt born on the hillside in Ffairfach.



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02/20(12)



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Brian Mitchell

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Richard

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05/19(12)

LLANDOVERY ROTARY CLUB



Happy New Year! If you are reading this, it means that you have survived the annual indulgence that is Christmas. If you are looking for something intellectually stimulating to heave you out of your stupor and point you in a bold new direction this isn't it! This, is simply the ramblings of an ageing individual attempting to inform anyone that might be interested in the goings on at your local Rotary Club. Our goings on range anywhere from enjoying the fellowship of the weekly meetings to the testing extremely busy fundraising which allows us to distribute donations to any individual or local organisation that requires funding. We are always glad to receive worthwhile requests for funding. We meet every week on a Tuesday evening when, following supper, our business is conducted. Our Council meetings which decide the donations meet once a month, so if you have any requests please send them in early.

Unless you emigrated to the dark side of the moon before Christmas you will have seen our Rotary Santa and his merry elves with their collecting boxes or, at the very least heard them coming! This is part of our extremely busy fundraising and what a response we had. We unequivocally give our sincere thanks to you, the people of Llandovery and surrounding villages for your outstanding generosity with your donations reaching record levels. Thank you, and thank you again you wonderful people. Brilliant.

We are extremely grateful to Jill Tatman and the Llandovery Youth & Community Centre for the use of the minibus during our Santa Sleigh runs. It is much appreciated (and warm!). Thanks also to Carol Stevens for her outstanding preparation of the minibus, it was superb. Also thanks to Anthony and Gary for your contributions towards the preparations.

Our Speaker for November was Stuart Fry who lives in Llangadog. Stuart specialises in the wonderful old craft of dry stone walling. Some of these old dry stone walls were built thousands of years ago (not by Stuart!). He has worked extensively in Carmarthenshire and the Western Brecon Beacons. Stuart has applied his very rare skill to many other places as well among them a Tower above Gwynfe, Abermarlais Deer Park and Llandingat Churchyard. Some of his time is spent taking training courses and on one occasion was training a girl from America which resulted in him being asked to build a 2 arched bridge over a small creek in the USA. Whilst there he was asked to build a wall to represent Welsh Countryside in the world famous Smithsonian Folklife Festival in Washington DC. Stuart showed slides of his art and explained how important it is to pass on this ancient craft. It really was a very interesting talk which was followed by an enthusiastic question and answer session. Thank you Stuart. We thoroughly enjoyed it.

We received a request for funding from Emily Adams who is attending a 3 month volunteer project in Makueni, Kenya which is a Voluntary Services Overseas Charity.



90% of the placement was covered by the Department of International Development. We wish you well in your project Emily and look forward to hearing about it on your return. It is great to see our young people making the most of the opportunities open to them especially when offering their services for the benefit of others. Well done Emily.

One of our most pleasant duties around the festive period is always the delivery of the Christmas Hampers to those who are unable to get out as they once would have. The smiles on the faces when we knock on their door and place these wonderful goodies on their kitchen table is a joy to behold. Our ladies do a magnificent job in making these parcels up into a glorious hamper and they are always extremely well received by the grateful recipients.

At the Llandovery Town Council arranged switching on of the Christmas lights we are indebted to David Goldsmith who again did a brilliant impersonation of the big red man and greeted the children in readiness for the big day in our gazebo. The following day at the wonderful Llandovery Christmas Fair (a BIG success thanks to Heidi, Louise and all) our Ladies held a fabulous cake stall in what is now the Old Post Office. It was a huge success and thanks go to Robin and Anne for allowing the use of the building. These are both very well organised events adding to the appeal of Llandovery.

We received a letter from Rev Ian Aveson on behalf of Llandingat Church (following a request from MaryJane Williams) for our donation towards the disable friendly footpath in the churchyard.

We were deeply shocked and upset to hear of the passing of our member and dear friend Dr. John Rockey. Although John was not able to enjoy good health over the past years this did not prevent John from contributing to the club. He was a highly valued member and our sincere sympathies go to his dear wife Debbie, daughter Lizzie,



her husband Dafydd and his adored grand daughter Ffion. We are so very sorry to lose such a lovely, lovely man. RIP John.

It was proposed to support the Patagonian student once again this year. Each year a student from Patagonia, a Welsh settlement in South America, wins a scholarship to be educated in Llandoverly College and to experience the Welsh culture in Llandoverly for the Summer term. We at Rotary usually provide the pocket money for this student to help with their finances. We are glad to support this wonderful project again this year. The successful student this year is Nahiaira Bonillo from Trevelin. Give her a wave if you see her. Croeso i Lanymddyfri a Chymru Nahiaira.

We were presented with a cheque for £250 by Colin Newman on behalf of the Welsh Trail Riders Association. This is a very generous gesture by this group who visit



Llandoverly every year providing much needed revenue to many establishments in the town. We thank you Welsh Trail Riders, one and all. Thanks Colin.

It was recorded that our member Chris Phelps was the first (with wife Sarah) in Llandoverly to have the honour of having a Blue Plaque placed on his house. It is to celebrate that the famous Vicar Prichard once lived there.

Since Llandoverly Rotary Club was founded in 1984 we have had 33 different Presidents and hundreds of members during those 35 years. Some decided to leave of their own accord but sadly many have died in active service. We pay tribute to all those who have passed on. We now have 20 current active members and remarkably we have one who was a founder member in 1984. He is not the oldest member of the club, in fact he isn't even close to being the oldest and some calculate that he must have been around 14 years old when he joined! He wasn't of course. Ieuan Pugh-Morgan is the man in question. Ieuan was a founder member way back in 1984. He has been President, Secretary and Treasurer and even today has the best attendance record in the club. His initials of course are IPM and one past president actually inadvertently read it out one day as One PM (1 o'clock!). We sometimes take the mickey out of him for his reports but with his quick wit is a match for anyone. Here we pay tribute to you Ieuan for your outstanding service to Llandoverly Rotary Club. Thirty five years of outstanding service. Well done my friend.

Our next speaker is Menna Evans from Llansadwrn who RAN from John o' Groats to Land's End completing an incredible, superhuman, 40 marathons in 40 days! Yes really. That was running between 25 and 30 miles every day and camping overnight! That should be VERY interesting. You will hear about it next month.

We remind you all that you can keep up to date with news on our facebook page Llandoverly Rotary Club, and for all things Llandoverly and a bit more go to the facebook page Love Llandoverly. You will be ever so glad you did.

RIP John Rockey.

Derek Jones.



ChallengeAid

fit for a purpose



ChallengeAid presenting pupils and staff at Cylch Meithrin Tre Ficer with a certificate following their sponsored walk.

ChallengeAid began 2019 on a high with the opening of five new Schools of Hope! Our goal for this year is to support even more children and to continue creating new Schools of Hope in East African slums.

We held two talent competitions in Mathare, Nairobi and in Burka, Arusha, which consisted of singing, dancing and a fashion show. Our life skills sessions have also been in full swing, with sessions being led across our Schools of Hope about preventing teenage pregnancy and keeping girls in school.

David is a refugee from Congo who joined our Jangwani School of Hope in 2016. David was among the highest performing students in 2018, and was admitted to the prestigious Maranda National School. One day, he hopes to become a surgeon! David is currently looking for sponsorship. You can become a sponsor or part sponsor to David or any of our other pupils who have successfully gained places in national secondary schools. If you want to support any of these students, please contact



Students dancing at Mathare's Got Talent.



Refugee David who has gained a place at a prestigious national school.

ChallengeAid by emailing info@challengeaid.org or calling 01550 721122.

Before Christmas, Cylch Meithrin Tre Ficer completed a festive sponsored walk for us, and raised a fantastic £170. They are definitely our youngest fundraisers to date! If you too would like to take part in a sponsored challenge for us, visit our website at www.challengeaid.org or call 01550 721122.



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12/19(12)



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06/19(12)



Everyone who saw Ysgol Bro Dinefwr's production of Starlight Express before Christmas will agree that it was an absolutely fantastic show – an amazing musical spectacle that was just as good a West End production. Much of the cast were on roller skates with many of them only having learned to skate during rehearsals over the previous three months. They not only had to skate and sing but also preform complicated dance routines at the same time!

Now that the school is so full of talented skaters and dancers Ysgol Bro Dinefwr PTA has decided to hold a Roller Disco at Tregib Sports Hall, Saturday February 9th 5.00pm – 7.00pm. £3. It will be open to all school aged children but primary aged children must be accompanied by an adult. Look out for email details from school including a parental consent form needed for each child. Consent forms will also be available from school reception up until 8th February and on the door at the event itself. Safety helmets and knee and elbow pads are strongly advised.

More details on the Ysgol Bro Dinefwr PTA Facebook site.

LLANEGWAD RAINFALL



Rain fell on 23 days this month the wettest day being the 19th with 34mm.

December Total: 169mm – 6.5/8"

Rain fell on 192 days in 2018 amounting to 1506mm – 59.1/42.

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07/19/12

NEW YEAR QUIZ FOR LOCAL CAMERA CLUB

Dinefwr Photographic Society held its first meeting of 2019 in The White Hart Llandeilo welcoming new and old members alike. Members took part in an excellent quiz on a variety of topics, many with little or no relevance to photography!! The meeting took place at its new venue, The White Hart Llandeilo.

The rest of the season has a number of interesting evenings planned, see what's on for full details. Additionally, the society has embarked on a number of projects that members can become involved in including an ongoing and changing exhibition at The National Trusts Newton House and a personal challenge to members to choose, photograph and present back their own short photo project towards the end of the season.

The club is always open to new people of all levels to come along to meet us at any of our regular meetings and we pride ourselves on being a friendly welcoming bunch who enjoy photography and to socialise. Please note the new venue at The White Hart Llandeilo in the Raven room. We meet at 7:00pm every other Thursday.

For more information see our website at www.dinefwrphotographicsociety.co.uk or call Dorian on 07492 741919, Simon on 07773 943536 or Will on 07768 960323.

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03/19/12

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03/19(3)



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M. Evans

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

Helen Smith

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

D. Nowell

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on 01550 720495 to discuss what we can do to help.**

04/19(12)

ART EXHIBITIONS

We are delighted with the growing interest that there is among local Artists to have an Exhibition at the Llandovery Station Gallery: when we established the Gallery some years ago, we were unsure how it would fare, but now there is no doubt that it has become a very popular venue for our Artists to display their talents. Indeed, it has become patently clear to us over the last few years that there is an enormous wealth of artistic creativity here in the Towy Valley, and we feel privileged to be able to provide a suitable venue for this talent to be made public.

Here is the List of Exhibitions we have in store for the year ahead.

January – Richie Dean

February – Daniel Garland

March – Mike Perry

April – Christine Stokes

May – Sue Reah

June – Sandra Phillips (to be confirmed)

July – Linda Atkinson

August – Towy Valley Camera Club

September – Carol Spackman

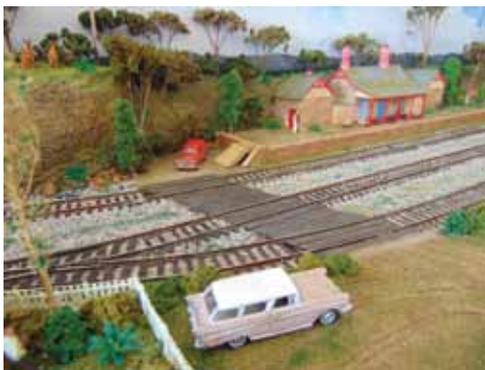
October – Sharon Evans

November - David Stirrup, Glasallt

December - Combined Llandovery Artists – Christmas Exhibition

LLANDOVERY MODEL RAILWAY CLUB

There is no doubt that the Model Railway Club is going from strength. Perhaps the highlight of the year was the visit of Prince Charles and the Duchess of Cornwall to the Club Exhibition during the weekend of the 150 Celebrations in August. They both took a keen interest in the Layouts which were on display, and had no hesitation in asking the Club members on duty a host of interesting



questions on all the various displays which had been prepared for them.

Similarly we were delighted to welcome Paul Atterbury to the Club at the same time. Indeed, it was a privilege to receive him, for he has a wealth of knowledge of Railway matters which he can share with his audience, and it was clear to all who heard him that he thoroughly enjoyed his visit to the Station.

With the Winter now upon us, a number of our Modellers have taken the opportunity of the darker evenings to tidy up the rooms upstairs: it is surprising how much clutter can accumulate over a relatively short period of time! Work is continuing also on our our main Club layout, and there is every possibility that it will be completed in the not too distant future. Indeed. Alan Stevens has been extremely busy over the last few months, not only tidying up the upstairs rooms but also establishing links with the Carmarthen Railway Modellers. So things are pressing ahead in a very positive way.

The Model Railway Club welcomes new members: we are usually to be found on a Thursday evening at the Station, and we look forward to meeting you.

THE STATION GARDENS

The Station Garden is largely still asleep for the Winter, but a quick look at the raised beds will show that not all is dormant there: indeed, we have still managed to crop a few vegetables there over the last month or so – onions especially! A few leaves are still to be seen on the trees, manfully challenging the snow and the frost to do their worst, and perhaps indeed it will not be too long before further signs of Spring can be detected. The Myddfai Herb Bed too is doing its best to defy the weather, and certainly there are positive signs to be seen there. The Shrub Bed adjacent to the further Car Park has also survived the worst of the Winter weather, and is similarly putting forth shoots, all of which suggests that the worst of the Winter is over – but, of course, we never know!

LLANDOVERY WALKERS ARE WELCOME

Whisper it quietly, but it would seem that the Llandovery Walkers are meeting much more regularly at the Station Cafe that they did before! We are delighted to see them,

for they are a very sensible and positive group of people, and we can say quite honestly that they live up to their Club name!

Perhaps it is the log fire attracts them, or the mince pies, or the good chance of finding a car park slot, or perhaps even the toilet facilities! but whatever the reason is, they are certainly to be welcomed at the Station.

There is no doubt however that the Heart of Wales Railway Line and the newly established Walking Trail have combined to make a sparkling combination. People these days are perhaps abandoning a somewhat sedentary way of life, and take pleasure at being out in the countryside, and at even a relatively old age are ready to take on a challenge, however small that may be. What ever the reasons, there is no doubt that older people are taking to Walking as they have never done before.

The Heart of Wales Line Trail is a response to this demand, largely following as it does the Heart of Wales Railway Line. Starting in Craven Arms, it follows a diagonal route south-westward through a wealth of glorious scenery and some wonderful landscapes until it reaches the Wales Coast Path at Llanelli. We in Llandoverly Walkers are Welcome have fully supported this initiative, and have been closely involved in establishing the route that the Trail will take on its way though Carmarthenshire, and Visitors to Wales will be assured of receiving a true Welsh Welcome in the Hillside.

RECENT WALKS

Recent Walks have taken our members to a wide range of areas: These include:

- A Walk along the hillside facing the sea at Caswell Bay on the Gower Coast.
- A circular Walk in the Cyngordy area, taking us under the impressive Cyngordy Viaduct
- A Walk where we took the train from Llandoverly to Cyngordy Station, whence we followed the Heart of Wales Line Trail back to Llandoverly.





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THE PATAGONIA SCHOLARSHIP TO LLANDOVERLY COLLEGE

We were delighted at the start of the Spring Term to welcome Nahiara Bonillo to College as the 17th Winner of the prestigious Tom Gravell Scholarship. Nahiara comes from Trevelin, and is a Senior pupil at her School. She comes with excellent references, and will be a student at College for the whole of the present Easter Term: while in College she will follow a full academic programme, and in addition she hopes to be able to fully participate in a number of those extra-curriculum activities which will be available to her.

Indeed, Nahiara has already begun to explore those possibilities, in that she spends every Friday morning at Ysgol Rhys Prichard Primary School. This is an experience which has been made available for every Patagonian Scholar, and is one for which we at College are very grateful: there is no doubt that the Student always enjoys the time spent at the School, and it is clearly evident that the young children enjoy her company too!

All our good wishes go to Nahiara as she begins her stay here in Llandoverly!

The Patagonia Scholarship / La Beca Llanymddyfri

- 2003 – Carol Davies Sala -Trelew
Gustavo Zampini – Gaiman
- 2004 – Santiago Zampini – Gaiman
- 2005 – Karen Judith Roberts – Dolavon
- 2006 – Camila Irianni – Gaiman
- 2007 – Eileen Hughes – Esquel
- 2008 – Ivan Yalastaque – Trevelin
- 2009 – Felipe Irianni – Gaiman
- 2010 – Scholarship not awarded
- 2011 – Camila Molina – Trelew
Agustina Tora – Comodoro Rivadavia
- 2012 – Glyn Gareth Williams – Gaiman
- 2013 – Scholarship not awarded
- 2014 – Camila Belen Dossi – Trevelin
- 2015 – Jermias Knobel – Esquel
- 2016 – Heri Ryan Lloyd – Esquel
- 2017 – Saskia Eylenestein – Gaiman
- 2018 – Ricardo Evans – Trevelin
- 2019 – Nahiara Bonillo – Trevelin

Glyn Evans



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

02/19(1)

LLANDOVERY FRIENDSHIP CLUB

Llandovery Friendship Club met at Vicar Prichard Hall on Wednesday November 28th.

Chairperson opened the meeting welcoming all members and said the Lords Prayer.

Speaker for the afternoon introduced, John and Meg from Oak House Foods, which are based at Swansea, but deliver over a large area. The firm is owned by Kerry Foods who have been going for 20 years. John and his family have had a franchise for 2 years and deliver pre-cooked foods to your home on a Friday. They also deliver groceries and toiletries. Free delivery on £30 or over. If interested ring 0333 370 3206 for further information.

We were then served with samples to taste main meals and desserts which were very tasty.

Each member brought a plate of food to share and served with a cup of tea and were all able to socialise.

Meeting: 35 members present and 7 apologies.

Correspondence: News letter from older commissioner for Wales, Thank you letter from David & June Mears for their welcome last month, Victorian Ladies.

Finances: Satisfactory.

Minutes: Read & Signed.

Membership subscription for the year. Majority vote increase to £15 to help finances for the year.

Last years program discussed and trip to Weymouth Turkey & Tinsel which was a success again. 16 members attended.

Program for next year discussed.

AGM: Officers in post for 2 years but president Mr Stan Baugh and Secretary Mary Jackson wish to stand down.

New Committee

President:	Mary Jackson
Vice President:	Pat Smith
Chair:	Gina Jones
Vice Chair:	Roland Griffiths
Treasurer:	Sylvia Saunders
membership Sec.:	Margaret Davies
Sec. & Reporter joint:	Angela Kenyon & Teresa Jones
Event Officer Joint:	Mrs Rosemary Butler & Eileen Price
Cards:	Wendy Waters
Raffle:	Stella Carmichael
Sub Committee:	as last year

Raffle drawn.

Meeting closed 4.00pm

Mary Jackson B.E.M.

Thank you all for supporting me over the years.

LLANWRDA AND LLANSADWRN COUNTRYWOMEN

Our first meeting of the New Year on 7th January 2019 was held in the old school hall in Llanwrda and proved to be very educational for all. Lindsay Maiden joined us to introduce the revamped web site for Llansadwrn which can be found at www.llansadwrn.org.uk. The information on the site covers clubs, activities and events; useful resident information and telephone numbers for numerous organisations, timetables for local transport and details of community council meetings and much more. Lindsay explained and demonstrated how to use the menus and how to post information to keep the site current and relevant and encouraged us to make contributions from Llansadwrn and local villages. Lindsay followed this with a brief session on the basic use of smart phones for those of us not yet in possession of such a piece of equipment and help for those struggling with problems and not getting the best from their new phone. Overall an enlightening lesson.

Our next meeting will be open to non members and will be held in the Reading Room Llansadwrn on Monday 4th February 2019 at 7:30 when Tony Birdwood will give a talk "The Heart of Wales Line".

THE DECEMBER MEETING OF THE PUMSAINT WI

This took place on December 4th at the Coronation Hall in Pumsaint.

After the business side was completed, the president introduced the speaker for the evening:

The Speaker was Chris Dodd owner of Criad Glass in Llandysul.

He spoke about his passion for his work and how He and his wife Justine still use traditional tool for creating the beautiful stained glass windows.

He also undertakes repairs.

Chris took along samples for the group to see.

The talk was followed by refreshments

The next meeting is our annual games evening on January 8th 2019 at 7.30pm in Coronation Hall Pumsaint.

For more information contact Carole Piller at cmp46@msn.com

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CHAFF IN THE WIND

I am scribbling this on the 14th of January, one day before our MP's vote on the Brexit's agreement.

Public opinion by now, despite the referendum result, seems to want to stay within the European parliament. Although not qualified, I feel Teresa May has done her best, no responsible grown up person, in his/or her's right mind, is going to expect many favours from the Europeans, especially, now as we are intent on leaving, but our MP's in general have been acting, if anything considerably worse than the spoilt over indulged baby in his pram, they seem to want the penny and the bun, I also feel they have exposed themselves generally in very bad light, to say the least.

The general opinion of the Farmers Union hierarchy is that, this country will lose the lucrative market for our Lambs. Why should this be, if the foreigner wants our Lamb, for whatever reason, surely he will come and get it, a little extra cost alone is not going to put off a wealthy customer from getting the best meat available, it only means that the farmer may have to get off his butt, and make a little effort to sell his own produce, either that or pay someone well to do it for you. If as is feared farming, like everything else will get tougher, a little time adjusting, making sure that you get the best out of the things that are now largely overlooked, can make a big difference, for example, the true value of animal urine. I recently read for the second time an old

Book written during the last great war, two brothers started farming in 1922, cash was short and times were tough, they even dug peat, dried it out, and then used it to soak up their few cows urine, before spreading it out on their grassland, simply nothing went to waste, a case of when needs must.

Talking of urine back in the early eighties, I became involved with the owner of a rather posh Caravan park. This guy was rather superior in all ways, and kept his place in pristine condition, he asked me one day if I would look at the grass in the top field, saying, that he had rather peculiar tufts of stronger dark coloured grass growing outside each veranda on every caravan, except two, on inspection this amused me, and I wondered how I was going to tell him the facts. When we met I

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enquired about the people in the odd two, he affirmed they were two rich widows, well I said, much to his obvious disgust, I am afraid that you have a few rather naughty boys going out late each evening, and relieving themselves after dark obviously. This did not go down very well, although he actively sold his customers ample posh and expensive beer in the bar each and every day.

Today the facts are, whether we stay in Europe or come out without a deal, we can all tighten our belts, reduce our wastes, and move on, and make the best of it, it will be a complete waste of time, hoping that well dressed people, up there, will help to make things better, so there it is then.

Today our weather is unusually mild to say the least, as I look out through my front bay window there is an elderly Wren actively feeding on some insects or other on a few Pansy plants that look so green for mid January, she looks ever so well fed, and healthy, I understand that in Cambodia the staple food there is mostly insects, and actually much research into this field is going on in Holland as well, perhaps this is the way forward, judging by the condition of this littliest of our birds, she is eating very well, We have hardly had any rain since before Xmas, the ground s drying up, and the rivers are hardly half full, I wonder is this nature preparing for a hard spell of weather, we can only hope, if so, that it won't be too long a spell of hard weather, I have never seen grass so intensely green in January as it is now, so I am sorry to say that I am keeping my fingers well crossed. So there it is then, for now.



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09/19/12

FRIENDS OF BRECON AND DISTRICT MIND

MUMS MATTER:

Deborah Wilkie talks about a Mind project supporting mums in managing their everyday lives and in nurturing themselves. It will dispel some myths about motherhood.

**Wednesday 20 February 2019,
The Muse, Glamorgan Street, Brecon,
7pm, £5 (Friends / Members £2)**

The Friends of Brecon and District Mind have invited Deborah Wilkie from Brecon and District Mind to talk about Mums Matter, a programme, also being run by Mid-Wales Mind, that supports mums in managing their everyday lives as well as in nurturing themselves. It will dispel some of the myths about motherhood.

'There was no additional support to help mums apart from their GP or health visitor to help them go through such a huge life-changing experience,' Deborah explains. 'They felt alone and that they were the only ones suffering and could not fully be honest in how they were struggling with their feelings of anxiety and worries and feeling very low and isolated'. Many women can struggle to hold on to their identity once becoming a mother.

'This is the first time this type of support and programme has been rolled out in Wales,' says Deborah, 'and we are delighted that Powys has this great opportunity and is leading the way in Wales.' The project has been designed by mums with postnatal anxiety and depression who live in deprived and rural areas. 'Motherhood can be lonely in these small villages and towns... They may be the only young family in the area and accessing baby/toddler groups will mean travelling to another area.'

'Social media, magazines and TV can portray a life that is perfect whilst pregnant and after giving birth and concentrates on images of the ideal 'perfect' mum... This programme gives evidence and demonstrates that that's not the reality and we discuss what motherhood is really like for them.' There are many myths about motherhood and these can lead to self-stigmatising behaviour and negative perceptions of one's self-worth.' Mums Matter aims to show

these women that they are not alone with these feelings and provide them with the tools they need to overcome these pressures. The programme also offers a confidential supporter session for partners and significant others.

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

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

COTHI GARDENERS



We know it's still cold and wet outside but Wake Up Gardeners, there's work to be done. At this time of year it's easy to get on top of the weeding, weed roots are not growing strongly yet so they're easy to pull. You might want to leave the dandelions because on a warm day a few bumble bees emerge and they are hungry! Not much else is in flower but there will be a few yellow dandelion flowers containing nectar for the early bees.

Here at Cothi Gardeners we've been enjoying the snowdrops and if you'd like to know more about these messengers of spring, then join us on 20th February when Julian will treat us to "Confessions of a Galanthophile".

During this illustrated talk Julian will explain why he loves them, tell you about Snowdrop species and distribution as well as some interesting facts about snowdrops. Also something on snowdrops in the UK – myth and history, snowdrop cultivation, and some of his favourite cultivars. You'll also hear a bit about his ongoing Historic Welsh Snowdrop Hunt. Finally the talk will end with a quick fire mini auction – 10 of his favourite snowdrop forms (some of which may be un-named) all for sale starting at 50p, sold to the highest bidder!!

Guests and visitors welcome, £3, to include refreshments. The talk begins at 7.30pm.

Our spring programme of talks will include an update about progress in the gardens of the Bishop's Palace, Carmarthen (postponed from last year), and visits from experts on container growing and propagation. The full list of speakers for 2019 will be available at the above meeting. We look forward to welcoming members and guests new and old. www.cothigardeners.com

We're on Facebook too, or simply phone 01558 650870

Annual membership to the club is still only £14, guests always welcome £3.

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

Padmasambhava Yoga & Meditation Centre

With this year of 2019 well underway, can Spring be far behind? Let's hope not – and with yoga classes to encourage us, may our bodies and minds benefit from this time of renewal. This Spring term is packed with the usual good variety of classes, suitable for people of all ages and abilities.

This term Padmasambhava starts a new class 'Stretch & Relax' on Fridays (11.30am – 1.00pm). This class focuses on holding postures for longer and is predominantly floor-based. Continuing Meditation returns on Mondays (6.30 – 7.45pm) focusing predominantly on classical techniques. There may still be space in some classes. Please call the Centre to find out what is available.

On the weekend of Friday 15th and Saturday 16th February there are two workshops, both being presented by Poornam.

On Friday 15th (7.00 – 9.00pm) "Radiant Energy" – the Maha Mrityunjaya Mantra – is a two-hour introductory workshop to this important mantra which is used for contemplation and meditation. It is used to restore health and vitality as well as provide emotional support and reduce fear. During the workshop you will learn to chant the mantra line by line, concluding by repeating it together 108 times. This workshop is suitable for beginners and experienced practitioners.

On Saturday 16th (10.00 – 4.30pm) the workshop is Hridayakasha Dharana – Returning to the Space of the Heart. This Vedic meditation works with breath and awareness to experience the subtle space of the spiritual heart, where feelings and emotions can be transformed into peace, joy and harmony. The day focuses on returning to the warmth of this space through posture, manta, mudra, breath and meditation and to develop the ability and compassion to stay with what is arising.

Looking forward to March, the Spring Equinox Day of Cleansing will take place on Saturday 16th March, (9.00 – 12.00pm). Using Hatha yoga cleansing practices, the body and mind are strengthened in preparation for the change of seasons.

Classes at Padmasambhava are special in that they take into account the health and abilities of everyone

and aim to help both the mind and the body. The physical movements bring flexibility to the body and the breathing practices are useful tools to calm the mind and increase energy. Each class ends with Yoga Nidra, a deep relaxation practice which helps reduce stress, calms the mind and relaxes the body. All these points make classes at Padmasambhava especially beneficial and enjoyable. Indeed the classes can help you to deal with everyday life and its problems and generally help with your well-being. Please do ring the Centre on 01558 823842 to find out more about yoga and what joining a class involves, they will be pleased to talk to you.

There are details of all classes, workshops and events on the website, www.padma.org.uk or by emailing: mail@padma.org.uk, also on posters and in the brochure.

Chair Based Yoga at Maes Elfryn

This class is held fortnightly on Friday afternoons (3.30 – 4.30pm). The class is perfect for Elders and others with restricted movement or those unable to do floor-based yoga. It is a very good introduction to yoga through gentle movements whilst seated. Seated yoga helps to increase flexibility and balance, helps improve body and limb movement and helps to develop strength. Time is spent during each class working with breath awareness and breathing practices which are useful tools in everyday life. Each class ends with a deep relaxation practice. This terms dates are Jan 18th & 25th; Feb 8th & 22nd; Mar 8th, 22nd & 29th

For more information call 01558 823842.

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YSGOL BRO DINEFWR PTA HELP FUND NEW OUTDOOR CLASSROOM



Ysgol Bro Dinefwr is developing an area of the school grounds into a garden/farm for outdoor learning. Approximately an acre will be transformed into a resource that will enthuse and educate: a place that will be a hub of independent learning befitting of the new curriculum outlined in Professor Donaldson's Successful Futures recommendations.

The Ysgol Bro Dinefwr PTFA handed over a cheque for £9570 in December to contribute towards the building of an outdoor classroom so that the area can be used throughout the year. Generous funding has also been received from the Brecon Sustainable Fund.

The classroom will be a simple wooden construction, incorporating photovoltaic panels and hopefully a small wind turbine so that the students will learn about renewable energy first hand.

The new year 7 pupils are playing an exciting role in the design of the garden area, considering possibilities such as raised beds for wheelchair users and fruit tree planting to supply the food technology lessons as well as the school canteen. The garden will have sheltered areas for planting and cultivation, as well as pathways and seating areas. There will also be a sensory area to be designed and used by the autism unit – Canolfan Cothi.

With the organic construction of the garden/farm students will be able to learn kinaesthetically through self-discovery rather than merely being able to view information in a textbook. Upwards of 800 students will benefit from the garden/farm, and the whole area is intended to be utilised as a learning resource for many different subjects including geography, DT, art, biology and physics.

It will be a wonderful opportunity to bring learning to life, inspiring both pupils and teachers in dynamic new ways.

LLANWRDA CRICKET CLUB



The cricket season is quickly approaching and our registration night will be in March. Girls and boys aged 5 and over are welcome to join Llanwrda C C. We will be running four junior teams and the very popular All Stars programme.

Please contact Gwynn Davies at 07956 147464 or llanwrddacc@gmail.com for more details or just search online for "Llanwrda Cricket." We are also on Facebook. Membership is £15 and £10 for siblings. Training and matches throughout the summer. Come and join us.

Winners of Llanwrda Cricket Club's Raffle 2018

1. Meal for two at Valans Restaurant Llandybie – Sian & Rhys Davies
2. Bottle of wine donated by The Sextons Arms Llansadwrn – Ffion Evans
3. £40 donated by Red Dragon Rug Spa – Sara Evans
4. £25 donated by Valans Restaurant Llandybie – Dave Dugan
5. £15 donated by Dr Dolittle Pet Products – Joanne Owen
6. £15 donated by Sion Nicholas of Surface Transform – Alex Harvey
7. £10 donated by Llanwrda PO – John Gwynne

Congratulation to the winners and many thanks to those who contributed the prizes.

LLANSADWRN COMMUNITY COUNCIL

There is a vacancy for a Community Councillor, expressions of interest are being sought from members of the public who are interested in representing their community on the aforementioned Community Council. If you are interested please contact the Clerk, Joy Waters, 56 Heol Rhydaman, Tycroes, Rhydaman, Sir Gar, SA18 3QN.

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MYDDFAI HALL NEWS

Myddfai Community Hall Café and gift shop are open Wednesdays – Sundays 11.00am – 4.00pm throughout February, then we move on to summertime hours from 1st March which are Tuesday – Sunday 10.30am – 5.00pm. Come along for some delicious foods and great quality gifts and learn about The Physicians of Myddfai. We are always looking for more volunteers to help out in the gift shop or café, if you have a few hours a month to spare please get in touch and come and join our friendly team.

February Events: We have a Food Safety Level 2 course on Monday 18th Feb, cost is just £30, a must for anyone involved in food catering or retail – contact us to book; Flower arranging starts on 19th Feb 2.00 – 4.00pm; Our monthly Farmers Market is on Wednesday 27th 9.00am – 1.00pm, come along to support the wide range of local suppliers. Friday 1st March St David's Day supper night, everyone welcome. On Sunday 3rd of March we have another Willow Weaving course – come and have a go – but please book your place. On April 13th we have a Table Top & Car Boot Sale 10am – 1pm. Every Tuesday evening 7.00 – 8.30pm we have a Yoga class, Wednesday morning 10am-1pm it's the Craft class, Thursday morning is Pilates 10.00 – 11.00am; come along on the day to join in – everyone is welcome.

Myddfai Hall is a popular and affordable event venue and is ideal for Weddings, children's parties, meetings, classes in fact it is a very adaptable and stunning space for any type of event. Fully equipped and warm with underfloor heating – the Yoga class love it!

The gift shop has a huge range of quality local gifts and artwork, some of the recent new arrivals are: colourful Beeswax wraps from Tracey, the gorgeous smelling Quinell candles, beautiful sand Jewellery from Rachel and lovely beeswax candles from Helen.

Join us this February to try our lunchtime specials, delicious homemade winter lunches on offer daily, also warm puddings, if you're out and about around Myddfai why not pop in for a bacon butty and a hot drink. We now also offer catering for party's and events. For more information please call in to see Carol the café manager to discuss any of your questions always happy to help.

For more information on catering, events, classes or hall hire please Tel 01550 720449 or 07879119223 or email les@myddfai.org or caroldannedgdale@hotmail.co.uk

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MEDICAL DETECTION DOGS

I am still collecting used postage stamps in aid of MDD. To give you an idea of some of the research the Charity is engaged in take a look at this short video. <http://www.executiveinterviews.com/delivery/v1/mini/default.asp?CI=N&order=bio-detection#>

Llandovery once again has a Post Office at YSTRAD Shop, Market Square. I'm pleased to say you may leave your contributions there. Thank you also to Llanwrda P.O, Llanfair Surgery, The Cat Charity shop (Llandovery), Llandovery Decor, and of course personal hand overs.

Please remember to leave at least 10mm (a finger's width all around the stamps) if the stamp is right in the corner just cut the corner off the envelope.

MERCHED Y WAWR

Cyfarfu yr aelodau ar Ionawr 9fed pryd y cafwyd amser difyr iawn yng nghwmni Lynnette Thomas o Aberhonddu, a fu yn olrhain hanes ei phlentynod ar dylanwadau a fu yn gymorth iddi drwy ei gyrfa ym myd addysg.

Bydd y Cyfarfod nesaf am 2 orgloch ar Chwefror 13 eg yn Neuadd Dolau Bran pryd y cawn gwmi Lloyd Edwards.

NEWS FROM THE TOWN HALL
 Happy New Year!
 Blwyddyn Newydd Dda!

Fantastic news for 2021 the Urd Eisteddfod is coming to Llandovery – it will be wonderful for the town and area

A reminder that we have a new Post Office and shop and everyone is encouraged to buy locally to support all the businesses in Llandovery

The Sheep Festival is planning a fundraiser in early March – watch out for details.

CANTORION LLANDEILO SINGERS CHARITY MEMORIAL CONCERT

Cantorion Llandeilo Singers will perform a Charity Memorial Concert at St Teilo's Church in Llandeilo on Saturday, 23 February, 2019, in memory of one of the choir's founding members.

Tom Williams, who farmed at Tygwyn in Llandeilo, died in October 2018. Tom was a key member of the choir from its inception in 1989, and his family have chosen to sponsor the concert in his memory. Tom was a well-known member of the community in Llandeilo. He served as a magistrate for 25 years and was an active member of many organisations, including St Teilo's Church, Llandeilo YFC, Round Table and 41 Club. He also helped to set up the twinning of Llandeilo with Le Conquet and visited there regularly.

Works which he loved – Fauré's Requiem and Cantique de Jean Racine – will be the main focus of the memorial concert with the Requiem by the French composer Duruflé. Proceeds from the ticket sales will be donated to Parkinson's UK and to the Llandeilo mayor's charity of the year, Tenovus.

Some fine soloists have been engaged for the concert: Flora York Skinner (mezzo-soprano) will sing in the Duruflé accompanied by Dr William Reynolds (organ). Robert Glyndwr Garland (baritone) who trained at the Royal Welsh College of Music and Drama and is currently a member of the Royal Academy of Music Opera School, will sing in the Duruflé and in Fauré's Requiem along with Llandeilo's own Helen Pugh (soprano). The Tywi Chamber Orchestra will include Llywelyn Ifan Jones (harp) and Kirsten Miller (cello).

The choir started in 1989 when a group of singers (mostly male) from Llandeilo Parish Church Choir and another (mostly female) from the Llandovery-based Brienne Singers got together to form a four-part chamber choir. They persuaded church organist Elwyn Jones (1925-2011) to be their conductor, and the St Teilo Singers was born.

In 2005, the musical directorship of the choir passed to composer and former head of music at Llandovery College, Richard Whitehead. In 2014 the baton was taken up by the present musical director, Gordon Kilby, who trained at the Guildhall School of Music and has wide experience of directing large choirs and operatic societies in the UK and in France.



*Top: Helen Pugh & Flora York Skinner
Below: Robert Glyndwr Garland*

Gordon renamed the choir Cantorion Llandeilo Singers, and has led it from strength to strength to a current membership of 60 voices with several original members – including Tom's sister, Anne Williams. 'Over the years I have made good friends through the choir and can look back on many memorable occasions as well as learning and enjoying new music,' says Anne.

Gordon Kilby has taken the choir through some challenging and exciting works including Brahms' German Requiem, Rossini's Petite Messe Solennelle, Morten Lauridsen's Lux Aeterna, and John Rutter's Requiem, as well as works by Robert Arwyn, Tavener, Elgar, George Shearing, and Gilbert & Sullivan. Later in 2019 he will be seeking collaboration with other choirs to perform Puccini's *Messa di Gloria* and Sullivan's *Festival Te Deum*.

As well as long-standing members, the choir has attracted new voices from Llandeilo and further afield, and, as with all choirs, always welcomes new singers. If you would like to join this vibrant choir, then phone 01558 685542, or just turn up for a rehearsal on a Monday night at 7.30 p.m. at St Teilo's Church, SA19 6BH. There are no auditions.

'What makes a choir is a group of people who blend together well – you don't want a choir of soloists,' says conductor Gordon Kilby. 'It's not about having the best voice, or being able to read music, all we ask is that you want to sing – and learn.' Some vocal training is provided.

Tickets £12 are available from Peppercorn in King Street, Llandeilo, from choir members, by phoning 01558 685542, or at the door. The concert starts at 7.30pm. There will be a licensed wine bar.

www.llandeilosingers.wixsite.com/llandeilo-singers



THANK YOU

Thank you to everyone who attended and supported the fifteenth annual Christmas craft fair which was held on 23rd and 24th November in Pumsaint to raise money for Breast Cancer Wales. There were 14 stallholders with a variety of handmade crafts. Thank you to the ladies of Pumsaint W.I. who made cakes and served refreshments; thank you to Gwilym Price, DL Williams, Creative Cove of Lampeter; Ystrad nurseries Llandovery and Trap community kitchen who donated raffle prizes and everyone else who donated; thank you to Sainsbury's Lampeter for donating mince pies and thank you to individual donations. £1290.39 was raised for Breast Cancer Wales.

Sue Jones, organiser.

LLANEGWAD RAINFALL



Rain fell on 20 days this month making it the wettest month this year. Half the total fell between the 5th & 11th causing considerable flooding in the local area!

November Total: 234mm – 9.25”.

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LLANDOVERY U3A

We meet on Wednesday mornings in the Rugby Club, Church Bank after a cup of coffee and a chat the speaker of the day starts at 10.30am.

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

Wednesday 6th February
The Twenties – Literature

Wednesday 20th February
Edward Holdaway – The Tonn Press

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LOCAL ARCHITECT WINS PRESTIGIOUS GERMAN DESIGN AWARD

Sustainable, Energy Self Sufficient Farmhouse wins Special Mention at the German Design Awards 2019

The German Design Awards have awarded Mark Waghorn Design from Llandeilo a Special Mention Prize for outstanding design quality in the category Architecture for its project Three Glens.

Three Glens is a five-bedroom guesthouse and farmhouse situated on a working farm near the village of Moniaive, South West Scotland. The architect's vision was one of an organic building that blended seamlessly into the landscape.

Clients and architect share the same passion for the environment and the philosophy that encourages people to reduce, re-use, recycle and recover. Three Glens incorporates as many local materials as possible, many of them found directly on the farm. These include oak for the exterior cladding; stone from neighbouring fields for a dry-stone wall that passes right through the interior of the house; turf for the roof, also taken straight from a neighbouring field and the farm's own treated sheep's wool for insulation.

The Jury in their award statement commented: - "A remarkable new-build project, for which many materials from the immediate surroundings were used, which lends the building a feeling of ageless groundedness within its location, despite its recent origin."

The German Design Awards are presented by the German Design Council, the authoritative German body for branding and design established as a foundation by the German Bundestag in 1953. It supports the international industry in consistently achieving brand value via design, making it one of the world's leading centres of expertise in communication and knowledge transfer in the area of design.

The Award Ceremony will take place in Frankfurt am Main, Germany on 8th February 2019.

For more information visit:

www.mwd.wales

<https://www.german-design-award.com/en/the-winners/gallery/detail/24948-three-glens.html>

HIDDEN HISTORY OF CARMARTHENSHIRE

Up to now the part played by women in the history of Carmarthenshire and South West Wales in general has been largely hidden. But on Saturday 16 February Carmarthenshire's history society, the Carmarthenshire Antiquarian Society, will be holding a Day School entitled Hidden History: The Women of South West Wales to explore and increase knowledge of this subject. The venue will be the University of Trinity St David's in Carmarthen.

The topics to be covered by specialist speakers will include literary figures of the eighteenth century, the life of a pioneering doctor, the lives of women in nineteenth century Carmarthen and the sacrifice of women during World War One. It is only recently that much of this rich vein of history has been researched and recorded. The Day School will provide an opportunity to learn from the extensive work of distinguished historians. To find out more visit the website www.carmants.org.uk where a booking form will be found for sending in by 4 February.

The Carmarthenshire Antiquarian Society organises wide-ranging lectures and visits to historic sites around the county and beyond. Members receive the complete programme together with the Carmarthenshire Antiquary, the Society's long-respected publication which is a mine of information about the Carmarthenshire's history and archaeology. Grants are also made to assist historical research and the publication of local history books. For membership enquiries call 01267 232085.

LLANWRDA AND LLANSADWRN COUNTRYWOMEN

We had a lovely pre-Christmas gathering on 3rd of December with so many delicious plates of food brought to share and lots of raffle prizes donated. It was so successful, we will have another lunchtime gathering for our December meeting next year.

Menna Evans lives locally in Llansadwrn with her son and small menagerie and runs a dog grooming business. She took time from her busy schedule to join us to give a talk on her run from John O'Groats to Lands End with accompanying videos, telling of the trials, tribulations and triumphs of running over 1000 miles in six weeks, of her determination to honour her father's memory and raise substantial money for charity in doing so.

Until her father's death in March 2017 she had not been a runner at all but despite the doubters, she started to train and subsequently successfully ran in numerous events in Wales including Cardiff Half Marathon, Gower Ultra Marathon, Fan Dance Brecon Beacons and further a field in the Lake district and the London to Brighton run. Initially her July 2018 run from John O'Groats started by wild camping overnight in a tent but as anyone who has travelled in Scotland at certain times of the year will be well aware of, there were midges! After the 1st week she progressed to a motor home which her mother drove to each campsite ready for her arrival and her son was able to join her. Menna described the various routes she traveled which included off road trails through stunning scenery as well as some road/urban running but the most testing was the Cornish coastal path. The funds raised from this run were donated to Wildlife Trust (South and West Wales) and to BBC Children in Need.

She is now planning her next expedition for May 2019 which will be the Transylvania in La Palma and also aiming to run the length of New Zealand in the following winter. Again Menna is hoping to raise money for charity and anyone interested in supporting her can follow her on [face book.com/mennajogle](http://facebook.com/mennajogle).

LLANGADOG W.I.

Another interesting year for the members of our W.I. group. November saw the A.G.M., with no change to Officers from the previous year. In December we enjoyed a Christmas meal together at The Neuadd Fawr Arms in Cilycwm, which was most enjoyable, and we exchanged Secret Santa gifts, a lot of fun. Maisie Nitch was 90 years young the following week, and we presented her with chocolates and flowers, which she greatly appreciated.

Our first meeting of 2019 was a game and quiz night, with sandwiches, cake and sparkling drinks, all organised by our President, Karen Cull. The next meeting is on February 7th, and is entitled "Top of the Pops", members are invited to bring along their own favourite record and write a limerick for the monthly competition. Last year's overall competition winner was Marion Lomax, who collected the most points during 2018, and she was the proud recipient of five pounds as her prize.

New members are always welcome. We meet at Llangadog Hall on the first Thursday of every month at 7.00p.m.



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1918 – 2018 WE SHALL REMEMBER THEM

On the War Memorial in Llanwrda are the 12 names of men who fought in the Great War and never came back. This inspired the Llanwrda Bloomers & Village Hall Committee Members to plan a tea party like no other, remembering those who fought in both World Wars.

The venue was the Village Hall, thanks to the Hall Committee and invitations went out to all villagers. 175 guests came and were invited to sit at individual tables laden with sandwiches, cakes and complete tea services. Waitresses stood ready to replenish, post haste, any requests.

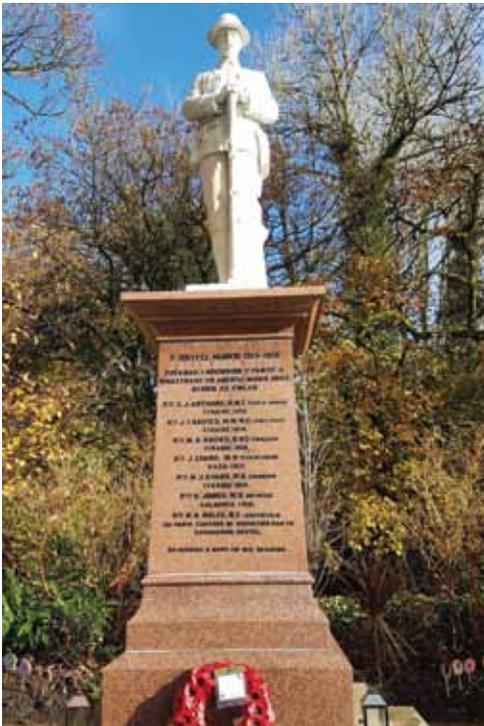
Entertainment came via the superb Cor Meibion Llanymddyfri singing songs from the trenches aided by everyone joining in the choruses. They were followed by young Megan and Rhys Cook playing a violin duet – played so proficiently it called for an encore.

The ceremony of the cake cutting was a poignant moment. The ten pound cake made by Mrs Sam Chodecki was cut by a well loved villager, Mr Ieuan Lloyd, a veteran Naval Officer of the Second World War.

Donation pots on the tables resulted in £295 for the Llandovery Branch of the British Legion.

The 11th November saw an incredible gathering, bringing together villagers of all ages and it was repeatedly said as villagers left "We must do this again in another 100 years".

The community of Llanwrda would like to thank all the children and their parents for the sterling effort in decorating their wooden poppies which were displayed in the Church of St. Cwrdaf, at the war memorial and in the village hall to commemorate 100 years since the end of the Great War. It was very moving, especially for those who served in later conflicts, to see the efforts that these youngsters had made.



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No7 Hairdressers.....	Llandovery	Pontagothi Hall.....	Pontagothi
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Post Office	Llandovery	Post Office.....	Dryslwyn
Barclays Bank	Llandovery	Pen Y Bont Pub.....	Llanfynydd
The Bluebell.....	Llandovery	Community Shop	Brechfa
Charity Shop.....	Llandovery	Black Lion.....	Abergorlech
Dolau Bran Community Centre	Llandovery	The Angel Pub.....	Llansawel
Coop.....	Llandovery	Black Lion.....	Llansawel
Erwlon Caravan Park	Llandovery	Post Office.....	Cwmdu
Castle Hotel.....	Llandovery	Royal Mail Sorting Office	Llandeilo
Tourist Visitor Centre.....	Llandovery	The Hangout.....	Llandeilo
Red Cross Charity Shop.....	Llandovery	Llandeilo Builders Services Shop	Llandeilo
Carmarthen And Pumsaint Farmers Coop.....	Llandovery	Murco Garage	Llandeilo
Nisa Shop	Llandovery	Thomas Services.....	Llandeilo
Chaplains Hairdressers	Llandovery	Food Hub.....	Llandeilo
West End Café.....	Llandovery	The Cottage Inn	Llandeilo
Morris Isaacs Filling Station	Llandovery	The White Heart	Llandeilo
Train Station	Llandovery	Spar Shop.....	Llandeilo
The Lord Rhys	Llandovery	Natural Health Centre.....	Llandeilo
Owl's Nest Cafe.....	Llandovery	Ck's Supermarket	Llandeilo
Ystrad Nurseries.....	Llandovery	Hugh Williams Solicitors	Llandeilo
Village Hall.....	Trecastle	Llandeilo Library	Llandeilo
Londis Murco Garage.....	Sennybridge	Llandeilo Surgery.....	Llandeilo
Texaco Petrol Station.....	Sennybridge	Opticians.....	Llandeilo
Sennybridge Trading Company	Sennybridge	The Greenhouse.....	Llandeilo
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Llangadog Surgery	Llangadog	Carmarthen And Pumsaint Farmers Coop.....	Fairfach
Morgans Newsagents And Post Office	Llangadog	Bush House Vet Group.....	Fairfach
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Mace.....	Llangadog	Village Hall	Trapp
The Castle.....	Llangadog	Chip Shop.....	Llandybie
Llangadog Church.....	Llangadog	Llandybie Stores	Llandybie
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- **Prima fan oven**, stainless steel, built in with Electrolux 4 ring easy clean ceramic top, £95 ono. Tel: 01267 202230.
- **Ladies Bike**: Apollo Transition with Shimano gears, used twice, £150 ono. Tel: 01267 202230.
- **Sony Stereo Music System** model HP-2439A solid state with LPs, £50 ono. Tel: 01267 202230.
- **60's wardrobe**, 4' double door. Free to collector. Tel: 01550 720829.
- **Round table**, 4' diameter. Free to collector. Tel: 01550 720829.
- **Teak sideboard**. Free to collector. Tel: 01550 720829.
- **Fridge**, with small freezer box inside, very good condition. Tel: 01550 720829.
- **Extending dining room table and 4 chairs**. Free to collector. Tel: 01550 720829.
- **240v Transformer**. Tel: 07939 592051.
- **Rabbit run**, approx 9' x 3½', one piece. Tel: 07939 592051.
- **Extendable ladders**. Tel: 07939 592051.
- **Garage space heaters**, choice of 2. Tel: 07939 592051.
- **Selection of alloy wheels** for VW and Audi. Tel: 07939 592051.
- **Selection of car tyres**, 13", 14", 15", 16" & 17". Tel: 07939 592051.
- **Brema Garage Compressor**, lovely condition. Tel: 07939 592051.
- **3 seater and 2 seater sofa** in black. Tel: 07939 592051.
- **Extendable dining room table** (Leekes) with 6 chairs, as new. Tel: 07939 592051.
- **LARGE QUANTITY OF ART BOOKS**. Offers 01550 721197.
- **4Baby Double buggy**. Black with pink trim. £40. Tel: 07811 161473.
- **HAUCK Single buggy with rain cover**. Burgundy. £25. Tel: 07811 161473.
- **Tippy Toes Spark Single buggy**. Black with white spots with parasol £25. Tel: 07811 161473.
- **2 x Cozy Toes to fit standard buggies**. Black. £5 each. Tel: 07811 161473.
- **Exercise bike**. WESLO PURSUIT 660s, Multi speed. Light-up distance display. Thumb pulse. £60. Tel: 07811 161473.
- **Treadmill**. YORK FITNESS INSPIRATION. Max. user weight 110kg. 5 pre set programmes. Heart monitor. Folds upright. £60. Tel: 07811 161473.
- **Light Brown leather 2 seater sofa**, 2m long, 870mm d and 900mm high, Seat is 440h and 550d. Removable cushion covers, very good condition pet and smoke free home, £80 or offers. Tel: 07889 226408.
- **Jane Trider Matrix Travel System - Jet Black**. Comes with carry cot, seat, car seat, iso fix car base, changing bag and Waterproof cover. Too many features to list, it really is a lovely and easy to use travel system, Only used for 14 weeks, like new, £350. Tel: 07889 226408.
- **Ikea Sisal Rug**, Natural coloured, 200 x 300cm, Used for 3 months only, From a smoke free, pet free home, £30. Tel: 07889 226408.
- **Wooden adjustable child / dog door gate**. Natural vanished wood. Baby dan make. 60cm up to 100cm. £15. Tel: 07889 226408.
- **Wooden adjustable child / dog door gate**. Natural vanished wood. 68cm up to 80cm. £8. Tel: 07889 226408.
- **Bricknet 1 1/2 inch mesh**, 50ft x12ft. £25. Can be cut to accommodate smaller sizes. Tel: 07831 893389 (Llanwrda).
- **Several ratchets**, straps and lorry wheel braces. £10 the lot. Tel: 07831 893389 (Llanwrda).
- **Build a cupboard**: pair of panelled doors 43in w x 38in h overall plus 2.5in w surround. £15. Tel 01550 722969.
- **Quantity 1in sycamore boards**, random width to 12in, lengths to 7ft. Make good 5ft tabletop. £20. Tel 01550 722969.
- **For Cardmakers and scrapbookers**, Slice cordless design cutter with 1 sd card and 15 piece tool-kit, 3 embossing tips, extra blades and 6 x 6 inch embossing and glass cutting mat. £50. Tel: 01874 658262.
- **Black 3/4 coat**, wool, size 16, £20. Tel: 01874 658262.
- **Heather wool coat**, 3/4 length, size 10/12, new, £20. Tel: 01874 658262.
- **Ercol refectory style dining table and 4 chairs** plus one associated carver chair, Table top measures 150cm x 80cm. Chair seats upholstered in matching green/pink/black fabric. £120 ono. Please phone 01558 685717 for photos and further details.
- **TODD die cutting machine for cardmaking**: will hot foil, stamp, emboss and die cut, including embossing folder and several dies ready to go, never used. £180 ono. All items within the Brecon Area. Tel: 01874 658262.
- **Old tall wooden plant display stand** suitable trailing plants £25. All items within the Brecon Area. Tel: 01874 658262.
- **Black faux leather swivel office chair**, £20. All items within the Brecon Area. Tel: 01874 658262.
- **Desk**, suitable student study area. £25. All items within the Brecon Area. Tel: 01874 658262.
- **Leaf Blower**. Bosch ALS 2500. Light-weight with strap. Collection bag with zip. Shredding device for composting leaves. Comes with handbook. Used only twice as we have discovered that it does not work well on gravel! £30. No offers please. 01558 824514 after 6pm.
- **Kettler Sport PICOS Exercise Bike** - as new, £275 (bought new from John Lewis for £449 - 18 months ago). Tel: 01550 760206.
- **Quantity of new Ibstock Red 'Manorial mixture' bricks** - approx 300-400 left over from building project. Buyer to collect. £175 Ono. Porthyrhyd, Llanwrda 01558 650768
- **Ricoh office colour lazer Printers** both with scanner, fax and photocopier. 2 available. Both in good working condition. One needs a new transfer roller. Both need servicing. £150 each. Cost originally £1000 each. Porthyrhyd Llanwrda 01558 650768.
- **One new sheet of 8x4 Plasterboard**. Surplus to requirements. £4.50. Buyer to collect. Porthyrhyd, Llanwrda 01558 650768.
- **Ford Ranger XLT Double Cab**, 2006 in excellent condition 87000 miles FSH MOT July 2019 £5500.00 Tel 07503 158561.
- **300 gallon 1500 litre water storage tank**. 3ft 6 diameter, 6ft tall with inlet, outlet and float valve. £70. Tel: 07831 893389 or 01558 650534.
- **x2 6m x 100mm double walled drainage pipes**. Unused and with connector. £30. Tel: 07831 893389 or 01558 650534.
- **Tramper Mark 2 all-terrain mobility vehicle**. Good condition, high specification. Recently serviced. Includes trailer to tow Tramper. Tel: 07410 961868.
- **6ft mobile clothes rail**, £10. Tel: 07850 401954.
- **Mobile calor gas heater** (Camilla 42001) with bottle, £25. Tel: 07850 401954.
- **Free standing (Simplehuman) corner shower basket**, £10. Tel: 07850 401954.
- **Giro Ski Helmet and two pairs of Goggles**, as new, £50. Tel: 07503 158561.
- **Two pairs of Ski boots and bags**, size 5 - 6 and 6 - 7, £30. Tel: 07503 158561.
- **Two Pairs of Salomon Ski Blades** with bags, £30. Tel: 07503 158561.
- **One pair of Leki snow poles**, £30. Tel: 07503 158561.
- **North face Ski Jacket**, size 12 and Swiss active Ski trousers and two pairs of gloves, £20. Tel: 07503 158561.
- **Explore luggage Bag** in good condition, £15. Tel: 07503 158561.
- **Ski Bag**, £15. Tel: 07503 158561.
- **Amazon Kindle**, 5th Generation 4.1.1 with charging cable, £20. Tel: 07503 158561.
- **Aluminium Roof Bars For Audi Q5**, as new never, been used, £65 ono. Tel: 07503 158561.

- **Pitch pine desk** with green leather inlay, 7 drawers and pull out on both sides, £275 ovno. All in Brecon area. Tel: 01874 658262.
- **Buffet hostess table top**, electric 4 dish hot tray with lids and 2 extra dishes. Ideal for when entertaining, £15. All in Brecon area. Tel: 01874 658262.
- **Office swivel chair** adjustable in black faux leather, £10. All in Brecon area. Tel: 01874 658262.
- **Wooden desk** with 3 drawers and pull out tray for pens etc. Ideal student computer/study workstation, £20. All in Brecon area. Tel: 01874 658262.
- **Vauxhall Meriva** 1.6 Petrol, MOT Aug 2019, excellent runner, offers considered, £600 ono. Tel: 07872 509031.
- **Table and 4 chairs**, glass inside, £30 ono. Tel: 07872 509031.
- **Drop leaf table**, £30. Tel: 07872 509031.
- **Stamp collection of "C" countries**, in albums, good lot mint & used, £46 ono. Tel: 01550 720797.
- **Stamps in 3 full stockbooks of mainly general material**, 700 stamps £13.50 ono, 1300 stamps £37 ono, 1530 stamps £41 ono, will sell separately. Tel: 01550 720797.
- **Leather DFS corner sofa** with end chaise lounge, chocolate brown, good condition, need space now so no sensible offer refused. Tel: 01550 721005 or 07855 176981.
- **Limited edition plate "Bambi print"**, xmas 1978, Offers. Tel: 01550 721360.
- **Collectors series plate "Father Xmas"**, limited edition 1978, Offers. Tel: 01550 721360.
- **Limited edition Wedgewood plate "Early Morning Milk"**, Offers. Tel: 01550 721360.
- **Limited edition plate "Apple Pickers" 1991**, Offers. Tel: 01550 721360.
- **Limited edition plates "Calendar"** Wedgewood, dates from 1980 - 81 - 82 - 83 - 86, Offers. Tel: 01550 721360.
- **Llandoverly town cottage**, 2 bedrooms, quiet area, small garden, well insulated and ventilated, double glazed, gas heating and hot water, to let or for sale. Tel: 01550 740277.
- **Gas welding equipment** including small bottles, cutting and welding torches, all on trolley, £30. Also unused 16 inch Chainsaw for sale, £35. Tel: 01558 823188.
- **Roman blinds**. Taupe with a small red & ivory leaf pattern. 133cm width x 120cm drop; 132cm width x 121cm drop; 80cm width x 78cm drop. £20 each. Tel: 07824 508831.
- **Good quality cake tins**, baking trays, cooling racks. Total of 12 items, some unused. £50. Tel: 07824 508831.

WANTED

- **WANTED TO RENT.** Countryside property urgently required before the end of February, with garden/outbuilding (but not essential). No Wi-Fi, nor near Tetra masts. Bartering considered. Tenant to decorate or provide paint. Excellent references. Tel. 01550 721197 (Sandra).
- **LIVE-in CARER.** For vegan artist/poet. Reliable persons only to apply. Independent, detached care accommodation also required. Tel. 01550 721197.
- **Any unwanted Christmas presents:** To be donated for Tombola prizes to help raise funds for Lluest Horse and Pony Trust. Please bring them to Lluest, Beili Bedw Farm, Llanddeusant, Llangadog, Carm. SA19 9TG or call us on 01550 740 661. Thank you.
- **Any used postage stamps or old £1 coins:** To help raise funds for Lluest Horse and Pony Trust please send them to Lluest, Beili Bedw Farm, Llanddeusant, Llangadog, Carm. SA19 9TG. Please make sure to cut not more than a 1cm border around any stamps you send. Thank you.
- **Grazing land**, possible long term and suitable for sheep, including sheds if possible. Tel: 07770 777992 / 07872 509031.

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TOWY VALLEY CAMERA CLUB

Programme for February 2019 through March 2019.

- 4th February 2019 – Discussion Evening – DVD Concert and Music Photography.
- 11th February 2019 – Members' 10 Minute Photographic Monologues.
- 18th February 2019 – Competition 5 – Open Triptych. Judge - Paul Branchflower.
- 25th February 2019 – Nature's Calendar with Alec Stewart.
- 4th March 2019 – Discussion Evening (NIK Software Video).
- 11th March 3 2019 – 3 Way Battle (TVCC/ Carmarthen/Pontyberem).
- 18th March 2019 – Competition 6 – Character Portrait.
- 25th March 2019 – PAGB Recorded Lecture 'Kaleidoscope'.

If you are a newcomer to photography, the club has a wealth of expertise amongst it's members, who would be happy to assist you with tips and techniques to help you improve your photographic skills. If you are an experienced photographer, the club has much in the programme to offer you also, from 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

LLANDEILO BRIDGE CLUB

The club recently took part in a world bridge federation event supporting the charity for youth bridge. Two of our members Anne Morgan of Llandeilo and Marie Craddock of Ammanford came top of the 228 pairs who took part in this event which was played by clubs in Japan, Belgium, Korea, Austria, Slovenia, Sweden, Scotland and Wales. The club has supported this event for some years and has done well in the competition before, but never come top.

If any one is interested in trying to learn this exciting game of cards and would like to learn, tuition is available, ring 01550 777390 for details. If you can already play there is a welcome for you in our club, which meets on a Monday afternoon in Llandeilo.

Church Services

E-English W-Welsh B-Bilingual

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

(all services are bilingual)

St Gwrdaf Church, Llanwrda

3 Feb 8.30am Holy Eucharist
10 Feb 8.30am Morning Prayer
17 Feb 8.30am Holy Eucharist

St. Sadwrn Church, Llansadwrn

3 Feb 11.00am Holy Eucharist
17 Feb 11.00am Holy Eucharist
24 Feb 11.00am Rainbow Church

Capel Dewi Sant

3 Feb 2.15pm Holy Eucharist
17 Feb 2.15pm Holy Eucharist
24 Feb 2.15pm Evening Prayer

St. Paul's, Manordeilo

3 Feb 9.30am Holy Eucharist
10 Feb 9.30am Morning Prayer
17 Feb 9.30am Holy Eucharist
24 Feb 9.30am Holy Eucharist

Please contact Rev. Jeff Thomas, 01550 777578 for further information.

ST. CADOG'S, LLANGADOG

3 Feb 9.30am Holy Communion
10 Feb 9.30am Morning Prayer
17 Feb 9.30am Morning Prayer
24 Feb 9.30am Morning Prayer

For further information please contact 01550 777226.

ST MICHAEL'S, TALLEY

Sunday services 11.00am

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

ST. DAVID'S CATHOLIC CHURCH, LLANDEILO

Tel: 01558 824305

Mass, SUNDAY 11.00a.m.

(for mid-week masses, please phone for details)

ST SIMON & ST JUDE, LLANDEUSANT

10 Feb 11.00am Morning Prayer
24 Feb 2.00pm Holy Eucharist

BAPTIST CHAPEL

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

ST DAVID, ABERGORLECH

Sunday services at 9.30am

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

PARISH OF LLANDOVERY WITH MYDDFAI

Llandingat

3 Feb 10.00am Family Communion
6.00pm Holy Communion
10 Feb 9.30am Holy Communion
6.00pm Evening Prayer
17 Feb 9.30am Holy Communion
6.00pm Evening Prayer
24 Feb 8.00am Holy Communion
9.30am Holy Communion
6.00pm Informal Evening Service

Llanfair

3 Feb 9.00am Cymun Bendigaid
17 Feb 11.00am Cymun Bendigaid

St Michael's, Myddfai

3 Feb 11.30am Holy Communion
10 Feb 11.30am Holy Communion
17 Feb 11.30am Morning Prayer
24 Feb 11.30am Holy Communion

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

EBENEZER APOSTOLIC CHURCH, HALFWAY, TALLEY

Contact Rhys Jones on 01269 492299 / 07511 551541 or rhysjones4940@hotmail.co.uk.

Sun 10.30am Praise and Communion
5.00pm Gospel Service, including Explorer's Club

Thurs 7.00pm Prayer and Bible Study
Fri 10.30am Tea and Tots (Term Time)

PARISH OF LLANDEILO FAWR

Rev. Michael Sadler. Tel. 01558 823862

Llandeilo Parish Church

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

Evening Prayer and Compline alternate months:

Compline in Jan, Mar, May, Jul, Sep, Nov. Evening Prayer in Feb, Apr, Jun, Aug, Oct, Dec.

St John's Maestloy

1st Sun 9.45am Holy Communion
2nd Sun 9.45am Holy Communion
3rd Sun 9.45am Morning Prayer
4th Sun 9.45am Morning Prayer

Holy Trinity Taliaris

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

TOWY CHRISTIAN FELLOWSHIP

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

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

ALL SAINTS GWYNFE

3 Feb 11.15am Eucharist
10 Feb 11.15am Morning Prayer
17 Feb 11.15am Morning Prayer
24 Feb 2.00pm Eucharist in Llanddeusant Gwynfe No Service

THE CHRISTADELPHIANS

Foundry Road, Ammanford.
Tel. 01269 842336 or 01269 851172
Sun 6.00pm Bible Talk
Thurs 7.30pm Bible Study

TY'R BUGAIL

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

PARISH OF CILYCWYM & YSTRAD FFIN WITH RHANDIRMYWYN & CYNGHORDY

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

3 Feb 2.30pm Eucharist
10 Feb 2.30pm Eucharist
17 Feb 2.30pm Evening Prayer
24 Feb 2.30pm Eucharist

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

St. Barnabas Church, Rhandirmwyn

3 Feb 9.30am Eucharist
10 Feb 9.30am Eucharist
17 Feb 9.30am Morning Prayer
24 Feb 9.30am Eucharist

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

St. Michael's, Cilycwm

3 Feb 11.15am Eucharist
10 Feb 11.15am Eucharist
17 Feb 11.15am Morning Prayer
24 Feb 11.15am Eucharist

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

ST CYNWIL, CYNWYL GAEO

Sunday services 9.30am

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

ST SAWYL, LLANSAWEL

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

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

UNITED BENEFICE OF CATHEINIOG

Llangathen – 1st and 3rd Sunday
Golden Grove – 2nd and 4th Sunday
Llanfynydd – 2nd and 4th Sunday
Clarf Henry – 1st and 3rd Sunday

All above services are at 10.30a.m. Carmel every Sunday at 9.30a.m. 5th Sunday of the month services are rotated between the above churches

OUR LADY'S R.C., LLANDOVERY

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

SEVENTH DAY ADVENTIST CHRISTIAN CHURCH

Meet at United Reformed Church
Christchurch, The Court, Lant Avenue,
Llandrindod Wells, Powys.
Saturdays 2.30pm to 4.30pm
Sabbath School Service 2.30pm
Divine Service 3.00 pm

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

QUAKER MEETINGS

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

PARISH OF LLANEGWAD WITH LLANFIHANGEL UWCH GWILI

Llanfihangel 8.30.a.m every Sunday
(bilingual)

Holy Trinity, Pontargothi 9.45.a.m.
every Sunday (English)

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

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

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

CHRISTMAS SERVICES

24 Dec 10.00pm Midnight Mass,
Llanfihangel

11.45pm Holy Trinity
25 Dec 8.00am Christmas Communion,
St. John's Felingwm
9.30am Llanegwad

WILLIAM WILLIAMS CHAPEL

High Street, Llandovery

Sun 10.00am Bible Study
11.00am Worship

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

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

LLANDOVERY LUNCHEON CLUB

Llandovery Luncheon Club at Community Hall, Dolau
Bran celebrated Christmas lunch on Thursday December
13th. An excellent meal, with all the trimmings provided
by the catering staff at the hospital and also a gift from
the R.V.S.

The childrens choir from Ysgol Rhys Prichard came
along to entertain us. This was very enjoyable. A raffle
was drawn thanks to everyone who brought along a
raffle. An enjoyable afternoon was had by us all.

Thank you to everyone who attends the club and also to
all the volunteers for their dedication all year. Also to the

hospital catering staff for providing very tasty meals and
also to the Rotary for their financial support, to keep the
club on going, which has for approx. 38 years and was first
organised by Mrs Olwen Lewis and Mrs Eva Messenger.
The club was then supported by The Red Cross. We are a
friendly, sociable crowd. Anyone interested in joining us
on a Tues or Thurs, time from approx. 11.45am – 1.30pm
are very welcome to come along. Cost of meal £6. Contact
Mary on 01550 720056 or Margaret on 01550 720919.

On Tues Dec 18th the area manager, Mr Deniel Jones,
from R.V.S. came along and presented a Xmas Hamper
to each member. Hope everyone enjoyed Xmas and have
a healthy & prosperous New Year.

Mary Jackson B.E.M.



Does anyone
recognise any of
these ladies from
Llandovery W.V.S.
1943?

Ladies of the W.V.S. 1943 Llandovery

JOIN IN WITH THE LLANGADOG FILM CLUB

We all enjoy nice surprises, don't we. Maybe a programme on the telly that made an unexpected impression, an article in a magazine that inspired a letter to a friend, perhaps a photograph that recalled an important childhood moment, or a memorable garden feast with friends and neighbours.

There is a way to enjoy this kind of experience twice every month from October to April and, in case you haven't had enough, once more in May. In Llangadog!

I moved into Llangadog only five years ago. My lovely wife Gwenda, sadly not with us any more, was a local girl. Her father Gwilym Pritchard was headmaster of our school in the 1950s and Gwenda was a highly competitive member of the 5 to 10 year olds in the village. She vividly remembered speaking, singing and dancing in annual carnivals and eisteddfods. She didn't use a word of English in normal social conversations until she went to her grammar school! So what? Well

When we, particularly she, moved here at the end of 2013 we wanted to get involved with village activities and entertainments. It didn't take much effort to join all sorts of groups or simply to eat good lunches in our pubs and restaurants. As it happened, one activity that we particularly enjoyed turned out to be the Cadog Film Club. This article is intended to invite more people to join in with our Film Club. Why? Because it's a lot of social fun and, if you like good films as most of us do, it's a way of enjoying 15 carefully chosen films each season for only £5 a time.

The Film Club has been thriving since 2005. It organises two types of event, all of them taking place in the Llangadog Community Centre.

- On the first Saturday in each month we have a meal (starting at 7:30) and a film (8:30-ish) – the meal is delicious main course dishes and then puddings which we bring for sharing with our fellow members – we sit and eat and chat for an hour or so before everything is miraculously cleared away, no washing up or anything like that, so that we can enjoy the film that follows. (Turn up by about 8:20 to see the film without having the meal.)
- On the third Friday in each month we get together at 7:00 for half an hour or so for a glass of wine or a soft drink before we watch a film (7:30-ish) that is “different” but always special in its way and an “experience” to be enjoyed at the time, and maybe afterwards on reflection. These films might be black-and-white, they are nearly all “foreign” and, for my wife and for me, they were/are without exception special experiences of their kind. I am happy to confess without qualification that two of the Friday films that have been shown in the last three years have been among the most moving cinema experiences of my life.

If you enjoy good films, and if you enjoy getting together with people who think the same, you will be warmly welcomed to join in our activities at the Llangadog Community Centre. For more information see the Events page in The Post, or our Facebook page “Cadog Film Club”, or go to our website cadogfilmclub.org.uk

There are no complications – just turn up for one of our Friday or Saturday events.

Julian Gray (member of the Cadog Film Club)

COR MEIBION LLANYMDDYFRI MONTHLY DRAW RESULTS:

November 2018

1. Ann Griffiths
2. Elsie Kelly
3. Gwynfor Williams
4. Casey Hughes
5. Manon Page
6. Shirley Price-Davies
7. Rhys James

December 2018

1. Rhian Price-Davies
2. Huw Morgan
3. Dillwyn Jones
4. Lachlan Morgan
5. Neil Harries
6. Eleanor Richards
7. J. Alun Davies

Christmas Draw

1. Emyr Richards
2. Paulien Cheesman
3. Menna Bennett

LIGHTING OF LLANWRDA CHRISTMAS TREE

On Thursday 6th December 2018 the community of Llanwrda gathered at Bridgend Garage for the lighting of the Christmas Tree. Proceedings were led by the Reverend Jeff Thomas and Llandovery Male Voice Choir sang carols accompanied by the community and whom we sincerely thank. People are still talking about the evening and how they thoroughly enjoyed it, in spite of the weather.

Our thanks go to Richard and Margaret for providing the venue, Danny Sheds for erecting the tree, Gareth Tirbanal for the handling equipment and Ian Povey for providing the tables.

The tree was kindly donated by Ceri and Jacquie Thompson of Cae'r Brwyn.

Thanks to the local police – Helen – for providing “care on the square” and to all locals for attending and providing refreshments.

This event once again demonstrated community spirit at it's best.

Events

These details have been prepared by
The Post and are believed to be correct,
but do check for any changes.
For a **free listing** of your event contact
PostDatum on 01550 721225.

1 FEBRUARY:

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

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

2 FEBRUARY:

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

Llanwrtyd Wells annual 'Lord Crawshaw Memorial Walks'. Choice of way-marked routes, 20 or 12 miles, check-points, refreshments etc., set out from the Neuadd Arms Hotel anytime from 9am following registration. Guided walks of 8 or 5 miles also available, leave at 10am. For more details or to book see www.green-events.co.uk or telephone 01591 610666/610236.

3 FEBRUARY:

Dinefwr Poetry: Dinefwr Poets meet in the Station Cafe on the first and third Sunday every month, 2.30pm to 4.30pm. We get together to share our writing and discuss ideas. The Cafe is an ideal location for us with its warm and friendly atmosphere, comfortable surroundings and excellent refreshments. We are extremely grateful for the warm welcome we always receive. It is a special place that provides us with tranquility and inspiration, and has nurtured friendships. We are always delighted to welcome new members. Tel: Mick on 01550 777656.

The Ramblers – Rhandirmwyn: A walk from the village of Rhandirmwyn, along the River Towy, through forestry and fields, to include Nant y Mwyn lead mines. Dist. 9 miles. Energetic/Strenuous,

Explorer Map: 187, Meeting point: Llandoverly Railway Station. Dep.9.00am on by car, organised by Dinefwr Ramblers. Leader: Beryl Williams. Tel. 01550 777870 or Mob. 07713 709204.

4 FEBRUARY:

Discussion Evening – DVD Concert and Music Photography organised Towy Valley Camera Club. www.towyvalleycameraclub.org.uk

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

Llanwrda and Llansadwrn Countrywomen, 7.30pm in the Reading Room Llansadwrn. There will be a presentation by Tony Birdwood on the Heart of Wales Line.

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

Conversational French, Four week Tuition class [subject to renewal] avec Amelie. Location and time, Beginners: Monday evenings, 6.00pm to 7.30pm, Advanced: Thursday evenings: 6.00pm in Talley, near Llandeilo. Bookings and info. Email: amelie@gmail.com

5 FEBRUARY:

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

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

6 FEBRUARY:

Cwmdu Smallholders. The group for smallholders, meeting on the first Wednesday of each month, will be in the Cwmdu Inn from 7.00pm. Bring a plate of food to share. For more information, please contact Pete Mitchell on 01558 685815 or Talley and Cwmdu Smallholders on Facebook.

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

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

The Ramblers – Pembrey Mountain: Starting in the village of Burry Port. It is a gentle ascent to skirt the village of Trimsaran. Dist. 5 miles. Moderate, Explorer Map: 178, Meeting point: Llandybie Railway Station.

Dep. 1.00pm on by car, organised Dinefwr Ramblers. Leader: David Murfin. Tel. 01269 850914 or Mob. 07872 428423.

Badminton at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Ann 01550 777699.

Drawing / Painting six week tuition class [subject to renewal] with Genevieve Caminade, starting Wednesday 6th February 2019, 11.00am – 1.00pm for advanced and 1.30pm to 3.00pm for complete beginners at the Function Room, The Angel Inn, Llandeilo. Bookings and info. Email: genecaminade@hotmail.com Tel. 01558 685175.

7 FEBRUARY:

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

Cymdeithas Cwmdu. A meeting in the Cwmdu Inn at 8pm to discuss the community's activities over the coming weeks and months. If you fancy volunteering at any time to support the running of the pub, shop or Post Office, either in the front line or behind the scenes, there are plenty of things to be done and your help would be appreciated. Please come along and express your interest - everyone is welcome!

Dinefwr Photographic Society: Personal and Club project progress evening. Meeting in the Raven room at The White Hart Llandeilo at 7:00pm all welcome. For full details contact Dorian on 07492 741919, Will on 07768 960323 or Simon on 07773 943536.

IT'S FUN TO SING WITH 'TYWI HARMONY': Everyone welcome, no experience needed, no music to read. Learn popular, gospel and world music, all in unaccompanied harmony. Come and sing great uplifting harmonies with this warm and friendly group. Thursdays, 7.00pm, at Maes Elfryn Hall (far end of Dinefwr Ave, off new Rd, by Spar.) Do phone if it is your first time as dates occasionally change. Enquiries – Vivienne on 01550 779062.

Conversational French, Four week Tuition class [subject to renewal] avec Amelie. Location and time, Beginners: Monday evenings, 6.00pm to 7.30pm, Advanced: Thursday evenings: 6.00pm in Talley, near Llandeilo. Bookings and info. Email: amelie@gmail.com

8 FEBRUARY:

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

Quiz organised by Llandeilo and District Gardening at The Vestry, Capel Newydd, Crescent Road, Llandeilo, SA19 6HN at 7.30pm.

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

9 FEBRUARY:

Quiz Night in Crugybar Village Hall with Mike and Dave at 7.30 pm. Admission £2. Coffee and tea available at half time otherwise bring your favourite tipples and nibbles, and your friends.

Cwmdu Inn. It is hoped to be able to screen the Italy v Wales rugby match in the 6 Nations Championship at 4.45pm upstairs in the Blue Room. For confirmation, please phone shop/bar on 01558 685156 before 12.30pm when the shop closes or look out for posters.

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

The Ramblers – Cilybebyll: The walk starts in Gellinud and is roughly a figure of eight. Walk takes in woodland and some hilly ground. Dist. 10 miles. Energetic Explorer Map: 165 Meeting point: Tesco Ammanford car park. Dep. 9.00am on by car, organised by Dinefwr Ramblers. Leader: David Murfin Tel. 01269 850914 or Mob. 07872 428423.

10 FEBRUARY:

Providence, Cwmdu. A morning service will be held in the Chapel at 10.30am.

11 FEBRUARY:

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

Members' 10 Minute Photographic Monologues organised Towy Valley Camera Club. www.towyvalleycameraclub.org.uk

Llanwrda Bloomers invite friends to join them to have fun with flowers at Cornwallis School Hall at 7.30p.m. FREE LIBRARY in Cornwallis Headmasters Office. Open Saturdays 10.30 a.m. – 12.00 p.m. More information available from Mr Carwyn Jones, School Hall or ring 01550 779257.

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

Conversational French, Four week Tuition class [subject to renewal] avec Amelie. Location and time, Beginners: Monday evenings, 6.00pm to 7.30pm, Advanced: Thursday evenings: 6.00pm in Talley, near Llandeilo. Bookings and info. Email: amelie@gmail.com

12 FEBRUARY:

The Arts Society Lecture by Jonathan Foyle will be - The Origins of the Tudor Rose. Lectures are held in Theatr Brycheiniog on the second Tuesday of the month at 2.30 p.m. Further information contact Membership Secretary, Dr. Caroline Boorer on 01550 720014. All welcome. Tickets £8.00 on the day for non-members.

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

13 FEBRUARY:

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

Wildlife Trust South & West Wales – East Carmarthenshire Group: The Wildlife of Patagonia & the Pampas. Mat Ridley talks about his recent Trip at Maes Elfryn Hall, Dynevor Road, Llandeilo at 7.30pm. For further information about the Meeting or the Group, please contact Valerie Arnall, Honorary Secretary – 01267 253485.

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

The Ramblers – Social Evening: A short walk followed by a meal in The Red Lion Llangadog. Dist. 3 miles. Easy Explorer Map: 187 Meeting point: Red Lion car park. Dep. 3.00pm, organised by Dinefwr Ramblers. Leader: Philip Howes Tel. 01550 720112 or Mob. 07802 856007.

Badminton at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Ann 01550 777699.

Drawing / Painting six week tuition class [subject to renewal] with Genevieve Caminade, starting Wednesday 6th February 2019, 11.00am – 1.00pm for advanced and 1.30pm to 3.00pm for complete beginners at the Function Room, The Angel Inn, Llandeilo. Bookings and info. Email: genecaminade@hotmail.com Tel. 01558 685175.

14 FEBRUARY:

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

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

IT'S FUN TO SING WITH 'TYWI HARMONY':

Everyone welcome, no experience needed, no music to read. Learn popular, gospel and world music, all in unaccompanied harmony. Come and sing great uplifting harmonies with this warm and friendly group. Thursdays, 7.00pm, at Maes Elfryn Hall (far end of Dinefwr Ave, off new Rd, by Spar.) Do phone if it is your first time as dates occasionally change. Enquiries – Vivienne on 01550 779062.

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

Conversational French, Four week Tuition class [subject to renewal] avec Amelie. Location and time, Beginners: Monday evenings, 6.00pm to 7.30pm, Advanced: Thursday evenings: 6.00pm in Talley, near Llandeilo. Bookings and info. Email: amelie@gmail.com

15 FEBRUARY:

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

Open Mic night, 7.00pm at the Sextons Arms, Llansadwrn with music from Richard Keen and Friends. Entry free for all ages and for musicians, poets and performers who want to take the stand! Further information Rod Burdon 01550 779298.

Llandovery Folk Dancing: Traditional Folk Dancing ~ Kelvin Lee calling - Rhys Pritchard Hall, SA20 0DD £5 incl.refreshments. 7.30pm – 10.30pm. Will suit beginners and experienced dancers. Come on your own or with partner/family and be assured of a warm welcome. For info: www.llandoveryfolkdancing.co.uk .facebook.com/llandoveryfolkdancing or tel. Jean 01550 720483.

16 FEBRUARY:

Drawing and painting flowers with Jacki York organised by Llandeilo and District Gardening at The Vestry, Capel Newydd, Crescent Road, Llandeilo, SA19 6HN at 7.30pm.

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

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

17 FEBRUARY:

Dinefwr Poetry: Dinefwr Poets meet in the Station Cafe on the first and third Sunday every month, 2.30pm to 4.30pm. We get together to share our writing and discuss ideas. The Cafe is an ideal location for us with its warm and friendly atmosphere, comfortable surroundings and excellent refreshments. We are extremely grateful for the warm welcome we always receive. It is a special place that provides us with tranquility and inspiration, and has nurtured friendships. We are always delighted to welcome new members. Tel: Mick on 01550 777656.

Providence, Cwmdu. An afternoon service will be held in the Chapel at 2.00pm.

The Ramblers – Talgarth-Cwm Pwll y Wrach: Waterfall area, woodlands and open meadow. A must for photographers, especially Cwm Pwll y Wrach. Dist. 8 miles. Moderate/Energetic Explorer Map: OL13 Meeting point: Llandoverly Railway Station, Dep. 9.00am on by car or Sennybridge car park 9.30am, organised by Dinefwr Ramblers. Leader: Ian Wagstaff Tel. 01 269823949.

18 FEBRUARY:

Food Safety Level 2 Course - Myddfai Community Hall, 10.00am – 3.30pm, Essential qualification for anyone working in a catering, manufacturing or retail setting where food is prepared, cooked and/or handled. Cost is £30, includes the certificate. Tel 07879 119223 to book www.myddfai.org

Competition 5 – Open Triptych. Judge - Paul Branchflower organised Towy Valley Camera Club. www.towyvalleycameraclub.org.uk

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

Conversational French, Four week Tuition class [subject to renewal] avec Amelie. Location and time, Beginners: Monday evenings, 6.00pm to 7.30pm, Advanced: Thursday evenings: 6.00pm in Talley, near Llandeilo. Bookings and info. Email: amelie@gmail.com

19 FEBRUARY:

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

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

20 FEBRUARY:

MUMS MATTER. Deborah Wilkie talks about a Mind Project which supports mums in managing the everyday and nurturing themselves. It will dispel some myths about motherhood. £5 (Friends/Members £2), The Muse, Brecon 7pm organised by FRIENDS of Brecon and District Mind. BRECON and DISTRICT MIND is a voluntary sector organisation which runs a recovery, wellbeing and learning centre in Brecon providing open-door sessions and a wide range of healthy activities and services. These are designed to support people who experience mental distress. Some services are also provided in Crickhowell, Talgarth and Hay-on-Wye. They are delivered by an experienced and friendly team of staff and volunteers. The services complement those provided by the community mental health team and other voluntary sector agencies. Funding is, in part, provided by Powys Teaching Health Board and Powys Social Services. Brecon and District Mind, Ty Croeso, St David's House, 48 Free Street, Brecon, Powys LD3 7BP. Tel: 01874 611529 info@breconmind.org.uk www.breconmind.org.uk

“Confessions of a Galanthophile” at Cothi Gardeners, Coronation Hall, Pumsaint, SA19 8UW. 7.30pm. Guests most welcome, £3, which includes refreshments. Snowdrops for sale.

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

NAAFI Morning at Dairies Sports & Social Club, 38 Water Street, Carmarthen SA31 1RG, 10.30am – 12.30pm. For more information contact us on 07582 717736.

The Ramblers – Llanboidy: Walking on paths, tracks and quiet country lanes with far reaching views of Carmarthen Fan and the Prescelli Hills. Dist. 6 miles. Moderate Explorer Map: 177 Meeting point: Llandeilo Railway Station. Dep. 10.30am on by car, organised by Dinefwr Ramblers. Leader: Wendy & Alwyn Squires Tel. 01269 594415 or Mob. 07969 646115.

Badminton at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Ann 01550 777699.

Drawing / Painting six week tuition class [subject to renewal] with Genevieve Caminade, starting Wednesday 6th February 2019, 11.00am – 1.00pm for advanced and 1.30pm to 3.00pm for complete beginners at the Function Room, The Angel Inn, Llandeilo. Bookings and info. Email: genecaminade@hotmail.com Tel. 01558 685175.

21 FEBRUARY:

Llanwrtyd Wells Thursday Walkers leave the Neuadd Arms Hotel at 10am for a walk of about 5 miles. Easy-pace, friendly group, interesting routes,

everybody welcome! Please wear boots & appropriate clothing and bring water & a picnic lunch. Contact Geoff on 01591 610701, mobile 07960 229919, email: geoffstickland@gmail.com

Dinefwr Photographic Society: Practical / workshop session - single source lighting, learn how to creatively light your subject with a single light source. Meeting in the Raven room at The White Hart Llandeilo at 7:00pm all welcome. For full details contact Dorian on 07492 741919, Will on 07768 960323 or Simon on 07773 943536.

A VISION FOR DINEFWR – A talk by Meg Anthony, National Trust Manager for Carmarthenshire, about the latest plans for Dinefwr, 7.30 pm, Capel Newydd Vestry Hall, Crescent Road, Llandeilo. Organised by Llandeilo and District Civic Society. Admission £3 for non-members. Visit the website for information about the Society and its activities.

Conversational French, Four week Tuition class [subject to renewal] avec Amelie. Location and time, Beginners: Monday evenings, 6.00pm to 7.30pm, Advanced: Thursday evenings: 6.00pm in Talley, near Llandeilo. Bookings and info. Email: amelie@gmail.com

22 FEBRUARY:

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

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

23 FEBRUARY:

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

Cwmdu Inn. It is hoped to be able to screen the Wales v England rugby match in the 6 Nations Championship at 4.45pm upstairs in the Blue Room. For confirmation, please phone shop/bar on 01558 685156 before 12.30pm when the shop closes or look out for posters.

CANTORION LLANDEILO SINGERS' CHARITY MEMORIAL CONCERT in memory of Tom Williams, and in aid of Parkinson's UK and Tenovus. St Teilo's Church, Llandeilo SA19 6BH at 7.30 p.m. Fauré's Requiem and Cantique de Jean Racine and Duruflé's Requiem. Helen Pugh (soprano), Flora York Skinner (mezzo-soprano), Robert Glyndwr Garland (baritone) with Dr William Reynolds (organ) and the Tywi

Chamber Orchestra including Llywelyn Ifan Jones (harp) and Kirsten Miller (cello); conductor Gordon Kilby. Licensed wine bar. Tickets £12 from Peppercorn in Llandeilo, at the door, or by phoning 01558 685542.

24 FEBRUARY:

The Ramblers – Beacon Bonanza 16: Gae Hopkin, Coelbren A varied route of high mountains, valley bottoms, forest, spectacular waterfalls and the chance to walk over a sleeping giant. There are a couple of steep climbs which add to the total ascent of 21 00'. Expect a brisk pace. Dist. 12 miles. Strenuous Explorer Map: OL12 Meeting point: Brynamman Mountain Centre. Dep. 9.00am on by car, organised by Dinefwr Ramblers. Leader: Jim S. Mob. 07851 365303.

25 FEBRUARY:

Nature's Calendar with Alec Stewart organised Towy Valley Camera Club. www.towyvalleycameraclub.org.uk

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

Conversational French, Four week Tuition class [subject to renewal] avec Amelie. Location and time, Beginners: Monday evenings, 6.00pm to 7.30pm, Advanced: Thursday evenings: 6.00pm in Talley, near Llandeilo. Bookings and info. Email: amelie@gmail.com

26 FEBRUARY:

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

27 FEBRUARY:

Myddfai Farmers Market: 9.00am – 1.00pm at Myddfai Community Hall, near Llandoverly SA20 0JD. Come along for a wide range of quality local produce, #support local. The cafe & gift shop will be open too. Tel 01550 720449 www.myddfai.org

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

The Ramblers – Briton Ferry Circular: A mix of broad-leaved woodland and urban walking, passing the Giants Graveyard ship breaking area. Dist. 4 miles. Moderate Explorer Map: 165 Meeting point: Lidl's car park, Pontardawe. Dep. 10.30am, organised by Dinefwr Ramblers. Leader: Hugh & Pam Simpson Tel. 01558 822405 or Mob. 07810 414378.

Badminton at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Ann 01550 777699.

Drawing / Painting six week tuition class [subject to renewal] with Genevieve Caminade, starting Wednesday 6th February 2019, 11.00am – 1.00pm for advanced and 1.30pm to 3.00pm for complete beginners at the Function Room, The Angel Inn,

Llandeilo. Bookings and info. Email: genecaminade@hotmail.com Tel. 01558 685175.

28 FEBRUARY:

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

Quiz Night at the Cennen Arms, Trap: Every 4th Thursday of the month at 7.30pm with all proceeds being donated to Lluest Horse and Pony Trust. Bring a team or join one when you arrive. Good food, drink and great company will be on tap all evening.

IT'S FUN TO SING WITH 'YTWI HARMONY': Everyone welcome, no experience needed, no music to read. Learn popular, gospel and world music, all in unaccompanied harmony. Come and sing great uplifting harmonies with this warm and friendly group. Thursdays, 7.00pm, at Maes Elfryn Hall (far end of Dinefwr Ave, off new Rd, by Spar.) Do phone if it is your first time as dates occasionally change. Enquiries – Vivienne on 01550 779062.

Llandovery Garden Club will welcome our Speaker for the evening Richard Bramley & his Subject will be: Flora & Fauna of New Zealand. The club meets at the Dolau Bran Community Hall, Llandovery at 7.00pm. Please come and join us for a lovely evening out. Non members will be charged at £2.00 for the evening including a raffle & refreshments. For further information please contact 01550 720771

Conversational French, Four week Tuition class [subject to renewal] avec Amelie. Location and time, Beginners: Monday evenings, 6.00pm to 7.30pm, Advanced: Thursday evenings: 6.00pm in Talley, near Llandeilo. Bookings and info. Email: amelie@gmail.com

1 MARCH:

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

St David's Day and Cwmdu Folk Night. A combined evening of musical entertainment. Please see posters and website for further information or check on 01558 685156.

St Davids Day Supper: Myddfai Community Hall Café – 6.00pm. Come along and join us for a delicious supper with great company. Tel 01550 720449 to book. www.myddfai.org

2 MARCH:

Archaeology Day held by the Dyfed Archaeological Trust, 10.00am – 4.30pm. Graig Campus, Coleg Sir Gar, Llanelli, SA15 4DN. A day of presentations and exhibitions on the results of recent archaeological research including; Aerial photography in Southwest Wales, the Bishop's Park Abergwili, Collecting Welsh Place Names and more to follow...£6 to include tea and coffee. Book now to avoid disappointment, contact Jenna Smith 01558 825995 or j.smith@dyfedarchaeology.org.uk

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

Dyfed Archaeological Trust presents CARMARTHENSHIRE ARCHAEOLOGY DAY at Graig Campus, Coleg Sir Gar, Llanelli, SA15 4DN. A day of presentations, exhibitions and discussions on the results of recent archaeological research and investigations in Carmarthenshire. Speakers include: Dr Toby Driver, on aerial photography in Southwest Wales and Louise Austin on the Bishop's Park Abergwili; and more to follow.... £6 to include tea, coffee and biscuits. Book early to avoid disappointment. Contact: Jenna Smith Email: j.smith@dyfedarchaeology.org.uk or Tel. 01558 825995/01558 823121.

3 MARCH:

Dinefwr Poetry: Dinefwr Poets meet in the Station Cafe on the first and third Sunday every month, 2.30pm to 4.30pm. We get together to share our writing and discuss ideas. The Cafe is an ideal location for us with its warm and friendly atmosphere, comfortable surroundings and excellent refreshments. We are extremely grateful for the warm welcome we always receive. It is a special place that provides us with tranquility and inspiration, and has nurtured friendships. We are always delighted to welcome new members. Tel: Mick on 01550 777656.

The Ramblers – Newbridge on Wye: 360° mountain top panoramas, spectacular Wye valley and historic mansions. Dist. 9 miles. Energetic Explorer Map: 200 Meeting point: Llandovery Railway Station. Dep. 9.00am on by car, organised by Dinefwr Ramblers. Leader: Mike O. Tel. 01269 269591 or Mob. 07763 513568.

Litter Picking Brecon, 1st Sunday of the month meeting 10.00am at Watergate Car Park. We meet regularly to help remove litter around Brecon town, riverbanks and paths. Litter looks unsightly, and can be dangerous to animals and children. So, why not come and give a small amount of time? Just two hours can help to keep our lovely town looking tidy!

It's a great way to enjoy fresh air, observe local nature, by doing great work that benefits the local community which impresses the many visitors coming to beautiful Brecon, and a wonderful way in which to show our pride in the local area. Why not come along and join us? We have the kit, just bring yourself, friends, family!

4 MARCH:

Discussion Evening (NIK Software Video) organised Towy Valley Camera Club. www.towyvalleycameraclub.org.uk

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

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

5 MARCH:

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

Film: A Plastic Voyage. The Castle Hotel Ballroom, Llandovery, 7.30pm. Transition Tywi will show a 45 minute documentary film about eXXpedition Round Britain 2017, an ambitious circumnavigation researching the extent of ocean plastic around the UK. The all-female crew braved storms and battled the elements to undertake scientific analysis to see what damage is being done to our marine environment. Two of the eXXpedition crew members, Sarah Tanburn and Sue Weaver, will be happy to answer questions after the screening, and facilitate a discussion about how we can address this urgent issue. The free screening of the film will start at 7.30pm. Doors will be open from 7pm, so please join us in plenty of time to get a drink at the bar before the film starts. Further information will be published in the March edition of The Post, or see the Transition Tywi Facebook page.

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

6 MARCH:

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

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

The Ramblers – Rhandirmwyn: A very steep climb out of the village through forest on well marked tracks. Great views from the top followed by a short walk by the River Towy Dist. 5 miles. Moderate Explorer Map: 187 Meeting point: Llandovery Railway Station. Dep. 11.00am on by car, organised by Dinefwr Ramblers. Leader: Philip Howes Tel. 01550 720112 or Mob. 07802 856007.

Badminton at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Ann 01550 777699.

Drawing / Painting six week tuition class [subject to renewal] with Genevieve Caminade, starting Wednesday 6th February 2019, 11.00am – 1.00pm for advanced and 1.30pm to 3.00pm for complete beginners at the Function Room, The Angel Inn, Llandeilo. Bookings and info. Email: genecaminade@hotmail.com Tel. 01558 685175.

7 MARCH:

Weaving the web: towards a natural garden with Malcolm Berry organised by Llandeilo and District Gardening at The Vestry, Capel Newydd, Crescent Road, Llandeilo, SA19 6HN at 7.30pm.

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

Dindefwr Photographic Society: Guest speaker, Mike Cullis on Raw China. Meeting in the Raven room at The White Hart Llandeilo at 7:00pm all welcome. For full details contact Dorian on 07492 741919, Will on 07768 960323 or Simon on 07773 943536.

Combined Forces @ LINKS will be holding their main awareness day in the Conservative Club, 2 Cowell Street, Llanelli SA15 1UU. We currently have room for 14 awareness stalls in relation to veteran support. Please let me know if you would like to attend. For information ring Michelle Mills, Combined Forces Project Coordinator Tel: 01554 757957 or 07582 717736.

8 MARCH:

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

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

10 MARCH:

The Ramblers – SW of Llanmadoc: From Llanmadoc across fields to join the Wales Coastal Path to Rhossili then turning inland to return to Llanmadoc. A varied walk of fields, beaches and hills. Good coastal views. Dist. 11 miles. Moderatel Energetic Explorer Map: 164 Meeting point: Tesco Ammanford car park. Dep. 9.00am on by car, organised by Dinefwr Ramblers. Leader: Kim R Mob. 07780 330158.

11 MARCH:

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

3 Way Battle (TVCC/Carmarthen/Pontyberem) organised Towy Valley Camera Club. www.towyvalleycameraclub.org.uk

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

12 MARCH:

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

13 MARCH:

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

The Ramblers – Llandybie: A walk in the locality of the village Dist. 4 or 3 miles. Moderate (4m) / Easy (3m) Explorer Map: 178 Meeting point: Llandybie Railway Station. Dep. 1.00pm, organised by Dinefwr Ramblers. Leader: David Murfin / Barrie Clark Tel. 01269 850914 or Mob. 07872 428423.

Badminton at Llangadog Community Centre every Wednesday. Seniors 7.30pm – 10.00pm. Contact: Seniors – Ann 01550 777699.

Drawing / Painting six week tuition class [subject to renewal] with Genevieve Caminade, starting Wednesday 6th February 2019, 11.00am – 1.00pm for advanced and 1.30pm to 3.00pm for complete beginners at the Function Room, The Angel Inn, Llandeilo. Bookings and info. Email: genecaminade@hotmail.com Tel. 01558 685175.

14 MARCH:

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

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

15 MARCH:

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

Llandovery Folk Dancing: Twmpath with live band 'DiEnw' with Rose Mathews calling, Llanwrda Hall SA19 8HD £10 Food in midway break 7.30pm to late. Fund Raiser for Llandovery Folk Dancing, please come and support. Come on your own or with partner/family. www.llandoveryfolkdancing.co.uk .facebook.com/llandoveryfolkdancing or tel. Jean 01550 720483.

16 MARCH:

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

17 MARCH:

Dinefwr Poetry: Dinefwr Poets meet in the Station Cafe on the first and third Sunday every month, 2.30pm to 4.30pm. We get together to share our writing and discuss ideas. The Cafe is an ideal location for us with its warm and friendly atmosphere, comfortable surroundings and excellent refreshments. We are extremely grateful for the warm welcome we always receive. It is a special place that provides us with tranquility and inspiration, and has nurtured friendships. We are always delighted to welcome new members. Tel: Mick on 01550 777656.

The Ramblers – South of Builth: Starting on the Wye Valley Walk south of Builth then bridleways, paths and quiet lanes with great views of the Black Mountains. Return past Llanstephan Church. Dist. 9 miles. Energetic Landranger Map: 161 Meeting point: Llandovery Railway Station. Dep. 9.30am on by car, organised by Dinefwr Ramblers. Leader: Judy Gore Tel. 01591 610613.

18 MARCH:

Competition 6 – Character Portrait organised Towy Valley Camera Club. www.towyvalleycameraclub.org.uk

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

Local Directory

Support Local Business

ACCOUNTANCY & TAXATION SERVICES

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

AERIAL & SATELLITE SERVICES

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

ARCHITECTURAL SERVICES

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

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

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

BEAUTY SALON

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

BOOKS, RECORDS, CDs

A LARGE STOCK OF GOOD QUALITY SECOND-HAND BOOKS, RECORDS AND CDs AWAIT YOU at 'Discovery', 52 Cwmamman Road, Garnant, Ammanford SA18 1NF. Comprehensive stocks of Fiction Novels, Non-Fiction, Reference, Technical, Welsh etc. – Popular categories, best sellers and top authors. Records and CDs from Rock to Classical, Jazz, 60s, Country, Folk, World Music etc. etc. Call and see us soon – you may be pleasantly surprised. Open Monday to Friday 10.00am to 5.00pm. *07/19(6)*

BOUNCY CASTLE HIRE

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

CARPET FITTER & SUPPLIER

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

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

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

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

CHIMNEY SWEEP

WEST WALES CHIMNEY SWEEP. A clean, experienced, HETAS and Guild of Master Chimney Sweep. All solid fuel, oil, gas chimneys and flues swept. Installation and servicing of all solid fuel stoves. Call Dave on mob.: 07854 739251 or email: westwaleschimneysweep@gmail.com. *05/19(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. *08/19(12)*

HOME HELP, has vacancy's for regular house cleaning, reliable and discreet, Llandeilo area. All enquiries 01558 824798. *05/19(6)*

COMPLEMENTARY THERAPY

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

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

COUNSELLING

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

CURTAINS & COVERS

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

ELECTRICIANS

V. W. REES ELECTRICAL. Llandeilo. All aspects of Domestic wiring including New Builds and Rewires. **No job too small.** All work Guaranteed. Emergency call out available. Free estimates. For a professional reliable service Tel: 01558 823679 or Mob: 07790 568072. *04/19(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 *06/19(12)*

FAMILY HISTORY

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

FUNDRAISING

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

GARDENING — SERVICES

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

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GARDEN PURSUIT – FOR ALL ASPECTS OF GARDEN & HOME IMPROVEMENTS. Projects! Problems! Alterations! Maintenance! Call Paul on 07708 699119. All areas covered www.gardenpursuit.co.uk *11/19(12)*

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. *03/20(12)*

JOINERY

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

LAUNDRY SERVICES

LLANDOVERY LAUNDRETTE, 21 STONE ST. We are pleased to now offer a Service wash option in addition to our Self Service Laundrette. We are situated on the same premises, in The Laundry Room. We offer a variety of options, including ironing. We can also pick up and drop off! Please ask us! Pop in or phone on 01550 721076, 01550 721949 or message us on facebook @The Laundry Room Llandoverly. 06/19(6)

MAN WITH A VAN

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

MASSAGE

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

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

MEDITATION AND HEALING CIRCLE

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

PAINTER & DECORATOR

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

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

PAINTABILITY DECORATING. Quality interior and exterior painting and decorating at reasonable rates. Reliable and professional service including moving furniture if you need assistance and cleaning up properly at the end of the job. References available. For a free estimate call Phil Ashworth on 01558 824781 or 07922 215194 email: philashworth@hotmail.co.uk www.paintabilitydecorating.co.uk 12/19(12)

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

PEST CONTROL

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

PETCARE SERVICES

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

PHYSIOTHERAPY

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

PICTURE FRAMING

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

PLUMBERS

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

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you CAN afford**

PSYCHOTHERAPY

GETTING TO THERAPY CAN FEEL OVERWHELMING. In times of struggle I will meet you just where you are when something deeper and wiser is asking to be met and addressed. With focused attention, open awareness and kind intention, I can help you reconnect with your own sense of feeling alive, and then wellbeing and joy become possible. I have an MA in Core Process Psychotherapeutic Practice. I can be found on the Counselling Directory and the BACP Directory websites. I do not charge for a first meeting. My practice is three miles from Llandovery. Louisa Jones *02/20(12)*

ROOFING

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

SOLICITORS

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

TUITION

MATHEMATICS TUITION IN LLANDEILO. If you would like to improve your grades for GCSE, AS or A Level, or need a bit of extra help in understanding mathematics, then contact me for one-one tuition. I am a retired mathematics lecturer (PhD, PGCE) with an excellent record of student success. Please contact Lynne Roberts on 01558 824431. *12/19(12)*

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

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

UPHOLSTERY

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

YOGA

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

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

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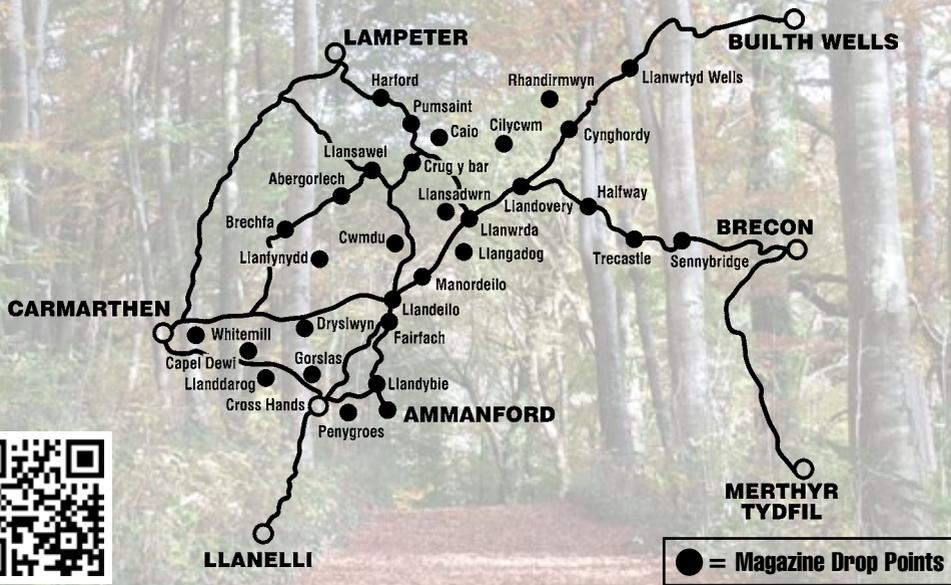


TEL: 01550 721225
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The Post

Llandovery & Surrounding Distribution Area

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



ADVERTISING RATES

TEL: 01550 721225

Boost your business with advertising in *The Post*

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

Advert Size:	1 month rate	3 month rate	6 month rate	12 month rate
FULL PAGE (132mm x 190mm)				
Full Colour	£196.88+VAT	£147.66+VAT per issue	£131.91+VAT per issue	£98.44+VAT per issue
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Black & White	£37.63+VAT	£28.22+VAT per issue	£25.21+VAT per issue	£18.82+VAT per issue
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Black & White	£23.89+VAT	£17.91+VAT per issue	£16.00+VAT per issue	£11.95+VAT per issue

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

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

Noticeboard

CARMARTHENSHIRE CITIZENS' ADVICE BUREAU

Advice Line, Tel. 03444 772020

LLANDEILO LIBRARY:

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

Mon 09:00 - 17:00

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

Wed 09:00 - 17:30 (Staff available 10:30 - 17:30)

Thurs 09:00 - 17:00

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

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

LLANDOVERY LIBRARY:

Tel. 01550 721626

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

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

COUNTRY MARKETS

Llandeilo: Fri, 8.30am - 12.30pm, vestry in Capel Newydd, Crescent Rd.

Myddfai: Last Wed of Month, 9.00am - 1.00pm. Tel: 01550 720449

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

TOURIST INFORMATION CENTRES

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

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

7 days, Enquiries to 01874 622485.

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

LOCAL POLICE

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

TAXI SERVICES

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

JM Taxis, Llanwrtyd Wells. Tel: 01591 620777.

Llangadog Taxis, Llangadog. Tel: 01550 777924.

Rays Taxi, Llandovery. Tel: 07775 210900.

Towly Taxi, Llandovery. Tel: 07544 624411.

MULTIPLE SCLEROSIS SOCIETY:

Tel: 0300 1232326.

AGE CYMRU SIR GAR/CARMARTHENSHIRE:

Tel: 01554 784080.

BRECON ADVICE CENTRE

Tel. 01874 624595

12 Castle Street, Brecon, Powys LD3 9BU:

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

Traveline: 0871 200 22 33

BUS TIMES

(NOTE: SUMMARY OF MAIN SERVICES ONLY SHOWN.

PLEASE CHECK WITH BUS COMPANY FOR FULL TIMETABLE)

Llandovery - Lampeter

via Liansawel (A - 288) or Pumsaint (B - 289)

Llandovery (Car Park) A 9.15 am (Mon, Tues, Thurs, Fri)

Llandovery (Car Park) B 12.50 pm (Mon & Fri only)

Caio Post Office B 10.55 am (Tues & Thurs only)

Golden Grove - Llandeilo - Carmarthen (277) Wed & Sat only

	Sat am	Wed am	Wed & Sat p.m.	
Gelli Aur/Golden Grove	8.35	9.10	Carmarthen (Bus Stn.)	1.45
Ffair-fach	8.40	9.15	Abergwili (church)	1.51
Llandeilo (Yr Hen Vic)	8.45	9.20	Nantgareidig (square)	2.04
Salem (opp. Angel Inn)	8.55	9.30	Felindre	2.16
Capel Isaac	9.05	9.40	Capel Isaac	2.38
Felindre	9.29	10.04	Salem (Angel Inn)	2.47
Nantgareidig (square) shelter	9.42	10.17	Llandeilo (Yr Hen Vic)	2.57
Abergwili (shelter)	9.54	10.29	Ffair-fach	3.02
Carmarthen (Bus Stn.)	10.01	10.36	Gelli Aur/Golden Grove	3.07

Llandovery - Llandeilo - Carmarthen (280/281)

	281	280	281	280	281	280 S+NS	281	280
L'ldovery(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, New Road	7.39	9.31	11.29	13.01	14.44	17.07	18.25	19.32
Carmarthen	8.22	10.14	12.12	13.44	15.27	17.45	19.03	20.02
Carmarthen	281	280	281	280	281	280	281	280
Llandeilo	6.05	7.20	9.15	10.20	12.20	14.20	16.20	17.50
Cwmifor	6.36	8.00	9.59	11.00	13.04	15.00	17.04	18.29
Llangadog (Common)	—	—	10.05	—	13.10	—	17.10	—
Llangadog (Rhyd)	—	—	10.17	—	13.22	—	17.21	—
Llansadwrn (Shelter)	—	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'ldovery(car park)	6.58	8.36	10.41	11.36	13.46	15.36	17.44	19.05

All services operate Mon-Sat, except where shown:
NS: Mon to Fri only.
S: Saturdays only.

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

LLANDOVERY SWIMMING POOL Tel: 01267 224733

Day	Time	Activity	Day	Time	Activity
Mon:	12.00pm - 1.00pm	Recreational Public Swimming	Thur:	12.00pm - 1.00pm	Recreational Public Swimming
Mon:	1.00pm - 2.00pm	Family/Lane Swimming	Thur:	1.00pm - 2.00pm	Family/Lane Swimming
Mon:	2.00pm - 3.00pm	Disabled Session	Thur:	2.00pm - 3.55pm	Private Booking
Mon:	4.00pm - 5.00pm	Junior Rookie Lifeguard	Thur:	3.55pm - 6.00pm	Lessons only
Mon:	5.00pm - 6.00pm	Recreational Public Swimming	Thur:	6.00pm - 7.00pm	Family/Lane Swimming
Mon:	6.00pm - 7.30pm	Family/Lane Swimming	Thur:	7.00pm - 8.00pm	Canoe Club
Tues:	12.00pm - 1.00pm	Recreational Public Swimming	Fri:	7.30am - 8.30am	Recreational Public Swimming
Tues:	1.00pm - 2.00pm	Family/Lane Swimming	Fri:	8.30am - 9.00am	Lane Swimming
Tues:	2.00pm - 4.00pm	Private Booking	Fri:	9.00am - 12.00pm	School Usage
Tues:	4.00pm - 5.30pm	Lessons only	Fri:	12.00pm - 1.00pm	Recreational Public Swimming
Tues:	5.30pm - 7.00pm	Recreational Public Swimming	Fri:	1.00pm - 2.30pm	Family/Lane Swimming
Tues:	7.00pm - 8.00pm	Canoe Club	Fri:	2.30pm - 3.00pm	Group Splash
Wed:	7.30am - 8.30am	Recreational Public Swimming	Fri:	4.00pm - 5.30pm	Lessons only
Wed:	8.30am - 9.00am	Family/Lane Swimming	Fri:	5.30pm - 7.00pm	Recreational Public Swimming
Wed:	9.00am - 12.00am	School Usage	Sun:	9.30am - 11.00pm	Splash Lessons
Wed:	12.00pm - 1.00pm	Recreational Public Swimming	11.00pm - 12.00pm	Recreational Public Swimming	
Wed:	1.00pm - 2.00pm	Family/Lane Swimming	12.00pm - 2.00pm	Family/Lane Swimming	
Wed:	2.00pm - 3.55pm	Staff Training			
Wed:	3.55pm - 6.30pm	Lessons only			
Wed:	6.30pm - 7.30pm	Family/Lane Swimming			

Train Times (Timetable 09/12/18 - 18/05/19)

	Mon to Fri	Sat	Sun.
Swansea D	—	06.04 09.34 14.35 18.21	04.31 09.15 13.12 18.17
Gowerton D	—	06.15 09.45 — 18.32	04.42 09.26 13.23 18.28
Llanelli D	05.20xx	06.25 09.55 14.53 18.42	04.50 09.34 13.32 18.40
Ffairfach D	05.54x	06.59x 10.29x 15.27x 19.16x	05.24x 10.10x 14.08x 19.14x
Llandeilo D	05.59	07.06 10.34 15.32 19.21	05.29 10.15 14.13 19.19
Llangadog D	06.08	07.16 10.43 15.42 19.30	05.39 10.24 14.23 19.28
Llanwrda D	06.12	07.19 10.47 15.45 19.34	05.42 10.28 14.26 19.32
Llandovery A	06.22	07.28 10.56 15.54 19.43	05.51 10.37 14.35 19.41
Cynghordy D	—	07.37x 11.04x 16.03x 19.51x	05.59x 10.45x 14.44x 19.49x
Llanwrtyd D	—	08.08 11.21 16.24 20.11	06.16 11.05 15.01 20.08
Llandrindod D	06.18	08.45 12.01 16.59 21.19	06.55 11.40 15.42 20.42
Shrewsbury A	07.57*	10.14* 13.32 18.28* 22.54	08.22 13.09 17.11 22.08
Shrewsbury D	04.49	05.56 10.09**14.05 18.24**	05.16 09.00 13.58 17.57
Llandrindod D	06.14	07.35 12.00 15.41 19.56	06.54 10.34 15.19 19.37
Llanwrtyd D	—	08.09 12.31 16.23 20.30	07.23 11.07 16.02 20.08
Cynghordy D	—	08.22x 12.44x 16.36x 20.44x	07.35x 11.20x 16.17x 20.22x
Llandovery D	06.42	08.34 12.56 16.48 20.56	07.47 11.32 16.24 20.34
Llanwrda D	06.48x	08.40x 13.02x 16.54x 21.02x	07.53x 11.38 16.36x 20.40x
Llangadog D	06.52x	08.44x 13.06x 16.58x 21.06x	07.56x 11.42x 16.42x 20.44x
Llandeilo D	07.03	08.56 13.18 17.10 21.17	08.08 11.54 16.58 20.55
Fairfach D	07.06	08.58 13.20 17.12 21.20	08.10 11.56 17.00 20.58
Llanelli D	07.45	09.39 14.04 17.52 22.01	08.55 12.42 17.40 21.38
Swansea A	08.08	10.01**14.25 18.14 22.22*	09.22**13.01** 18.09 22.06

www.tfwrail.wales
Tel: 03457 484 950
or visit www.heart-of-wales.co.uk

* = To Crewe
** = To Cardiff Central
x = Service stops on request
xx = Starts from Carmarthen